



# *Matching & Blessing Preparation Handbook*

for 2nd+ Gen candidates  
and their parents

**BFD EUME 2025**

*"I consider the Blessing to have been the most precious gift in my life. For you also, the greatest gift in human history is the Blessing."*

*- True Father (1969.06.08)*



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# Introduction



*"Your ideal partner is the person who  
will be your companion on the road to  
the ideal world."*

*- True Father (Blessing and Ideal Family I.I,  
1998, Page 299)*

## Dear Blessed Families,

Our Heavenly Parent's original design is that children grow in the love of their parents, developing a strong sense of their identity, value and character, and learn to love in the context of their family. These are the foundations for healthy and lasting marriages. Seeking and finding an eternal partner should also be guided by the love and wisdom of supportive parents. The investment of parents is meant to invite God's presence more powerfully than the guidance of any distant authority, even True Parents. When Father matched the earliest 2nd+ Gen in 1986, he told them he was only doing this on behalf of their parents, and that eventually parents would grow into that responsibility and role. Now is that time.

The purpose for this parent's matching tradition is to bring joy to our Heavenly Parent by realizing the ideal of love, and to bring happiness to our children. Our challenge is to find that heart and motivation, and to develop a process that will allow God to be present and to guide it.

We are pioneers of a new tradition of matching and Blessing, inherited from our True Parents. It is essential that candidates and their parents understand the heart of this process. We hope that this handbook, when read thoroughly and considered prayerfully, will help guide and inspire both parents and candidates.

Your BFD EUME team

# Overview of the Path to Matching & Blessing

We have outlined 10 basic steps to guide parents and children through the matching process:

## 1)

### PREPARATION

Parents and child prepare for matching

*Internal:*

- focus on developing the parent-child relationship
- discuss the concept of matching and Blessing, expectations and limitations
- study Blessing/marriage preparation literature (parents and children together if possible)
- make conditions

*External:*

- fulfill all the Blessing qualifications which should be completed before starting the matching process (see next section) and upload the necessary information and documents to [blessingapplication.eu](https://blessingapplication.eu)
- complete the [Interview and Confession](#) with a trained interview and confession taker
- resolve past issues
- put together a [family matching plan](#)

## 2)

### SEARCH

How will we find potential candidates?

- Suggestions from parents
- [International Matching Website](https://www.blessing4u.org): [www.blessing4u.org](https://www.blessing4u.org) (formerly: [www.bcmatching.org](https://www.bcmatching.org))
- Suggestions from the candidate, family and friends, Matching Supporters, BFD leaders, etc.
- Attend Parents' Matching Convocation

### 3) CONTACTING A FAMILY

When you find a candidate that you are interested in, you can contact the other family by email, by phone, in-person, through a Matching Supporter or the national BFD leader.

Discuss thoroughly with the other family, make conditions, TAKE YOUR TIME to do this.

### 4) INTRODUCTION OF CANDIDATES

We suggest timing be carefully considered and that the process not be rushed.

### 5) INITIAL COMMUNICATION PERIOD

We recommend a period of initial communication of approximately **21 days** for the two candidates to consider whether to enter into a formal matching process.

### 6) 7-MONTH COMMUNICATION (Matching Process)

After communicating thoroughly and meeting at least once in person, the candidates should decide if they wish to become a matched couple. We recommend a time period of **7 months** as a guideline.

### 7) COMMITMENT

The two candidates can organize a [Commitment Ceremony](#) together with their families.

Upload the signed [Matching Report Form](#) to [blessingapplication.eu](https://blessingapplication.eu), send it to [europe.cosmic.blessing@gmail.com](mailto:europe.cosmic.blessing@gmail.com) and notify pastor and national BFD of your matching.

### 8) PREPARATION FOR BLESSING (internal & external)

Make conditions, prepare Blessing offering, travel etc. while living as brother and sister; developing a deeper understanding of one another and friendship.

Join programmes to prepare for the Blessing (e.g. BOB, Level 3 Blessing Preparation Workshop,...)

### 9) COSMIC BLESSING

Attend the Blessing Ceremony and receive the Blessing.



10)

## **LIFE AS A BLESSED COUPLE**

Invest in your Blessed Marriage and build a relationship as a couple together with Heavenly Parent. True Parents' asked 2nd+ Gen couples to offer 40 days after the Blessing before starting their sexual relationship as husband and wife.

BFD EUME will provide guidance for the couples during these 40 days.

# Overview of the Blessing Qualifications

## Qualifications to be completed before starting the Matching Process:

1. Personal and Family Information
2. Interview and Confession
3. Level 1: Participation in a Matching Preparation Workshop\*
4. Level 2: Participation in a Matching and Blessing Preparation Workshop (Part 1&2)
5. In depth understanding of the Divine Principle
6. Completion of a 3-day fast
7. 2 full size photographs: portrait and full body
8. Health Statement
9. HIV Test

## Qualifications to be completed before attending the Cosmic Blessing:

- Matching Report Form
- Level 3: Participation in a Blessing Preparation Workshop
- Blessing Offering

\*recommended, but not mandatory

# Introduction to the Blessing Application

All 2nd+\* Generation candidates should fulfill qualifications 1-9 ([see previous page](#)) before starting the matching process. All qualifications must be completed before attending the Cosmic Blessing.

The Blessing Application is completed using our online application system: [www.blessingapplication.eu](http://www.blessingapplication.eu)

*Please note: The candidate must be **at least 18 years old** at the time of application!*

All required information can be uploaded on the website mentioned above. Candidates preparing for the matching can already start creating a profile and uploading the necessary documents.

## Information to be submitted online:

- Personal and Family Information
- [Interview and Confession](#)
- Completion of a 3 day fast (recommended 7 days)
- 2 full size photographs & 1 optional family picture
- Health Statement
- HIV Test
- Matching Report Form (after the Commitment Ceremony)

## Educational qualifications (certificates to be uploaded online):

- In depth understanding of Divine Principle (21 day DP workshop or equivalent, please check with your BFD which workshops qualify)
- Participation in a Level 2 Matching and Blessing Preparation Workshop hosted in EUME (certificate should not be older than 2 years when receiving the Blessing)

Please find more details about the Blessing Application and all the necessary requirements in the section [The international Blessing Application](#).

\*2nd+ Generation refers to all 2nd, 3rd, 4th,.. Generation candidates

# True Parents' Guidance

## Ideal Family Ideal World (Excerpts)

**Sun Myung Moon**

**1982, Belvedere**

You must pay more attention to the true meaning of your marriage. I am speaking today to give you a reminder in preparation for your upcoming marriage. You have been receiving guidance and preparation for a long time.

You understand what I am saying very clearly, don't you? There is nothing ambiguous about it. I wish all of you very good fortune and I ask you to prepare yourselves very seriously during the next weeks. You must remember that all eyes in spirit world and even in this world because of the publicity, will be upon you. All your blessings in the future begin from your marriage. According to the maturity and genuineness of your love, the real blessings of life will come to you. Those couples who maintain their appreciation for the special age we have been born into, continuously praising the love of True Parents and feeling truly grateful for everything that comes to them will realize the deepest blessing in life. Even if you must endure great difficulties and work endlessly without any break, if you maintain your gratitude to God under every circumstance then where else would God want to give His blessing except to your family?"

Have you ever considered that when you newly blessed couples go out into the world, all the attention of the world will follow you? I have already told you that blessed families are the focus of God's love. Is that just a concept? No, it is a reality. Even though you may not see it, the attention of the spirit world is always upon you. This is the awareness I have whenever I do anything or go anywhere. I know that I am always under an invisible limelight from spirit world...

You can never just evaluate others, including your spouse, according to superficial qualities or physical appearances. The ideal is much deeper than such things. Do you understand? Are you already thinking about kissing each other? Yet according to Heavenly standards, your mouth is that of a thief's. Can your hand caress your bride's hair and have the hair exclaim, "Oh, my husband's hand is an ideal hand."? Can you look at your bride with ideal eyes? Do you have a genuine, pure and spiritually elevated feeling toward your spouse?

[Continue reading the full speech](#)

## Heart

**Sun Myung Moon**

**1973**

If you can love one person, God's love will be there in proportion to the depth and size of that love. If you can love many people like this, God's love will come in proportion to the greatness of that love, to the depth of that love. Good people must be able to win others, not in such a way as to conquer them, but to love them, and to bring them into greater harmony and unity. Unity is the first thing you should desire. And if you love anyone at all, you should want to love him with your whole heart, even at the cost of your life. Then you can overcome hell. If you are not united, if there is disharmony, hell is there in your mind.

When you love someone, you always find that person is sacrificial toward you. There is already unity between you and that person. To bring that about requires sacrifice of individuality. Our purpose in uniting with others is to receive God's love. Then God's ideal will be realized.

Suppose there is a married couple, and they have some differences and distance between them. Would it be all right for the wife to take her position and call to her husband, "Come to me and you can become one with me," while the husband insists on his wife coming closer to him to be united with him while he stands solidly in his own position? That will never do. When you hold selfish love, then true oneness in God's love can never come about.

Then what is true love at all? This person does not have to go to the other to unite with him or vice versa, but both, when they come closer and closer can meet at one point between them. This can be true love. In other words, by both of them denying themselves, they can really unite with each other. And that is the standard of true love. Just one harmonious wholeness will be there. Love alone can make things round, harmonious, circular or spherical. In true love nothing can invade or interfere. Both parties must be obedient to each other, both must be willing to be united with each other. Together they will enjoy harmony and beauty. You may say, "Oh, no, I hate the word obedience. Why do I have to obey my husband or wife? I want to be freed from that bondage, and I want to be a free person." But in true love, obedience, loyalty, surrender – everything is possible, and you are not humiliated by it. You want to be controlled by your love.

[Continue reading the full speech](#)

## Love Comes from Your Partner

**Sun Myung Moon**

**2009**

Love cannot be realized by oneself. Where does love come from? Love does not come from me but from my spouse. Since love comes from my spouse, I must bow my head and serve her. This is where the heavenly principle of living for the sake of others originates. We must practice the philosophy which teaches that when something highly noble comes

to me, I must honor and serve it in order to receive it. Human beings have love. However, when we are alone, love cannot manifest itself. Love does not appear when man is alone, but only when woman is there as his object partner in love. Only when an object partner in love appears, does love finally spring forth. We say that parental love is good and conjugal love is good, because genuine love is not something self-centered. Love does not start from me; it starts from my partner. It is important for you to know this. Love comes from your husband and from your wife, and from your sons and daughters and from your brothers and sisters. Love does not start from your own self but from your spouse. Therefore, who is the owner of love? Your spouse is the owner of love. Where did we say love comes from? It comes from your partner. If your partner is homely or ugly, love recedes; if your partner is pretty and lovely, love advances more quickly. The way love functions is determined according to your partner's attributes: her speech, her beauty, her scent, and her taste. Where is the base of love? The base of love is not me. The word love must be used in reciprocal terms. No matter how handsome a man may be, he cannot love if he loses his partner and is alone. "Love comes from me" are words that Satan has been exploring. I am not the base of love. You may think that you are the base of love, but there will be no progress in the future unless such a mindset is totally dismantled and transformed. Until now, wives have put themselves at the center, and husbands have put themselves at the center, with both wanting to be served. This has been destroying relationships. Since the basis of love does not come from me, but from my spouse, then if I am to possess that love, I must sacrifice myself for its sake. Love always demands sacrifice. Also, love requires that we overcome. From this perspective, this is the only place in all heaven and earth where we can find the content to overcome the satanic world. God is holding tightly onto love, because it can be found only in accordance with the principle of love that places God at the center. The word "compassion" (jabi) cannot be expressed in the absence of love. The word "benevolence" (in) also cannot stand on its own. The words "jabi" and "in" are all used only in reciprocal terms.

[Continue reading the full speech](#)

## Words to CIG Matching Couples

**Hak Ja Han Moon**

**February 2014**

Why did you all come here today? Yes? Why are you here? Did you come to receive the blessing? [Yes] If you receive the blessing, you must take responsibility for it. What do you think? Responsibility.... Are you confident you can do it? [Yes!] Those who are not confident might give up.

I heard that all of you here came for the absolute matching. Experiences until now and history show that these matchings have not been all 100 percent put into practice. Surveys backing this up have also come out. At this point of the Cheon Il Guk era, when the new us must weave history, I particularly do not want to match those who lightly think of the

blessing issue. Since Adam and Eve fell, how is the world still today? What is happening to the world? When each one of you here receives the blessing, you should be able to show the world what the blessing is like. You should be able to boast about it. We have been bestowed with the grace of the blessing thanks to True Parents because it is a term that cannot come from fallen people. Simply put, all families that have partaken in this blessing are indebted to Heaven and to True Parents.

Unfortunately, blessed families have not been able to fulfill their responsibility and duty and have been self-centered. Originally, we were to expand the way to the kingdom of God on earth, the ideal world that Heaven wants and humanity hopes for, but we are becoming obstacles instead.

After True Father ascended, regarding the blessing issue.... True Father allowed parents to conduct matchings. He allowed parents to match their children in accordance with the conditions set by the church or headquarters. That is why I allowed it too. Parents must take responsibility over this and ensure that blessed families can be established in front of Heaven for eternity.

I can no longer report to Heaven about those receiving the blessing in the name True Parents that later break up. Do you understand what I am saying?

You all came here, desiring to receive the absolute matching. I will not force anything on you. Now, you... The couples that will be matched today are to go together for eternity. You should take responsibility and develop, grow. I am saying that you should be able to create a better environment centered on your family. Do you understand?

Please think of the flood during Noah's time. Is the ocean larger or is a mountain larger? [The ocean is larger.]

You will all probably want a partner who has a heart as wide as the ocean, right?" [Yes.] It is the same for your partner. This is the most important teaching among True Father's teachings – true love. In light of that, how did True Father say we should act for it to be true love? It is love for others, continuously giving and forgetting, a love that lives for the sake of others, a true love that exists for the sake of others. You must live this way and show the world. Last year and the year before that, news about second-generation children in England was reported across the nation. Several nations in Europe gave reports on our Blessing Ceremony. This year, the United States will pay attention to our Foundation Day Blessing Ceremony. Chairman Kim, did you say ABC? [Yes]

I heard that ABC, a famous broadcasting company in the United States, is scheduled to come to cover our Blessing Ceremony.

Until now, you grew up under the protection of your parents, church and surroundings; however, once you are in the position of having received the blessing, the two of you have the responsibility to become one and advance together. Do you understand?

All of you participating in this blessing must not lightly think of it; the decision you make now is to last for eternity – eternity. Do you understand? [Yes!]

# Parents' Part



*"You may be thinking: "It is only Father who can do the Matching, not us", however that is not so. You are all able to do the Matching, because God, who is supporting me, is also supporting you, just the same."*

*- True Father*



# Internal Preparation for the Matching

The internal preparation for our children to go the way of the matching and Blessing starts already in our home. Parents can be role models for their children by living a good married life and through their faith in Heavenly Parent and True Parents.

True Father said that parents are the substantial God for their children. The parents are the main person of reference for their children. Therefore, it is important that you build a trusting and honest relationship with your children from an early age.

This might sound idealistic, but the most natural way would be to have a relationship of trust with our children as the starting point for deeper conversations about the matching and Blessing. However, if this is difficult for us, we can at least begin by trying to better understand our children's situation and how they see the world. We should set spiritual conditions with the goal to build trust and honest communication with them and to be prepared to find a good match.

We should make an effort to achieve better communication with our child and to develop a better understanding of his/her inner feelings, wishes, hopes and actual life situation (refer to our [Parent Child Questionnaire](#)).

## Internal Preparation as Husband and Wife

- Set a good example by striving to become a Blessed couple who love and respect each other. This is the best way for your child to experience a loving relationship.
- Discuss the matching process with your spouse. Even if one parent takes a more active role, it is important that you agree with one another on how to approach the matching process before you begin. Keep each other informed about any updates.
- It is important for parents to set spiritual conditions together as preparation when starting the matching process. It is very important that you feel united during this time.
- Reflect and share about the strengths and weaknesses of your child and talk about what kind of person might fit as a partner for your child and why. Respect each other's opinions and pray and reflect about those points.

## Internal Preparation as Parents and Children

First, our children should want to be matched. Once they have expressed their desire to be matched, we can recommend that they should start a spiritual condition, which we could do together with them. This condition should help them prepare internally and define a clearer vision for their future; for example, they should reflect about what character their future partner should have in order for them to connect as a couple and grow their lives together, both spiritually and physically.

After this, we can discuss their wishes and preferences, but not be limited by them. As parents, we should also help them be open to God's viewpoint and not just their own desire.

Strive to find the right balance:

### VERTICAL

From the viewpoint of restoration – how would God like to help your child become a well-rounded person through their eternal spouse?

### HORIZONTAL

What's good from your child's point of view? Talk about how you see their personality and find out how they see themselves.

## A few points to keep in mind between parents and children

- Parents should respect their **child's input** throughout the process and give them ownership over the final matching decision.
- Parents should understand their child's **goals and expectation** and be aware of their maturity and readiness. It's important that your child can trust you to find a partner for them. Don't push or force the process.
- In order to find the right partner, parents need to be aware of the **level of purity** of their own child. A big hindrance to a successful Blessing and marriage are unresolved purity issues (particularly such as masturbation, pornography, flirting tendencies)
- Other issues which can undermine the relationship are smoking, drinking alcohol or excessive (video) gaming. It's important to have an honest reflection on your child's lifestyle and habit ([Read more about it in Healthy Lifestyle](#)).
- Listen carefully to any comments and suggestions your child has to give. Try to be sensitive and take them seriously. If you feel that the **communication** with your child is too difficult and you are not making any progress, please seek help from one of the Matching Supporters.
- In order to get ready for the matching and receive the Blessing, each candidate needs to complete their **Blessing application**. This is a condition to help the candidate prepare for the matching. As a parent, please be aware of the current status of your child's application ([check the overview of the condition to receive the Blessing](#)).
- Before starting the matching process, you can make an **appointment with your**

**BFD leader** to receive guidance and advice.

- Make it a priority to attend a “**EUME Level 2 Matching and Blessing Preparation Workshop**” together with your child. This shows your child that you have a sincere interest in their matching. By attending this workshop together, both you and your child will have a common understanding of the matching process.

### Clarify roles and relationships

The candidate and parents should decide how to cooperate together during the matching process, for this reason we recommend taking time to make a [family matching plan](#) together. A few examples of what should be clarified before starting the search:

- Some candidates prefer to trust and receive their parent's recommendation faithfully;
- Some candidates want to discuss and agree with a candidate suggestion before their parents contact the other family. Other candidates do not want to be involved at this point;
- Some candidates have suggestions to offer for their parent's consideration;
- Some candidates hope for their parent's approval for a particular person. While children should respect their parent's vertical role, parents should also fully receive their candidate's inspiration and input, prioritize and consider it carefully.

# Parent and Child Questionnaire for a Better Understanding

This questionnaire is a tool to help build trust in your parent-child relationship. The following questions are important to clarify before starting a matching process. As we mentioned before, regular communication and spending quality time together in order to understand each other better are really important steps as a basis for a successful matching process.

In the children's section you can find the same questionnaire. We have added a few comments for parents here. You can find more questions in the [family matching plan](#).

***Which spiritual conditions do you want to do together as a family before starting the matching process?***

- Prayer Condition
- Hoon Dok Hae Condition
- Weekly meetings/ spending time together and sharing between parent and child
- EUME Level 2 Matching and Blessing Preparation Workshop

***How do you want to work substantially on a better relationship between parents and child?***

A few examples...

- Meeting once a week for a meal
- Doing an activity together regularly
- Doing a condition, studying HDH related to the Blessing together
- Meeting regularly to share about expectations and preparation steps for the matching etc...

***What is the purity situation of your child and his/her lifestyle?***

This might be a difficult and sensitive topic to talk about, especially for your child. But it is very important that, before you start the matching, you as a parent are aware of your child's purity situation and lifestyle.

If you are unclear about the purity or lifestyle standard of your child, please read the [Interview and Confession](#) section or contact your national BFD leader.

***Does your child have any "deal breakers" or absolute requirements for their matching?***

Ask your child about their preferences concerning language, willingness to relocate, culture, nationality, faith, physical appearance, age range or any challenges or complications that they are comfortable with and open for in a partner.

Is your child open to accept a person who made some mistakes in purity? Or someone who had been previously blessed? Or someone who had to receive the Special Grace Forgiveness Ceremony?

***What are the most important qualities your child wants to have in a partner?***

A few examples:

- Spiritual/ religious person
- Mission oriented person
- Outgoing, social person
- Goal oriented person (someone with a clear plan for the future)
- Someone with strong values
- Family person
- Someone who loves nature, healthy lifestyle, sports, etc.
- Someone who likes to travel
- etc...

*Listen seriously to what your child wants in his or her future partner, but also try to help them not to be too limited by expectations or have a too narrow concept of how their partner should be and look like*

***Ask your child: "What is important for your partner's family to know about you?"***

A few examples:

- I am a very spiritual person
- My mission is very important to me
- I kept my purity and that is very important for me and I would like to have someone in the same situation

*It's important that your child can reflect about him/herself and what they feel is important to share with the other family*

- My career is very important to me
- I am an outdoor person, I love nature, I want to lead a healthy and active lifestyle, I love playing sports, etc...

*Clarify what your child is comfortable with and respect their opinion*

***How will we find potential candidates?***

International Website, Parents Matching Convocation, suggestion from a Matching Supporter, family and friends...

***What to do if your child has a suggestion for a matching candidate?***

Take it seriously but also challenge your child to ask themselves why he or she thinks this is a good match for them. We recommend to take time to pray, reflect, and to include God in the decision.

We also recommend that you find out about this candidate's character and situation before making a decision.

[Read more about it in the next chapter](#)

# How to Get Started

After certain internal preparations and after receiving the permission of your child to look actively for a match, here are some ideas on how to get started.

It is recommended to contact a local BFD representative when you decide to start your search. It is also a good idea to work with a Matching Supporter – a list of EUME Matching Supporters can be found on the [Blessed Family Network](#):

(Login to Blessed Family Network required)

Read more about the role of a [Matching Supporter in the Appendix section](#).

There are several possibilities to find a suitable candidate for your child. It is important to discuss with your child the path he or she wants to go in order to find a future partner.

- Your child can register on the International Matching Website: [www.blessing4u.org](http://www.blessing4u.org) (formerly known as [www.bcmatching.org](http://www.bcmatching.org))
- Through your network – friends and acquaintances
- Parents Matching Convocation (EUME and International)
- Involving Matching Supporters and the Blessed Family Department in each nation.

## Be proactive

Be proactive in your search for possible candidates – do not wait for other families to contact you. If you are using the International Matching Website, check at least once a week for new profiles. Have faith in Heavenly Parent! Sometimes we have to be patient to be guided to the right person.

When you find a possible candidate, it is a good idea to find out more about him/her before approaching the other parents. To do so you can contact:

- The candidate's local church leader, Matching Supporter or BFD dept.
- Your network: friends and relatives
- Social media

### **Matching your child with a candidate outside EUME:**

If you are considering a candidate from another continent, it is strongly advised that you get support from one of the EUME Matching Supporters so that you can check the situation of the other candidate. Other continents may have a different approach to the matching process and different requirements in order to become a matching candidate.

Be aware of the challenges of inter-continental matchings, including immigration policies and cultural differences.

You need to be clear about such things before starting a matching process with the other family.

### **When a candidate seeks parents' approval and Blessing for a particular person, what should you do?**

Consider your child's suggestion thoughtfully, do not give an immediate "No" or "Yes" response. Ask your child for time to reflect together and seek God's guidance. Some good reflection questions to ask your child are:

- Why they think this person is a good match for them?
- What are their reasons for wanting to be matched to that person?
- Do you feel God was part of this decision?
- Why did True Parents want that our children are matched through parents? What is the reason for it?

As a parent it's also important to reflect honestly if you would choose this person as a good match for your son or daughter. If you do not feel this candidate would be a good match than explain why to your child in a sensitive and respectful way.

The matching process is cooperation between parent and child. Both should feel good about the match before moving forward.

If you feel that this candidate could be a good match for your child, contact the other family and discuss deeply before coming to any decision. In this case it is a good idea for both candidates to create a profile so that the other family can have a better understanding of the situation of the candidate.



# Contacting Another Family

When you find a candidate that you are interested in, you can contact the other family by email, by phone, in-person, through a Matching Supporter or the national BFD leader. It is strongly advised that parents first communicate with the parents of potential matches, rather than approaching the match him/herself.

Be polite, honest and respectful.

We recommend contacting the parents of a potential match via email (a phone call can catch parents "off guard"). Be polite, say what you mean, keep it short and simple.

**Here is a typical letter that you could use:**

Dear Mr./Mrs. .... ,

We have seen the profile of your son/daughter (NAME) on the website (blessing4u.org) and are contacting you to ask if you would consider a matching discussion with our daughter/son (NAME). Her/his profile is on blessing4u.org.

Please let us know what you feel. Thank you very much for your consideration and we look forward to hearing from you.

***Keep the 3 day rule: an email should be answered within 3 days, even if the answer is "sorry we are so busy at the moment, can you wait two weeks for us to write you an answer?"***

## Communication between parents

- If you find a family that is interested in communicating, you can make an appointment to meet weekly via videocall or other means;
- Discuss deeply with the other family. TAKE TIME to understand each other's child and their situation and expectations before introducing them to each other. This can take several weeks. Be polite, clear and honest;
- It's important to talk truthfully about the situation of the children;
- Share about your own situation and share your expectations for the future partner of your child;

- There should be full disclosure of unresolved problems concerning the candidate's situation and background (purity and health issues) both between the two families and also between the young couple. We need to be honest about any past problems, especially in the area of purity, although it is not necessary to go into detail;
- You can use the [Suggested Questions for Learning About a Matching Candidate](#);
- You may decide to make conditions together;
- In order to protect your own child's heart, we strongly recommend not to include your son or daughter too early in matching proposals;
- If both sets of parents agree to proceed, you can introduce the proposed candidate to your child – read more about this in the next section.

**IMPORTANT! Only be in contact with one family at the time.**

### Suggestion how to share about the purity level of your child

In the process of communication with the other family it is important to share honestly about the purity level of your child. For example, you could say: "My child was very strict in keeping his/her purity and wants us to search for a candidate with a similar level of purity".

In general, we do not recommend asking the other family about the purity level of their child. This is a rather rude question. However, it is OK to talk about your own child's situation and expectations regarding purity. In this way you are not offending anyone.

Eg. *My child was very strict in keeping her purity throughout her life; she has never had any experience with the other gender. Therefore, we are looking for a spouse who fulfilled the same.*

In that way you leave it up to the other family to share about their own child's level of purity and to decide if they want to continue with the process or not.

#### **IMPORTANT NOTE**

*Purity is also not just purity. It is very important to clearly convey what purity means to you. Some have the understanding that purity means "I did not fall", for others it means not dating, kissing, etc. So it is very crucial to express exactly what you mean.*

### Be honest and respectful

One important approach that you should follow during the entire matching process is to be truthful and honest about your own child's situation. Remember that you are contacting another Blessed Family who loves their child just as much as you do.

Also, keep in mind that our community is made of an international mix of Blessed Families from all over the world. We have many different cultural backgrounds and ways of talking and behaving. Consider this when communicating with another family. Please

be respectful, behave towards each other in a loving and honest way, and be confidential with each other's information.

Some examples of information that should be shared at the beginning:

- If your child has any health issues that need to be mentioned, bring it up in the beginning and don't try to hide it. If the candidate does not want to describe their health situation in detail on their website profile, they can mention that the parents can be asked about it privately;
- It is very important to mention if your child is a re-Blessing candidate;
- Please disclose if your child needs the Special Grace Forgiveness Ceremony before receiving the Blessing.

Be very sensitive when declining an offer, talk in a respectful and loving way towards each other and emphasize this to your son and daughter as well.

# How to End Communication

## **If you feel that this is not the right partner for your child:**

If you decide against a candidate (or family) – KEEP THE OTHER PARENTS INFORMED!  
Don't just stop the interaction! Have respect, be polite, and be kind!

For example, you can answer: "As I know my child, I feel that it wouldn't work if these two persons come together".

## **How to end a communication process with the other parents**

If the matching process between two candidates comes to an end, the reasons should be clearly communicated so that both candidates and their families can have closure, learn important lessons for how to improve their plan, and be better prepared for the next opportunity.

If needed, Matching Supporters can facilitate this process, and at the right time, help the family update and improve their matching plan.

*Dear Mr and Mrs.....,*

*Thank you for communicating with us about the possibility of a match between our son/daughter and your daughter/son. After serious thought we have come to the conclusion that we do not feel that they would fit together as a couple. We wish you all the best in your search for a partner for your daughter/son.*

*Sincerely, Mr and Mrs.....*

# Introducing the Candidates

## When to introduce a possible match to your child?

- Make sure all parents are united and in agreement before introducing the candidate;
- Make sure that the two candidates receive the information about their recommended partner at the same time;
- We strongly recommend that both young people have completed the necessary [qualifications](#) and among those that they have completed at least the Interview and Confession and a EUME Level 2 Matching and Blessing Preparation Workshop, before any communication begins;
- We suggest timing be carefully considered and that the process not be rushed. Waiting a little longer for the right time is usually wise.

## How to talk to your child about the proposed candidate

Introduce the proposed candidate to your child in a private setting, for example at home, with a prayerful attitude. Your child should take time to receive your suggestion and to reflect. Parents should be sensitive and not push or force the child to come to a decision. First impressions are important, be sure to present the proposed candidate in a positive way. It would be best to introduce the character of the candidate before showing photos.

If your child is open to the candidate that you suggest, you can recommend a period of three days to pray and reflect to see if they would like to start a communication process with this person.

Make sure to express to your child that the proposal is only a suggestion at this stage, and that it is possible that the other candidate might not accept the suggestion.

## What if my child says “No”:

If your child is not positive to your suggestion, then you should inform the other family with respect, politeness and kindness.

Both sets of parents should be prepared for the possibility the other candidate could say “no”.

Example email:

*Dear Mr and Mrs.....,*

*We have had a serious discussion with our son (daughter) about the possibility of a match with your daughter (son). As a result of this talk, we have come to the conclusion that, although both candidates have many good qualities, we do not feel that they would fit together as a couple.*

*We wish you all the best in your search for a partner for your daughter/son.*

*Sincerely,*

*Mr and Mrs.....*

## **Letting go - Give space to children to develop their relationship**

After introducing your child to another candidate, it is important for parents to let go and allow the children to develop their own way of communicating.

Our children need to take ownership of their parent's proposal. They should feel free to decide for themselves if they want to continue this relationship and commit themselves to each other, or not – it is their life!

At this point, parents may give advice if they are asked. They could help the child to find deeper content in their communication.

## **21 DAYS INITIAL COMMUNICATION**

- This is time to decide if they want to consider each other as a possible spouse;
- Candidates should use this time to get to know more about each other;
- The candidates inform each other about their own situation and lifestyle and see if the other can accept it and be a good fit.

## **7 MONTHS COMMUNICATION (Matching Process)**

- Get to know each other and meet in person. At the end of this time, the two candidates should come to a decision if they wish to become a matched couple or not;
- During this time the parents should «step back» and give the candidates time to get to know each other;
- The parents can give advice if the candidates ask for it;
- We recommend the first meeting be well-planned, so it is not too long or intense: perhaps for 2 – 3 days at most; perhaps with support. Even long distance first visits should not be too long.

## **Commitment Ceremony and Cosmic Blessing**

After the candidates have decided that they want to accept the matching, they should make their matching official with a Commitment Ceremony. Please find more details about the Commitment Ceremony and Cosmic Blessing in the [following section](#).

## **Ending a Matching Process**

If the matching process between two candidates comes to an end, the reasons should be clearly communicated so that both candidates and their families can have closure, learn important lessons for how to improve their plan, and be better prepared for the next opportunity.

If needed, Matching Supporters can facilitate this process, and at the right time, help the family update and improve their matching plan.





# Internal Preparation for the Matching

It is very important, as a candidate, to have the right attitude before the matching and Blessing, to take enough time to prepare for it and not to rush into anything. The matching should be approached from an internal perspective; ideally the process includes God and our parents and brings us closer to them.

We need to keep in mind that our goal is to be a mature husband or wife for someone else and in the long run a mature loving mother or father for our children. We want to create a Blessed family where God can dwell and experience joy!

This means that we have to reflect on our own lifestyle and circumstances. We may need to set certain conditions and make changes in our lifestyle. By doing this we grow and mature ourselves for the sake of our future partner. Of course, we will not be perfect before receiving the Blessing but we should do our best to prepare properly for it and take responsibility for our own lives.

## **Reflect and pray about the points below**

It may help to write down the answers. This can help you to see for yourself how ready you are.

- What is my interest and intention to get matched and Blessed?
- How deeply do I understand the unique meaning and value of the Blessing?
- How do I want to invite God into the matching process? What effort can I make to feel God more closely?
- How is my relationship to my parents, can I trust them to find a fitting partner for me? Do I understand why True Parents emphasize the matching through parents?
- Am I ready to commit to somebody for eternity? Am I ready to love somebody with all my heart or am I just seeking to feel loved?
- What is my current lifestyle and spiritual lifestyle? What are the strengths and weaknesses of my character, and what do I need to improve before committing to somebody else?
- Is there anything blocking me or making me feel unsure about the matching process? What can I do about this?
- What do I expect from my spouse? What do I have to offer?
- Am I ready to make the preparations for matching and Blessing a priority in my life?

- Can I have a loving heart toward everyone, such as the example shown by True Parents to embrace everyone?
- What are my expectations in a partnership? If I am honest with myself, do I feel they are influenced by my friends and society/movies, and if so, how?
- Can I be open to see everything as a learning opportunity and as a chance to grow?

## **Internal & External Preparations before the Matching**

It is important to clarify certain points and to lay conditions before starting the actual matching process. Below are a few suggestions we recommend based on our experience working with candidates.

Be honest with yourself and be open to receive help if needed. We cannot do everything alone; sometimes we need help and advice to get on the right track.

- **The Blessing Application** as a whole is a spiritual condition that helps the candidate prepare internally for the Matching and Blessing. It is important that the candidate understands this and takes the application process seriously. Ideally, the candidate should complete the Blessing Application by uploading the necessary [qualifications](#) to [blessingapplication.eu](https://blessingapplication.eu) before starting a matching process;
- Complete the Interview and Confession with a trained EUME interview and confession taker. The Interview and Confession is an important step for the matching of a candidate and should be done before the matching. You can find details below in the [Interview and Confession](#) section. Completing the Interview and Confession will help you to reflect on your own life and move forward;
- Try to have deeper conversations with your parents about the matching and Blessing. Share about your expectations, future aspirations, etc... (see next chapter);
- Strive for a better relationship with God and True Parents and find ways to develop it. For example, read and discuss the Divine Principle, True Parents' words and the "Matching and Blessing Preparation Handbook", practice serving others;
- Live a spiritual lifestyle – for example by creating the habit of praying, meditating or reading [HDH](#);
- Live a healthy and balanced lifestyle with focus on purity – for example: be diligent with studies (or with work), have some hobbies, keep a clear purity standard (avoid drinking alcohol, smoking, excessive computer gaming, refrain completely from [masturbation and pornography](#)).
- Participate in an international workshop for 2nd+ Generation. This will help you build a deeper connection to God and True Parents and to other 2nd+ Gen.
- Have a good relationship with the 2nd+ Gen in the community.

## **Matching through parents**

Even though True Parents established our matching tradition and did the matchings themselves, they often mentioned that God's ideal desire is that parents match their own children. The matching tradition may not be very common in our Western culture but it is actually quite profound and universal. It's a process that requires a lot of communication and cooperation which can deepen your relationship as parent and child.

It may not be easy to trust your parents with such a huge task that will change your life. However, it is important to make effort to open your heart and sincerely believe that God can and will work through them. Establishing this trust will not happen suddenly, it takes time and requires effort from both sides.

Before the matching process starts, it is important to talk together with your parents about your expectations, future aspirations, fears, etc.. Simply put, you need to share honestly about your own situation and what's going on in your life. Your parents cannot read your mind so this is a very important step for the matching process. Sharing about yourself will help you have a trusting relationship with your parents and this is the first step to a successful matching.

Put some time aside to make a [family matching plan](#) together.

# Parent and Child Questionnaire for a Better Understanding

These questions are important points to clarify and share about with your parents before starting a matching process. As mentioned before, regular communication, spending quality time together and trying to have a better understanding of each other, are all crucial steps for a successful matching process and can help to build trust.

You can find more questions in the [family matching plan](#).

***Which spiritual conditions do you want to do together as a family before starting the matching process?***

- Prayer Condition
- Hoon Dok Hae Condition
- Weekly meetings/ spending time together and sharing between parent and child
- EUME Level 2 Matching and Blessing Preparation Workshop

***How do you want to work substantially on a better relationship between parents and child? You should be able to trust your parents, share with them freely and feel that God can work through them in your matching process.***

A few examples...

- Meeting once a week for a meal
- Doing an activity together regularly, spending time together
- Doing a condition, studying [HDH](#) related to the Blessing together
- Meeting regularly to share about expectations and preparation steps for the matching
- Etc...

***What is your purity situation and how does your lifestyle look like?***

This might be a difficult and sensitive topic to talk about, especially for you. But it's very important that you share with your parents about your purity situation and lifestyle, before starting the matching. Your parents need to be aware of your limitations so that they can consider them in the matching process.

***Do you have any "deal breakers" or absolute requirements for your matching?***

Share about your preferences concerning language, willingness to relocate, culture, nationality, faith, physical appearance, age range, or any challenges or complications you are comfortable with and open for in a partner.

Are you open to accept a person who made some mistakes in purity? Or someone who had been previously blessed? Or someone who had to receive the Special Grace Forgiveness Ceremony?

***What are the most important qualities you want to have in your partner?***

A few examples:

- Spiritual/ religious person
- Mission oriented person
- Outgoing, social person
- Goal oriented person (someone with a clear plan for the future)
- Someone with strong values
- Family person
- Someone who loves nature, healthy lifestyle, sports, etc..
- Someone who likes to travel
- Etc...

*Be honest about your expectations but on the other hand don't paint a too narrow picture. Our expectations in the matching can be our biggest limitations. Try to have an open heart and be curious to learn more about the person beyond the first impression.*

*It can be easy to judge or criticize others, especially if someone seems very different from us. Try to see others from God's perspective; God usually has a bigger picture in mind than we do. Read more about this in [testimonies from candidates](#).*

***What is important for your partner's family to know about you?***

A few examples:

- I am a very spiritual person
- I kept my purity and that is very important for me and I would like to have someone in the same situation
- My career/mission is very important to me
- To lead a healthy and active lifestyle, being often in nature is very important to me
- Etc...

*Reflect about yourself and what you feel is important to share with the other family*

***How will we find potential candidates?***

International Website, Parents Matching Convocation (PMC), suggestion from a Matching Supporter, family and friends...

*Share what you are comfortable with and explain why.*

***What to do if I have somebody in mind as a possible partner?***

*It's important to talk to your parents about it and to reflect honestly if this person would be a good match for you. Your parents should help you to look from a different perspective; be open to their input and guidance. Remember to keep focused on the vertical tradition and to include God in the decision.*

# How to Get Started

This step comes once you have completed the necessary qualifications, feel internally ready for your parents to start looking for a match and have taken enough time to prepare your heart.

Please don't jump into the matching process without doing the recommended internal preparation beforehand. For more details please refer to the previous chapters.

Important points to keep in mind:

- Express to your parents clearly if they should start actively looking for a match;
- Clarify with your parents beforehand in what way you are comfortable that they search for a match (website, social media, Parents Matching Convocation, etc... )
- Stay in good communication with your parents. Clarify from what point on you want to be involved to receive a matching proposal
- Take enough time to prepare your personal profile for the matching (website or offline)
- Keep up with your spiritual conditions, they will be a support throughout the process

## **Present yourself well**

Whatever you decide with your parents about how to search for a match and which tools to use, you will need a way to introduce yourself properly to other parents. This could be either through the international website, through an introduction on paper, etc...

For parents searching for a match, what they read about a candidate and how the candidate presents him or herself (in pictures) is extremely important.

We strongly recommend that you take the self-introduction seriously and write about yourself properly. Take time and make effort to share about yourself, your values and desires, your way of life, your relationship to God and True Parents, etc.. so that other parents can get an idea about your character.

## **Use the International Matching Website to find a match**

We have an International Matching Website, which matching candidates and their parents may choose to use. Please note that this is not a mandatory part of the matching process, but an optional tool intended to assist families in their search. You can read

about in the [International Matching Website](#) section.

## **Update your profile regularly**

It is crucial to update your profile regularly. Even though you might only make small changes, like for example uploading a more recent picture, these changes will make your profile appear to other parents as updated and can help to show them that you are still interested in finding a match. If a profile appears out of date for a long time, parents may not consider it seriously as this may signify a lack of interest and sincerity.

## **Find a match without the matching website: Private Matching Profile**

If you don't feel comfortable using the website, that's okay. The International Matching Website is not a mandatory part of the matching process and there are many other ways in which your parents can find a match.

We suggest creating a private matching profile that your parents and Matching Supporter can use to approach other parents. This could be a simple profile with some basic information about yourself and your family, a written introduction (share about your hobbies, character, goals and aspirations, faith, career, etc... ) and some pictures of yourself.

Take time to create this profile carefully and be sincere, so that other parents can get an idea about your character and lifestyle when reading about you.

You can find a template profile that our Matching Support team has put together on our [website](#).

# Matching Process

At this step in the process your parents will give you their suggestion of a candidate that they feel would be suitable for you.

Please do not reject somebody immediately just because you do not feel love struck when you see their picture or hear their name. As has been mentioned several times – this is a spiritual process.

- Pray about any suggestions you receive and listen to your heart
- Ask your parents why they think this person would fit with you and share with your parents about your feelings
- Take every suggestion seriously and include God in your decision
- Keep an open heart and mind but don't feel pressured to say yes if your heart tells you otherwise

## **21 DAYS OF INITIAL COMMUNICATION**

The first step would be to communicate with your potential match for about 21 days. This could be through email, text or videocall. In the next chapter we give you list of possible questions to ask each other.

You can find more recommended topics and questions for this initial communication period on our [website](#).

In this communication period you want to:

- Decide if you want to consider each other as a possible spouse;
- Get to know each other better and find out more about each other;
- Inform each other about your situation and lifestyle and find out if the other person can accept it and be a good fit.

After this period of time decide together if you want to continue with the communication or stop.

## **7 MONTHS COMMUNICATION (Matching Process)**

We recommend a communication phase of around 7 months. This is our recommendation in order to take enough time to deeply understand the other person, but also not to drag or stall a process for too long if you cannot see a future with this person.



It is important not to make a quick or impulsive decision based upon an initial feeling, external appearance or your own concepts. True love grows out of respect, honesty, friendship, and through establishing a genuine connection with someone. Invest in making this connection.

You may have no idea what treasures lie within the heart and mind of another person unless you dig for them. You might be looking for someone who attracts you or makes you feel good, but what you may need is someone who balances or complements your character, someone patient, faithful and sincere enough to stand by you in the ups and downs of building a life and raising a family. Give yourself enough time and be open to a process. Kind words, loving actions and time to build communication and trust will help genuine feelings grow.

- At the end of this time, the two candidates should come to a decision if they wish to become a matched couple or not.
- In case the candidates did not share about their level of purity yet, they should inform each other about it in this period, before they commit to each other and before they confirm the matching via the Commitment Ceremony
- It is important to update your parents on how you are doing in the process
- During this period, you should meet in person. We recommend the first meeting be well-planned, so it is not too long or intense: perhaps for 2 – 3 days at most; perhaps with support. Even long distance first visits should not be too long. Ideally each of you should visit your potential partner in their home country at least once before the Commitment Ceremony.

# Suggested Questions for Learning about a Matching Candidate

Here are some recommended questions for parents and candidates to think about and use when communicating with other families and considering a potential match.

First, parents can use some of these questions in their initial communication with other parents. They might also use some of these questions later in the exploration process when talking to the other candidate directly. Once parents recommend a match to their children, some of these can also be helpful as candidates learn about each other and discuss their potential relationship and matching.

Candidates: please take your time to discuss about these points, sharing honestly and listening with curiosity and respect. Find more suggested topics on our [website](#).

## **About spirituality...**

1. What is your relationship with God like and when do you feel closest to God?
2. How much or what kind of Divine Principle Education have you had?
3. Which part of the Principle grabs/interests you the most?
4. What church activities have you been involved in?
5. How do you nurture your spiritual life? What spiritual activities do you do regularly?
6. Which workshops have you attended? Are you still going to workshops?
7. Are you involved in the community?

## **About lifestyle...**

8. What is your level of purity? Have you ever dated or kissed? Have you ever given your heart to another person?
9. Have you ever experienced any addictive behavior? (For example: Alcohol, Drugs, Gambling, Pornography, Masturbation)
10. Is there any history of addiction in your family?
11. With what activities is your daily life filled with?
12. Do you drink, smoke or gamble?

## **About marriage...**

13. Do you have any “Deal Breakers” (issues that make it impossible for you to consider a match with someone)? Examples of these could be language, location, culture, nationality, purity level, education, vices, etc.
14. If you were to find yourself struggling in your marriage, who would you go to for help?

15. What does commitment mean to you?
16. What do you do when you feel stressed or in conflict about something?
17. How do you manage your anger? Have you ever had a violent outburst?
18. What does a happy marriage look like to you?

**About family...**

19. How do you view the roles of husband and wife in the family?
20. Is it important for you to raise your family with the values of True Parents, purity, matching & Blessing, etc..?
21. What kind of community and environment would you like your future family to live in?
22. How big a family would you like to have? When do you think you would want to start having children?
23. How were you raised in your family? For example: were your parents strict or did they give you a lot of freedom?
24. Ask questions about the candidate's upbringing and the environment in which they were raised. Ask about their parents and siblings, grandparents and great-grandparents, people who were a big influence while they were growing up. These are precious questions about the possible joining of two lineages.

**About health...**

25. Do you have any health concerns?
26. Do you have any reasons to think that having children might be a problem for you?
27. Have there been any health concerns in your family history that are hereditary? Some examples of these would be: epilepsy, sickle cell disease.
28. Have there been any mental health concerns in your family history? For example: bipolar disorder, attempted suicides,...

**About future dreams...**

29. What is your career path and what are your plans to support a family?
30. What are your interests and aspirations?
31. Do you feel that you know yourself well and what you want to do with your life or are you still searching?
32. How do you envision your future family connecting to and participating in the church community and activities?

**About Finances...**

33. Do you have any debts, such as college loans?
34. How do you handle finances?
35. How did your parents handle finances? How do you see finances working in your marriage?

# Commitment Ceremony

## **Commitment Ceremony – confirmation of matching**

Once the two candidates have decided to become a matched couple and the parents of both candidates agree, they can organize a “Commitment Ceremony” where both families (candidates and parents) sign the official Matching Report Form. We recommend that both families meet and conduct the ceremony together in person, if at all possible.

Please keep in mind that the couple should have met at least once in person before holding the Commitment Ceremony.

Feel free to create the Commitment Ceremony any way you like, but one part should be to pray and sign the papers together. You can find a suggested programme on our [website](#).

Please do not make the matching official until all parties (both candidates and their parents) are completely sure and willing to commit to the matching.

**After the Commitment Ceremony, the signed Matching Report Form should be uploaded on the Blessing Application Website [www.blessingapplication.eu](http://www.blessingapplication.eu) and sent to [europe.cosmic.blessing@gmail.com](mailto:europe.cosmic.blessing@gmail.com).**

You can find the [Matching Report Form here](#) and on the next page.

Once the matching is official, please inform your pastor and national BFD about it.

## **Preparation for the Cosmic Blessing (internal and external)**

After the Commitment Ceremony, candidates should finalize their Blessing application if they haven't yet.

The candidates can also make conditions together as they prepare to receive the Blessing.

During this time they can prepare the Blessing donation, organize travel, attend the Level 3 Blessing Preparation Workshop together, etc.

Up until the Blessing, the couple should behave as brother and sister. Read in the [Guidance section](#) about the importance of maintaining a brother and sister relationship as a matched couple.

BFD EUME					
<b>2nd+ Generation Matching Report</b>					
Date and Place of the Matching Ceremony (Day/Month/Year)					
Male side			Female side		
Candidate	First Name	Last Name	Candidate	First Name	Last Name
	Date of Birth (Day/ Month/ Year)			Date of Birth (Day/ Month/ Year)	
Father	First Name	Last Name	Father	First Name	Last Name
Mother	First Name	Last Name	Mother	First Name	Last Name
Country of Residency			Country of Residency		
Parents Phone			Parents Phone		
Parents Email			Parents Email		
Candidates Email			Candidates Email		
<b>Health Declaration</b>					
I declare that I am in good physical and mental health. Any health problems (including minor disorders) have been disclosed to the family of my future spouse.					
<b>Confirmation</b>					
1. We understand the formal requirements for attending the Blessing and will complete these in good time. 2. We have completed our confession before Heavenly Parent and we have fully disclosed all relevant information to our future spouse. 3. We understand the meaning and value of the Blessing and we are responsible for our decision.					
<b>Our Promise</b>					
Trusting in Heaven's guidance and the recommendation and approval of our parents, we freely and gratefully accept that we are chosen for each other and are hereby engaged to be married. Together we promise before Heavenly Parent and True Parents that we will prepare for and attend the Blessing Ceremony as the heaven-ordained beginning to our life together as an eternal Blessed couple. We promise to prepare our hearts and maintain a clear relationship of brother and sister towards each other until then. On this day we make the solemn commitment sincerely and wholeheartedly before Heaven and Earth.					
Male side			Female side		
Date:			Date:		
Signature of the Candidate			Signature of the Candidate		
Date:			Date:		
Signature of the Candidate's Father			Signature of the Candidate's Father		
Date:			Date:		
Signature of the Candidate's Mother			Signature of the Candidate's Mother		

BFD EUME 2024.1

After signing the printed form, please scan it and send it by email to [europocosmicblessing@gmail.com](mailto:europocosmicblessing@gmail.com) and upload it to your [blessingapplication.eu](https://blessingapplication.eu) profile.

# The Cosmic Blessing

The Cosmic Blessing is an eternal commitment before God, True Parents and your partner.

The Cosmic Blessing is a Ceremony taking place usually in South Korea and is still given by True Mother in Person. All 2nd+ Gen are expected to participate as Groom and Bride in person in the Cosmic Blessing in South Korea. Only official couples who received confirmation from the EUME Blessed Family Department will be eligible to participate in the Holy Blessing officiated by True Parents.

## **The Cosmic Blessing consists of:**

- Giving your promise (Saying YES) to the Blessing Vow;
- Receiving the Holy Water;
- Receiving the Blessing Prayer by True Parents;
- Exchanging the Blessing Rings.

Couples are expected to arrive a couple of days earlier than the Cosmic Blessing and stay a couple of days longer, so that there is enough time to receive guidance and to prepare properly.

## **Participation in the Blessing**

If you would like to participate in the Cosmic Blessing, you need to register for it separately.

Please note: filling out the registration form for the Cosmic Blessing is a separate process and does not replace the official Blessing Application.

An official memo is sent out with specific guidelines about the upcoming Blessing after the dates have been officially announced. Then a registration for the upcoming Cosmic Blessing is shared by BFD EUME, usually a few months before the ceremony. Please check with your local BFD and on the [BFD EUME website](#).

In general you will need to prepare the following:

- Your Blessing Application needs to be completed in order for you to attend the Blessing;
- Your application needs to be approved by EUME Blessed Family Department;
- The Blessing Offering amount will be communicated to you once your application has been approved. The payment should be transferred before the Blessing Day;
- The Official Blessing Attire can be purchased from [Kristina Han](#); however brides can also wear a modest white or ivory wedding dress (covering chest, back and

- shoulders) and grooms can also wear a black tuxedo or black/dark blue suit;
- The Blessing Attire from Kristina Han becomes the Official Cheon Il Guk Attire and can be used for formal church events;
- The Official Blessing Rings can also be purchased from [Kristina Han](#).

## **40 days Period Before Starting Family Life**

True Parents asked 2nd+ Gen couples to offer 40 days after the Blessing before beginning a sexual relationship, allowing them to first build a relationship with Heavenly Parent as a couple. BFD will provide guidance for the couples during these 40 days.

Couples may decide to wait for longer than 40 days before beginning their life together, depending on their circumstances.

It is very important to respect each other's space and timing and to not push if someone doesn't feel ready to take the relationship to the next level.

# *The International Blessing Application*



*"When I am considering potential spouses for someone, I think about every aspect of each person. Once I approve of a particular marriage, I know that is the best available match for those people. I always think of the children that will come from such a union."*

*- True Father (1982.06.06, Belvedere, "Ideal Family and Ideal World")*



# Cheon Il Guk Standard

True Parents have established the Cheon Il Guk (CIG) standard for receiving the Blessing. All 2nd+ Gen should prepare and be guided towards the Blessing, according to this standard:

- Blessing candidates should be pure;
- Blessing candidates should be willing to cross cultural, national and racial boundaries;
- Blessing candidates must be committed to keeping the Blessing for eternity – to love their spouse and build a God-centered family together;
- They must be willing to lead a life of public service after the Blessing.

They must have received approval by the EUME Blessed Family Department to attend the Blessing. Candidates are qualified after completing their Blessing Application.

## **IMPORTANT NOTE**

***In case you do not fulfill the CIG Standard and you need to resolve any issues in the area of purity, please consult a BFD representative and be open to be guided in your spiritual path, to set the right conditions to be able to participate in the matching and Blessing. In the following sections you can find details about the Interview and Confession.***

# Overview of the Blessing Application

The Blessing Application, as a whole, is a spiritual condition that helps the candidate prepare internally for the Blessing. It is important that the candidate understands this and takes the application process seriously. Ideally, the candidate should complete Blessing qualifications 1 – 9 before starting a matching process ([see on page 10](#)). All 2nd+ Gen candidates must fulfill all qualifications to participate in the Cosmic Blessing.

All EUME 2nd+ Gen candidates should register on our Blessing Application Website in order to upload all required information and complete their Blessing Application – please visit [www.blessingapplication.eu](http://www.blessingapplication.eu)

**Please note:** The candidate must be at least 18 years old when starting the matching process and when registering on the Blessing Application Website.

Candidates preparing for the matching can already start creating a profile and uploading the necessary documents.

## **Information and documents to be uploaded online, in order to complete your Blessing Application:**

- Personal and Family Information
- Interview and Confession
- Certificate of a EUME Level 2 Matching and Blessing Preparation Workshop (should not be older than 2 years when receiving the Blessing)
- Certificate of a Divine Principle Education Workshop (content of a 21 day DP workshop)
- Completion of a 3 day fast (recommended 7 days)
- 2 full size photographs & 1 optional family picture
- Health statement
- HIV Test
- Signed Matching Report Form

## **Details about the requirements to be uploaded online:**

### **○ Personal and Family Information**

The Personal and Family Information provides us with the basic information of the candidate, current studies and work and an overview of the family.

### **○ Interview and Confession\***

It is important that we prepare well internally for the Blessing. Please contact your national Blessed Family Department (BFD) Leader when you want to do the Interview and Confession. They can provide a list of qualified interviewers in your Sub-Region.

Only a qualified interviewer trained by BFD EUME can conduct the Interview and Confession, preferably someone in your Sub-Region. Please read details about it in our next section [Interview and Confession](#).

Please upload a scanned copy of the signed form to the [Blessing Application Website](#).

### **○ EUME Level 2 Matching and Blessing Preparation Workshop\***

An official EUME Level 2 Matching and Blessing Preparation Workshop must be completed before attending the Blessing. As BFD EUME we offer a Level 2 Part 1 Matching and Blessing preparation workshop twice a year (if possible one online and one in person). In order to receive a Certificate of Completion, the candidate needs to attend both Part 1 and Part 2. Part 2 is offered on the National or Sub-Regional Level.

The certificate should not be older than 2 years when receiving the Blessing.

Please upload a scanned copy of the official certificate to the [Blessing Application Website](#).

### **○ 21 Day Divine Principle Workshop**

A 21 Day Divine Principle Workshop (or approved equivalent content) needs to be completed, not accumulative single day workshops. Please contact us if you are not sure if the workshop you want to attend qualifies.

The 21 day Divine Principle Workshop provides a deep understanding of our theology and creates the environment for a profound spiritual experience.

Please upload a scanned copy of the official certificate to the [Blessing Application Website](#).

### **○ 3-Day Fast**

A 3-day fast needs to be completed as a condition prior to receiving the Blessing.

When planning your fast, please inform your BFD leader, who can support you

\*This is an international requirement to join the International Matching Website

during this time. Please start your fast by praying with your parents and offering it to Heavenly Parent.

Once you have completed it, please note the dates that it was carried out in the the [Blessing Application Website](#).

### **o Photographs**

Please provide 2 x coloured high quality photographs of the candidate's portrait and full body, according to the specifications below:

- One full body picture (candidate standing) and one portrait picture (head until shoulders)
- Photos should be clear, taken indoors against a plain background
- Please dress nicely with proper shoes
- Please remember these photos should represent you in front of God and True Parents, thus please make sure that the pictures are of good quality.
- Please upload the pictures in portrait orientation (not landscape!)

The pictures can be uploaded directly on our [Blessing Application Website](#).

Further recommendations:

You may wish to provide one family picture (recommended, but not mandatory). To ensure that the photos are of a high quality, we also recommend that you take the pictures at a professional photo studio, where possible.

### **o Health Statement**

This is a short statement about the health of the candidate, it can be filled in on the [Blessing Application Website](#).

If there are no major health problems, please simply sign the health statement on the Blessing Application Website, declaring the absence of any health problems. If the candidate does have health problems, please state them on the Blessing Application Website and include a brief description and a note signed by a doctor. Please disclose your situation with your future partner.

If there is a change in your health situation before the Blessing, please update the Health Statement and the relevant documents.

#### **Health problems that need to be mentioned include:**

- Genetic diseases
- Mental illnesses
- Conditions that may prevent you from having children (i.e. Sickle Cell Trait,...)
- Medication over a longer period of time
- Sexually Transmitted Diseases (STDs)
- HIV infection
- Etc.

### **Health problems that do not need to be mentioned:**

- Temporary diseases
- Broken bones
- Near or far-sightedness

### **○ HIV Test**

In addition to the health statement, an HIV test needs to be submitted on the [Blessing Application Website](#). This needs to be conducted by a doctor or at a hospital. Please make sure that it is clearly visible on the test that the candidate is HIV negative.

*Tip: An HIV test is routinely conducted when donating blood and the result can often be requested. Please check with your local provider.*

We would like to assure candidates that the results of the test will remain confidential and will not be shared or published.

The test result validity does not expire and does not need to be repeated unless there is reason to suspect that you have been infected.

### **○ Matching Report Form**

After the Commitment Ceremony, the signed [Matching Report Form](#) should be uploaded on the [Blessing Application Website](#) and sent to [europa.cosmic.blessing@gmail.com](mailto:europa.cosmic.blessing@gmail.com). Please find more information on the Commitment Ceremony in the [previous section](#).

## **Details about the remaining requirements to be fulfilled before the Cosmic Blessing:**

### **○ Level 3 Blessing Preparation Workshop**

All Matched Couples who are registered to participate in the upcoming Blessing Ceremony are invited to attend a Level 3 Blessing Preparation Workshop. This workshop is offered online by BFD EUME shortly before a Cosmic Blessing and is specifically designed for the Matched Couples who are preparing to attend the ceremony. It provides the opportunity to receive additional education and to discuss important topics with your future spouse. It is also a chance to meet the other Matched Couples, to hear the latest information on the upcoming ceremony and to ask your questions.

### **○ Blessing Offering**

The Blessing Offering is one of the conditions to receive the Blessing. The amount depends on the nation of the candidate and it's the same as for First Generation Blessing participants. After details such as the amount have been officially announced, they will be communicated directly to the Blessing candidates, once their application has been approved. The payment should be transferred before the Blessing Day.

# Overview of the Interview and Confession

The primary purpose of the Blessing Interview is to ensure that the 2nd+ Gen is qualified to begin the matching process. Please keep in mind that the Interview and Confession should be done before starting a matching process. It is also an international requirement to join the International Matching Website.

The secondary purpose is to give 2nd+ Gen who are intending to apply for the Blessing the opportunity to honestly report any past mistakes to God and True Parents.

**Please be aware that the Interview and Confession can only be conducted by a qualified interviewer trained by BFD EUME and it should not be older than two years when receiving the Cosmic Blessing.**

For further questions on who can conduct an official Interview and Confession, please contact your national BFD leader. It is recommended to do the interview with someone in your Sub-Region.

The interview and confession should be done in person. It is absolutely confidential and no details of the content will be written down or shared.

The Interview and Confession is comprised of two parts:

## **The Interview**

The purpose of the interview is to ensure that the candidate:

- understands the meaning and value of the Blessing;
- understands and commits to the Blessing Vow;
- understands the eternal commitment of the Blessing and is willing to invest extra efforts for at least one year, should difficulties arise after the Blessing.
- pledges that they have kept their sexual purity (or restored their purity through a forgiveness ceremony).

## **The Confession**

The purpose of the confession is that the candidate may share anything that is weighing on their heart, so that they may be guided on a path to restore any mistakes they have

made. The candidate must understand the importance of the confession and should share honestly and completely, especially on issues in the area of sexual purity.

The interviewer will guide and help the candidate to restore any mistakes that happened in the past. The interviewer will also help in case there is a need to change certain behaviours in the current lifestyle of the candidate.

Overview of the Confession:

- Sexual Issues
- Compulsive Behaviors and Addictions
- Relationship Issues
- Health Concerns

The interviewer may delay the signing of the form until they have made sure that the candidate fulfills all the requirements of the Interview and Confession.

This may involve a time period in which the candidate resolves any current issues.

Please upload a scanned copy of the signed form to the [Blessing Application Website](#).

**IMPORTANT NOTE**

**Please keep in mind that the Interview and Confession should be done before starting a matching process and should not be older than 2 years when receiving the Cosmic Blessing. Once expired it can be repeated, we recommend doing so with the same person.**

# Forgiveness Ceremony

The Forgiveness Ceremony, also called Special Grace, is a special ceremony granted only by True Parents to free oneself from certain mistakes which happened in the past. On exceptional occasions True Parents have granted this Special Grace. Participants can receive the Special Grace by fulfilling certain conditions.

There are certain mistakes in the area of purity that need to be restored before receiving the Blessing and can only be restored through a Forgiveness Ceremony given from True Parents.

True Parents need specific conditions to be able to grant a Special Grace and we don't always know in advance when the next opportunity might be.

Therefore we are emphasizing strongly to complete the Interview and Confession before starting a matching process. The interviewer can guide and help the candidate to resolve any issues from the past.



# Guidance



*"We were all created to be great men and women. God did not send us into this world without purpose. When God created us, He invested His complete love into each person.*

*We are all created for greatness."*

*- True Father (As a Peace-Loving Global Citizen, 2009, Page 322-323)*

# Healthy Lifestyle During Matching and Blessing Preparation

## What is a healthy lifestyle?

You take care of your physical body with a healthy diet, exercise and by avoiding what harms your body, like alcohol or drugs. You also take care of your spiritual growth by learning how to love. You have genuine relationships where you feel fulfilled because you are supporting others with your time and your abilities.

## What is an addiction?

An addiction is a frequently repeated tendency. It is a habit in everyday life, e.g. playing video games many hours daily, masturbation (self-gratification through one's own sexual organ) or to engage with pornographic or explicit materials, like videos, magazines, graphic novels....

Any areas where you find it harder to have self-control – whether it's eating, social media, gaming, masturbation, pornography etc. Any of these are habits you need to address NOW.

Loneliness, stress and boredom can often lead to addiction. Reflect on ways to connect with others (family, friends, church community etc.) more regularly, and relieve stress.

If you think you may have addictive behaviors there are recommendations for how to get support in the [Sexual Integrity](#) section or contact a [Matching Supporter](#) or [BFD representative](#).

If you feel unsure about past addictive behaviors or situations that might come up when talking with a potential match, please reach out to a BFD representative or Matching Supporter and talk with them first, ask them for guidance about how to approach the situation, as each individual case is unique.

## Why is this important when preparing for the matching?

We don't automatically change the way we live just by getting blessed. All our habits continue unless we've actively worked to change them.

Now (preparing for the matching or during the matching process) is the best time to already start creating the kind of life you want to have with your future spouse and

family. Building a happy and loving relationship as husband and wife takes time. It means having self-control and comprising on personal desires out of love for your spouse. This is especially important for developing intimacy and a wonderful sexual relationship as a couple.

## Self Reflection Exercise

The matching process can take time, so it's important to be proactive in other areas of your life as well and use this time to develop healthy habits that you can bring into your Blessing. Below is a list of 4 major areas of your life that are good to reflect on as you go through the matching process.

Take time for honest self-reflection to answer the questions. In the first column answer the questions based on how you live your life now. Then in second column, answer the same questions but focus on how you'd like to live after being Blessed.

**NOTE:** This is not about being perfect. It's about knowing yourself, being honest and being responsible to continue growing yourself.

If the answers from the two columns are very different for each column, it would be good to reflect further: What needs to change? Which new habits would you like to develop? Don't try to do too many things at once, choose only 1-2 goals to start with. Reflect on which habits you want to **continue to have**, which ones you want to **stop** and which habits you want to **build**.

	Life Now	Life with your Spouse
<b>Your Spiritual Lifestyle</b> Am I happy with my current spiritual health? What's one area I'd like to grow? What helps me keep a healthy spiritual life?		
<b>Your Physical Lifestyle</b> Am I happy with my current physical health? Any habits that I don't feel good about? What could I do to change that?		

	Life Now	Life with your Spouse
<p><b>Your Relationships</b></p> <p>Who do I feel closest to? Why?</p> <p>What is one relationship that I'd like to deepen?</p> <p>What is one way I could serve/help my community more?</p>		
<p><b>Your Personal Goals</b></p> <p>Who am I? What kind of life do I want?</p> <p>What motivates me, makes me excited?</p> <p>What talents do I have that are helpful to others?</p>		
<p><b>Your Sexual Integrity</b></p> <p>Am I clear about sex from God's point of view?</p> <p>What are my personal reasons for living a life of purity (and later fidelity)?</p> <p>Do I have a plan for how to react in unwanted situations?</p>		

**The habits I want to keep are:**

**The habits I want to stop are:**

**The new habits I want to build/actions I want to take are:**

# Sexual Integrity

## What it is:

A mindset and lifestyle of keeping sexual purity before marriage and fidelity in marriage.

## How to live a life of sexual integrity:

### 1) Be CLEAR - know the REAL purpose of sex from God's perspective.

The goal for keeping purity isn't to avoid sex. You're choosing to stay pure because you want to have the BEST sexual experience possible. God designed our bodies AND God designed sex. Understanding sex from God's perspective is the best path toward fulfilling sexual experiences with your spouse based on real joy and intimacy.

What is God-centered perspective of sex? It's rooted in true love, focused more on what you're giving to your spouse than what you're receiving from your spouse. This doesn't happen automatically in a relationship, it takes growing and learning to love.

### 2) Be CONFIDENT - know why sexual integrity is important to YOU.

You need to have your own reasons for why you don't sext, masturbate, look at pornography etc. It's not enough just to follow what the church or others say. You should be able to confidently tell people: "I choose not to \_\_\_\_\_ because I want \_\_\_\_\_".

When you're clear and confident about your sexual integrity, you will know how to react when confronted with unwanted situations.

### 3) Be RESPONSIBLE - focus on growing yourself to be a better spouse.

Be serious and realistic about how to live a life of sexual integrity.

Prepare yourself for:

- what to do in unwanted situations: peer pressure, sexting, pornography, etc.
- what to do in marriage: how to grow your heart

Remember: sexual integrity is a mindset and a lifestyle. All three points are important before and after receiving the Blessing.

#### The Problem with Masturbation

The sexual thoughts often connected to masturbation aren't teaching you how to treat your sexual partner with love and respect, they are focused on your own pleasure. Consistent masturbation can 'imprint' on your sexual experience. This limits your ability to be aroused in real-life sexual experiences because your mind and body need to mimic the experiences from the past for sex to feel satisfying in the present.

The key to a happy sex life is based on knowing how to give more to your partner than seeking to receive, or in True Father's words:

"A man or woman alone is only one half of the whole. For this reason, God interchanged the sexual organs, the love organs. The owner of the husband's sexual organ is the wife and the owner of the wife's sexual organ is the husband. Only when each is rooted in true love for the sake of the other are they in the position of the owner of their spouse."

#### The Problems with Pornography

**FAKE** - "Porn promises intimacy and satisfaction but leaves us empty and searching for more. Intimacy means being known inside and out and being loved for who you are. God created sex to be the deepest physical expression of intimacy between a man and woman."\*

Pornography is based on lies about what sex is, unreal expectations, illusion. It's not real but a false portrayal of what sex is.

**FALSE LOVE** - "The temptation of pornography is to bypass the effort involved in building a relationship. Porn gives us a chance to fantasize and forget about your own imperfections. Even if pornography provided accurate images of women (and it doesn't), it still only offers an image – not a real person. An image is easier to relate to than a person with a heart, mind and emotions. An image has no expectations. You don't have to deal with any of the awkwardness that comes with relating to a real person."\*

**LEAVES SCARS** - It doesn't magically go away once you're Blessed. Those images are

hard to erase from your mind. If your sexual thoughts are more connected with imaginary sexual 'objects' than your spouse, it's difficult to experience joy and intimacy in your sexual relationship with your spouse.

There are many other harmful effects that pornography has on your brain and life.

Learn more at: [www.highnoon.org](http://www.highnoon.org) and [www.yourbrainonporn.com](http://www.yourbrainonporn.com)

The 5 Steps below help explain the process needed to change any kind of addictive behavior, however the most important guarantee for success is having a loving support system, like your parents. This is also what High Noon.org can offer.

## 5 Steps to Change a Pornography Habit

1. Admit to yourself that you have a problem and want to change.
2. Act NOW When you want to change, don't wait. TELL SOMEONE you trust about your . porn habit and ask if they can help you stay accountable.
3. Understand the science behind bad habits/addiction. Feeling guilty or just trying to use reason and logic is NOT ENOUGH to change a habit. Habits start from emotional side of the brain so you need to 're-wire' your brain with new habits. Luckily, our . brains are flexible and can learn new habits!
4. Make a plan for how to STOP and what to REPLACE your porn habit with (see below). Choose a time period. Most habits take between 90 days - 4 months to change but setting a long time period might be intimidating at first. Better to start somewhere, like 30 days, and then keep building on it. Share your plan with your accountability person.
5. Connect Look for ways to build deeper relationships with others, in your family, church, or school. "I noticed that I was much less susceptible to lust when I was actively pursuing relationships with others. My emphasis shifted from myself to the people around me, and I began to care again." (Testimony from a christian person who overcame a porn addiction)\*

## How to MAKE A PLAN

- **STOP** watching porn, masturbating
- Get rid of materials AND prevent with ad block and protection system, install panic button app\*\*
- Know your 'triggers' and make a plan for how to avoid them.
- **REPLACE** porn with a habit and a hobby\*\*
- **Habit** - the purpose is to build self-discipline with something to work on each day.

It should be challenging enough to feel a sense of accomplishment, but not so intimidating that might fail, which could result in negative thinking. Examples: new exercise or diet, meditation, HDH, spiritual condition, household chore etc.

- **Hobby** – the purpose is to keep busy in extra time, boredom is a trigger for porn.

A good hobby provides relaxation rather than escapism.

Relaxing = choose deliberately and you feel refreshed and recharged after

Escaping = compulsive or do to avoid uncomfortable duties/feelings, you feel empty/tired after.

Only YOU can determine whether a hobby is relaxing or escaping. For example, video games and reading can be relaxing for one person but destructive escapism for another.

- **RESET** – If you mess up, start back at day 1\*\*

Be honest with your accountability person and then restart the time period over again. Don't get discouraged, the foundation you built up isn't lost. Also being honest and starting again shows self-control and will give you even more confidence.

#### References:

\*“Resisting the Power of Pornography” [www.focusonthefamily.ca](http://www.focusonthefamily.ca)

\*\* “Rebooting Basics” [www.nofap.com](http://www.nofap.com)



# My Relationship as a Matched Couple

## Why is it important to maintain brother/sister relationship after being matched?

**You represent pure Adam and Eve** during the time between the matching and the Blessing. This is a precious time to prepare yourself in the position of brother and sister to go before Heavenly Parent and True Parents and receive the Blessing.

**You stay focused on understanding each other's personalities**, without getting caught up in the excitement of physical affection. True intimacy is to be known inside and out and loved for who you are. It takes time to build such a close connection to one another, the more time you invest in this kind of emotional intimacy, the more genuine your physical intimacy will be.

**You develop good communication skills.** Being able to talk openly and honestly is a great foundation for happy sex life. If you find it hard to talk together about difficult topics now, it will not be any easier after you are Blessed, especially to express your feelings about physical intimacy and sex. Use the time before the Blessing to have deep discussions. Focus on becoming a good listener. Seek to understand your match's heart and feelings behind the words he or she says.

**Physical affection can easily get carried away.** Cuddling can turn into kissing even when you weren't planning to. Staying only within a brother sister relationship keeps it clear to not cross any boundaries accidentally.

## Ways to maintain a brother/sister relationship:

Talk about and agree on physical boundaries together such as: hugging only as a greeting. Try to meet and do activities together with others in open public spaces. Spend time with your partner's family and friends.

## What's not brother/sister relationship:

Holding hands, caressing touches, cuddling together, kissing. In general, aim to behave like you would with your physical brother/sister, while at the same time being considerate towards your partner's culture and background.

## Don't see it as a restriction, see it as an opportunity to build a strong foundation:

Care can be expressed in many ways – physical affection is just one. Be creative in learning about your match, what makes him or her happy and how to appreciate them.

# Testimonies from Parents and Candidates

Below is a selection of testimonies from parents and candidates.

Find more testimonies on the [BFD EUME website \(bfdeume.org/testimonies\)](https://bfdeume.org/testimonies).

## 2nd+ Generation candidates sharing about their Matching

### Candidate 1.

#### **a. What were the main challenges you experienced in getting matched?**

My parents not having a wide range of contacts worldwide. We're quite isolated in our region and it difficult for parents to know how to reach out to other communities, other than the website (which doesn't work for everyone). Also, it isn't easy to have the thoughts that "there's no-one my age left!!" – battling these thoughts and persevering through them was actually the most difficult part.

#### **b. What were the key decisions and efforts you made to overcome these challenges?**

To take up new experiences and opportunities that weren't related to getting matched per se, but I broadened my experience with the communities in other regions. I came to the DONE program as a staff member and met new people that way. Also I strengthened some relationships with advisor figures from Europe who my parents could then work with to find a suggestion for a match. I continued to communicate with my parents and they expressed that they were happy with me being more active in the process. This gave me a bit more confidence to sense whether God was working through me and that he could work through me – instead of solely relying on my parents' inspiration.

#### **c. What would you have done differently/what would you advise others not to do?**

Do not be hasty for the sake of hurrying the process. I was on the website and although I felt somehow I wasn't resonating with it, I tried to commit myself to that process. When it came to suggestions from the website I felt I had to respond with a "yes" because it may be my last chance, even if I felt huge hesitancies and was actually quite uncomfortable. It helped to communicate with my parents about this and in the end I didn't go through with them and trusted my intuition instead. I was glad I didn't just go against my judgment and try to do the "right thing".

**d. What lessons have you learned through your journey to getting matched?**

To trust that God can work through people in your life and also that God is within us and wants to work with us. As long as we can check our motivation, we shouldn't doubt that we can have a good sense and make good judgments. However, it is important to communicate these and not develop them on our own. I feel, especially as I got older, that I can have good intuitions and that I should feel confident that they are coming from a good place.

**e. What would you say to another 2nd+ Gen Candidate over 25 who is making efforts to get matched and Blessed?**

Don't give up! It really is a battle of the mind as you get older. As long as you can assert yourself mentally and spiritually and set your intentions to God and the universe, somehow there comes a response. Don't expect miracles either, but take each situation as a learning experience and actively reflect on how even the toughest processes are delivering you gems to keep for life. Most of all, don't compare. It's easy to observe others, especially those younger than you, and form all sorts of comparisons that really don't help. Take the time to talk to others and hear about their experiences to learn from them, but not to the extent that it makes you feel less about your own experience. You never know the reason why it takes longer for some people, but in my experience, later was the right timing. If I had rushed it earlier, I know I wouldn't have the same outcome. So I'm grateful for that time of waiting.

**Candidate 2.**

**a. What were the main challenges you experienced in getting matched?**

There is this belief in the church (which differs from the so-called "outside" world) that when you turn 25, you're too "old" to get blessed, therefore you have to rush into finding a spouse, be less picky and more realistic, since there are less options available (especially if you're a sister). My Blessing broke at the age of 26, and because of this social stigma that I described, my parents tried to push me into get blessed again as soon as possible without considering that I needed some time to heal from my previous relationship.

Another challenge I had to face whilst getting matched was that many guys who were either older or my same age were too hurt from their previous relationships or too negative about the church. The third challenge I had to face was the comparison with my BC friends who were younger and already had spouses, jobs, their own apartment – and even children. I remember going to several baby showers and housewarming parties with a heavy heart.

The fourth challenge was the frustration of not finding the "right" person for me, after one failed Blessing and five matching attempts, I felt like a loser, like a person who wasn't good enough for anyone to love me back.

**b. What were the key decisions and efforts you made to overcome these challenges?**

First of all, I put aside the social stigma of women having to marry an older guy. I started looking for candidates who were younger than me and there were more options and less pressure to choose “whoever”.

Second, to stop feeling sorry for myself and stop comparing myself to others. I decided to work on my self esteem, so I went to a therapist I found trustworthy enough.

Third, to put aside unrealistic expectations from my parents and from me, because all those failed matching attempts were the result of trying to please my parents’ or my own expectations. After having my fifth matching attempt, I told my parents that I wanted some time out and I wanted to do a family condition together for 40 days before contacting anyone else. I was doing conditions on my own before, but I realised a family prayer would be more powerful and effective. I took my past experiences not as failures but as wisdom gems, as lessons that could prepare me to become a better person and a better spouse, so I let go of the pain.

Soon after the family condition and through the help of a “fairy godmother” named Patrick Hanna, I found my spouse. The fourth decision, which is actually the most important one, was to stop trying to please others and start thinking of what I really wanted: what were my ideals and values about love, family, the church, etc. and try to find someone who is on the same page or as passionate about those ideals and values as I am. So my spouse and I, we didn’t “click” at first but we shared the same common ground, and gradually we fell in love with each other.

**c. What would you have done differently and would you advise others not to do?**

I would have tried to be less pessimistic and to understand that a relationship is not about pleasing someone or being someone’s puppet, but to actually create something between the two of you. So I would have been more clear with my parents about what I really wanted and how I really wanted it to be handled, instead of just “obeying” them and therefore coming to resent them.

This ‘people-pleasing’ mindset also wasn’t positive for my matching process and even my current relationship. If you’re like me, I would advise not to try to please everyone because it doesn’t build a solid companionship or relationship. I would also advise to find someone who shares your ideals rather than someone who merely attracts you, because for me, the aim shouldn’t be about just being happy, but to find purpose in your life and create an everlasting, meaningful companionship. I also think I could have worked on my self esteem issues earlier, instead of ignoring them or giving them less importance.

**d. What lessons have you learned through your journey to getting matched?**

I’ve learned not to judge or make premature assumptions of the other person, of his profile picture, his age, his family name, his nationality or base one’s opinion on first impressions. Also it’s important to ask all the essential questions as soon as possible instead of spending several months of small talk just to see if you both “click”; no one is going to die if you don’t know the other candidate’s favourite colour! Moreover, I would encourage people to ask the most obvious questions: Do you believe in God? Do you go

to Sunday service? Do you want children? See if you are both on the same page about the most essential things. I have seen couples splitting up because they skipped this part in their initial process and when they found out, it was too late. As a side note, I would also figure out if the person suffers from any addictions and whether he/she is working on them or just letting time pass.

**e. What would you say to another 2nd+ Gen Candidate over 25 who is making efforts to get matched and Blessed?**

First and foremost: be patient and relentless. Second: take the initiative to get matched rather than rely solely on his/her parents/friends/BFD staff. If the Blessing is something you deeply care about and your parents are aging and they don't even know how to send emails, then I think it's about time (to get involved). Third: do not be ashamed to ask for support from friends/family and BFD staff. I actually helped a 30 year-old BC to meet her spouse, and I feel I didn't just do the right thing, but I gained two friends in the process. As a side note, putting yourself on the website might seem humiliating, but I think it's really brave and in particular it shows both transparency and availability – that there is nothing “fishy” about you. Fourth: be open-minded, because the older you get, the less flexible you become and maybe the love of your life is not meant to be, say, a European or White/Caucasian. My final advice for any person of any age who wants to get blessed is to ask yourself the questions: Why do I want to get blessed? Why do I want a spouse? What kind of family do I want to have? What kind of life do I want to live? When I envision my future, is God in the picture? Be as specific as possible. If the answers are clear, you'll save yourself a lot of heartaches.

**Candidate 3.**

**a. What were the main challenges you experienced in getting matched?**

Dealing with the social pressure. Firstly from my parents who for three years were looking for a matching without succeeding. Secondly from my peers – most of them were already in a relationship; this made me feel that I was stuck and that I had less value than others. I felt the process of getting matched was quite limited and frustrating, my character wants to get things done quickly! I tried to find someone in many ways but without success. I felt that I had to try, because I don't believe that waiting (and doing nothing) is the answer.

**b. What were the key decisions and efforts you made to overcome these challenges?**

One of the key decisions was to tell to myself that was all right. It's fine to be single, and my life is so precious! Regardless of what society tells us about what is normal or not normal, I am free to choose, I am free to love.

**c. What would you have done differently/what misjudgments or mistakes would you advise not to do?**

Instead of focusing so much on finding someone, I should have focused on being my best

self!

**d. What lessons have you learned through your journey to getting matched?**

I have learned that I should love myself more. I should respect myself, that's the only way we can love another person.

**e. What would you say to another 2nd+ Gen Candidate over 25 who is making efforts to get matched and Blessed?**

I would say, 'Be your best self'. Set your heart free from any pressure or possessive feelings; love is free. That said, practical details do matter.

## Blessed Couples sharing about their Matching

### Blessed Couple 1.

*Blessed 1 year, matched a year before being Blessed*

**1.What did you do to prepare yourself internally before starting the matching process and during the matching process?**

**Wife:** From my late teenage years I felt that I wanted to get matched around the time I finished my bachelor studies. The reason for this was that I thought that would be helpful in case I decided to move to my future husband's country and find a job there. So I made sure my parents were aware of this.

To grow my heart and prepare myself to be ready to commit myself to someone I did a 7-day fast condition. My parents later on expressed when they thought I was ready, and once I agreed and said "Yes, I think I am ready too", then we started a prayer condition together. We used the prayer condition to ask God to help my parents and I to prepare our hearts to find a person I could share my life with.

Both prior to the matching process and during the process itself I communicated regularly with my parents about my feelings and thoughts related to the matching. I also spent time reading HDH material on the Blessing and relationship books such as "Real Love" by Greg Baer to make sure I myself felt the value of committing myself to the Blessing and a marriage relationship.

**Husband:** I was thinking a lot about how I could be prepared during the matching process. I read several books on understanding women and was reading True Parents words about the blessing. One book especially was, For Men Only. There is also the counterpart 'For Women Only' that women can read. It explained a lot about what women need and why that is; and explained in a way that men could understand. This was very helpful to me.

**2.What were some challenges you faced in communicating with your parents during the matching process and what specific actions did you take to overcome these challenges?**

**Wife:** Having grown up with 4 other siblings I did not often have one-on-one time to talk with my parents. I therefore had to become more accustomed to asking them for time to talk and share my thoughts. To make it easier and less pressured to share my thoughts and feelings with my parents, we started off reading a relationship book (Real Love by Greg Baer) and discussed the content together. This made talking about expectations and feelings related to the Blessing feel very natural.

**Husband:** Communicating with my parents didn't feel like a challenge. I trust them and felt comfortable for them to find someone for me. I suppose I gave minimal requests; I asked for someone in Europe, just so that living together would be more convenient.

### **3. How has the matching process impacted your relationship with your parents overall?**

**Wife:** I feel very grateful for the time my parents took to attentively listen to my thoughts and feelings during the matching process. I have therefore become much more able to talk one-to-one with my parents about sensitive topics such as challenges I am going through or worries I have for the future.

**Husband:** N/A

### **4. How did you ultimately decide that this is the person you wanted to be matched to?**

**Wife:** This felt like a big, difficult decision for me. 3 months into the matching process I was doing a 40 day condition of praying and bowing and I had some expectations in mind that God would soon give me some kind of sign during this time. At the same time, the matching process was moving smoothly forward and I was getting to know my prospective match better and better. So my parents told me I shouldn't worry because maybe the smoothness of the process could already be a sign in itself.

What I was seeking to find out through the matching process was not only to understand if we got along well, but also to see if the other person had a desire to grow spiritually throughout their life with me. In my family our main spiritual activity which has shaped me today was to read and discuss HDH together. A couple of months into the matching process I therefore asked my prospective match if he wanted to join me in reading HDH together once a week and share our thoughts about the content....

**Husband:** During our matching process we were serious about each other and very curious too. At first we emailed each other and asked many questions about what we believed. What does True Parents mean to you? What things in the Unification Movement are important to you, which traditions? What is the relationship with your parents and siblings? Where do you see your faith going? Do you want to be a contributor to the Unification Movement? We asked a lot of questions and slowly I felt very connected and comfortable with her. At the same time we read a lot of True Parents words, once a week, and then we emailed each other our thoughts after reading it. I felt very at ease sharing my feelings with her than other people and as a result of our questions and answers I felt very comfortable being around her. This led me to feel she was the right one for me.

### **5. Is there something you wish you had known, or worked on more, before entering**



### the matching process?

**Wife:** I wish I was more aware of how short a time it takes to come to like a person you are in a matching process with. Especially as one spends a lot of time talking about one's deepest values and life goals. It therefore became important to me to keep a clear list of what I wanted to get to know about the other person as well as to continually reflect with God and my parents to seek advice and find out if this was a person whom I could be really committed to share both the most challenging and the happiest times of my life with. However, I was maybe not so aware of my prospective match's point of view and how he might have developed a feeling of closeness with me. Most importantly, I think you have to be very careful you do not hurt the other's feelings if something difficult comes up during the process. Especially when it comes to sensitive topics, for example realising something about a prospective match which comes as a surprise as you did not think they were "that kind of person".

**Husband:** I feel this is the question I can write most about. There are so many things that are new after being matched and blessed which really made me think "Gosh, how I get my head around this?". One thing was to be in touch with feelings. What I didn't know is that women need to know how you feel, and a lot of the time. This was a challenge. How do I feel? In the beginning I said I'm not thinking about anything or feeling anything. But later, I wanted to discover more about and learn to express my feelings to her. I feel that what I wish I had worked on more was to share my feelings with my parents and siblings, so that it would be easier now with my wife.

I also wish I had known that once you are matched you are not brother and sister. This should be emphasized because I thought I shouldn't have any romantic feelings and so I tried to suppress them, which is not so healthy. Actually when you are matched you are an engaged couple which is very different to brother and sister. Once becoming an engaged couple I think it's important to discuss your relationship in ways that you couldn't prior to being matched.

## 2. Couple

*Blessed 2 years, matched for 2 years before getting Blessed*

### 1. What did you do to prepare yourself internally before starting the matching process and during the matching process?

**Wife:** I read as much as I could on matching, be that guidance and testimonies. Being the nerd that I am, I needed to know as much as possible to feel like I was considering all the aspects of it. I talked to matched friends about it, to my older brother who was already Blessed, I "talked" to myself about it by keeping a journal. I did several praying/bowing/fasting conditions since I decided to put myself on the website. That helped me feeling like I was actively doing something towards it. I talked to my dad about it, which is not the easiest thing for us, so I asked him to join me in a prayer condition. During the process I did some crazy 40 min prayer conditions before every skype call we had. It



helped me calm myself and keep the focus on the important things, by trying to catch God's perspective on things.

**Husband:** I had done prayers and talked to my parents a lot.

**2. What were some challenges you faced in communicating with your parents during the matching process and what specific actions did you take to overcome these challenges?**

**Wife:** My mother is in the Spirit World, so including her and communicating with her was a challenge. Praying helped. I imagined her listening and being there. I think she is. The issue in talking to my dad was the awkwardness, and feeling that he seemed to take everything so lightly, with so much faith and positivity, while I was an emotional ball. We tried to be as open as possible about it and that helped, as well as doing a prayer condition together.

**Husband:** The issue was that I went through more than one matching process and my parents talked to others about it. That caused some issues since people were talking to me about my processes which had already ended. When I realised what was happening I specifically told my parents not to share anything about my matching without before conferring with me, no matter how excited they might be about it.

**3. How has the matching process impacted your relationship with your parents overall?**

**Wife:** It has improved it a lot, it made it easier to talk about other things too. Even though they have obviously done so much for me before the matching, that was the first clear step we took together in my life. I feel so grateful, and they seem invested in our couple.

**Husband:** I'd say it helped me learn a lot about my parents, but it has also helped them learn a lot about us. I was the first one to get matched in our family and they had a fair bit to learn. But it actually improved my relationship with them. We talk about more things nowadays as a result of it.

**4. How did you ultimately decide that this is the person you wanted to be matched to?**

**Wife:** Externally: did a fasting and praying condition and got away from everyone but Heavenly Parent (HP) to make this decision. Internally: I felt that HP had put this person in front of me, offered us each other, and was not pushing or pressing for a particular decision. I felt that HP was going to accept and support either choice of mine, because somehow both would have worked out fine. So I accepted it, because the person had not given me any reason to say no, and I felt that we could make it work.

**Husband:** She gave me no reason to say no. And it felt like Heavenly Parent wanted us to be together.

**5. Is there something you wish you had known, or worked on more, before entering the matching process?**

**Wife:** I wish I had been aware of the challenge of being myself in a matching process, instead of wanting to please others (not with my partner but with his family). Also of the realistic consequences of an international matching and Blessing. I wish we had discussed more the delicate topics that should be discussed during the process, in a place of trust and honesty.

**Husband:** Honest communication. Being truly honest and open in communication with myself and my partner early on would have saved us a lot of pain and misunderstandings.

## 2nd+ Generation couples sharing about Life as a Blessed Couple

### Blessed Wife

*Blessed 2009, 3 Kids, matched by TP*

No matter how many relationship books and blogs I read before being Blessed and how long I 'dreamed' about being a loving wife. My husband challenged and frustrated me more than any other person in my life before. Spending so much time together and so intimately, also brings up things we really don't like in each other. When we were first Blessed, I was so scared to get into our first argument. When it actually happened it wasn't so bad, we were both understanding and wanting to resolve it.

What I didn't know is that there are certain issues that come up again and again as a conflict. THIS is where you can start to feel 'stuck' and question your relationship because it seems 'impossible' to get over this issue. It feels lonely and maybe embarrassing to talk with someone else about this but this is exactly the time when you need support. I had a few close friends that were Blessed and I started sharing what I was going through and asking for advice. Learning from them that they also have certain things they continually argue about was such a relief. "Oh wow they go through this too!" It gave me more encouragement to keep working through the difficulties and trust that we were growing closer through them.

When you're struggling alone and not talking with anyone, you only have your own thoughts. Those thoughts can quickly turn into doubts that something is wrong with you or your spouse. When you can talk with other couples and hear their stories, you're reminded that conflict is just a normal part of marriage that everyone goes through – again and again.

### Blessed Husband

I have been matched and blessed by True Parents in 2005 and I have been happily blessed for more than 14 years but happily does not mean that our lives and our relationship are happy and jolly all the time.

When in 2005, while I was in my 1st year of STF I suddenly felt the urge to go to True Parent's matching and blessing a fight started between my heart and my mind. My heart was telling that I was ready and that it was the right time while my mind was telling that I was not ready, that had too many shortcomings and that I am not ready to be a good

husband. The only way I could finally reconcile my thoughts and feelings is by admitting that I was not ready to be a good husband but that I was ready to commit to become a good one and to make the relationship work no matter what. Right after getting matched and blessed I felt very happy because I immediately felt accepted and appreciated by my wife. But I felt that I really needed to work on myself in order to be ready not only to be a good husband, but the great husband she truly deserved. So I decided to do a 2nd and then 3rd year of STF to keep working on my faith, character and relationships. This is really something that helped so much in really being ready to create a harmonious relationship with my wife.

We actually only started living together 2 years and half after the blessing while doing public mission. Even though we had a great relationship it was definitely not easy but it was a great way to start by truly living as a couple for a higher purpose. When you start living together and you don't focus on a higher purpose than your couple, the danger to focus only on your problems if things are difficult or to only focus on your own happiness if things are going well. Having a higher purpose to focus on can be a motivation to resolve problems in the couple or can be a way to make others benefit of the love and happiness you share as a couple. I really believe that living the blessing is combining the best aspects of a traditional marriage which are commitment and higher purpose and the best aspect of a modern marriage which is a deep, harmonious and fulfilling love relationship.

After STF we started living together and had more time for romance and developing our relationship as a couple and we had beautiful romantic wedding 5 years after the Blessing. I also went back to my studies, started working, got involved in CARP and we had our first two children. After a while all these different responsibilities and activities were too much for me and I stopped being actively involved in CARP and the movement. Also in this very busy day to day life I completely stopped taking time for myself to reflect, receive inspirations, pray, set internal goals and keep improving my character like I was doing on STF. This started to affect my priorities and I started to focus a lot more on career success and income than family and community. Luckily our faith and relationship as a couple was solid and truly committed to go through this challenging period of time.

I was struggling with addictions and at one moment I experienced a burn out because of working too much and it is my wife who helped to go through this difficult time by sharing deeply and honestly with her on a daily basis. After a while I got better, I started working less but we kept our daily personal sharing as a tradition, and it deepened our relationship as a couple tremendously even though we had been blessed for 10 years already. We started to take more time together as a couple by asking our parents to take care of our young children and this was very important to keep a romantic and loving relationship once you have children. We always had a good relationship despite disagreements and tensions that come on the way and one of our most important practices was to always resolve our conflicts quickly. I never thought that our relationship could improve so much and we could so much in love even after many years as a couple.

When our 3rd child was born I even reduced more my working hours in order to spend more time with family and the church community. I started to take time again to deeply reflect and work my personal development and since then our relationship went to a whole other level and I realized how much I had forgotten about the importance of working on yourself and focusing on a higher purpose in order to improve your relationship. When you feel more at peace on an individual level it is just so much easier to be emotionally grounded and stable for your spouse and children. And when you focus on a higher purpose you don't focus too much on you own problems, you have a higher motivation to overcome them and especially you experience the fulfillment of helping others.

## Blessed Wife

*Blessed 2004, 3 Kids, matched by parents*

The way i see it to be a blessed couple is like a journey.

I guess when I was blessed I was rather naïve what it means to be a Blessed Couple and I had some strong Ideas and concepts about what it means to be a couple. Not very healthy ones though. My biggest references were Hollywood movies which are not really showing accurate relationship views. So it was a bit of a surprise after a while to see that not everything is happy joyful butterflies all the time. But it was all comforting to realize that every couple actually goes through up and downs and that I am not the only one with problems. And that sometimes we need help from someone else who helps us to work through stuff.

I guess what I learnt after more than 15 years being blessed and having a few kids is that communication is a big key in a marriage. It's still not very easy for me to communicate since I came from a family where this was not practice. Communication is a bit of simple word but I am more talking about to share your heart and feelings with someone and to allow differences in opinions without feeling hurt towards each other.

One other key point is patience and not giving up to easily. Sometimes it takes time to work through things and sometimes one person in the couple just needs time and space to work on it by him or herself, nothing should be forced or pushed and this is also what I had to accept.

We have to try to understand each other's heart, situation and background where one comes from. I also learned unfortunately in many difficult ways that I cannot change another person. But the only person I can change is myself and how I see and accept things and that love is the only key to move someone else's heart.

One big support or consistency that helped me a lot, accept other people, is to have a healthy spiritual life. Connecting daily to God and reading of TP words just gave me a lot of support and strength to stay positive even though circumstances were maybe tough in my own relationship and family. Sharing with God honestly about problems gave me strength and I realized solutions and help was always around and on its way. Overall it made me connect on a deeper level to God and TP and that I am grateful for.

Being a couple means to constantly investing in each other. And more than once I realized that love has to be in the center than there is space to evolve.

## Testimonies from Parents

### Parents 1.

**How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

For our first child we did not so much preparation, for the second child we went through the Blessing Handbook to understand what were my sons desires and goals. We came to a common understanding. We also did a condition together.

**What tools did you find helpful in your task to find a partner for your child?**

Reading the Family Matching Handbook was very helpful but otherwise I just communicated with friends and other leaders to find a good match. I didn't feel comfortable to put my son's picture on the website.

**What were the main challenges you experienced when matching your child?**

My first son was matched by True Father and very obedient. My second son was very opinionated and immature at first, so it was difficult to communicate effectively. I found it difficult to decide if he was really ready and also difficult to have patience in him.

**Do you have any advice for parents who are preparing to match their child?**

You need to communicate well. Also I suggest using a Matching Supporter is very helpful because it avoids the emotional baggage that we all have with our own children. Also be patient and make sure they receive lots of education from the official channels so they can understand the importance of the Matching process and the Blessing.

### Parents 2.

*Mother of several Children and ... she matched successfully and some of them have already children themselves now*

**How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

We as parents made a 40- day prayer condition as a basis for the whole matching process. At the same time we watched our daughter/son closely in her/his final high school examinations and finding the right study course for her/him. So that her/his head would be free for finding a partner.

In the same time period we went together to three different blessing workshops (one in English language, two in German language).

**What tools did you find helpful in your task to find a partner for your child?**

Attending our first PMC in Europe was very helpful, especially the testimonies of other parents and the international atmosphere of the event.

There was so much information that there was hardly any time for finding a partner. But we went again and then there was more time as the lectures were already familiar and the head was free for looking for a profile.

The international Matching Website is very helpful, once you get used to using it in the right way. Sometimes I wished for a better introduction of using it. We as parents are the older generation and not necessarily familiar to use the computer programs efficiently.

Getting help from a Matching Supporter gave some hope not to give up! And reading the Family Matching Handbook (US) was really helpful, as to read a book is easy and you can study it, whenever there is time to do it. There were many questions, I did not think about myself.

Other tools I used was that had a look at the birth horoscope. Just to get some basic orientation about the question, if the characters would fit.

### **What were the main challenges you experienced when matching your child?**

My main challenge was to overcome my own attitude of being too proud of asking others, what they would think about my child. Not fulfill the own dreams and goals, but to really look, what is best for my son or daughter. It was like learning to look through their lenses.

### **Do you have any advice for parents who are preparing to match their child?**

Not to give up so easily. The process needs to be shared among the parents (father and mother) and to find the same point of view is sometimes really challenging. Talking with other parents, how they did the matching was very helpful. Also to use the own network in the community or of the nation was helpful to us as parents. We as 1st Generation have friends abroad and we can ask their advice as well. There is always the option that they know someone? I regret not having that done enough. Unfortunately we kept looking for a partner for our children too much to ourselves. This I would do differently nowadays.

## **Parents 3.**

### **How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

One of the most important preparations was to attend a Blessing workshop with my child. This helped us also to communicate well about expectations, wishes and needs.

We as parents also made prayer conditions and spoke often with our child.

### **What tools did you find helpful in your task to find a partner for your child?**

We attended several Parents Matching Convocations and a Blessing Preparation Workshop together.

We used the international websites ([www.bcmatching.org](http://www.bcmatching.org), [www.blessing4u.org](http://www.blessing4u.org)) and

read information on the European website [www.bfdeume.org](http://www.bfdeume.org).

We referred to the Family Matching Handbook (US) at times.

### **What were the main challenges you experienced when matching your child?**

The first challenge was to find a candidate we felt good about. Twice this happened in unexpected ways and not over the website although that was the method we planned to use.

A great challenge was after we had chosen someone and felt this could be a good potential match, not to put pressure on our child to accept our suggestion just because we had a good feeling and hoped it would work out. We noticed the children feel pressure from our expectation and hope and don't want to disappoint, wanting to please their parents. We found it is however of utmost importance that the children feel good with the match not us! And it is important to reassure the candidates that it is ok to say no, Not too easily throwing away an opportunity but if after sincere effort they feel no then they should have the space to be able to say that.

### **Do you have any advice for parents who are preparing to match their child?**

Don't try to rush it, don't be disappointed if it doesn't work out right away. Pray for God's guidance and believe in your child's wisdom.

We also always talk to the parents over Skype before introducing the children to get a feeling for the family,

## **Parents 4.**

### **How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

When our children expressed that they were thinking about matching, we decided on some conditions that we (father, mother and child) could do together every evening. Usually we chose a short prayer condition plus a reading condition using a variety of books on topics related to matching and Blessing. We usually started with the "Family Matching Handbook" and then True Fathers speeches, but we also read other books, such as: "Real Love in Marriage". We continued with this condition for about a year or until the time when our child felt he/she understood enough and was willing for us to start searching for a partner.

During this time, either my husband or I, would attend a Blessing Preparation workshop together with our child.

As a couple, we came to realize how much our relationship influences the view our children have towards the Blessing and married life. So we also felt pushed to develop and go forward in our own relationship.

We tried also to spend some extra "quality time" with our child – going out for a walk or to a coffee shop together so we could talk more deeply.



**What tools did you find helpful in your task to find a partner for your child?**

It was useful to attend the PMC so that we could understand the different methods to search for a partner and to give us the confidence to start. It was also useful to hear the testimonies of other parents.

Attending the Blessing Preparation workshop together with our child gave us a better foundation to discuss matching with them.

The international matching websites are helpful, however in the end we only used it for one of our children.

**What were the main challenges you experienced when matching your child?**

For us it was not so difficult to find a partner but it was challenging to guide them through the process. If problems came up (for example: the child had doubts etc.) we, as parents, tried to keep a vertical and positive attitude and not be influenced by negative thinking.

It is very easy for the two candidates to get too close to one another during the matching process, therefore it is important to be able to motivate and support them to maintain a brother-sister relationship until the time of the Blessing Ceremony.

**Do you have any advice for parents who are preparing to match their child?**

It is not an easy task to match your child. Although God is with us, we still meet many challenges and situations that will stretch our hearts.

As parents we are very eager to see our child matched and Blessed, however we must be sure that he/she is really ready and mature enough to take on the responsibility of becoming a couple.

It is not always that your child understands what kind of person would be good for them. First impressions are not always correct. Encourage your child to look at a possible candidate from God's viewpoint and to understand what God wants for them. Many candidates are looking for "the person that will fulfill my dreams and make me happy", instead of trying to become "the person who will fulfill my partners dreams and make him/her happy".



# Hoon Dok Hae

Here you can find HDH that can inspire you daily, which helps you to reflect and grow towards your way to the Matching and Blessing. You can find more HDH on the [BFD EUME website](#).

## **True Family: Gateway to Heaven**

**Sun Myung Moon**

**January 2009**

A little booklet of excerpts from Cheon Seong Gyeong about living a life of true love and family as the school of love.

[Read the speech](#)

## **Ideal Family and Ideal World**

**Reverend Sun Myung Moon**

**June 6, 1982**

True Father's guidance to matched couples preparing to go to the Blessing. He shares a lot of practical advice on what an ideal husband wife relationship is and how to create that as a Blessed couple.

[Read the speech](#)

## **The Path of Life for All Humankind**

**Hak Ja Han Moon**

**World Tour 1999**

A simple speech about God's love for human beings and God's vision for how every person should be born, grow and live a life of love.

[Read the speech](#)

## Textbook Of Love

**Reverend Sun Myung Moon**

**February 5, 1984**

True Father speaks about love in general and towards the end directly about love and the Blessing.

[Read the speech](#)

## The Greatest of All Is Love

**Sun Myung Moon**

**March 20, 1977**

A practical speech where True Father gives many examples of true love and false love. He also explains the differences between men and women and how to harmonize and create a marriage of true love.

[Read the speech](#)

## Prayer at 2nd+ Gen Matching

**Sun Myung Moon**

**November 2009**

True Father's prayer and wish for 2nd+ Gen to inherit the tradition and understand God's heart towards the Blessing.

[Read the speech](#)

## Become Like Pure Water the World Needs

**Hak Ja Han Moon**

**July 22, 2014**

True Mother's advice directly to young 2nd+ Gen about understanding the value of 2nd+ Gen to the world.

[Read the speech](#)

## Change of Blood Lineage; The Real Experience of Salvation by the Messiah

**Sun Myung Moon**

**October 13, 1970**

A very serious speech by True Father explaining the deep history of how God has worked to bring the Blessing to the world. It is a helpful speech to understand the value and heart behind the Blessing and lineage.

[Read the speech](#)

## Love and Restoration

**Hak Ja Han Moon**

**October 1, 2013**

A serious speech from True Mother about remembering core of everything we do is to give and about how she is educating 2nd+ Gen.

[Read the speech](#)

## Heart

**Sun Myung Moon**

**Circa 1973**

A short speech where True Father gives different examples of what God's love is and the mindset we need in order to love the way God does.

[Read the speech](#)

## Practice Love for the Sake of the Whole

**Hak Ja Han Moon**

**December 12, 2012**

A short message from True Mother to 2nd+ Gen about their responsibility to create their environment and world they want to live in through witnessing.

[Read the speech](#)

## The Origin of Peace is God

**Hak Ja Han Moon**

**September 2002**

A longer speech from True Mother about how to live life centered on God and why this is the only way to experience true peace and happiness in our own lives.

[Read the speech](#)

## The Importance Of Prayer

**Reverend Sun Myung Moon**

**April 15, 1979**

A practical speech where True Father talks about the strength that prayer gives us to keep our commitment and to keep close to God during times of difficulty.

[Read the speech](#)

## Challenge and Victory

**Sun Myung Moon**

**Circa 1973**

A shorter speech from True Father about not fearing challenges but seeing them as a way to grow. Even though he doesn't talk directly about the Blessing, this mindset is important for life as a couple.

[Read the speech](#)

## The Greatest of All Is Love

**Sun Myung Moon**

**March 20, 1977**

A practical speech where True Father gives many examples of true love and false love. He also explains the differences between men and women and how to harmonize and create a marriage of true love.

[Read the speech](#)

## Let Us Be Grateful

**Sun Myung Moon**

**June 18, 1978**

True Father talks about the beauty of life, the power of gratitude and understanding our self-value.

[Read the speech](#)

# Appendix



*Until now, you grew up under the protection of your parents, church and surroundings; however, once you are in the position of having received the blessing, the two of you have the responsibility to become one and advance together. Do you understand? All of you participating in this blessing must not lightly think of it; the decision you make now is to last for eternity -- eternity. Do you understand?*

*- True Mother (February 8, 2014 at the CIG Matching, "If you receive the Blessing, you must take responsibility for it" )*

# Workshops Related to Matching and Blessing

## Overview of EUME Matching and Blessing Preparation Workshops:

### Level 1 Matching Preparation Workshop

Requirement for the Blessing: No, but recommended

Target: 14-17 years old 2nd plus Gen

Description: The focus of this workshop is Pure Lifestyle, how to prepare for the Matching and Blessing, the identity of a 2nd+ Gen, the Parent-Child relationship and providing guidance for parents in preparation for the Matching.

This workshop is recommended, but not a requirement in order to join a Level 2 Matching and Blessing Preparation Workshop.

### Level 2 Matching and Blessing Preparation Workshop

Requirement for the Blessing: Yes

#### Part 1

Target: 18 years and older, 2nd plus Gen and Parents

Description: This is the main workshop in preparation for the Matching and Blessing. The theme of the Workshop is Love, Life, Lineage. It should offer a deeper understanding about the Blessing and help candidates and parents to prepare for the Matching. The workshop is divided into two parts, one part is on the regional EUME or sub-regional level and the second part is on the national or sub-regional level. Candidates need to attend both parts in order to complete the workshop and receive a Certificate of Completion.

#### Part 2

Target: participants of Level 2 Part 1

Description: The second part of the Level 2 Workshop is held on the national or sub-regional level. Since there are fewer participants, it gives the opportunity of sharing in groups and clarifying content from the main workshop. It may also consist of a personal talk with the national BFD leader or appointed BFD staff.

## Level 2 Extension

It is possible to receive a one time “2 years extension” for the Level 2 workshop. In order to receive the extension, the candidate needs to re-watch some lectures of Part 1 online and participate in the Sub-Regional Part 2 workshop. The original Level 2 workshop should not be older than 2 years when requesting an extension. If you would like to receive an extension, please contact our staff for more information.

**A EUME Level 2 Matching and Blessing Preparation Workshop** is an international requirement to register on the International Matching Website.

## Certificate of Completion

In order to receive a Certificate of Completion for the Level 2 Workshop, candidates need to attend both Part 1 and Part 2.

Your national BFD leader will reach out to the participants of Part 1 with more details about the Part 2 – please contact them if you have any questions about the format or timing.

Once the BFD leader informs our staff (at [europe.cosmic.blessing@gmail.com](mailto:europe.cosmic.blessing@gmail.com)) that the Part 2 has been completed, candidates will be sent the Certificate of Completion via email.

The certificate is valid for 2 years.

## Level 3 Blessing Preparation Workshop

Requirement for the Blessing: Yes

Target: Matched Couples who are attending the Blessing

Description: This workshop is offered online by BFD EUME shortly before a Cosmic Blessing and is specifically designed for the Matched Couples who are preparing to attend the ceremony. It provides the opportunity to receive additional education and to discuss important topics with your future spouse. It is also a chance to meet the other Matched Couples, to hear the latest information on the upcoming ceremony and to ask your questions.

More information on upcoming workshops can be found on our [website](#).

**24+ Matching Preparation Workshop:**

This workshop provides personal support for 2nd+ Gen candidates over the age of 24, who are looking to be matched, and their parents. The goal of the workshop is to give participants an internal input and practical guidance to move forward in their matching process.

**Parents Matching Convocation (PMC):**

This workshop is specifically designed for parents and it aims to provide helpful guidance for matching their children. During this workshop parents have the opportunity to connect and share with other parents and to look at profiles of matching candidates.



# What Is a Matching Supporter?

We have established a wide network of 2nd+ Gen Matching Supporters in many countries. They can help parents find a possible candidate for their child and assist them throughout the matching process.

A Matching Supporter can recommend to parents a possible matching candidate, but the decision to accept the proposal or not still remains with the parents. If the parents accept the proposal, the process to get to know the family of the proposed candidate can start.

The Matching Supporters:

- are available to support a candidate and their family through the matching process;
- have established a Parents Matching Support Team in EUME with at least one Matching Supporter in each major nation;
- are in regular communication with each other and have a good overview and understanding of the situation and challenges that EUME families (who are in the process of matching their children) are facing;
- are in contact with Matching Supporters from other continents and regions in the world;
- are also involved in national and EUME workshops for 2nd+ Gen candidates and their parents.

## Overview of Matching Supporters in EUME

**A Matching Supporter can:**

- help families to understand the guidelines and procedures involved in the matching process;
- support families and candidates in their preparation to start the matching process and make a matching plan;
- help to find, fill in and submit all the necessary forms;
- help candidates and families in the process of finding other candidates;
- act as a mediator between two families;
- help research the situation of someone suggested as a possible match;
- support families during the introduction and communication process;
- encourage and support families to develop their network;

- mediate with the Blessed Families Departments in other continents;
- support families who have tried, but do not seem to be getting anywhere;
- answer any questions you have about the matching process;
- support and attend Parents Matching Convocations and Matching and Blessing Preparation workshops as staff members.

Find the list of EUME 2nd+ Gen Matching Supporters on the [Blessed Family Network](#) (Login required).

# International Matching Website

The International Matching Website has been developed by the international BFD.

Matching candidates and their families may choose to use the International Matching Website to assist them in their search for a spouse. Please note that this not a mandatory part of the matching process, but an optional tool intended to assist families in their search.

You can find the International Matching Website here: [www.blessing4u.org](http://www.blessing4u.org)

The candidate is able to register on the website and create a profile. This profile will become visible after the candidate has completed a Level 2 Matching and Blessing Preparation Workshop and the Interview and Confession, according to international requirements. Please refer to the website for further detailed instructions. After the candidate has been approved, the parents will receive a password and will be able to view the profiles of other candidates.

**Please remember that signing up for the International Matching Website is a separate process and does not replace the official Blessing Application at [www.blessingapplication.eu](http://www.blessingapplication.eu).**

Keeping up with your Blessing application is the fastest way of getting approved on the International Matching Website.

After a candidate registers, our EUME webmaster will make sure that they are a 2nd+ Gen candidate and that they have completed the two necessary qualifications to be visible on the website: EUME Level 2 Matching and Blessing Preparation Workshop and Interview and Confession. Approval may take up to two weeks.

If you have any issues or questions regarding the International Matching Website feel free to contact our webmaster Doreen Waldmann at [webmaster.eume@gmail.com](mailto:webmaster.eume@gmail.com)



## **Recommendations when filling out your profile**

It is important that the candidate introduces themselves well, uploads proper pictures and answers truthfully about their current status. This first impression and introduction is very important for other parents so we strongly recommend not to rush through the answers but that the candidate takes time to think about how to introduce themselves in the best and most accurate way. It is especially important to mention if you are a re-Blessing candidate or if the candidate has any health issues. If you don't want to describe your health situation in detail, please mention that the parents can be asked about it privately.

## **FAQ on the International Matching Website**

### **How do I get a login to blessing4u?**

The candidate should go to the website [www.blessing4u.org](http://www.blessing4u.org) and create an ID and a personal password. The candidate should fill out personally all the sections.

### **When do we receive the parents' password?**

Your child's profile on [blessing4u.org](http://blessing4u.org) must be complete and the necessary documents uploaded to [blessingapplication.eu](http://blessingapplication.eu). This means that all fields in [blessing4u.org](http://blessing4u.org) must be filled out, all the questions answered in the 'Blessing Information' section and at least one personal picture must be included.

On [blessingapplication.eu](http://blessingapplication.eu) the certificate of the EUME Level 2 Matching and Blessing Preparation Workshop and the signed Interview and Confession form need to be uploaded.

After this, please inform the webmaster ([webmaster.eume@gmail.com](mailto:webmaster.eume@gmail.com)) so she can send you the parents' password.

### **How does the parents' password work?**

After completing the profile, the status of the candidate's profile will be changed to "available" and can be seen by other parents. At the same time you will receive the parent's password. To use it you need to login with the ID and password of your child, go to "Search for Candidate" and you will be asked for the parents' password.

### **What to do if the candidate is in contact with someone?**

The candidate should change their profile setting to "not available" or "in communication".

### **The parents' password is not working or there is a problem with my child's profile, what should I do?**

Contact our EUME webmaster Doreen Waldmann at [webmaster.eume@gmail.com](mailto:webmaster.eume@gmail.com)

From time to time the parents' password gets changed.

# Blessed Family Network

**The Blessed Family Network** is a place for our community to:

- Meet each other through questions, prompts, and groups;
- Share our stories, experiences, and ideas;
- Go deeper together with content to support your Blessing and family life;
- Ultimately, achieve results we want but are nearly impossible to get on our own without a community.

It only takes a couple of minutes to create an account and join the network.

Just follow this [link](#) or visit our website.

# Contacts



*"I want you to understand that you are the pioneers of the tradition of the future. You are making the mould for others to fit into. I want you to prepare your home and clan for every eventuality. You must be ready to learn and take over the tradition."*

*– True Father*

# Contact Information and Links

## **EUME BFD - European and Middle East Blessed Family Department:**

[www.bfdeume.org](http://www.bfdeume.org)

Facebook: BFD EUME

[bfdeume@gmail.com](mailto:bfdeume@gmail.com)

## **Blessing Application for EUME 2nd+ Gen:**

[www.blessingapplication.eu](http://www.blessingapplication.eu)

## **Blessing Application Admin:**

[europe.cosmic.blessing@gmail.com](mailto:europe.cosmic.blessing@gmail.com)

## **International Matching Website:**

[www.blessing4u.org](http://www.blessing4u.org)

## **EUME Webmaster:**

[webmaster.eume@gmail.com](mailto:webmaster.eume@gmail.com)

## **EUME BFD staff:**

### **EUME BFD Director**

Marea Toresen

## **BFD South Region**

Franz & Patrizia Kerschbaummayr

## **BFD North Region**

Jane Toresen

## **BFD Central Region**

Heidi Mayr

## **BFD West Region**

David Perry

## **BFD East Region 1st Gen Department**

Galina Chernomorets

## **BFD East Region 2nd+ Gen Department:**

Elena Kalmatsakaya

## **BFD Middle East**

Marilyn Angelucci

Find their contacts on our [website: bfdeume.org](http://www.bfdeume.org)

## **EUME Matching Supporters for 2nd+ Gen**

The full list can be found on the [Blessed Family Network](#)

## **EUME Coordinator for 2nd+ Gen Matching Supporters**

Jane Toresen

## **Responsible for the Content:**

EUME BFD – 2nd+ Gen Blessing Department

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