

Wholeness, Health and Healing (Part 6)

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Let me now wrap up this essay with some reflective comments on some of the concepts I have introduced above.

(Part 7) Some Reflections on Health and Healing

There are a number of themes covered above which resonate well with themes in Unification Thought and the living of a Principled life. Most obvious, of course, is the importance of the mind and body relationship, the subjective role of the mind and the very real power our thoughts and feelings have over the health and well-being of our physical body. In a speech to health professionals in 1987, True Father said "that the real impact of curing disease is the psychological factor, in other words: Mind. If you set the mind straight, that can be the main means of treating the patient."(102) Some researchers emphasize the importance of faith, imagination, belief, and love. Borysenko, remember, found that when a patient put God in the

forefront of their thought, and not as just one of the peripheral elements, this often led to their healing.

In terms of having a strong, clear mind and mental attitude, there is not a more comprehensive or optimistic philosophical outlook than that which is contained in the Divine Principle (103) and Unification Thought (104). If we immerse ourselves in the perspective these systems of thought set forth, our minds will be nurtured with precisely those qualities needed for good health (the experience of God, hope, joy, expectation, love, optimism, etc.). This is because the Unification outlook inevitably results in our having a strong reliance on God at the very center of our life, and guiding us in everything that we do, as we seek to create an ideal world of true love. This is truly the power of positive thinking. One only needs to consider the person of our True Father, who, even at the Korean age of 89 (as of March, 2008) is vibrant, and looks and acts like a much younger man, to appreciate the value of having a God-centered mind. Certainly, True Father's words instill within us a powerful sense of God's love and guidance. To the extent that we embody these words, our sense of hope, of belief, and of optimism, have virtually no limit. True Father also emphasizes mind and body unity, and the importance of putting belief into action. As with Napoleon Hill, when we believe in something good strongly enough, and endow it with our strong feeling, our environment functions to make it a reality. One could almost say that we can think ourselves into excellent health if we have a strong enough desire for it.

Another theme being emphasized is the interconnectedness of all the aspects of the human body, along with the mind. Basically, all the body's systems (circulatory, endocrine, nervous, digestive, etc.) are connected. Oriental medical philosophy has always recognized this. In describing the science of the famous "five elements," it is said:

The sages who devised the science recognized five main types of natural process whose interactions bear a certain resemblance to the interactions of wood, fire, earth, metal, and water, the affinity being more allegorical than actual. They understood that nature's workings depend upon a system of fine balances among processes that may assist, hinder or block one another according to the relative strength of each in a given situation. (105)

Oriental medicine is enjoying increasing success today and that is because the principles upon which it is based are valid and effective principles:

In recent years, Oriental medicine has become recognized to an increasing degree throughout the world. Its success is due to the fact that its founding principles, which focus upon the concepts of yang and yin, are in accordance with the Principle of Creation. (106)

Another theme mentioned above is the importance of the cell. The cells of the body have a cellular "consciousness"(107) and have awareness. It is well-known that spiritual discipline and training can empower us to influence and affect the functions of our body. True Father mentions the cell in connection with a rather more "mystical" statement:

The perfection of the universe must bring joy to the internal you, as well as to the external world. Both your mind and your body must rejoice in a place of happiness, Your cells, for instance, must all rejoice. The cells in your eyes and those in the soles of your feet are different, are they not? Although they are different, the cells in your hands and all your cells must be happy, along with all the parts of your mind and body. Leaving nothing out, everything must be able to rejoice. (108)

True Father alludes to the mysterious nature of the cell: "The mystery of the universe is contained in a cell."(109) He also says that every cell of the body can be intoxicated with the love of God, and that "only through true love can all our five senses be concentrated into one, laughing and dancing together."(110)

As for human relationships, the importance of unity and love in the blessed family is well-known (see the later essays in this book). All that is said above resonates with the world view of a blessed family. An inflexible requirement for healthy family life, especially between husband and wife, is the practice of absolute sexual purity. (111) True Father states:

Many people enjoy what they call "free sex." That kind of unprincipled, carnal, dirty love is deadly. It is like eating a pound of dirty salt or sugar in the form of love. The spirit of a person who engages in free sex is so distorted that it even seems non-human. That kind of spirit body is the most hideous, dirty human form in the world. There is medicine to cure stomach problems, but there is no cure for the damage that free sex does to your spirit. It will only destroy you. (112)

The blessed family prays together, shares life together, educates their children about God and sets a devotional example, reads True Father's words together, etc. (these and other "ritual" actions are central to a blessed family's daily lifestyle). Such practices as these are very conducive to the health and healing of the members of the family.

With these comments in mind, I wish to reiterate some of what has been said, and offer some very simple and common sense suggestions as to how one may move in the direction of improving and/or maintaining their overall health. For the sake of convenience, these are organized according to the Divine Principle concept of the structure and function of the human being: physical self and spirit self. Good health, of course, is an outcome of proper and harmonious interrelationships being carried out on all levels and between all systems within the physical body, and between the spirit self and the physical self.

Our genetic inheritance, whatever genetic makeup we received from our parents at birth, of course, has a lot to do with our overall health. Some people may have the good fortune of being blessed with good health; others may have some problem. In the latter case, there may be necessary certain indemnity conditions, or repentance for ancestors, etc., to clean this up. In either case, on our given genetic foundation the daily habits we adopt and the lifestyle which we choose to follow on a daily basis, through our own portion of responsibility, and especially our attitudes, thoughts and emotions, have a lot to do with how healthy or unhealthy we become. It goes without saying that one should not drink, smoke, or take drugs. Whatever your current state of health, the following suggestions may help you improve your health, or to maintain it if you are already healthy. These suggestions are simple, natural, inexpensive and easy to do.

I. For the physical self to grow in good health, it must have proper nourishment. Your physical body needs air, food, sunlight, and water. As might be expected, all the individuals mentioned in this essay emphasize the following basic practices:

1) Breathe deeply of fresh, clean air everyday. Practice taking deep breaths. True Father says, "How could I survive prison life for five years? It is because I have developed special methods of breathing and exercise, and practice them regularly."(113)

2) Eat healthy, nutritious food and cut down on fast-foods, sugar, salt, and other such things in your diet. Cut down on between-meal snacks. True Father also says:

You cannot eat all the plants that grow on land, but everything that comes from the ocean can be eaten, and it is all good for the body...when seaweed is properly processed, there is tremendous nutrition there. (114)

I never eat snacks, but only eat at regular mealtimes: that is my habit. I feel that the body is a good laboratory and I have tested out my own health in many different ways. (115)

3) Go outside everyday, especially in nice weather, and take a walk or play a sport. Walking is wonderful; it is very good exercise, and benefits the entire body. If you are overweight, or in poor health, start slowly (or get a doctor's advice). If you are healthy, it is wonderful to walk; it energizes your whole body, and makes you feel glad to be alive. Keep the body in fluid motion. Walking helps circulation, the immune system, and virtually every other system.

4) Drink pure, clean water and/or herbal teas every day; avoid sodas and sweet drinks. Drink water of heaven if you can. Try to avoid drinking during or just after a meal.

5) Acquire what is sometimes called a "palm massage ball" and use it routinely for a

good massage. Also use a foot massager when you are sitting down.

6) Try and get a restful sleep every night. Andrew Weil devotes a chapter to the importance of rest and sleep for our health. (116)

II. It is also important for us to receive the life element from God. We may do this if we act in accordance with the following guidelines:

1) Maintain a consistent study of True Father's words; fill your heart, mind, and spirit with the words of the Divine Principle, the 천성경, and True Father's words. Read any other literature which you find inspiring; listen to your favorite music. (117)

2) Make honest and sincere prayer a habit (and try to actualize the determinations you make to overcome bad habits, and to practice good habits) in your daily life.

3) Maintain a hopeful, happy, positive and optimistic attitude and perspective, no matter what happens in your life. (118)

4) Keep your mind active and alert; and work everyday to overcome fallen nature. Andrew Weil holds that "learning a foreign language" keeps the mind active and notes that evidence shows "a direct link between bilingualism and improved brain function."(119)

5) Repent and pray for your ancestors (and liberate and bless them). This topic will be addressed further in a separate essay.

III. It is also important for us to receive the vitality element from the physical body. To do this, we need to follow these guidelines:

1) Maintain a healthy lifestyle with simple and good habits (as in I., above). This includes the all-important absolute sexual purity.

2) Act consistently to actualize your inner determinations and to change bad habits. True Father states that "a person cannot find religious perfection by leaving this world and going up into the mountains to meditate."(120)

3) Maintain good, harmonious relationships with people around you, especially your spouse, your children, and your friends.

4) Network in your daily life with other good, virtuous people.

5) Go out of your way to do nice things for other people, even strangers.

6) Such activities as these will return the living spirit element to your physical body. Father Moon says "If you don't do good for your fellow man, you will have no sleep. If you do something good, you will have a peaceful mind." (121)

Some other very reasonable points can be obtained from the extensive list given in Kevin Trudeau's Natural Cures "They" Don't Want You to Know About. He lists 111 recommendations for "How to Never Get Sick Again."(122) His recommendations seem reasonable, and many are within easy access for most of us.

It would be remiss of me if I were to fail to mention the fact that all of the above material, everything having to do with health, in fact, everything mentioned in this essay has, as its ultimate purpose, the goal of enabling us to be able to live a life of true love. If we do not live a life of true love, everything else we may achieve (knowledge, power, influence, financial success, even health itself) comes to nothing. As True Father states:

The highest purpose of life is to be born through love, be raised in love, live by love, and to leave love behind. The most valuable thing to do is to fulfill, in the family, the rules of love that lie at the center of the universe. (123)

Thus, I think it can generally be stated that, in principle, anything that we think, feel, or do in the direction of actualizing true love will be conducive to our good health; on the other hand, anything that we think, feel, or do contrary to the direction of actualizing or realizing true love will serve to increase our vulnerability to potential disease, sickness, and ill-health. Through the application in your life of the suggestions outlined in this essay, I am sure that you can be well on your way to improved health. I wish you every success.