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Our Master's Answers to the Questions

"How can we guide our children to the life in the Principles?"

"The Principles are presently being written so that teenagers can read it and understand. You might teach your children from this new manuscript. Don't try to teach it all.

"There are few points in each chapter which children can understand and apply in their daily lives. Do not try to give too much at once, but little by little. In teaching the Principles to your children, their spirits will grow faster than yours. Often messages will come through them to you.

"God uses the more innocent ones to teach you. This has often happened among our Korean family members. The children receive far higher spiritual messages for their parents than the parents themselves do. They will teach you, very definitely How God is Living. When you do something against God's will, they will immediately point it out. They will tell you what indemnity you have to pay, what punishment you must receive, and so on.

"Thus your children can be your guides. Children will teach How God Is Living in reality. It is said in the Bible that the little ones will prophesy. This will be fulfilled. Since the Principles are not the word of man, it affects and works with the children very uniquely and in a very different way from any other message.

"They will be your teachers and guides and prophets. In Oklahoma, we met an 11-year-old boy whose parents have joined our movement. This boy already received about me and had seen me clairvoyantly. He sees and senses intuitively. He is so clever.

"The highest education today is to teach that God Is Living. This your children will do. Then they can be the workers in the Principles when they get older. They can be the leaders of teenagers. So teach them."

"Are wisdom and love as one?"

"Wisdom in that case means that you should use your own judgment. We should not depend upon spiritual guidance constantly. Sometimes spirits give us the wrong message, or even an opposite message to the truth.

"You must use your own judgment. As an illustration, John the Baptist should have used his own common sense and judgment to determine who Jesus was, using as a guide Jesus' words and works rather than relying upon any message given to him from the spirit-world.

"Love is the power to unite. Love is the purpose of everything and the essence of everything, the source of power and happiness. When you love one another, you are happy and full of joy and energy."

(Source: "Master Speaks", MS-4, by The Unified Family, Washington, D.C.)

Hope of Restoration

Even though I'm only thirteen,
I think the Principles are really keen!

Although there is much I don't understand,
I know if I study, in time I can.

We start our study with The Introduction,
It includes all; there's no deduction.

The complete plan is in the Creation,
This is our hope to unite the nation.

The trouble started with The Fall of Man,
Eve ate an apple? Accept that if you can!

We have the answer to this mystery,
What really happened when she ate from the tree.

The Mission of Christ was to restore,
All God's promises given before.

Because of disbelief, Jesus was crucified.
As a result the physical restoration was nullified.

When you see clearly The Resurrection,
All other teaching you'll want to shun.

Our Lord of the Second Coming will soon be here,
All sadness, sin, and sorrow will then disappear.

So lift up thine eyes all suffering mankind,
You better study, search, and pray. Don't be left behind!!!

By Linda and Esther Carroll

Tension is Good For You

- Don't let your inner conflicts tear you apart-
- Make them work for you-

By Paul R. Evans, LL.B.

Tense, anxiety-ridden people live in their own very special, unreal twilight world....An eminent psychiatrist once said: Neurotics build dream castles; psychotics live in them; and I collect the rent!"

Many persons believe anxiety is the same as fear; but it is not. When confronted with a very real and present danger, we react with Fear. When the danger or threat, however, is remote or in the uncertain future, we respond with anxiety.

Psychologists have learned that even our physical reaction to anxiety is very different from our response to fear....Raw, undiluted fear releases adrenalin that acts on our muscles and raises our blood pressure; anxiety does not. Also, fear will make the mouth dry, while a state of anxiety increases the flow of saliva.

Fear is negative, but anxiety is the "kissin' cousin" of tension- and experts are discovering that tension can have positive values....Life consists of a continuing succession of tensions-some major, mostly minor-at work, in our social life, at home, in our everyday relationships with others. But, contrary to popular opinion, psychologists now agree that these stresses are essential if a person is to lead a full, rich and productive life.

A New York psychiatrist, Dr. Charles Clay Dahlberg, has this to say about tension's positive values:

"Tension is perfectly normal. If you didn't have it you would vegetate - but that isn't living. The important thing is to use your tensions constructively and make them work for you."

Before you can make them work for you, you must learn to recognize them and understand how they affect you. Whenever you are filled with tension, you are also beset with anxiety.....

Basically, there are two forms of anxiety; overt and covert. Covert (or hidden) anxieties are those you do not wish to recognize. You expel them into your subconscious, where they smolder like a fused bomb, who knows at what time to explode?

Overt (or open) anxieties are those that we will admit and openly face up to. We are fully conscious of these tensions and are willing to do something about them. They are the most common kind. You must turn your covert

anxieties into overt ones. You must ask yourself the following seven questions:

1. Who is bothering me?
2. What is bothering me?
3. Why am I bothered?
4. When am I bothered most?
5. Where (in what area) am I bothered?
6. What is the worst thing that can happen?
7. How can I remedy it?

Once you nail down whatever is causing your tension you have done something positive. You have located the fountain-head of your trouble. Now you must seek a way to siphon off the anxiety that has kept you inactive.

If you have a good friend, try talking out your problems. Often this will be the antidote; just what the doctor ordered. Talking things over with your husband or wife in privacy is another way. Many times the very act of talking will reveal the answers to serious problems. And sometimes show you the fallacy of a previous reasoning.

If you have no one in whom you can share such confidence - take pen and paper and make a list of your worries and problems and doubts. Then, let it lay; in a day or so pick up the paper again and look it over. Perhaps your insight by now will be greater - your vision a little clearer. Or maybe the difficulty will already have resolved itself.

Dr. Karl A. Menninger, in his book "The Vital Balance," gives a partial list of everyday tension-relieving devices: reassurances of touch, rhythm, sound, speech (in adult life this can take the form of formal music, the symphonies), food and drink, sleeping, vicarious living through the theater, movies, TV, etc., and work, play or physical exercise.

For variations of Dr. Menninger's techniques, try going away for a few days; have a good cry; do something different. Even blow up (in privacy, of course) and throw things.

And, if all else fails - if you can't talk it away, think it away or relax it away - you can always enjoy your particular tension. It might even help to solve the problem....

(Source: This Week Magazine, July 9, 1967)

BRIEF NEWS REELS

Portland, Oregon

In Oregon some changes have taken place during the end of July and the first week of August. This change has taken place in order to advance more actively before Our Master and His party come and also to prepare for His coming to the Northwest so the chapel can receive the many

members of His party.

John Schmidli, who has been faithful since our United Faith Movement started from his chapel in 1959, has turned all spiritual inheritance of this work to Vernon, and the new St. Helen's Chapel at Vernon's parent home in the same locality. John Schmidli moved into the Portland Chapel temporarily and awaits further instructions where to go and what to do in this work.

At the same time Esther and Linda have obtained a small apartment near the same locality of the Portland Chapel. Esther has turned over her administrative business to Maxine who will be trained by Esther to take over the secretarial work of the Portland Chapel. Maxine will be ready to begin the work by August 15th and Esther will act as senior lecturer and teacher and guide to the younger generation and train them in this work, obtaining more higher level of leadership and responsibility in the Northwest.

Our heartfelt thanks to Esther for her dedication and hard work for nearly five years, and congratulations to Maxine and Vernon who are determined to dedicate themselves for the cause of the United Faith Movement in the Northwest.

Berkeley, California

Terre Hall has been asked to speak on ESP to a sorority group on August 28th in the Bay Area.

Many new channels for meeting ministers and well-educated intellectuals are opening in this area. Terre has been asked to participate in directing seminar groups among a group of young people between the ages of 18-30. Because of her interest in Jungian Psychology this opportunity has been opened to her. She hopes that this will be encouraging to others in our movement to branch out into these other areas for public speaking and getting the Principles to many more people.

San Francisco, California

Seven or eight members of the San Francisco (Japanese) Church are participating daily in street preaching on Powell and Market Sts. in San Francisco. Each person speaks approximately five minutes. They speak freely on personal (individual) responsibility. They distribute many pamphlets. Many people are seeking and come to the lectures which are held daily at 10:30 A.M., 2:00 P.M., & 8:00 P.M.

Tokyo, Japan

On August 4th the rest of Our Master's party to Japan left Tokyo for Korea. Our Master and His party to the U.S. will remain for a while in Japan.