

Ending the Cold War 140-25-13-40

Dr. Chung Sik Yong, March 14, 2022

Today I'd like to talk about "Ending the Cold War" from *True Mother's Anthology, Book 1*.

In the mid-1970s, the Soviet Union was very powerful. During that time, True Father sent missionaries around the world. Eastern Europe was going through an extremely difficult time; one missionary from Western Europe volunteered to go to Eastern Europe. It was nearly impossible at the time for a person from Western Europe go to Eastern Europe. We were also doing underground missionary work like early-day Christians. That young man made a pledge in front of God. After arriving in Eastern Europe, he visited a school library where he met a female student. That student had seen this man in her dream. She met him in her dreams not just once, but several times. (2006.07.07, Sarajevo, Bosnia)

They trusted each other because of those revelations. The two became close and eventually received the marriage Blessing. The woman's father was a leader in that country. How could this be a coincidence? This is a real event in the history of the Unification movement. In True Father's speeches, he often speaks of the work of our missionaries in the field. In the past, there have been people who joined the church through the work of our missionaries, but died in prison without ever laying eyes on True Parents. I recently visited another country and one person said that they had spent three to four years in prison while they were missionaries. (2006.07.07, Sarajevo, Bosnia)

When pioneering Eastern Europe, which was a communist bloc during the Cold War, it started with underground missions. True Parents said that at that time, missionaries risked their lives.

Then, how could the amazing work of the spirit world happen through one young man and one female student as mentioned?

First, it was because of True Parents' earnest wish, prayer, and jeongseong to pioneer the Eastern European bloc for world missions.

In response to True Parents' wish, a young man made a determination that those who seek to die will live and those who seek to live will die.

If you look at the past works where God worked

together, you can see that God was always with any central figure who risked their life to go out for the will.

How could God have appeared repeatedly in such a way in a girl's dreams to give a direct revelation? Why don't such works happen to us today?

It is because there is no serious determination to die for the sake of the will. In the place where people want to die for the sake of the will, God appears and works in this way.

If all of our first and second generations of blessed families in North America make a serious determination and move with a heart to die for our country and the world, God will certainly appear and work directly.

As I read True Mother's words today, I reflected on how serious I am about missions for the United States and the world.

If you go out with a serious heart like God and a serious heart for the will and a heart of filial piety like True Parents, I believe that God will surely open the way for you, for me, for everybody.

While commemorating the 50th anniversary of the Unification movement in Europe, I was able to meet members of the European family. It was not easy to go out as missionaries to the countries in the communist Eastern bloc that was controlled by the Soviet Union during the Cold War. Fortunately, this was possible through Austria. Many European members from Germany and Austria, in particular, stood at the forefront doing missionary work. I met the members who survived the "Butterfly Mission," which was known only among those missionaries. (2014.05.24, Manhattan Center, New York)

Based on True Mother's word I realized again and again (that) when God helps us, we need to have a very serious determination like life and death. With such determination and filial heart toward God, surely God will intervene with us.

If there is not much serious determination and you are not focused much on God's will, God does not help us. That is why when Father sent many missionaries to the world, those who had an incredible foundation, their determination was very serious. I really appreciate all the missionaries, those who worked for the sake of the world

and laid an incredible foundation everywhere. I appreciate our early missionaries.

LIVING DIVINE PRINCIPLE : Principles of Creation 25 - The Perfection of the Individual is the Completion of Mind-Body Unity

Let's study the EDP content first.

God's First Blessing: Individual Perfection

• *The key to God's first blessing is the perfection of individual character.*

• *An individual's mind and body are discrete projections and object partners of God's dual characteristics. In order for an individual to perfect his character, he must form a four position foundation within himself whereby his mind and body become one through give and take action with God as their center.*

• *Such individuals become the temples of God (1 Cor. 3:16), achieve complete oneness with Him (John 14:20), and acquire a divine nature. They experience the Heart of God as if it were their own. Hence, they understand His Will and live fully attuned to it.*

• *When a person abides in the state of individual perfection, he lives as the substantial object partner to his mind. Because the center of his mind is God, he also lives as the substantial object partner to God.*

• *Both the mind and God feel joy as they experience their internal nature and external form through the stimulation which their object partners give them.*

• *Accordingly, when a person realizes God's first blessing, he becomes God's good object partner to inspire Him with joy. Sharing all the feelings of God as his own, he would never commit any sinful acts that would cause God grief. This means he would never fall.*

Let's study Father's word based on this content.

If You are Unable to Unite Your Mind and Body...

<214-228> *You need three to five years in order to make it a habit of having dominion over your body. Habituation can be frightening.*

If you are unable to unite your mind and body you cannot go to the Kingdom of God. People like us know about this fact. I know very well how vicious the body can be. After knowing this, I stated, "Before seeking dominion over the universe, first have dominion over your own self." Having dominion over the universe is automatically triggered centering on God's original love. However, this body is entangled in Satan's love, and thus cannot freely exert dominion. It remains with you forever until your death.

True Father said that training is necessary to control the body. He said you should be able to train yourself

until it becomes a habit.

Bad habits will bear bad fruits, but good habits will definitely bear good fruits.

True Father said that it takes at least three to five years of training to make a habit of having dominion over the body. So how do you develop good habits?

This is the issue.

First, it is to be constantly conscious of your first determination again and again. The second is to practice it over and over again based on your consciousness. The third is to practice repetition until it becomes a habit.

The fourth is to connect the habituation to the heartistic level internally without (being) stopped by external conditions.

Then, how do you specifically develop the habit of taking control of your body? It starts with very small things and continues with them.

In my case I needed to breakthrough to pray continuously. For me, praying has become a habit. Don't try to pray for a long time at the beginning, but try to keep it going, even if it's only for 10 minutes at a time.

Second, it also became a habit to do Morning Devotion. Starting from ministry, I do Morning Devotion wherever I go. Until it becomes a habit, you need to do it continuously.

Next, it has become a habit for me to exercise almost every day. I thank God that I have this kind of habit and that I can keep my body healthy so far.

If you have decided on even one thing, practice repeating it again and again. Practice even a very small thing without missing a single day.

In principle, something settles down and takes a position centered on the number 3. If you exceed 3 days, 3 months, 30 months, and 3 years upon (after?) making your first decision, it will surely become a good habit. You can establish (a good habit) centered on the number 3. If you overcome 3 days, Wow! You need to encourage yourself. "OK, let's break through 3 weeks." And when you overcome 3 weeks, you need to encourage yourself. "OK, the next course is 3 months." When you overcome 3 months, you (need to) encourage (yourself), "OK, then 12 months and 21 months and 33 months" and finally you can reach 3 years.

When you repeat the same things again and again for 3 to 5 years, Father says, you can have good habits.

This is the way step by step you can control your physical body.

When you initiate something, you need to chose one thing, which thing you want to do continuously, even a small thing. Then try three days. If you overcome, then

try 3 months, then try 1 year, then 2 years. If it becomes 3 years, you already (will) have a very good habit. Once you break through, even in small things, you can break through 2 and 3 and 4 and 5 (years?), and it will become a really great habit.

Bad habits are really bad habits.(?) But if you have a good habit, it helps you so much. This is the way we can (develop) a good habit.

<214-228> A venomous snake still lives even if its tail is cut. That tail has poison until it dies. In the same way, you have to know how terrifying it is in dealing with your body. Hell can be found in here. Your enemy is here. The beast that dominates all nations has its base in your body. It has become the base of devils. When you are angered, don't you resent everything including your nation? Wouldn't you feel "I wouldn't care if this nation perished or not"? It is because the devil inside you has been aroused.

What we need to know is that because of the fall of man, our body has become a base for the devil. We have completely become the devil's instrument.

Hell is not something else. Hell is the inability to control the body as the mind wants. Are we not experiencing hell every day?

Aren't your body and mind fighting every day? Is it easy to control what you eat? Aren't you fighting at every meal over whether to eat less or more? Is controlling sexual desire easy? Aren't we looking for an object partner that can satisfy our sexual desires regardless of the other person? Is it easy to control sleep? Is it easy to get up in the morning and attend Morning Devotion?

Know that you are still in the training phase as long as your body and mind are still fighting. Know that you cannot go to Heaven yet, according to Father.

True Father emphasizes that the kingdom of heaven begins with controlling the body.

This is not a simple job. What do you think?

Unification Begins from Me

<242-51> Then is your mind and body united? Yes or no? [No.] Up to this day, the sages have talked about external unification centering on an external nation or world. However, they were unable to even speak one word about the place where they could unite their own mind and body. Did Jesus talk about this? He said, "Your mind is in heaven." Of course, these words are correct. However, if your mind is in heaven, the sages should have done whatever it takes to teach the fact that your body was also in heaven. Yet, they did not know how. They were unable to teach that. Did any sage say anything of this sort? They did not know about the

fundamental aspect of this. However, Unification Church members begin from such fundamental issues. Unification begins from me.

So far, many saints and sages have come and gone, but no one has taught in detail how to unite the body and mind.

Jesus said that the kingdom of heaven is in your heart, but he did not say anything about the kingdom of heaven in your body. In other words, he did not specifically mention how to unify the body and mind.

If there is a heaven of the mind, there must also be a heaven of the body. Furthermore, there must be a heaven for couples and a heaven for families. No one talked about the couple's heaven and the family's heaven, and no one showed a model.

Unification begins with the unification of the body and mind and leads to the unification of the couple.

I really appreciate our True Parents. They teach us very clearly how to make unity between mind and body. We could not learn this kind of beautiful lesson from other religions, from other teachers and other saints and sages.

Father shared his own experience about how to control our bodies, how to make unity between mind and body.

Father shared that Jesus said the kingdom of heaven is in your heart. He did not say anything about the kingdom of heaven in your body. If we create our mind as the kingdom of heaven, then our body should also be the kingdom of heaven. Wow! This kind of guidance is powerful and beautiful.

If only the mind is heaven and the body belongs to hell, that is not the substantial kingdom of heaven. Father clearly spoke about this. You can create your own kingdom of heaven (as an individual, but) not only that, you need to create your own kingdom of heaven based on the couple and family. Also, he said (it should be) based on the nation and the world.

Such details! Father guided us about how to create the kingdom of heaven. Unification begins from myself.

Today's youth ministry contains very important and powerful content.

TODAY'S YOUTH MINISTRY: Responsibility, Subjectivity, and Ability

1. *We must do well in our responsibilities. If we do something wrong, it does not just end in incompetence—Satan's temptations always come. It comes like an eagle that snatches a chick. If you cannot fulfill your responsibility, you lose the ability to overcome reality. Therefore, you must overcome the given environment.*

It's like when you get into the water, you either swim well and you float, or you can't swim so you sink. We have to dominate the water. If we are dominated by the water, we die. It is the same with our life of faith. Either I am in control of my body and environment, or they control me. If I want to live in the water, I need to be able to swim. If I can't swim, I die.

The reason God gave humans responsibility is for them to resemble God's creativity and become owners like God.

To resemble God and become an owner, you must pay the price. The price is fulfilling your portion of responsibility. Inheritance doesn't just happen for free.

If you do your portion of responsibility very well, you live; if you can't do it, you die. Life or death is at stake here.

Look at Adam and Eve. If they had not eaten the fruit of the tree of the knowledge of good and evil, they would have lived, and if they had eaten of it, they would have died. If you control love, you can become an owner; otherwise, you become a servant.

Whether I live or die in the water depends on whether I can swim or not. If you swim, you live, and if you don't swim, you die.

Am I correct?

If you fulfill your responsibility, you become the son of God and become the owner. If you can't fulfill your responsibility, you become dominated by the archangel and become a servant of servants.

Like this, responsibilities are a matter of life and death. I have to fulfill my portion of responsibility no matter what. It is the principle that if you do not fulfill your responsibilities, Satan will enter.

Know that if you fulfill your portion of responsibility, eternal life awaits, but if you do not fulfill your responsibilities, temptation and death await.

Of course, taking responsibility is not easy, but it is also important to know that God does not give you responsibilities that you cannot fulfill.

Know that a person who is good at fulfilling responsibilities will develop abilities over time, but a person who cannot fulfill them will become incompetent.

Therefore, you must be victorious in even the smallest responsibility.

2. The same goes for our life. If we are not dominated by God, we are bound to be dominated by Satan. Therefore, I have a responsibility to be dominated by Heaven. So, if you do well in your responsibilities and live a life that is controlled by God, you will become a

capable person and will not be tempted. A drowning person does not die while saying, "I am dying, I am dying," but rather, saying, "I will live, I will live." Even among those who believe around us, there is no one who has a dying faith while saying, "I am dying, I am dying." If I didn't attend worship service today, I cannot say that my heart was more devoted than those who attended. At that time, my heart is already controlled by the environment, I get caught up in my own circumstances, and gradually lose faith.

Our life is one of two things. We are either governed by God or governed by Satan.

I must fulfill my responsibilities to receive God's dominion no matter what. But that responsibility starts with doing the smallest things well.

You can never win if you are not responsible for even insignificant work. One who is sincere and victorious over very little things can do great things.

Do not compromise easily with your body. Do not compromise easily with the environment. If you compromise once, you will do it twice, and if you compromise twice, you will do it three times and four times.

(Then) you will never win over it.

3. To win in our life of faith, we must overcome the spirit world. In order to overcome the spirit world, we must move it. Then we can get the cooperation of spirits. To do this, you must have results that can impress the spirit world. The spirit world is no different from the earthly world. It is the same as our social life and our siblings and relatives on earth. Just as we live on earth by the laws of the original nature of intellect, emotion, and will, so it is the same after we leave our bodies. The earthly law is the heavenly law. There is not much difference. It is contradictory to say that the law of the earth and the law of the spirit world are different. The same goes for social law. Society cannot be different because it is an extension of the family. Therefore, social law is national law. National law is world law, and world law is heavenly law. They are meant to communicate with each other.

Life on earth is important. You should not miss Heaven when you live your earthly life wrong and die. You must fulfill your responsibilities on earth.

If you cannot become a heavenly person on earth, you can never become a heavenly person even if you go to the spirit world. The spirit world is an extension of the earth.

Therefore, I must fulfill my responsibilities while I am in my physical body.

True Parents say that once you leave your body, it is very difficult to perfect yourself. How can an immature fruit that has fallen from a tree become a ripe fruit?

The fruit of a tree can only grow and ripen when attached to the tree. The body is like a tree, and the fruit is like our spirit body.

4. Whether on earth or in the spirit world, people want to exchange the culture of heart with each other through joy. If the spirit world and the earthly world are different, communication cannot be established. Therefore, when you take responsibility for very little things on earth and live a life that increases your results, you will connect with the spirit world. If your heart has a high level of intelligence and emotion, you can receive cooperation from the spirit world and dominate people in the spirit world. Therefore, we must raise the level of our hearts with the Principle to even deal with our many ancestors in the other world. We must overcome the spirit world without being dominated by it. We should be people who earnestly fulfill our responsibilities.

In order for me to receive the spirit world's cooperation, I must raise my spiritual antenna. Then, high-level spirits are sure to come.

Raising my spiritual antenna means that I must raise my level of heart. A heart that longs for God, a heart that misses True Parents, and a love and passion for the will must be stronger than anyone else.

5. If you are a student, the spirit world pushes away those who say that they will study in moderation while in school, and be diligent and responsible when they go to work after graduating school. There is only one way, which is to focus on the results of the original nature of your intellect, emotion, and will. The most orthodox way is to value one's responsibilities on the earth and establish results. Some spiritual people talk more about the extravagant spirit world than about the earth. Such a person neglects their responsibility. A person who only talks about the spirit world without fulfilling their responsibility is a person with a gambling mind who only wants results. If there is a person who does not fulfill their responsibility and thinks wrong, they should know that their future will be sad. During your time on this earth, you should live moment to moment as if it were eternity.

If we want to win in everything, we first must do our best to fulfill our responsibilities starting from very small things.

Next, think of each moment as an eternity and do your best in each moment. Think of the present as eternity and fulfill your responsibilities in the given time.

Our life is one of two things. We are either governed by God or governed by Satan.

I need to fulfill my responsibilities to receive God's dominion. But that responsibility starts with doing the smallest things very well.

Today we learned many things, right? How to handle our body, how to make unity between mind and body, how we can develop good habits in order to control our physical body.

True Father said that training is necessary to control the body. He said you should be able to train yourself until it becomes a good habit.

Every morning we share ten points of appreciation. How many of you still are constantly keeping that kind of beautiful habit? Every day write down ten things you appreciate in your notebook. Then it becomes 3 months and 4 months, six months and seven months. If you do this kind of habit for around 6 or 7 months, most (who do this) have a life changing experience. If we you do it for 3 years, I think that is the best medicine to cure any kind of sickness. Appreciation is very powerful.

Even small things centering on good things, you need to do (them) constantly. At least 3 months, then 7 months and one year and 2 years and 3 years. I am telling you guaranteed, even small things, if you keep that kind of good habit at least for 3 years, then once you break through in even small things, you can break through 2, 3, 4 and 5 (years?). My goodness! You really (will) have (the) confidence to control your physical body -- even sleeping desire, even sexual desire, any kind of desire you can overcome.

I really appreciate True Parents' guidance. (They have taught us) step by step in such detail how to overcome. Let's appreciate our True Parents.♦

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 140

Morning Heart Devotion

The 13th 40 day Jeongseong Condition (25th day)
140 day (505)

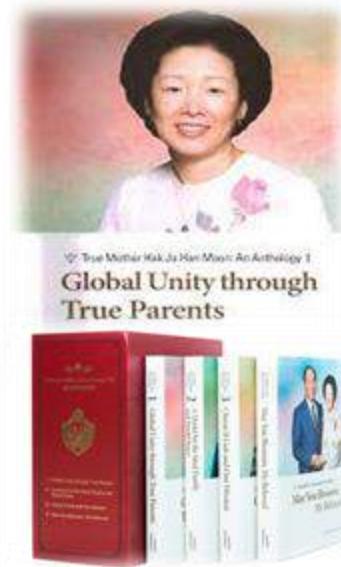
Ending the Cold War
냉전종식

Mar 14, 2022

North America HQ

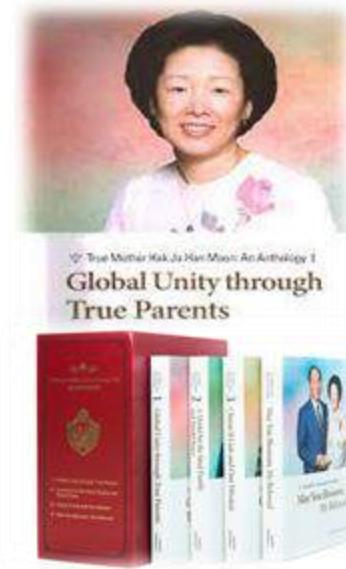
Ending the Cold War

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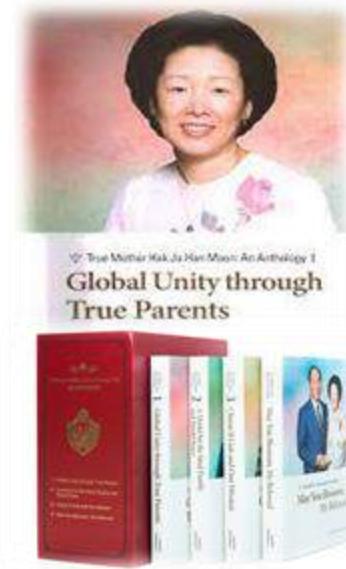
Ending the Cold War

They trusted each other because of those revelations. The two became close and eventually received the marriage Blessing. The woman's father was a leader in that country. How could this be a coincidence? This is a real event in the history of the Unification movement. In True Father's speeches, he often speaks of the work of our missionaries in the field. In the past, there have been people who joined the church through the work of our missionaries, but died in prison without ever laying eyes on True Parents. I recently visited another country and one person said that they had spent three to four years in prison while they were missionaries. (2006.07.07, Sarajevo, Bosnia)



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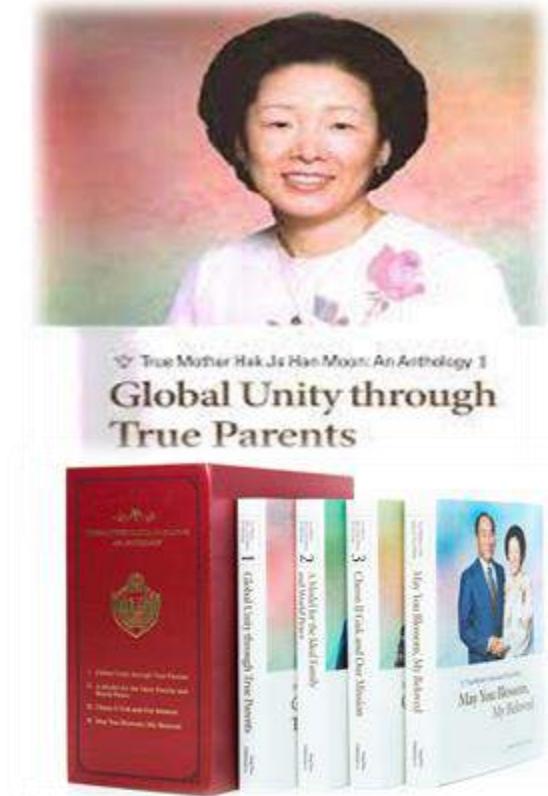
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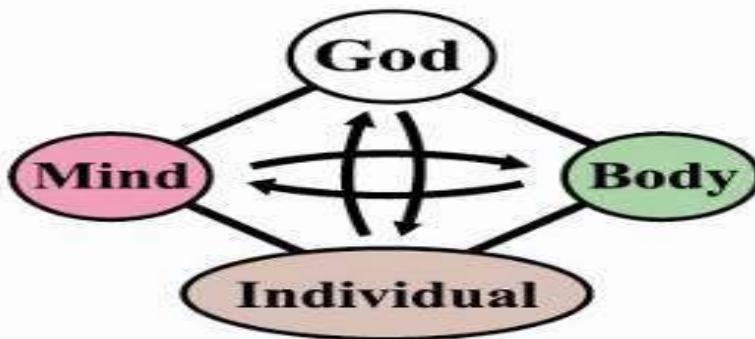
Living Divine Principle

Principles of Creation 25

-The perfection of the individual is the completion of mind-body unity-

개성완성은 몸과 맘의 통일의 완성

God's first blessing: individual perfection



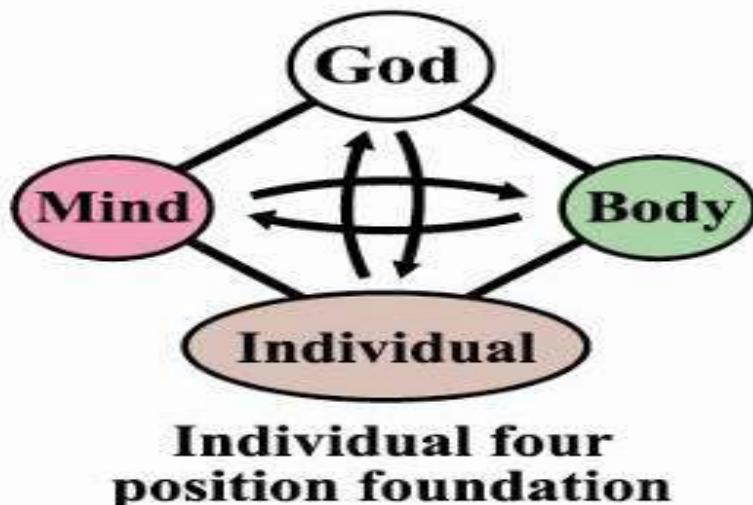
**Individual four
position foundation**

- **Temple (1Cor. 3:16)**
- **Oneness (John 14:20), divine nature**
- **Experience the Heart of God**

Fully attuned to God's Will

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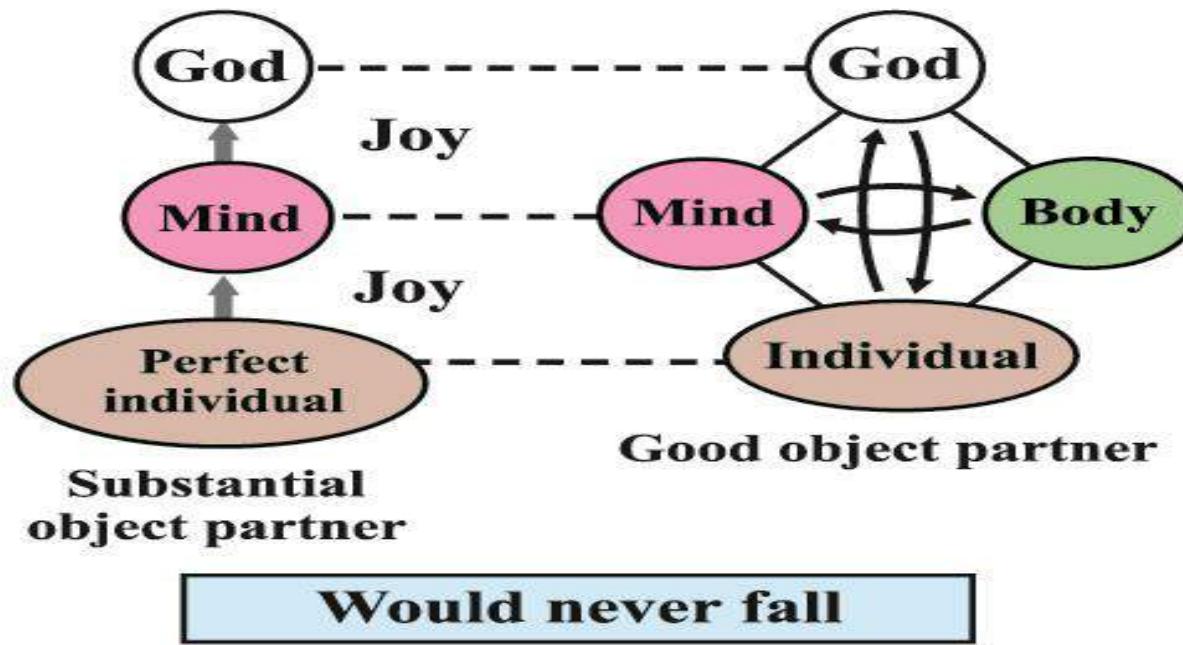
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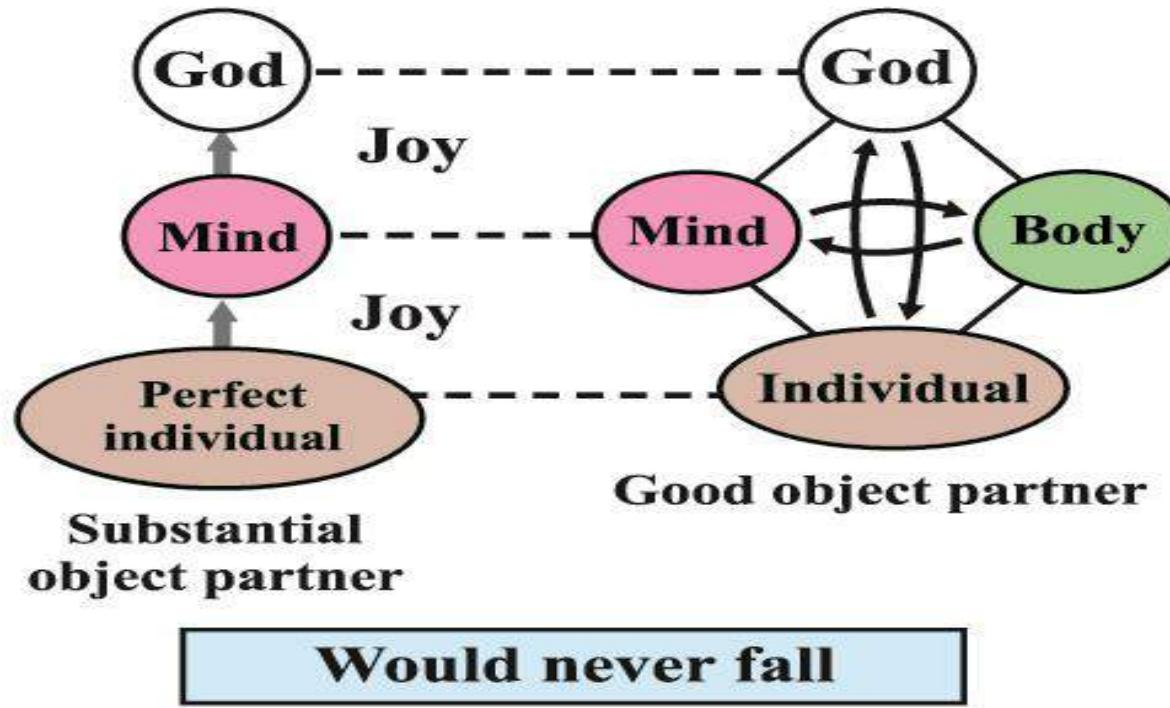
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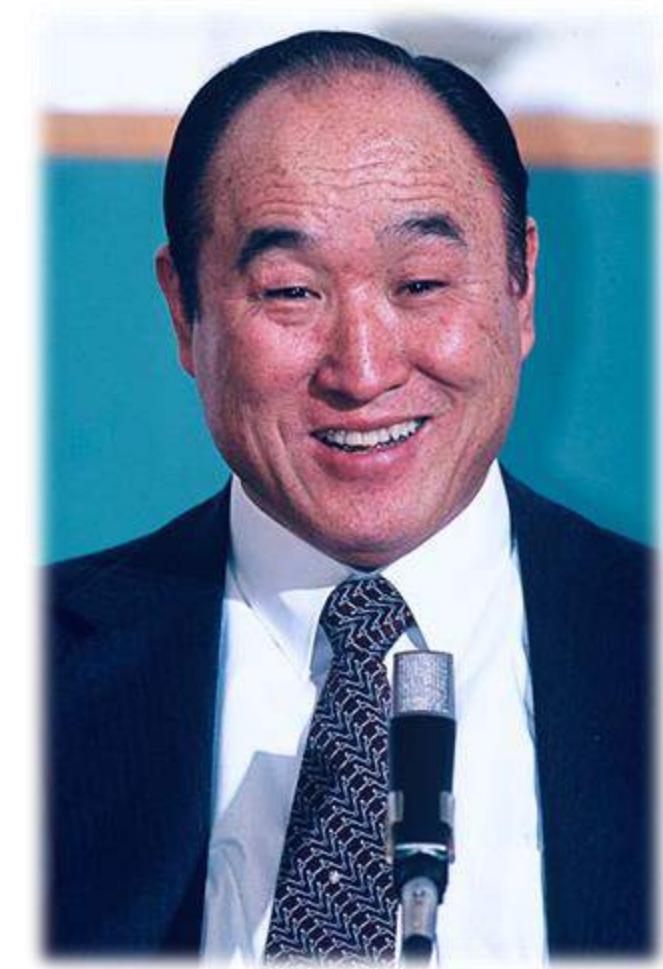


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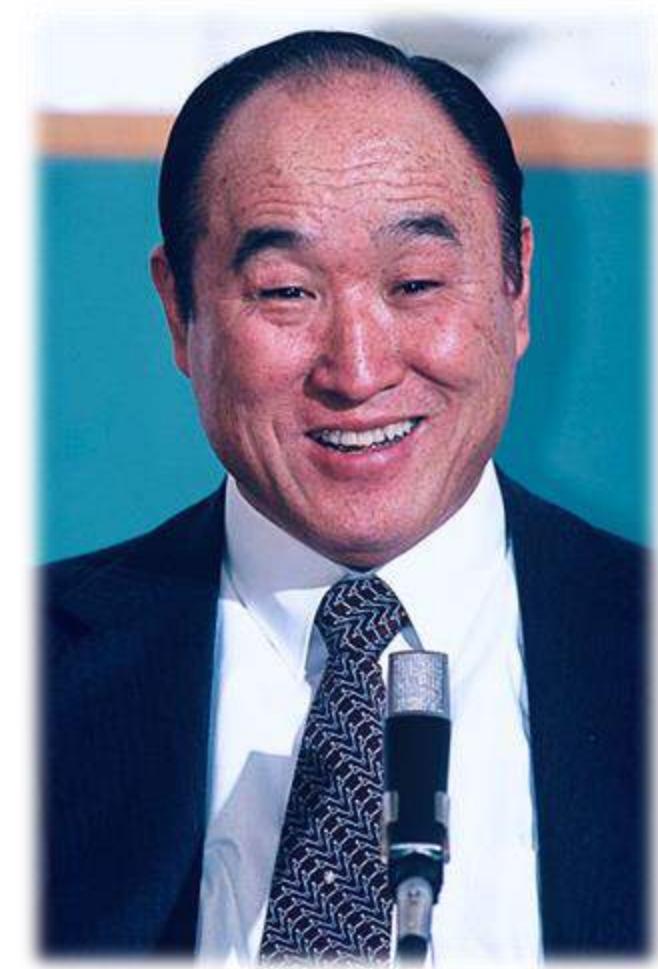
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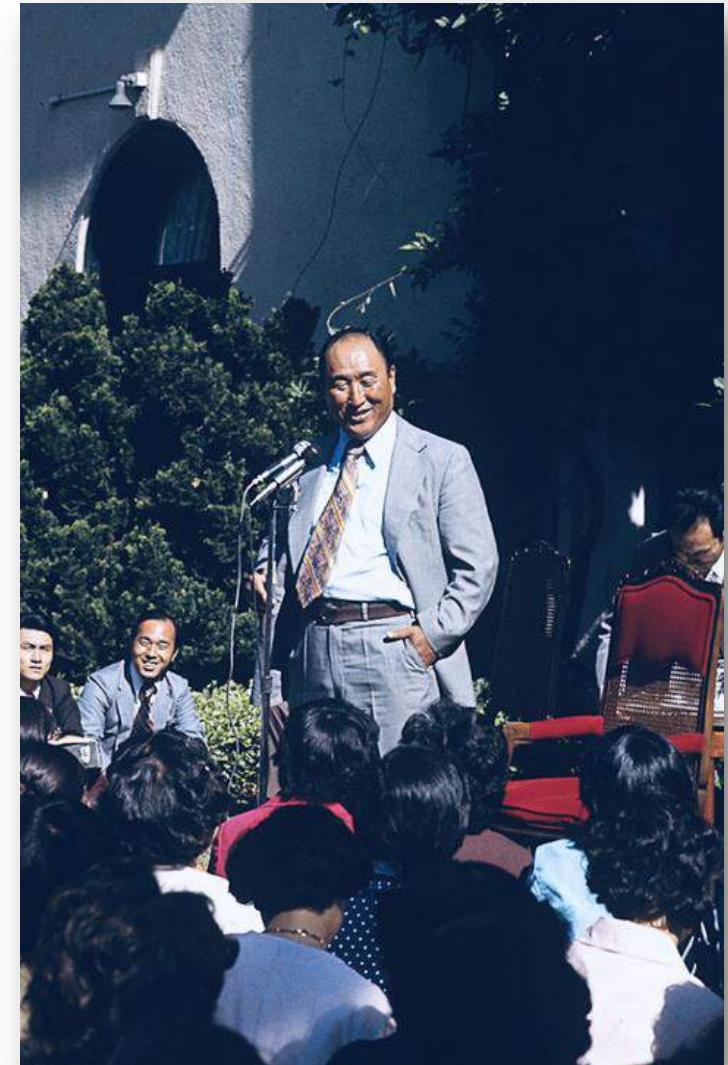
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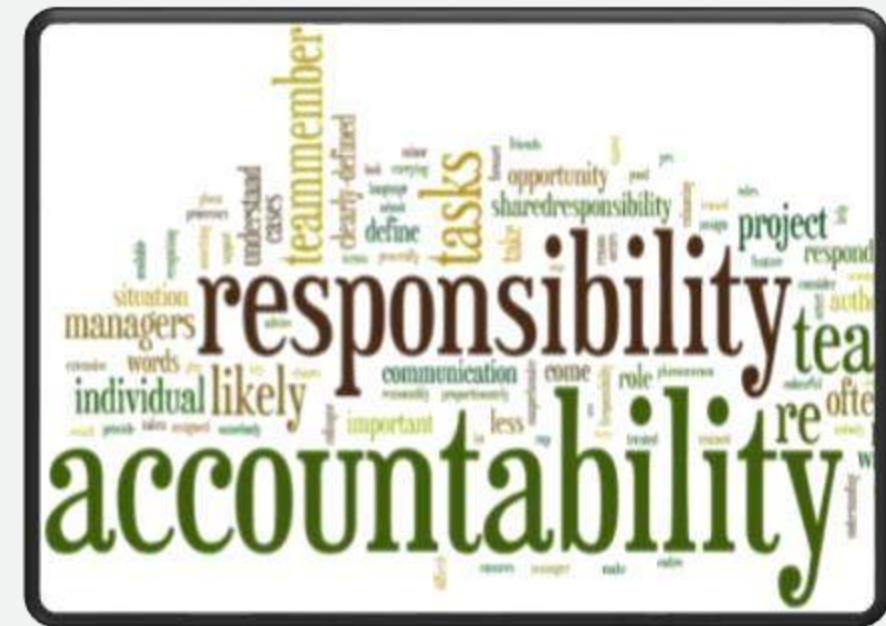
Today's Youth Ministry

**Responsibility,
Subjectivity, and Ability**

책임과 주관 그리고 능력

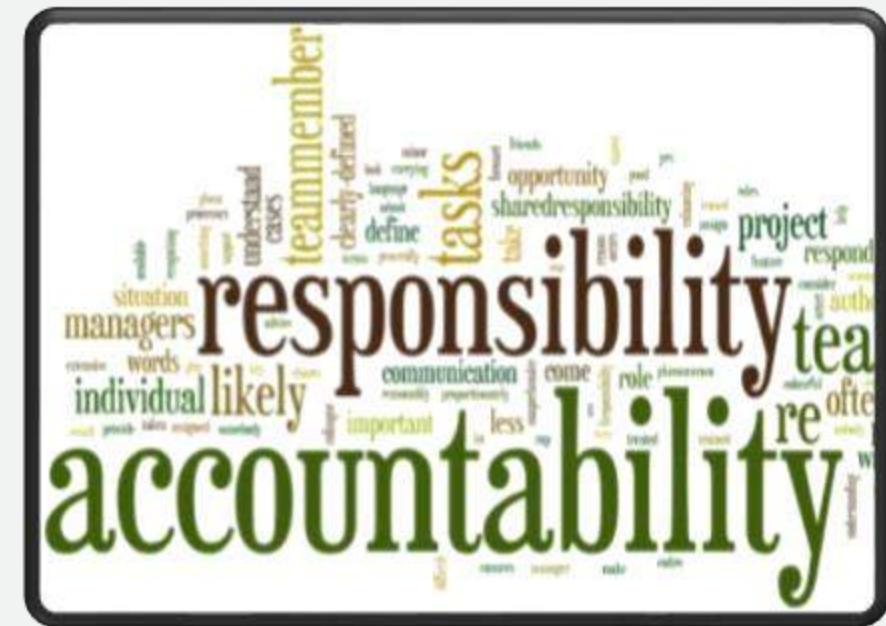
Responsibility, Subjectivity, and Ability

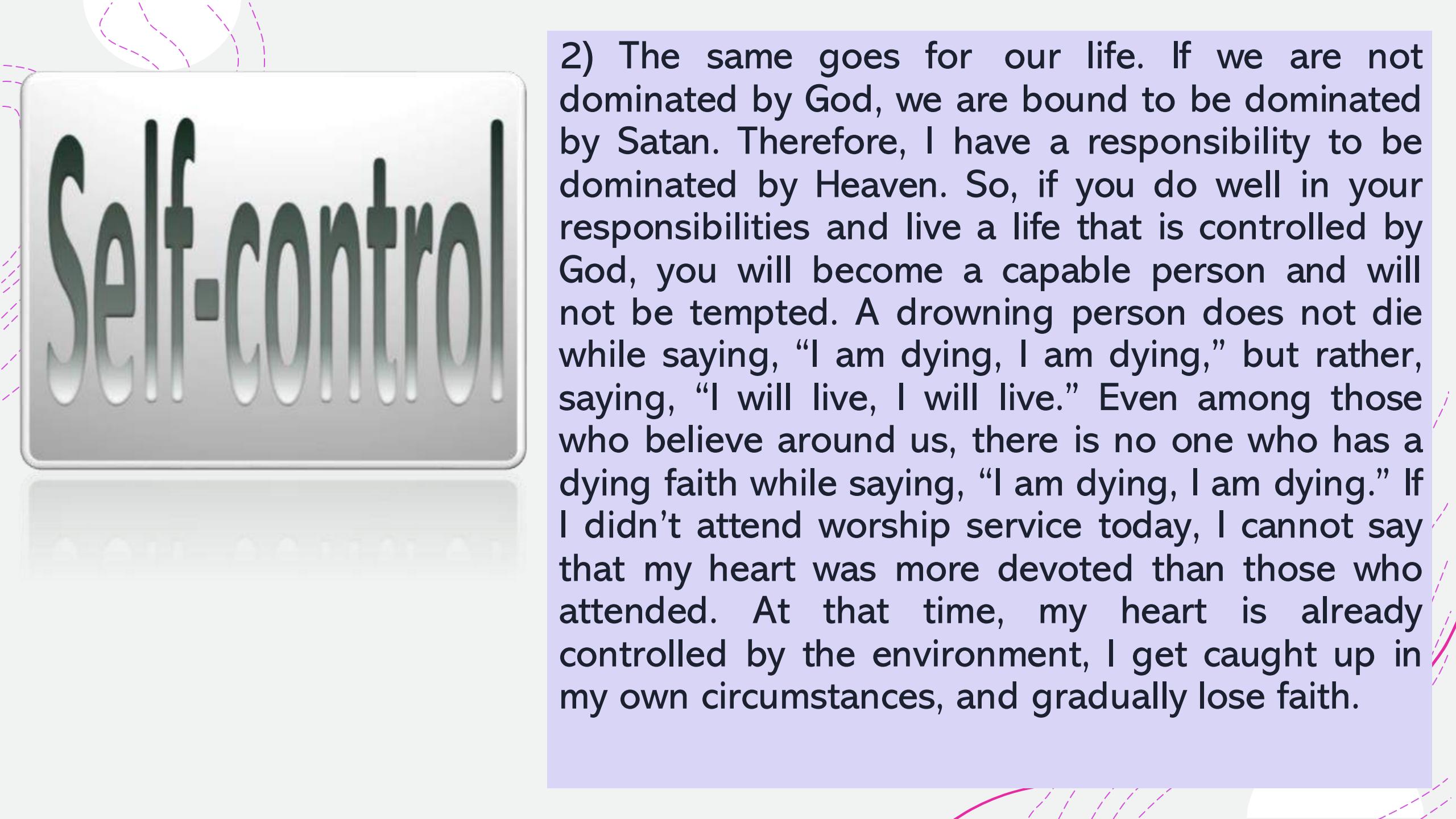
1) We must do well in our responsibilities. If we do something wrong, it does not just end in incompetence—Satan's temptations always come. It comes like an eagle snatches a chick. If you cannot fulfill your responsibility, you lose the ability to overcome reality. Therefore, you must overcome the given environment. It's like when you get into the water, you either swim well and you float, or you can't swim so you sink. We have to dominate the water. If we are dominated by the water, we die. It is the same with our life of faith. Either I am in control of my body and environment, or they control me. If I want to live in the water, I need to be able to swim. If I can't swim, I die.



Responsibility, Subjectivity, and Ability

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Self-control

2) The same goes for our life. If we are not dominated by God, we are bound to be dominated by Satan. Therefore, I have a responsibility to be dominated by Heaven. So, if you do well in your responsibilities and live a life that is controlled by God, you will become a capable person and will not be tempted. A drowning person does not die while saying, "I am dying, I am dying," but rather, saying, "I will live, I will live." Even among those who believe around us, there is no one who has a dying faith while saying, "I am dying, I am dying." If I didn't attend worship service today, I cannot say that my heart was more devoted than those who attended. At that time, my heart is already controlled by the environment, I get caught up in my own circumstances, and gradually lose faith.

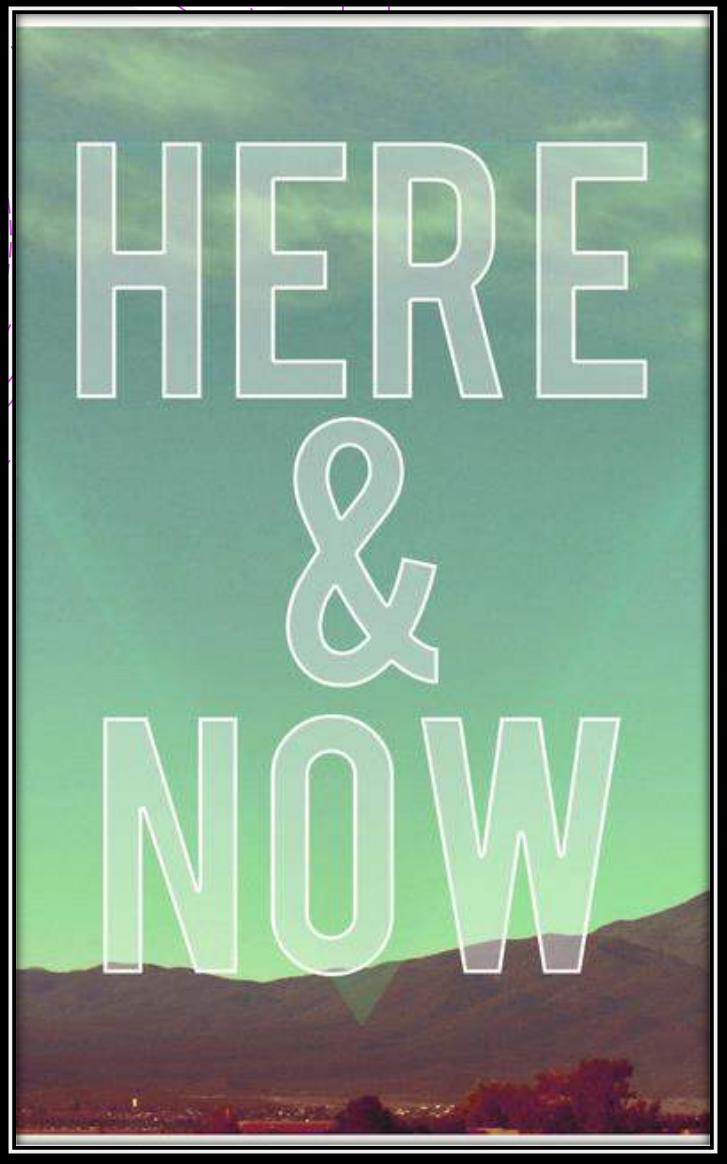
3) To win in our life of faith, we must overcome the spirit world. In order to overcome the spirit world, we must move it. Then we can get the cooperation of spirits. To do this, you must have results that can impress the spirit world. The spirit world is no different from the earthly world. It is the same as our social life and our siblings and relatives on earth. Just as we live on earth by the laws of the original nature of intellect, emotion, and will, so it is the same after we leave our bodies. The earthly law is the heavenly law. There is not much difference. It is contradictory to say that the law of the earth and the law of the spirit world are different. The same goes for social law. Society cannot be different because it is an extension of the family. Therefore, social law is national law. National law is world law, and world law is heavenly law. They are meant to communicate with each other.

win over





4) Whether on earth or in the spirit world, people want to exchange the culture of heart with each other through joy. If the spirit world and the earthly world are different, communication cannot be established. Therefore, when you take responsibility for very little things on earth and live a life that increases your results, you will connect with the spirit world. If your heart has a high level of intelligence and emotion, you can receive cooperation from the spirit world and dominate people in the spirit world. Therefore, we must raise the level of our hearts with the Principle to even deal with our many ancestors in the other world. We must overcome the spirit world without being dominated by it. We should be people who earnestly fulfill our responsibilities.



5) If you are a student, the spirit world pushes away those who say that they will study in moderation while in school, and be diligent and responsible when they go to work after graduating school. There is only one way, which is to focus on the results of the original nature of your intellect, emotion, and will. The most orthodox way is to value one's responsibilities on the earth and establish results. Some spiritual people talk more about the extravagant spirit world than about the earth. Such a person neglects their responsibility. A person who only talks about the spirit world without fulfilling their responsibility is a person with a gambling mind who only wants results. If there is a person who does not fulfill their responsibility and thinks wrong, they should know that their future will be sad. During your time on this earth, you should live moment to moment as if it were eternity.

Thank you so much