

## True Mother: It is only through absolute love that unity becomes possible

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*Photo date and location unknown*

Anyonghaseyo, dear brothers and sisters!

Here again some inspiration, based on the words of True Father and True Mother:

True Father: "I discovered that there is only one way to resolve the conflict between mind and body, and that is the way of true love. Unity between mind and body can be achieved only when the body sacrifices itself for the sake of the mind time and again, by living for the sake of others with true love." [1]

True love is necessary for true mind body unity. We need to resonate with the heart and love of God:

True Father: "When you have accepted this true love of God one hundred percent into your body and mind, the roots of God's love will begin to grow in your heart. Then you will be able to sense everything He feels, and your body automatically will resonate with that.

Therefore, filling yourself completely with the true love of God is the essential condition for uniting your mind and body and becoming the eternal object partner of God. If we, as human beings, resonate with God's love and enter a sphere of oneness, then God's love will be our love, God's life will be our life, God's lineage will be our lineage, and God's creation will be our creation." [2]

True love is absolute. That means it does not change, and it is unconditional. It gives and forgets, no matter what:

True Father: "Through relative love, unity can never be achieved. It is only through absolute love that unity becomes possible. The mind and body of an individual can come into unity only through absolute love. Then such feelings as tranquility, joy, satisfaction and a sense of worth can be experienced. Only from such an individual can a standard for peace be drawn." [3]

To achieve mind body unity, our heart has to belong to the realm of true love:

True Mother: "The origin, motive and process of God's creation center on true love. No result can come without a process taking place, and the process of perfection is based upon the practice of true love. The perfection of mind and body is possible only when they both belong to the realm of true love." [4]

It is certainly the purpose of our life to reach the point where we belong to that realm. We all have that destination, and we all can advance towards that goal, no matter at what level we are now. We all have the potential.

Love from Bruno

1. Pyeong Hwa Gyeong. Book 2. God's homeland and the Peace Kingdom are built on the foundation of the realm of His liberation and complete freedom. 2004. Seoul: [www.tparents.org/Moon-Books/PHG14/PHG14-02.pdf](http://www.tparents.org/Moon-Books/PHG14/PHG14-02.pdf)
2. Pyeong Hwa Gyeong Book 5: 23 God's Strategy...: [www.tparents.org/Moon-Books/PHG14/PHG14-05.pdf](http://www.tparents.org/Moon-Books/PHG14/PHG14-05.pdf)
3. Pyeong Hwa Gyeong Book 5: 6. Absolute values...: [www.tparents.org/Moon-Books/PHG14/PHG14-05.pdf](http://www.tparents.org/Moon-Books/PHG14/PHG14-05.pdf)
4. True Mother. Blessed marriage and eternal life: [www.tparents.org/Moon-Talks/HakJaHanMoon/hjh980401.htm](http://www.tparents.org/Moon-Talks/HakJaHanMoon/hjh980401.htm)