The Importance of the Word Hoondokhae Life 129-14-13-40 Dr. Chung Sik Yong, March 3, 2022

Today I'd like to talk about "The Importance of the Word Hoondokhae Life" from True Mother's Anthology, Book 1.

You will not be able to do hoondokhae without shedding tears as you begin to realize and feel the depth of these teachings. If you do hoondokhae every day, then your heart will begin to change. You will see the world in a different way. Even True Father, who is the embodiment of the Word, reads the Word up until it is time to come out and do hoondokhae with you. You have to be grateful for God's infinite love for humankind and become people who can share that love. The Word will become your daily guide and textbook depending on how well you prepare the standard of your heart. (2006.07.19, Nairobi, Kenya)

True Mother said, "You will not be able to do hoondokhae without shedding tears as you begin to realize and feel the depth of these teachings. If you do hoondokhae every day, then your heart will begin to change."

The Word contains God's will, desires, dreams, works, heart, love, life, and sorrow. Therefore, the more we practice Hoondok, the more we can cultivate our heart. Anyone who truly loves the Word can meet God without exception because the Word is God, his love, and his heart.

Despite the fact that True Father was the substance of the Word, he got up early in the morning and read the Word aloud several times before coming out to the morning hundokhoe. How much do you love the Word? How much do you value the Word as life?

Hoondokhae Life

You should show an example to your children by reciting the Family Pledge every day. You have not properly raised the second-generation in front of God. You may have several excuses or may blame it on the wilderness era, but now times are desperate. Out of those who carry responsibility [in the church], the younger ones are in their 50s and many are in their 70s and 80s. For the sake of the future, we need to educate and nurture our second-generation blessed children in front of God's Will. Hoondok life must be thoroughly practiced at home (2012.09.17, Cheon Jeong Gung)

If we thoroughly conduct Hoondokhoe at home, our lives will be saved, our children will surely be saved, and we will be able to raise them well before God's will.

That is why I am truly grateful to our hoondokhae tradition. Because of the hoondokhae tradition, I feed(?) each of my children and their children, my entire family; I really appreciate this tradition. If we did not have this hoondokhae tradition in my home, I would not have known the way to take care of my children. Because of the hoondokhae tradition, we can share God's will and have a

discussion based on God's will and reflect on God's will.

All my three children received the blessing, and every morning no matter what we are keeping the hoondokhae tradition. Now our grandchildren and my father-in-law join us. This is a beautiful tradition. I really appreciate how much Father emphasized the importance of hoondokhae.

If we do not establish the tradition of holding Hoondokhoe at home, we will offer our children to Satan. I am sure.

Therefore, the only way for us to live, for our families to live, and for our unification movement to live is through the tradition of Hoondokhoe.

Why are we losing our second generation, our young generation, our third generation? Because we did not thoroughly keep the hoondokhae tradition. How can we resurrect ourself and our family? We need to go back to the tradition of hoondokhae.

We must return to the Word. Am I right? It was the Word that brought us into the Unification Movement. And it was the Word that sustained our faith until now. ... Those who do not value the Word and do not keep the tradition of Hoondok have no hope forever.

It is impossible. My children have a problem; why don't you talk with them? OK, we can talk with them and share with them, but it is impossible for them to follow God's will. Why? They do not have the hoondokhae tradition. Many people speak(?) about a second generation problem. It is simple. Go back to the origin. Go back to God's word.

Without establishing the hoondokhae tradition at home, there is no hope. This is the way to revive America: go back to God's word. Everybody (can be) very inspired by God's word, and (it will) nurture your heart. This is the way to revive our movement. Anyone who is inspired by God's word has no choice but to get out and go church to church ... because they are very inspired by God's word.

God's word is the key. The tradition of hoondokhae is the key. How can we revive our family, our church and our entire movement? We need to go back to the origin. We need to go back to God's word. ...

Adam and Eve lost God's word. They did not keep God's word. That was the problem. ...

This is the fundamental way. How can I be inspired? There is no other way. We have to go back to the origin(?). That is why Mother says for the sake of the future we need to educate and nurture our second generation children in front of God's will. Hoondok life must be thoroughly practiced at home.

This was really proved(?) through my family, even in my brother's family. According to my experience, those

who do not like God's word, it is impossible to raise them. They have no hope any more. Among family members those who do not like God's word and the hoondokhae tradition are really hopeless.

How can we inspire them to join hoondokhae? When your child is a baby, ... have them join hoondokhae. Tradition and good habits are very important. (When children are) already grown up, 20 or 30 years old, asking them to join hoondokhae all of a sudden is not easy. But based on an early age, in infancy, let them have sessions(?) of hoondokhae. When they are grown up, it is impossible for them to join.

Why do our blessed families lose faith? What is our entire movement's problem? One of the fundamental problems is that we do not have a thorough hoondokhae tradition.

Today, let's study what the Hoondok attitude is. What is our attitude toward hoondokhae?

Our Attitude Towards Hoon Dok

1. When you do Hoon Dok (Read), always remember that Hoon Dok means reading God's words and that God's Words are a reflection of God's love and heart.

2. For this reason, Hoon Dok is a time to meet God and receive love from God.

When you do hoondokhae, you can read God's heart and mind. You can know God's heart and han. Everything is there.

3. Think of the words of the Principle being more than simply God's eternal truth. Think of Hoondok time as being the time when God's love is infused into me, pouring eternal breath into my spirit body.

4. If you think of Hoondok time as the time when you are absorbing the nutrition of God's love, you will come to feel each day that your spirit body is growing when you read.

5. At the same time, all the ancestors and spirit persons who are helping me digest the elements of God's love and resurrect through Hoondok time. Therefore, when you do Hoon dok, you should read loud enough so that all spirits can hear.

Because you are the representative of all your ancestors. According to Father's word, we have 20,000 or 30,000 ancestors following you and helping you. You are no longer an individual. You are a public figure. God chose you as a chosen guy and a blessed family, as second generation or third generation. You are the representative of 20,000 or 30,000 of your ancestors. Can you imagine that? That is why when you read hoondokhae and pronounce God's word (out loud), they can hear it together and grow up together (with you) in front of(?) hoondokhae. Do not think you are an individual; you are a public figure.

Hoon Dok Method

If you verify things as you go, you will read the

contents more correctly

1. Follow the text correctly with your eyes as you read 2. Pronounce the sounds of the words clearly and with punch as you read

> Your ancestors are listening as you read

3. Listen to the sound of your own voice as you read There is no need to pronounce it loudly, but just (loud enough) so that you yourself can hear it.

4. Use your eyes, mouth and ears at the same time. *Eyes, mouth, and ears are a trinity.*

... (There are) three things together: eyes, mouth and ears are a trinity.

Why only use your eyes? ... Your eyes follow the content.

When using your mouth, you can hear with your ears. When you (speak) out loud, the three function(?) together very well. Eyes and years and mouth form a trinity.

That is why Father, when he gives a lecture(?), wakes up early and read's (it) several times, then joins hoondokhae.

Father is the embodiment of God's word. But he reads it again and again.

Hoondokhae is God's love.

Father always pronounces (it), reading out loud.

Three areas, eyes, ears and mouth, can function(?) together. Why stop on the way just using your eyes? You don't need to speak loudly, but just so you can hear it by yourself.

SUMMARY OF THE HOON DOK MESSAGE

1. When you do Hoondok you need to pronounce the words (hearing by yourself is okay)

2. If possible, read Hoondok quickly as much as you can.

In the beginning it is not easy, but you (can develop) the habit of speaking out loud.

> In order to receive more God's love and his life elements.

> In order to have more opportunity to relate to God's word.

> In order to get more amount of God's word

> In order to increase your concentration.

In the beginning it is not easy, but when you practice again and again, you (will be able to) read hoondokhae quickly. Then your mind and body will surely concentrate and Satan will no longer (be able to) attack. When you become great at reading hoondokhae, the faster you read, the more you can increase your concentration. This is very interesting. In the beginning it is not easy. That is ok, but when you (develop) a good habit, you can do that (read quickly out loud).

I met Dr. Jeong Chang Choi last month in Korea. I had a meal with him and asked him, "How are you doing hoondokhae?" He said, "I read one book(?) of Father's word each day. In the beginning it took about 12 hours. But now it only takes about eight hours because I can read very fast. I can concentrate all the time(?)."

Reading hoondokhae is the best training for the unity between mind and body.

If you cannot control your body, then you cannot concentrate in hoondokhae. Maybe only 5 or 10 minutes. This is your limit.

Hoondokhae is great training to control your body.

"Dr. Yong, when I focus, I can read 70 minutes." That means you can control your body for 70 minutes. But fallen man cannot control his body -- just five or ten minutes. (That is because) you are not reading hoondokhae.

Hoondokhae is great training. Many people did not know about this. ... You need to ask, "How long can I control my body?" When I concentrate, maybe 5(?) minutes, that's fine. Then 30 minutes, that's fine. 70 minutes, great. That is the best training to control your body: How long can you concentrate without disturbance. We need to train (ourselves).

3. When you do Hoondok you need to check if you pronounce the words or not.

4. If possible, you can make your Hoondok time longer (model standard is 70 min.).

But if that is not easy, that is OK. ...

If you can only do 5 minutes, that is ok. ... You can rest and then read another 5 minutes.

"OK, now I can do ten minutes." That is good. You can rest and try again. Keep on trying and trying. Then once you have started (the habit of) Hoondokhae, no problem.

5. You need to do Hoondok everyday until your spirit self completely grows.

You need to eat food, right? Every morning, at lunch and in the evening. Without eating your physical body has no foundation. What about your spiritual life? Our spiritual life is no different(?). Our spiritual body needs to eat as well. If your spiritual body does not read and attend hoondokhae, how can you raise your spiritual body? You need a thorough plan until you die. "EDP content, when can I finish it? Cheon Seong Gyeong, Cham Pumo Gyeong, the Peace Messages." Without a plan, time flies, it passes away.

If you do not have a plan, you will not complete the 8 textbooks until you die. You need to have a plan. No matter how old(?) you are, still you need to have a plan. No plan, no results; (then) you are just wasting your time.

6. You need to increase your Hoondok gradually and set up clear Hoondok plan and encourage yourself.

That is why in our entire movement we have set up a hoondokhae tradition. If we create this hoondokhae tradition in North America, wow! Then we can do

anything. How can we revive America? How can we raise up America? It begins with hoondokhae. Go back to God's word. ... Go back to the origin. ... Because of the Divine Principle, God's word inspired us so much. ...

LIVING DIVINE PRINCIPLE : Principle of Creation 23 - Individual Perfection is the Perfection of Filial Piety

Let's read.

• Joy is not produced by an individual alone.

• Joy arises when we have an object partner, whether intangible or substantial, in which our internal nature and external form are reflected and developed. Our object partner stimulates us and helps us to feel our own internal nature and external form.

• For example, an artist's object partner may be an idea in his mind, or the finished work that substantiates that idea. When he visualizes his idea or beholds his work, he is stimulated to feel his own internal nature and external form reflected in it and feels joy and satisfaction.

Joy Is Not Produced By An Individual Alone How Is Joy Produced?

1. Joy arises only through your object partner.

2. Thus, in order to feel joy, we must live for the sake of the object partner and give stimulation

Because joy and happiness only come from the object partner. No other way.

3. We always need to give, live, invest and sacrifice for the sake of our object partner.

My love, my joy, my happiness only come from my object partner. I have no other choice: I need to live for the sake of others. ... I need to invest for the sake of others. I need to sacrifice for the sake of others. I need to sacrifice for the sake of others. There is no other way. This is the only way we can gain happiness and joy.

No matter how omniscient and omnipotent God is, if He does not have an object partner, how lonely would He be? Therefore, human beings and the universe were created as His object partners of joy.

Joy without an object partner does not exist. In that sense, an object partner is an absolute being in front of the subject partner. Likewise, the subject partner is an absolute being in front of the object partner as well.

Based on this Principle, human beings are absolute beings in front of God. God's god is human beings. On the contrary, the object partner of human beings is the absolute God. To human beings, God is not a being that doesn't matter if He is there or not. Since God and human beings have a subject-object partner relationship, they are absolute beings to each other and have an inseparable relationship.

Therefore, the object partner in front of us is an absolute, eternal, unchanging being. In that sense, the husband's god is his wife and the wife's god is her husband. The parent's god is their children, and the

children's god is their parents. The relationship between subject and object partner is eternal, unchanging, and absolute.

Without the object partner, I cannot create joy and happiness. God is a God of results(?). ... When I sacrifice for others, when I do things for others, only then can I gain happiness and joy. When you live(?) for your own sake, you cannot be happy.

This is a universal principle. Why do we have to live for the sake of others? The conclusion is that we have no choice because the universal principle is like that.

That is why God is a god of wisdom. There is no other way. You have to live for the sake of your wife. The wife has no other way; she has to live for the sake of her husband. Without God human beings cannot survive. We have to live for the sake of God(?). God, even though he is almighty, omniscient God, omnipotent God, for you he has no choice but to obey and follow the universal principle, no matter what, (and) has to live for the sake of human beings. Without human beings God ... cannot create joy and happiness. He has no choice.

Why is God great? He absolutely follows his principle of creation. ... He follows the universal principle which is God's creation. Am I right?

How Can We Feel Stimulating Joy?

1. Human beings can relatively feel their internal nature and external form, and the place you can feel the most stimulation is the family.

2. This is because the family is the place where you can feel the most stimulating joy and love through the Four Great Realms of Heart.

3. Parents, husband and wife, siblings, and children are object partners whom you can feel the most stimulating joy and happiness and love.

Can you tell me? Which area can stimulate you most? The family is the factory to create joy and happiness.

•••

4. Children are most stimulating to parents and parents are most stimulating to children. The wife is most stimulating to the husband, and the husband is most stimulating to the wife.

Where can you find joy and happiness? Outside from Chapter Two? Which area? The way we can feel stimulating joy is centering on the family. (There is) no other place at all.

5. The environment of the Four Great Realms of Heart is the most important place where our joy and happiness are produced.

Parental heart, conjugal heart, siblings heart, children's heart. This is creating and stimulating our joy and happiness.

6. Therefore, the truth of truths is not the Word itself, but rather substantialized Word, which is the true parents,

true couple, true siblings, and true children.

They are the embodiment of God's word. That's why the four great truths are true parents, true couple, true siblings and true children. What is the purpose of God's creation? Becoming true parents, becoming a true couple, becoming true siblings, and becoming true children. That is everything. What else (is there)?

Our fundamental goal is how to become filial sons and daughters, how to become true siblings. Then whenever I see any brothers and sisters, I treat them as my own brothers and sisters. It does not matter whether they are white or yellow. How can we become a true couple and serve each other as God? Finally we want to experience all kinds of experiences: the heart of true children, heart of true siblings, heart of a couple. Finally we reach true parents. That means I have completed my entire love. When we reach true parents, we have already reached perfection.

Our final goal is to become true parents. To become true parents, we need to start from children, true siblings, true couple and finally we reach true parents. That's why God's purpose of creation is true parents.

The fall means to lose true parents. Restoration means to restore true parents. True parents are the purpose of creation.

The work of true parents includes true siblings, true children and true couples.

God

> God feels the fullness of joy when He is stimulated by His substantial object partners to feel His original internal nature and original external form through them.

> When the Kingdom of Heaven is realized-through the fulfillment on the three great blessings and the establishment of the four position foundation, it becomes the good object partner that gives joy to God.

> Let us investigate how the Kingdom becomes God's good object partner.

What does God's will mean? It means to accomplish the four position foundation.

God's Will

1. Four position foundation = Three great blessings = Kingdom of God

2. God's Will :

a. First and foremost: Individual perfection

> Core of His Will is in uniting your mind and body

> God's first blessing is how to become a filial son and filial daughter of God.

When you unite your mind and body, you reach filial heart. You become God's temple.

b. Second, is for a couple to become one and create an ideal family.

c. Third, is to live in happiness along with the blessings of Creation

What is God's first will? Unite mind and body and become God's filial sons and daughters.

Number two, treat my husband or wife as God.

God's third will is to multiply the blessing to the nation and world and the entire cosmos. Then the entire environment becomes the environment of the kingdom of heaven.

How can we multiply based on the ideal family and extend it to the nation and world and cosmos? That is the Blessing.

1. Individual perfection is the completion of mind-body unity

Yo Han Lee and many leaders, especially Father ... I would like to introduce tomorrow more of Father's word about filial piety. I really realized that:

2. Individual Perfection is the Perfection of filial piety (heart).

When your mind and body become united and become God's temple, it becomes the perfection of filial heart. What does filial heart mean?

> Filial heart is practicing absolute faith, absolute love, and absolute obedience with all your heart, all your soul, and all your mind for your parents.

For Heavenly God, for True Parents. This is filial heart.

Individual Perfection = Perfection of Filial Heart

1. The first blessing is perfecting one's individual character. Individual perfection is, in a word, the perfection of filial heart.

2. Only when I serve Heaven with filial heart can my children inherit that filial heart. Only when I fulfill my filial heart to Heaven can I raise filial children.

When I learned in the beginning when I joined the church that perfection is unity between mind and body, I felt something was lacking. It did not connect much to heaven vertically. But when we talk about filial heart, it is amazing. Filial heart means vertically 90 degree angle. Filial heart is not horizontal. It is an absolute vertical relationship. It is totally concentrated on parents. Our heart is like that: totally concentrated on parents, loving parents, resembling parents, their wish is my wish, their will is my will, their vision is my vision. This kind of vertical filial heart is the top secret to create mind and body unity. How can we make mind and body unity? Why couldn't Adam and Eve control their body and fulfill the first blessing? Because of lack of filial piety. Filial piety means I totally love God and put him as my top priority. Without filial heart and only talking about mind and body unity -- even outside people, even Buddhism, talks about this -- we cannot become a perfect being.

That is why Father and Mother emphasize filial heart. As long as we have the attitude of filial heart, as long as we

love God, we can control our body. Without God, without filial heart, just mind and body unity, it is impossible to control our body. When you love your parents, how can you make your parents worry? How can you create a Chapter 2 problem? How can you commit sin? It is impossible. If there is a filial heart toward God, toward our own parents, we cannot commit sin. To achieve perfection definitely we need to have a heart of filial piety.

3. With filial heart my body becomes God's sanctuary, become one body with God, and attain divinity.

4. It is only with filial heart that we can experience God's heart. Experience a person's heart is only possible by shedding tears of filial heart towards the parents.

5. Thus, individual perfection can be completed through filial heart.

The Stimulation of Filial Heart

1. The utmost stimulation is that of the filial heart a child returns to his parents.

2. Therefore philosophy must be connected to a philosophy of filial heart, ideology to that of an ideology of filial heart, heart to that of a heart of filial heart, and culture to that of a culture of filial heart.

I love Chinese characters. Education includes filial piety plus parents.



In Chinese characters, education means cultivating filial piety.

This means that education without filial piety in any education is not education.

Therefore, it means that Hyojeong must be at the center of all education.

Any education, computer, science, math, whatever, if there is no filial piety content, there is no education. That is why Father loves Chinese characters.

Education means what? Cultivating filial piety. Very powerful!

NOTE: This lightly edited transcription may contain errors and omissions. Indecipherable or uncertain words and guesses are tagged with a "(?)" and indecipherable phrases, with an ellipsis "...". First, second and third person pronouns have been left as spoken if the meaning is clear, and other apparently Korean English expressions have been preserved. Some repeated phrases have been eliminated. This text and the powerpoint slides from this speech are available as pdf files at the top of this text and at text.morndev.com & yong.hoondok.com. Audio only is available at anchor.morndev.com, spotify.morndev.com & audio.morndev.com.

Episode 129

Morning Heart Devotion

The 13th 40 day Jeongseong Condition (14th day) 129day (494)

The importance of the Word Hoondokhae life

말씀의 중요성

Mar 3, 2022

North America HQ

The importance of the Word

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Hoondokhae life

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The Mother Hak da Han Moan An Anthology 1 Global Unity through True Parents



Hoon Dok Method



- 1) Follow the text correctly with your eyes as you read
- 2) **Pronounce the sounds of the words clearly** and with punch as you read
 - Your ancestors are listening as you read
- 3) Listen to the sound of your own voice as you read
- 4) Use your eyes, mouth and ears at the same time. Eyes, mouth, and ears are trinity.

SUMMARY OF THE HOON DOK MESSAGE

- 1. When you do Hoondok you need to pronounce the words *(hearing by yourself is okay)*
- 2. If possible, read Hoondok quickly as much as you can.
 - In order to receive more God's love and his life elements.
 - In order to have more opportunity to relate to God's word.
 - In order to get more amount of God's word
 - In order to increase your concentration.



SUMMARY OF THE HOON DOK MESSAGE

- **3.** When you do Hoondok you need to check if you pronounce the words or not.
- 4. If possible, you can make your Hoondok time longer (model standard is 70 min.).
- 5. You need to do Hoondok everyday until your spirit self completely grows.
- 6. You need to increase your Hoondok gradually and set up clear Hoondok plan and encourage yourself.



Living Divine Principle

Principle of Creation 23

-Individual Perfection is the Perfection of Filial Piety-



- Joy is not produced by an individual alone.
- Joy arises when we have an <u>object partner</u>, whether <u>intangible</u> or substantial, in which our <u>internal nature</u> and <u>external form</u> are reflected and developed. Our object partner <u>stimulates</u> us and helps us to feel our own internal nature and external form.



For example, an <u>artist</u>'s object partner may be an <u>idea</u> in his mind, or the <u>finished work</u> that substantiates that idea. When he visualizes his idea or beholds his work, he is <u>stimulated</u> to feel his own <u>internal nature and external form</u> reflected in it and feels joy and satisfaction.

Joy is not produced by an individual alone

•<u>How is joy produced?</u>

- (1) Joy arises only through your object partner.
- (2) Thus, in order to feel joy, we must live for the sake of the object partner and give stimulation
- (3) We always need to give, live, invest and sacrifice for the sake of our object partner.



How can we feel stimulating joy?



- 1) Human beings can relatively feel their internal nature and external form, and the place you can feel the most stimulation is the family.
- 2) This is because the family is the place you can feel the most stimulating joy and love through the Four Great Realms of Heart.
- 3) Parents, husband and wife, siblings, and children are object partners whom you can feel the most stimulating joy and happiness and love.

How can we feel stimulating joy?



- 4) Children are most stimulating to parents and parents are most stimulating to children. The wife is most stimulating to the husband and the husband is most stimulating to the wife.
- 5) The environment of the Four Great Realms of Heart is the most important place where our joy and happiness are produced.
- 6) <u>Therefore, the truth of truths is not the</u> <u>Word itself, but rather substantialized</u> <u>Word, which is the true parent, true</u> <u>couple, true siblings, and true children.</u>



- <u>God</u> feels the fullness of joy when He is <u>stimulated</u> by His substantial object partners to feel His <u>original internal nature and</u> original external form through them.
- When the <u>Kingdom of Heaven</u> is realized-through the fulfillment of the three great blessings and the establishment of the four position foundation-it becomes the good object partner that gives joy to God.



Let us investigate how the Kingdom becomes God's good object partner.

God's Will



I. Four position foundation = Three great blessings = Kingdom of God

II. God's Will

- 1) **First** and foremost: Individual perfection
 - Core of His Will is in uniting your mind and body
 - ➢ God's first blessing is how to become a filial son and filial daughter of God.
- 2) Second, is for a couple to become one and create an ideal family
- 3) Third, is to live in happiness along with the blessings of Creation



- 1. Individual perfection is the completion of mind-body unity
- 2. Individual Perfection is the Perfection of filial heart.
 - Filial heart is practicing absolute faith, absolute love, and absolute obedience with all your heart, all your soul, and all your mind for your parents

Individual Perfection=Perfection of Filial Heart

- 1) The first blessing is perfecting one's individual character. Individual perfection is in a word the perfection of filial heart.
- Only when I serve Heaven with filial heart can my children inherit that filial heart. Only when I fulfill my filial heart to Heaven can I raise filial children.
- 3) With filial heart my body becomes God's sanctuary, become one body with God, and attain divinity.



Individual Perfection=Perfection of Filial Heart

- 4) It is only with filial heart that we can experience God's heart.Experience a person's heart is only possible by shedding tears of filial heart towards the parents.
- 5) Thus, individual perfection can be completed through filial heart.



The Stimulation of Filial Heart



- The utmost stimulation is that of the filial heart a child returns to his parents.
- 2) Therefore philosophy must be connected to a philosophy of filial heart, ideology to that of an ideology of filial heart, heart to that of a heart of filial heart, and a culture to that of a culture of filial heart.





• 教 = 孝(Filial Piety)+父 (Father)

• 育= Raising up

Thank you so much