

FFWPU Europe and the Middle East: David Hanna - Deep Prayer and Meditation, Cultivating the Mind

Knut Holdhus
October 24, 2024



In speech online 23rd October 2024, Dr. David Hanna reflects on prayer and meditation from a Family Federation perspective

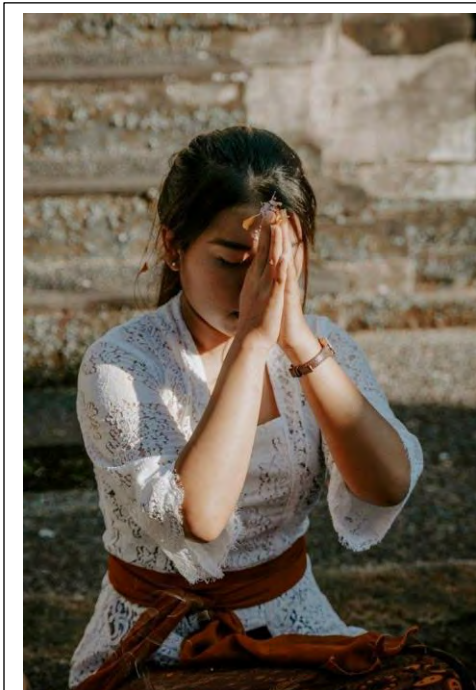


Dr. David Hanna speaking Nov. 13, 2022 in Oslo, Norway

A speech Dr. David Hanna, head of the North European subregion of the [Family Federation for World Peace and Unification](#), gave at an international prayer meeting on Zoom 23rd October 2024. Slightly edited.

Our [True Parents](#) have spoken about and guided us all in the practise of prayer. We're doing quite a bit of it [...] in our new style resonance prayers. That's very wonderful.

They've also, but maybe less frequently, used the term "meditation". But still, our [True Father](#) especially has talked about quiet reflection and the importance of being in a state of mind where one can connect deeply with the divine.



Balinese woman praying in Indonesia

In fact, I suppose the [Unificationist](#) approach has more to do with active engagement with [God](#) through heart-driven action and community involvement, rather than the practise of solitary meditative introspection.

As far as I know, our [True Parents](#) never promoted any particular technique of meditation, and you will know that there are many. So why might that be?

I would presume myself the reason for being non-specific, not mentioning any method or technique, is so that that does not become the way that is focused on and promoted above all others in this stage of [God's providence](#).

It's more something that is left up to us if we see the need and seek the benefit.

Personally, I like that approach, and it has parallels with other aspects of our life as [Unificationists](#). We can be, and I think should be, what's often referred to as a "broad church".

That's an expression in English that is not only used for churches, but any institution or organisation that is accepting and embracing of various understandings and approaches, or a range of views, some that can sound perhaps quite fundamentalist, others quite liberal, but all happily coexisting.

Let me share one excerpt from a speech of [True Father](#). It's back from 1975. He said there,

"Due to the human fall, we lost all [relationships](#) - with [God](#), among human beings, and with nature; all were entirely severed.

In order for us to reconnect our [relationships](#), we should always strive to make these connections ourselves. If we do not have the attitude to make connections with others, we cannot improve the environment in which we live."



[Father Moon](#) in prayer

And he goes on to say,

"For this reason, you should all have a mind to anticipate new things. When praying in the morning, you should feel, 'Today, something good will happen.'

But don't simply think that good things will just happen. You have to seek for them. This attitude of seeking should be your life of faith. Experience and continual practise bring relationships to life. Yet, it all stems from cultivating a dreamlike state in meditation." (From a speech [Father Moon](#) gave 2nd Feb. 1975)

With these words, [True Father](#) connects the active aspect of seeking for good things to happen and bringing [relationships](#) to life - a lovely expression

It connects that with the starting point that's to be found in a state of dreamlike meditation. Isn't that curious?

That certainly takes practise. But as with all things, the more we practise, then the more natural it becomes. Perhaps you see that working more successfully in the life of some other "brother" or "sister" than in yourself.

I'm certainly like that, but by my simple thinking, that means I should give it more practise. It would not be right for a person to think, "Well, that may work for some people, but not for me."

When we think about coming to know the heart of [God](#), probably the heart that we most readily associate or think of is [God's suffering](#) heart. And sometimes we refer to this as [God's](#) heart of the fall.



[Mother Moon](#) August 23, 2024

We should remember, though, that this is not the only character or quality of heart that [God](#) possesses. We refer also to the heart of creation, which is the more original, and you could say, lasting heart of [God](#). We also talk about the heart of restoration.

Remember that Champumo-ron [Editor's note: Literally "Discourse on [True Parents](#)", new teachings being prepared, still unpublished], whatever form it ultimately takes, includes also the entire [principles of creation](#).

Being mindful that the way of referring to the interplay of [God's](#) emotion, intellect and will as three separate hearts is itself an artificial construction, right?

We can do well, then, to meditate on more than [God's suffering](#) so that we can find the power and the drive to do things and develop [relationships](#) that truly express [God's](#) truth, beauty and goodness.

Let me give you an example. I found it an exciting and significant development that [True Mother](#) invited a number of musicians from around the world to come to Korea to write songs and music for the opening of the [Cheonwon temple](#), purposefully in an atmosphere of prayer and meditation, and with the opportunity or fortune of a strong connection to the higher spiritual world, we could say this is more of a

focus on [God's](#) heart of creation.

Again - to quote [True Father](#) - he says,

"Eventually everyone is to be connected to the spirit world, reaching the realm of [God's](#) heart and feelings. Unless you experience such things in your life of faith, you cannot carry out [God's](#) great will on the stage of your own life.

Therefore, I do not trust believers who have not had actual spiritual experiences. Please understand how important it is for you to have these spiritual experiences for cultivating your life of faith." (From a speech [Father Moon](#) gave 2nd Feb. 1975)

"Brothers" and "sisters", remember, we cultivate external determination based on our internal determination. We need training in the way we think and the way we use our minds. And meditation and prayer are two well proven methods for cultivating the mind.

I wish you a very wonderful and victorious week, and I thank you for listening.

Related to prayer and meditation: [Essence of God](#)

More, related to prayer and meditation: [God and Human Beings](#)

Also related to prayer and meditation: [The Day When Heavenly Parent's Dream Comes True](#)

More, related to prayer and meditation: [Preparing Holy Temple for God and Becoming One](#)

More, related to prayer and meditation: ["We're Small, But Mustn't Forget That God Is Great"](#)

More, related to prayer and meditation: [2025 Dedication: Sanctum to Feel Holiness of God](#)

More, related to prayer and meditation: [Teachings Make Great Strides in New Version](#)

And more, related to prayer and meditation: [In a Nutshell](#)

Yet more, related to prayer and meditation: [Brief about the Teachings](#)

Still more, related to prayer and meditation: [The Mission of the Only Begotten Daughter](#)

Even more, related to prayer and meditation: [Gender-Balanced Understanding of God and Christ](#)

And yet more, related to prayer and meditation: [God as Our Heavenly Parent \(Father and Mother\)](#)

And still more, related to prayer and meditation: [History of God: From Yahweh to Father to Parent](#)

And even more, related to prayer and meditation: [Religious Truth as Progressive Revelation](#)

Also related to prayer and meditation: [Essential Motherly Part of Messianic Mission](#)

Also related to prayer and meditation: [The 3 Blessings and the Process to Fulfil Them](#)

Also related to prayer and meditation: [Unchanging Truth and Its Changing Expression](#)

Also related to prayer and meditation: [The Meaning of History from Viewpoint of God](#)

Also related to prayer and meditation: [Failure of Key Persons Related to Jesus](#)

Also related to prayer and meditation: [Amazing Parallels to Jesus and Holy Spirit](#)

Also related to prayer and meditation: [Unification Principles](#)

Also related to prayer and meditation: [The Kingdom of Heaven](#)

Also related to prayer and meditation: [True Love](#)



Restoration Providence

The painstaking work to recreate the original good world – the restoration providence

The phrase "restoration providence" describes the painstaking work that [God](#) has had to carry out as a result of losing mankind, His children, when the first man and woman followed the rebellious archangel Lucifer away from [God](#) and created a world that did not belong to [God](#), a world full of sin and evil.

The word "restoration" implies that [God](#) wants to bring the world back to its originally intended state or condition.

The word "providence" refers to the plan that [God](#) has implemented to save humankind.

[God](#) wants to restore the original ideal world he intended from the beginning. The Korean word bokkui (복귀), which normally is translated as "restoration", may also mean return, comeback, reinstatement, regain.

It is a key word in [Unificationism](#), and is indeed a key concept to understand human history. History was intended to begin in a certain way, but did not when the first humans, who held the key to how history would unfold, were manipulated to go in the wrong direction.

Up throughout the restoration providence, [God](#) has constantly invested himself and called human beings to assist him in the enormous work of restoring the original good world He wanted to realize when He created everything. The work of restoration began as soon as the fall of the first humans had occurred. [God](#) already tried in the family of [Adam and Eve](#), to set right what had gone wrong. However, this was unsuccessful as the individuals in the first family did not make the right conditions.

In the evil world that developed, [God](#) therefore had to find new individuals with whom to work. That is why he called many up through the ages, e.g. Noah, Abraham, Moses, John the Baptist and chosen people right up until the present days.

[Back to Concepts](#)

Text: Knut Holdhus

