

Building Cheong Il Guk

Finding my True Self

Through Uniting my Mind & Body

12 necessary steps

By Mrs. Aye Jin Masuda
mmasuda@earthlink.net

Photos with Father's Words graciously offered by
www.Heungjin-nim.tk

Uniting my Mind and my Body

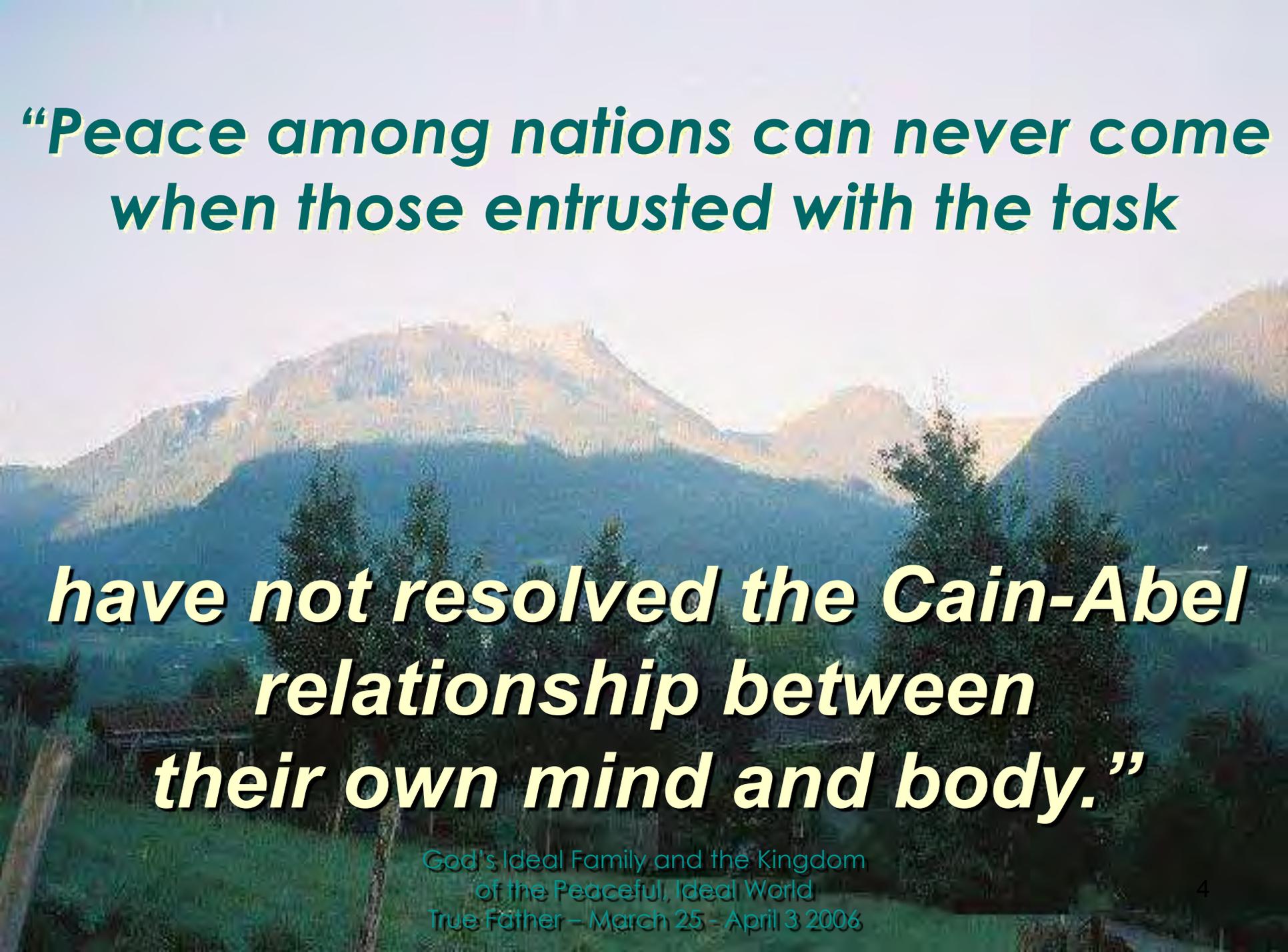
**Living a life of Absolute Faith, Absolute Love,
and Absolute Obedience.**

**The foundation for Family Harmony,
Joyful Community, National Prosperity,
& World Peace and Unification**

Part 1

What is Mind/Body Unity ?

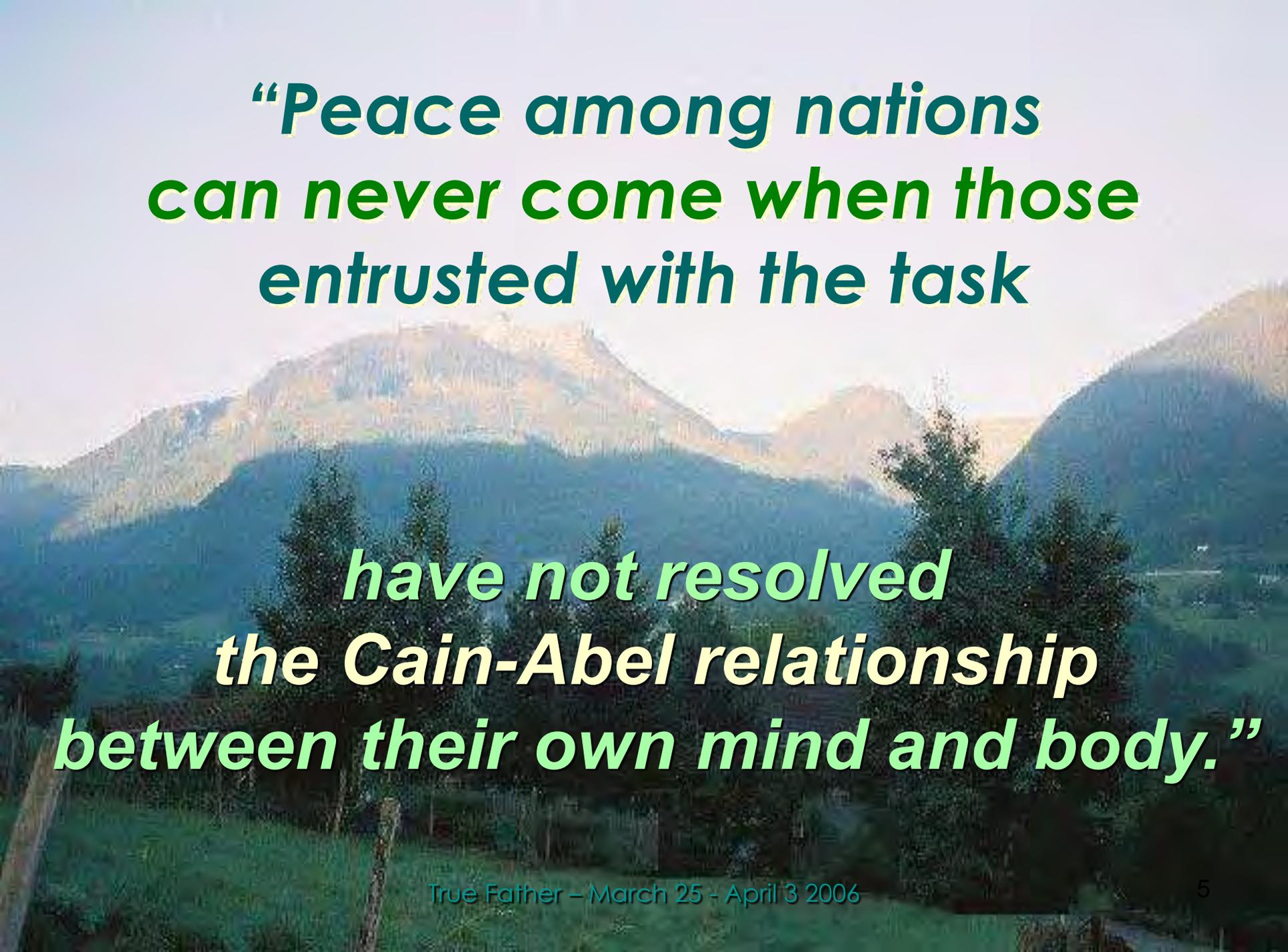
The Necessity of Seeking It.

A scenic landscape featuring a range of mountains in the background, some with patches of snow or light-colored rock. The foreground is filled with lush green trees and a clear blue sky. The overall atmosphere is peaceful and natural.

***“Peace among nations can never come
when those entrusted with the task***

***have not resolved the Cain-Abel
relationship between
their own mind and body.”***

God's Ideal Family and the Kingdom
of the Peaceful, Ideal World
True Father – March 25 - April 3 2006

A scenic landscape featuring a range of mountains in the background, some with patches of snow or light-colored rock. The foreground is dominated by a dense forest of evergreen trees, with a few deciduous trees scattered throughout. The sky is a pale, clear blue. The overall atmosphere is serene and natural.

***“Peace among nations
can never come when those
entrusted with the task***

***have not resolved
the Cain-Abel relationship
between their own mind and body.”***

Mind / Body Unity !

**We have heard the phrase
many times before, haven't we?**

*“ We must unify our mind and body
and turn over 180 degrees;
then we can go to unify.”*

***“ No matter what the situation,
you will live with your mind and body
united as one.”***

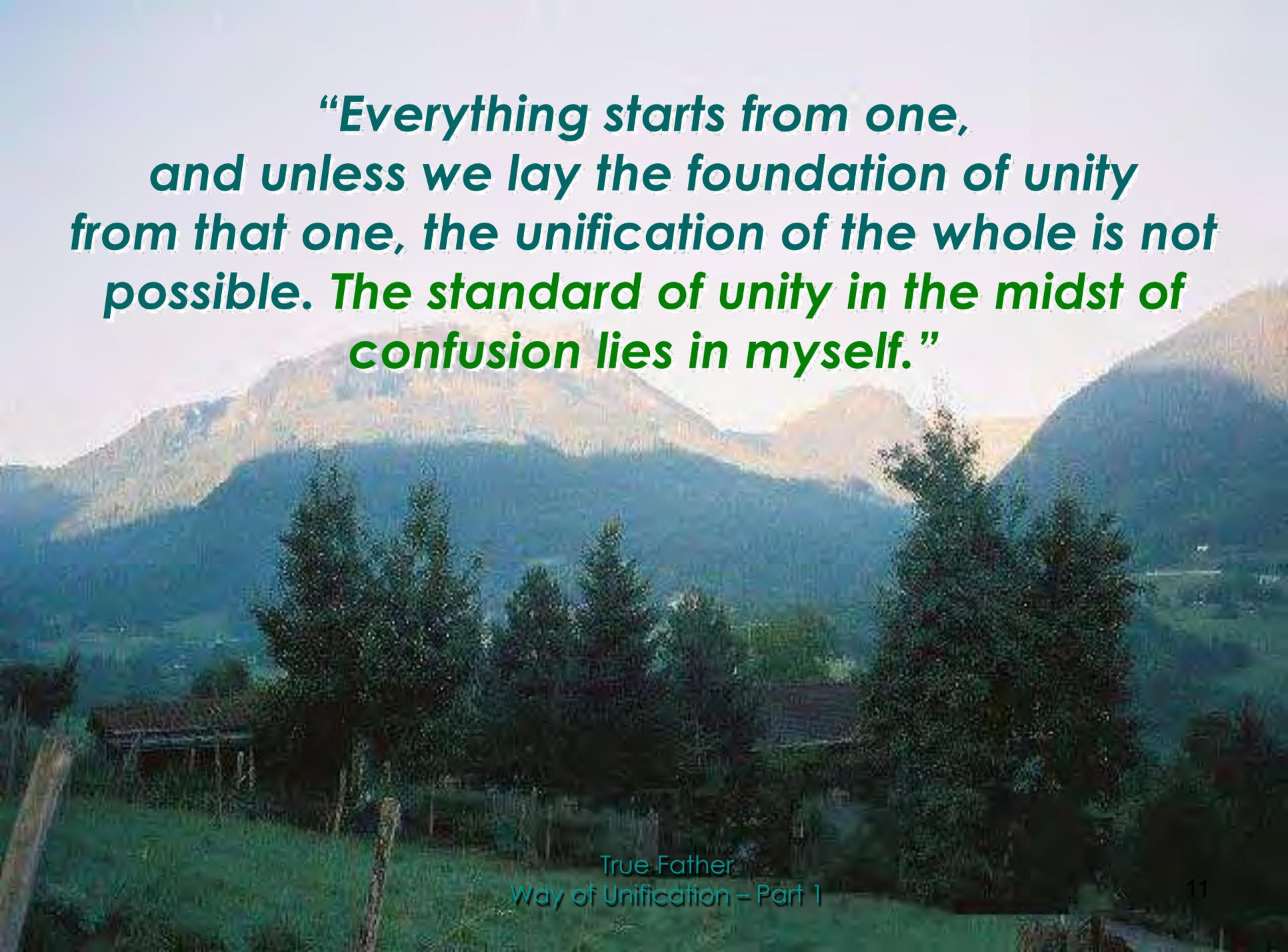
Second of the seven points
of the Path of the People of Cheon Il Guk
True Father - June 13, 2006

***“ Again the unity of mind and body
is the key.”***



True Father
January 27, 2002 - Hawaii speech

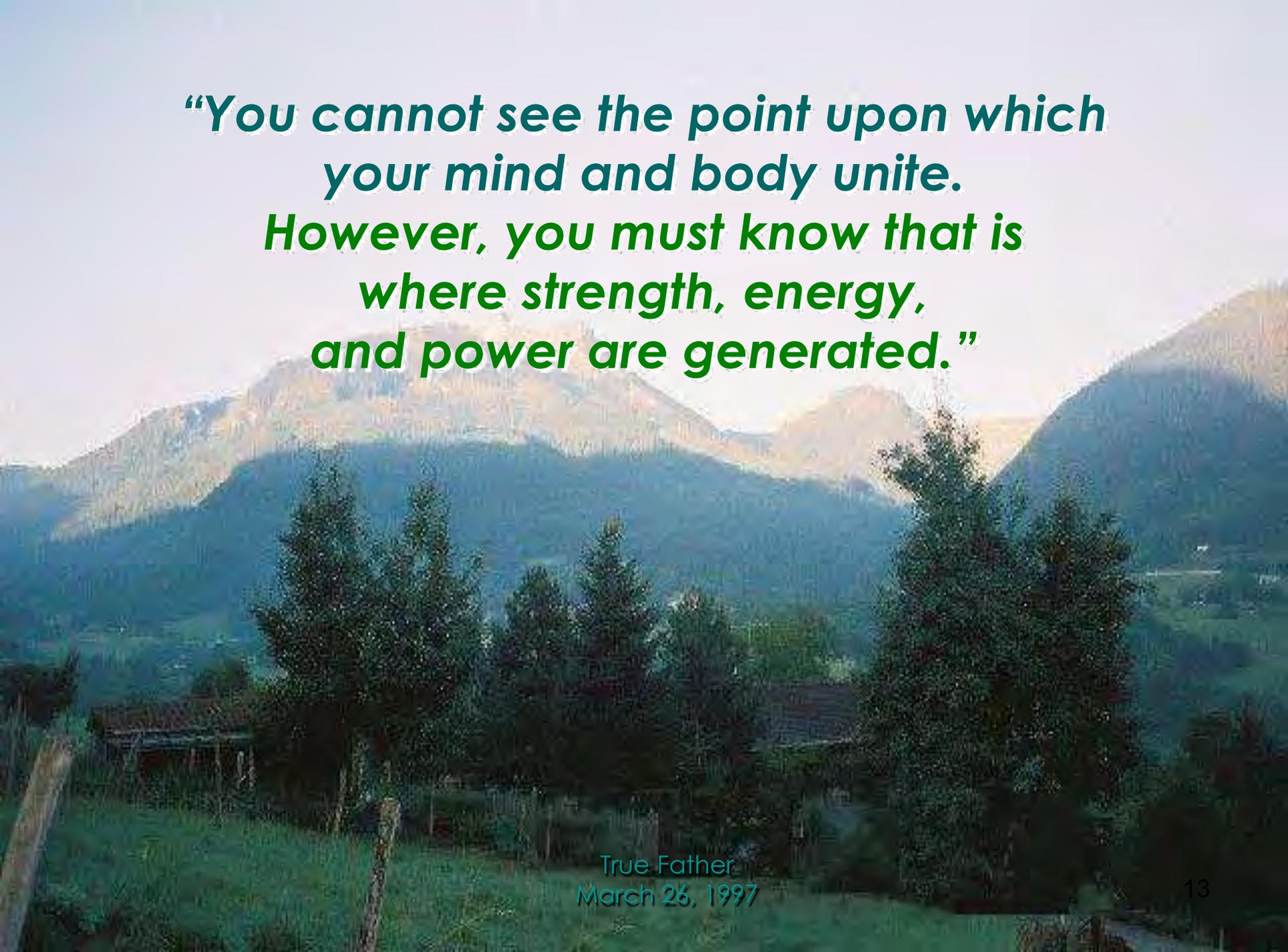
“If we seek a new ideal,...
we should start with mind and body unity.
We can conclude that it is impossible to realize
the ideal without unity of mind and body.”

A scenic landscape featuring a range of mountains in the background, some with patches of snow or light-colored rock. In the foreground, there are several tall, dark green evergreen trees. The sky is a pale, hazy blue. The overall atmosphere is serene and natural.

***“Everything starts from one,
and unless we lay the foundation of unity
from that one, the unification of the whole is not
possible. The standard of unity in the midst of
confusion lies in myself.”***

*“God does not exist where there is division...
The first criterion for God to be involved with you
is absolute unity between mind and body
centering on true love.”*

True Father
March 26, 1997

A scenic landscape featuring a valley with a wooden building, several trees, and mountains in the background under a clear sky. The text is overlaid on the upper portion of the image.

*“You cannot see the point upon which
your mind and body unite.
However, you must know that is
where strength, energy,
and power are generated.”*

True Father
March 26, 1997

***“Once you reach absolute mind-body unity,
miracles take place. All kind of miracles
will happen, such as healing.
It is not difficult to see miracles.”***

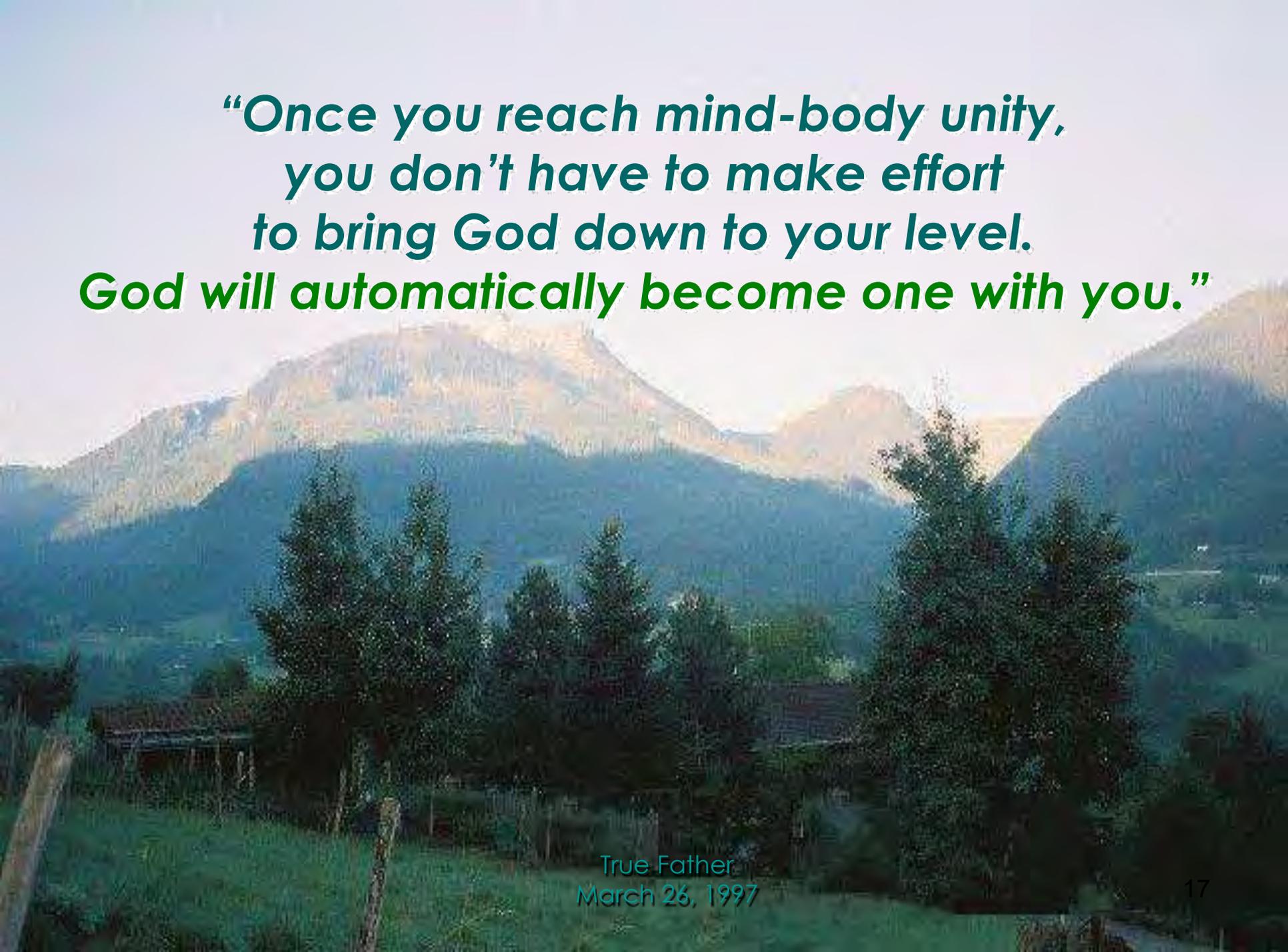
True Father
March 26, 1997

*“Once your mind and body become one,
God’s love will automatically be upon you.
God’s love is powerful like a magnet.”*

True Father
March 26, 1997

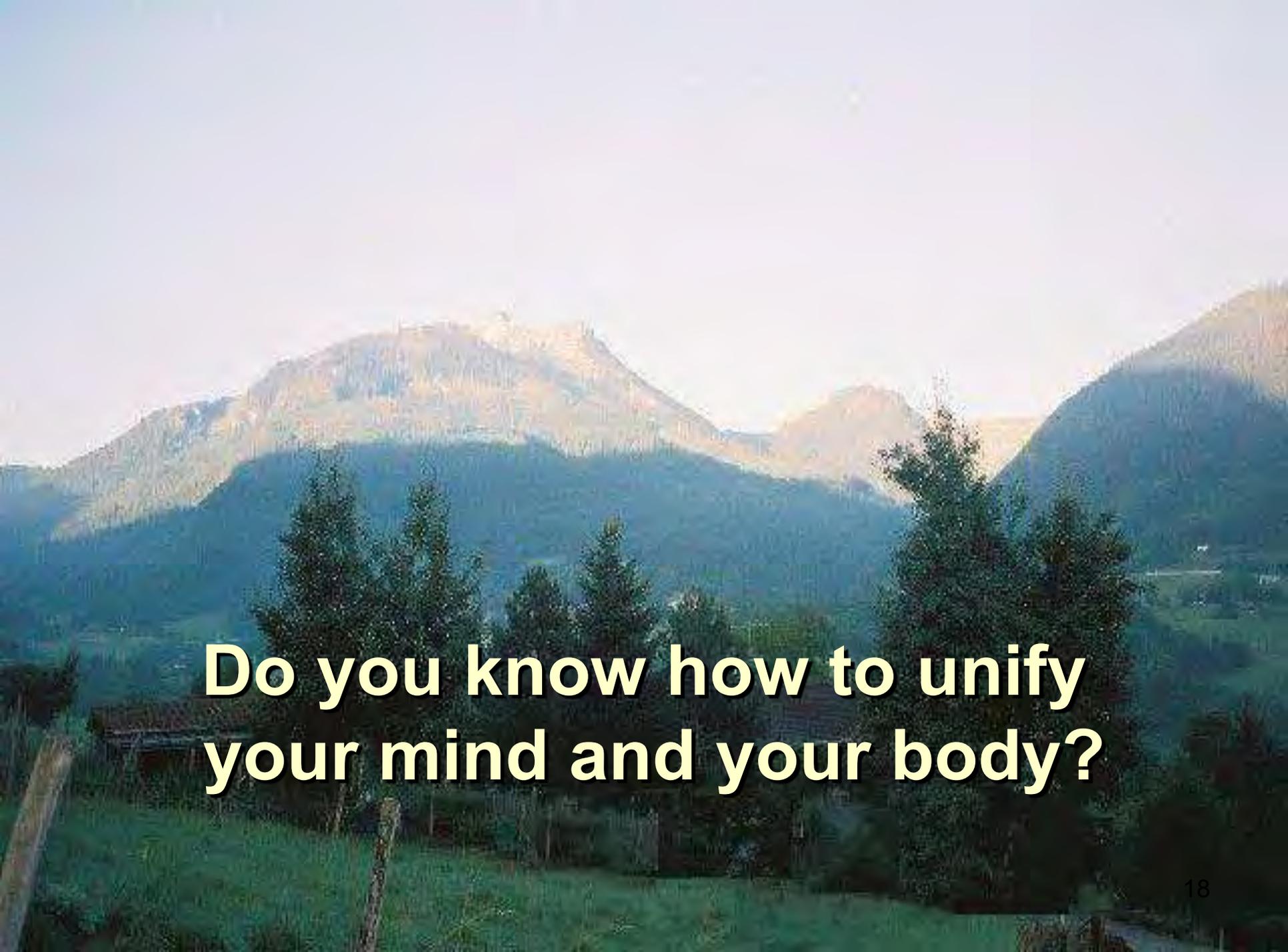
***“People with mind-body unity
always become the subject anywhere they go.
Those who are subject have a magnetic power
and can create unity wherever they go.”***

True Father
March 26, 1997

A scenic landscape featuring a range of mountains in the background, some with patches of snow or light-colored rock. The foreground is dominated by several tall, dark evergreen trees. The sky is a pale, clear blue. The overall atmosphere is serene and natural.

***“Once you reach mind-body unity,
you don’t have to make effort
to bring God down to your level.
God will automatically become one with you.”***

True Father
March 26, 1997

A scenic landscape featuring a range of mountains in the background, some with patches of snow or light-colored rock. The foreground is dominated by several tall, dark green evergreen trees. The sky is a pale, clear blue. The overall atmosphere is serene and natural.

**Do you know how to unify
your mind and your body?**

We also hear the word
“struggle” a lot,
often from our own mouth,
or the word **“challenge”**.

Before we go any further,
let’s differentiate
‘struggle’ and ‘challenge’.

From the Webster's Dictionary:

Challenge: A stimulating or interesting task or problem.

Struggle: Strife - A violent effort or exertion.

**Challenges are stimulating,
interesting tasks.**

They make our life fascinating.

We need them.

We want them

and take them voluntarily.

For example, we want to ...

- climb a mountain,
- make a new garden,
- write a book,
- create a new school,
- bring new life to our neighborhood,
- or even create a true nation.

**Challenges are exciting,
thrilling, and bring joy.
Challenges are good.
We like them.**

Struggles are different.

They are “a violent effort or exertion”

They are “**conflicts, fights, discords**”.

They come as hindrances on our life path.

We don't need them.

We don't want them.

We don't like them.

Struggles slow down a person's growth process.

Many people,

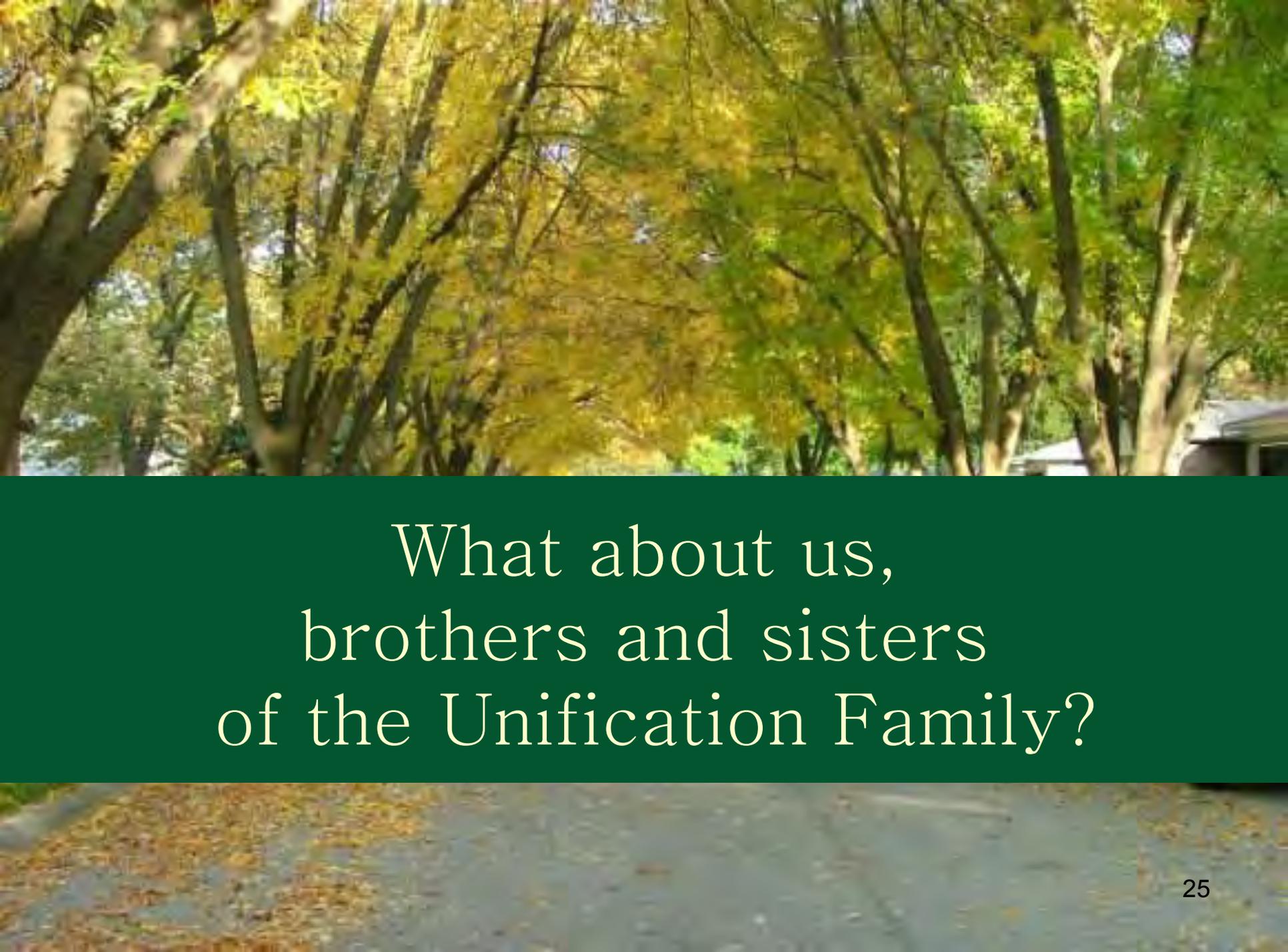
having too many struggles,

give up taking challenges.

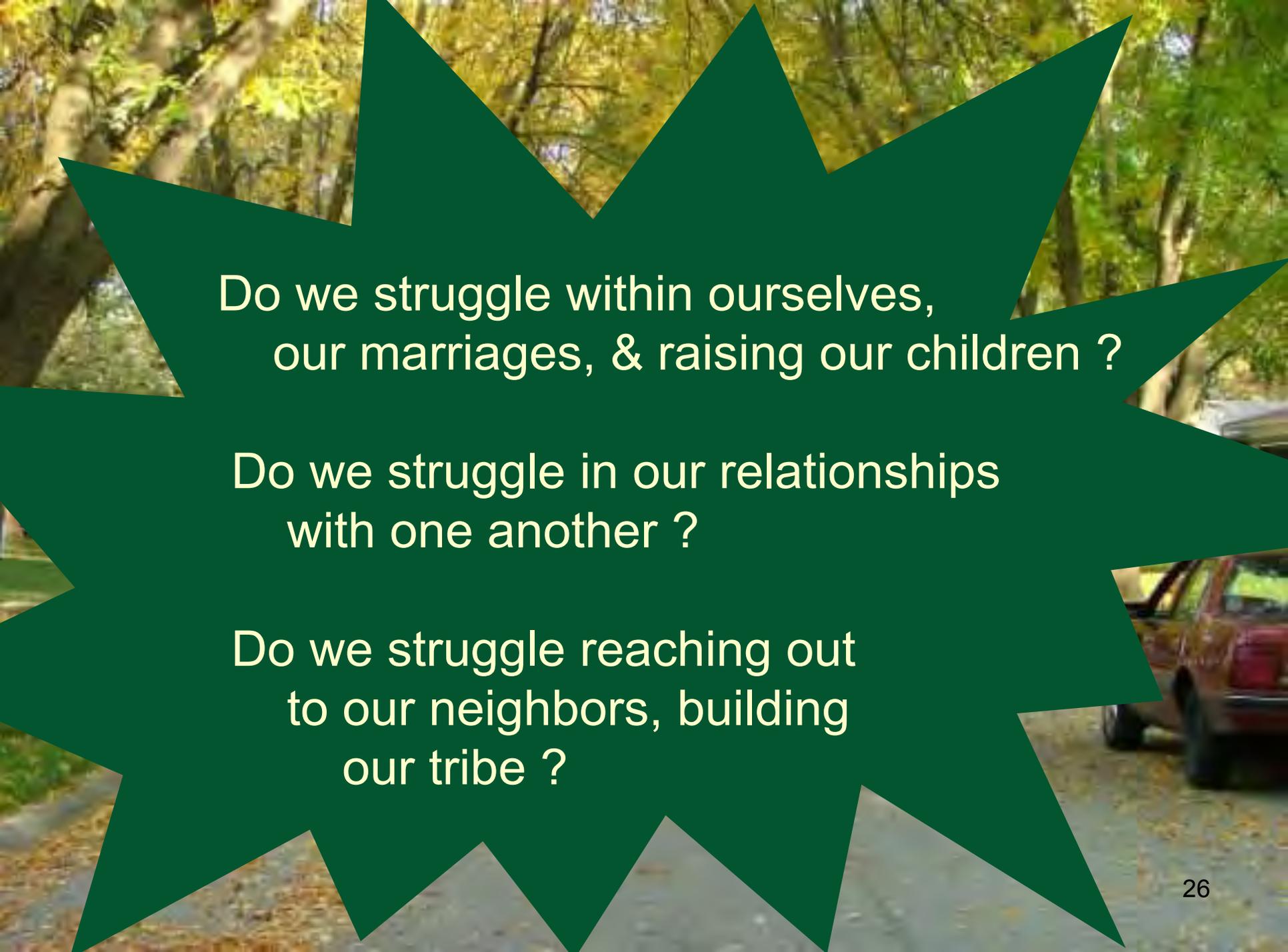
When this happens, even though the person's body continues to live, **his internal, spiritual, and emotional growth stops.**

That's the time when some people look for deviated ways to get the joy and happiness we were created for.

They abandon their dreams and instead look for 'fun', for momentary pleasures. **They are not 'creators' anymore, but 'takers'.**



What about us,
brothers and sisters
of the Unification Family?



Do we struggle within ourselves,
our marriages, & raising our children ?

Do we struggle in our relationships
with one another ?

Do we struggle reaching out
to our neighbors, building
our tribe ?



**“...undeniably,
your outer selves and inner selves
are in a constant relationship
of conflict and struggle.**

**How much longer will you allow
this fighting to continue?
Ten years? A hundred years?”**

True Father - April 10, 2006

We are all looking for the ideal man or ideal woman. However, having looked at the people of the whole world, you will come to the conclusion that there is no person who can truly be the model for you.

Ultimately speaking, however hard you try to find such a person you will not find one.

You must finally decide that you had better find the perfect model for you in yourself.

Then you have started in search of your original self.

The door needs to be opened,
brothers and sisters.

I am asking you to

please seek more deeply,

because each of us has our own little closets inside.
Some of us are more liberated.

Some of us are
a little less liberated.

So many of our brothers and sisters are struggling
with
resentment,
with feelings of
frustration, with inner conflict,
with sexual problems, with so many blockages
They don't understand... It is such a hell of a place.

After so many years of living
in True Parents' family
**why have I not been able
to stop struggling?**

After so many years of working so hard
in so many campaigns,
investing myself in so many church activities,

why is it that my heart is still stiff and numb?

Could it be that I am missing
something important?

***“It hurts my heart to see
how locked in our people are,
in so many ways.***

*Many times you think
that the Providence is going forward
because Father’s projects are going forward
and Father, he is going forward;
and you are working hard, whatever your job be,
your mission - you have to understand something:*

*that going forward at this time
means going forward in your heart.”*

Heung Jin Nim

Heavenly Father's love
and True Parents' love
dissipate all struggles and pains.

What about my ability to receive
this love that dissipates all struggles?

**Because of the Fall
we have lost the capability
to receive the Love of God,**

the love that True Father calls
'True Love'.

**When our heart is not able
to receive the love of God,**

**it is open to all kinds of struggles
making us unable to 'truly' love others.**

**in this situation,
no matter how much we try,
how hard we work,
or how much we give to
and serve others,**

**the love we give
is always falling short
of being 'absolutely' true,**

and, we continue struggling.

**Can we feel God's love,
and give it to others
when we have thoughts and feelings
we do not like, do not approve of,
and certainly do not choose?**

We wish we would be different.

*But, are we really so far away
from our true self ?*

I am as far away
from my true self

(from being able to receive
the Love of God)

as my mind and my body
are separated from each other.

So, every time I unite my mind and body completely (absolutely):

- 1- I can feel God's love for me, and for others.**
- 2- I am in touch with my original self.**
- 3- My thoughts, words, and actions become the expression of my newly found true heart.**
- 4- I am changing, I am getting reborn.**

"...as much as you can
I want you to understand
you are not
who you think you are.

The person you really are
is trying to be born right now."

Heung Jin Nim

“ ..As an individual, your body and mind must be united. That is the basic thing. Then God’s love will be with you.

With that done, you can proceed on to be united with other people,

and then the degree of God’s love with you will be deeper and broader.”

***“ Which one comes first, unity or love?
... Unity is the beginning point of love,
the point where love can come to abide.”***

True Father – The Way of Tradition, Volume III

So, which one comes first: 'Love' or 'Unity'?

We need to seek unity first.

When you find unity of your mind and body, you feel something you might have never felt before.

You feel different.

You feel a love for others that goes beyond all the barriers you usually have.

**When you find unity of your mind and body,
You feel that nothing is impossible for you
from now on.**

**You feel that you are able to do everything
that you previously could only dream of.**

**But as soon as your mind and body
disunite again, your old self reappears.**

Have you ever had that experience?

***“You must become one with God.
Your mind and body must become one;***

***You cannot focus on your object if there
is no foundation of love to base the
relationship upon,***

***a foundation of love that can be the
center of the principle of unity.”***

**For example,
if I struggle with my spouse,**
it is because I do not feel God's
love for him or her.

**I do not feel God's love for my
spouse** because my mind and my
body are far from each other.

**So, true love for my spouse
remains only a dream.**

Does the problem reside
within my spouse?

or

within the fact
that my own mind & body
are disunited?

Thus, what is best to focus on?

On my relationship with my spouse?

Or, instead,

on the relationship between my own mind and body?

**Unifying my mind and body
brings them into focus,
making the ‘fuzziness’ disappear.**

**So when I unify my mind and body,
negative thoughts and feelings
disappear,**

leaving space for **my original heart.**

When I unify my mind and body

I feel liberated, new.

I feel that finally I am my true self;

and I can hear a voice

– the voice of my own conscience -

whispering to me how to love my spouse.

My conscience becomes **my teacher.**

**And so it goes for all the
other relationships in my life,
from the family level
to the cosmic level.**

**When I unite my mind
and body absolutely,**

I am allowing myself
to feel the Love of God

**which is waiting, there,
at the center of unity
of my own mind and body,**

and I start to feel *true love* for others,
no matter who that other is,
even my enemy,

tasting the realm of

absolute faith,

absolute love,

and absolute obedience.

Even if a husband and wife are enemies and never want to look at each other again but go their different ways, once God sneaks in on them and resides with them their love suddenly becomes so great that they cannot bear to be separated even for a second.

True Father

If you see the good in others and cover their defects with your love, they will follow you. If you see only weaknesses in others, your spirituality will be ruined.

***“Whenever I look at Mother,
I wonder,***

*‘Am I loving her with
an united mind and body?’*

Mother has the same attitude.”

True Father – June 5, 1983

Parents, Children, and the World Centered upon Oneself

“Before you can talk about world peace and talk about solving the problems of society,

you must first worry about peace within yourself

and between yourself and God.”

*True Father - Breaking the Barrier
December 10, 1978*

Uniting my mind and body
brings peace within me,
and between myself and God.



It is the fulfillment of the
First Great Blessing.

It is my first responsibility.



From my own initiative and effort,
I, individually, need to fulfill it.



**Uniting my Mind and Body
is the most crucial issue.**

**My family depends on it!
Our world depends on it!**

**How do I know for sure that
my mind and body are dis-united?**

**I am struggling within myself
as well as with others.**

I cannot truly repent (repent in tears).

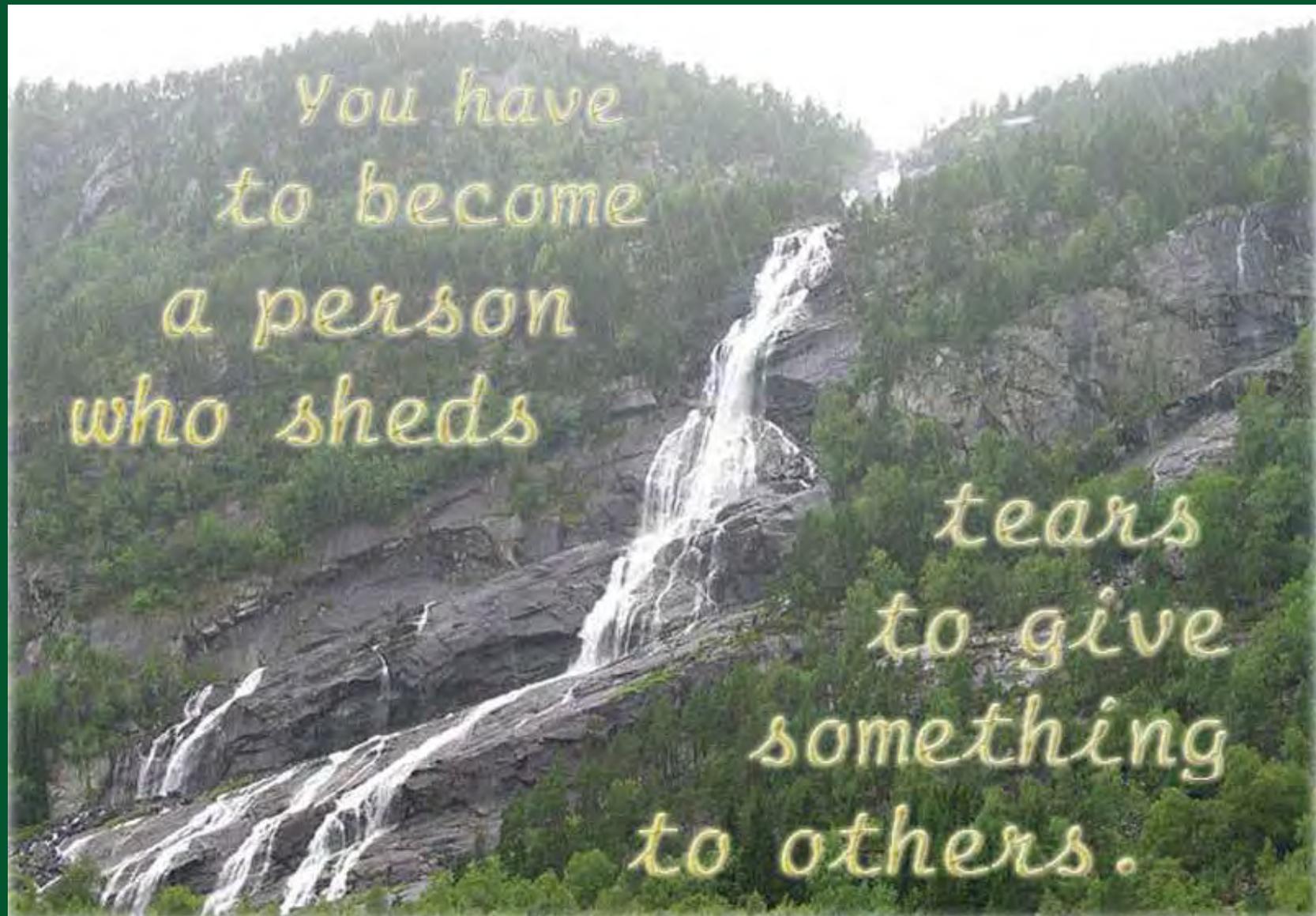
I cannot truly pray and cannot truly love.

**How do I know for sure that
my mind and body are **dis-united**?**

**I am numb to other people's joy and pain.
I don't shed a tear for them,
no matter what happens to them.
I am apathetic.**

***“If you find out that
your brother is going to jail
and you do not shed tears,
what kind of a person are you?”***

True Father



You have
to become
a person
who sheds

tears
to give
something
to others.

**How do I know for sure that
my mind and body are dis-united?**

I cannot feel God's Heart.

I am separated from Him

as well as from others.

**When my 87 years old Father
and my 64 years old Mother
are going around the world at a frantic
pace, desperately trying to save our
world,
and my eyes remain dry,
what kind of a son or daughter am I?**

How do I know when my mind and body are united?

*“It is a world wherein
the success of a person represents
the success of the whole,
the likes of a person
represent the likes of the whole,
and the joy of a person
represents the joy of the whole.”*

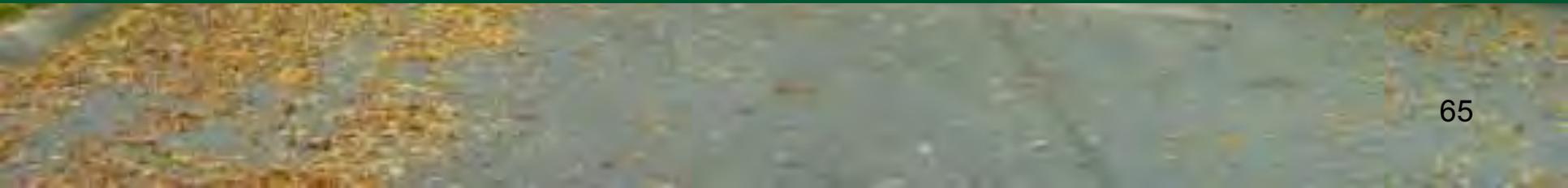


When I unite my mind and my body,
I come in touch with my true self.

I feel true love for others,
even for my enemy.
I feel God's love for me,
as well as for others,
and I can't help but CRY.



In that moment
when I feel *God's love* ...
and tears are washing my eyes,
the difference between my 'fallen self'
and my 'ideal self' becomes clear to me,
and my tears become tears of repentance.





After my tears have become
tears of repentance
**I feel new life
and new hope**
in the depth of my soul.

**In that moment of unity between my mind and body
depending on what I am thinking, reading, or doing**

I feel

- **the loving and hopeful Heart of God**
at the time of the Creation,
- **His devastated Heart**
at the Fall of Adam and Eve.
- or **His longing heart** throughout history.

**In that moment of unity between my mind and body
depending on what I am thinking, reading, or doing**

I meet (in my heart, my emotions)

- **our True Parents**
as my own personal True Parents,
- **the True Children** as my very own
true brothers and sisters,
- **or any person**
as my own family member.

In that moment of unity between my mind and body depending on what I am thinking, reading, or doing

I also feel:

- the heart of the creation and its longing for True Parents.
- or the hope and joyful heart of the Saints and Sages and of our Ancestors at this time of the Providence.



“The biggest problem is your body’s tendency to separate from your mind. But upon the foundation of unity between your mind and body, then you seek True Parents, true children, all things.”

True Father - June 3, 1983

Parents, Children, and the World Centered upon Oneself.



How often should I 'seek' unity of my mind and body?



I need to become the person who
voluntarily searches for that place of heart.
I need to look for it until I find it,
even for a few seconds.
Then I find it another time, and another,
and more and more often,
even for longer and longer periods of time.

How often should I 'seek' unity
of my mind and body?



**The more I find that place of heart,
and express it in my actions,
the more a true person I become,
the more God is able to manifest Himself
through me,
and the more fruits my life brings forth.**

As I am making effort to unite my mind and body more and more **each and every day,**



I feel a transformation within myself.
I feel that I am changing, growing,
and becoming the person I am meant to be,
the person I never even dreamt to become.



As I am making effort to unite my mind and body more and more **each and every day,**



I am opening the way
for the achievement of my goals,
the fulfillment of my dreams,
starting to do
what I always felt I could do if if if if ...
or when, when, when ...

Which means that I become:

My True Self

Living to
care and
give joy

Bringing
result and
achieving
my dreams

Peaceful - Confident - Optimistic - Joyful
Trustful – Honest – Public minded
Loving – Caring - Generous
Gracious – Humble - Kind
Content – Grateful - Gentle
Trusting – Hopeful - Inspired
Passionate - Enthusiastic
Empowered - Appreciative
Inspiring – Supportive
Patient – Understanding
Giving - Thinking of others
Naturally wanting to help other
Feeling responsible – Taking initiative

KNOWING
GOD'S
HEART

My True Self

Shedding
many
loving
tears
in the
process

Receptive to others - Forgiving
Joyful when others are joyful
Sad when others are sad
Desperate when others are desperate
Shedding tears when others shed tears
Sensitive to others' situation and needs
Considering others as my own family
members - Compassionate
Loving the Creation and being one in
heart with it
Efficient - Doing what I set myself to do
Organized – Competent - Prosperous
Having no enemy.



**In a time of someone's
special joy or special pain,
when my mind and body are ONE,
the other person's joy or pain
hits my heart directly
and tears always come.**

**This is the beginning of my true love for others.
Then I do not hesitate
to pass into ACTION,
with one heart, one motivation.**

On the other hand,
what kind of person am I
while **struggling?**

My Struggling Self

Aware of
my own
feelings only

Numb to
other
people's joy
& suffering

Anxious – Nervous – Confused - Guilty
Worried - Resentful – Envious - Liar - Cheater
Lack of confidence in myself - Self-conscious
Demanding – Selfish – Can't wait
Arrogant – Complaining - Having bad habits
Doubtful – Pessimistic – Hopeless - Disloyal
Lonely – Think that nobody cares – Depressed
Thinking of myself first or all the time
Apathetic - Can't love - Sad – Deceitful
Thinking I am better than others – False pride
Not receiving and learning from others
Not listening – Contradicting others
Arguing with others – Swearing - Cursing
Angry – Impatient – Unforgiving - Irresponsible
Not caring about others' situation

More of My Struggling Self

Aware of
my own
feelings only

Stressed out - Bored – Betray others

Disappointed – Overwhelmed

Procrastinating – Disorganized

Doing things I don't want to do

Not doing what I want to do

Jealous – Indifferent - Numb

Compare myself with others

Do not like the success of others

Do not rejoice with the other person

Cannot feel the other person's pain

Insensitive to others' situation and needs

Others may be dying and I don't feel anything

Regretful - Fearful – Always expecting the worst

Frustrated - Disconnected from the Creation

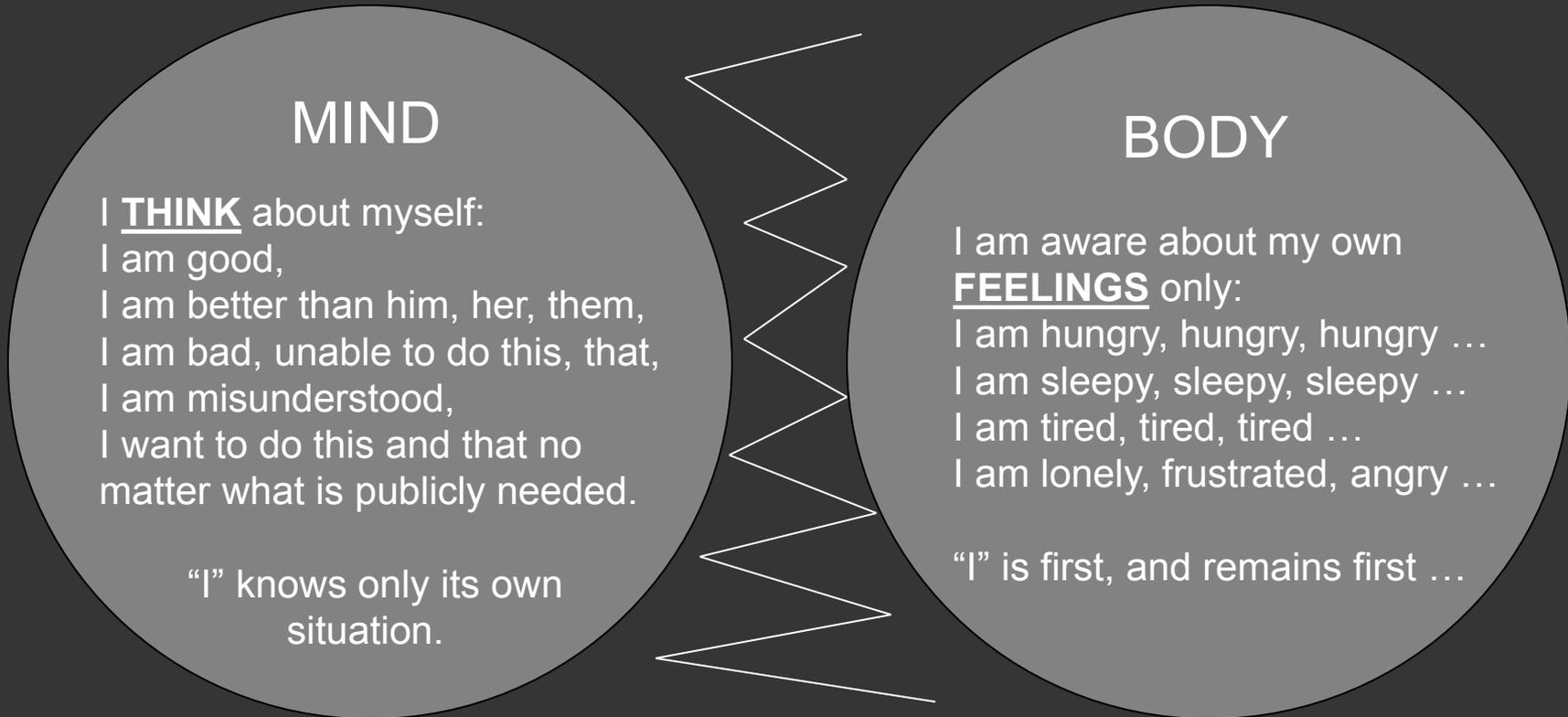
Having enemies - Being hurt easily

Life feels like a struggle, a burden.

Not
feeling
God's
love

Shedding
tears for
myself only

Separation, dis-unity of Mind and Body



Mind and Body are centered on their own thoughts, feelings, needs, and desires.

Mind and Body are removed from other people's thoughts, feelings, needs, and desires.

“One thing I am really concerned about today is the decline in religious life.

Such a decline tends to occur when practical matters become more important for you.

I worry very much about that...

**... If you focus only
on external activities,
your religious life weakens.
If your religious life declines,
then you will have absolutely
no assistance of the spirit world,
and eventually,
you will have no relationship
with the spirit world, either.”**

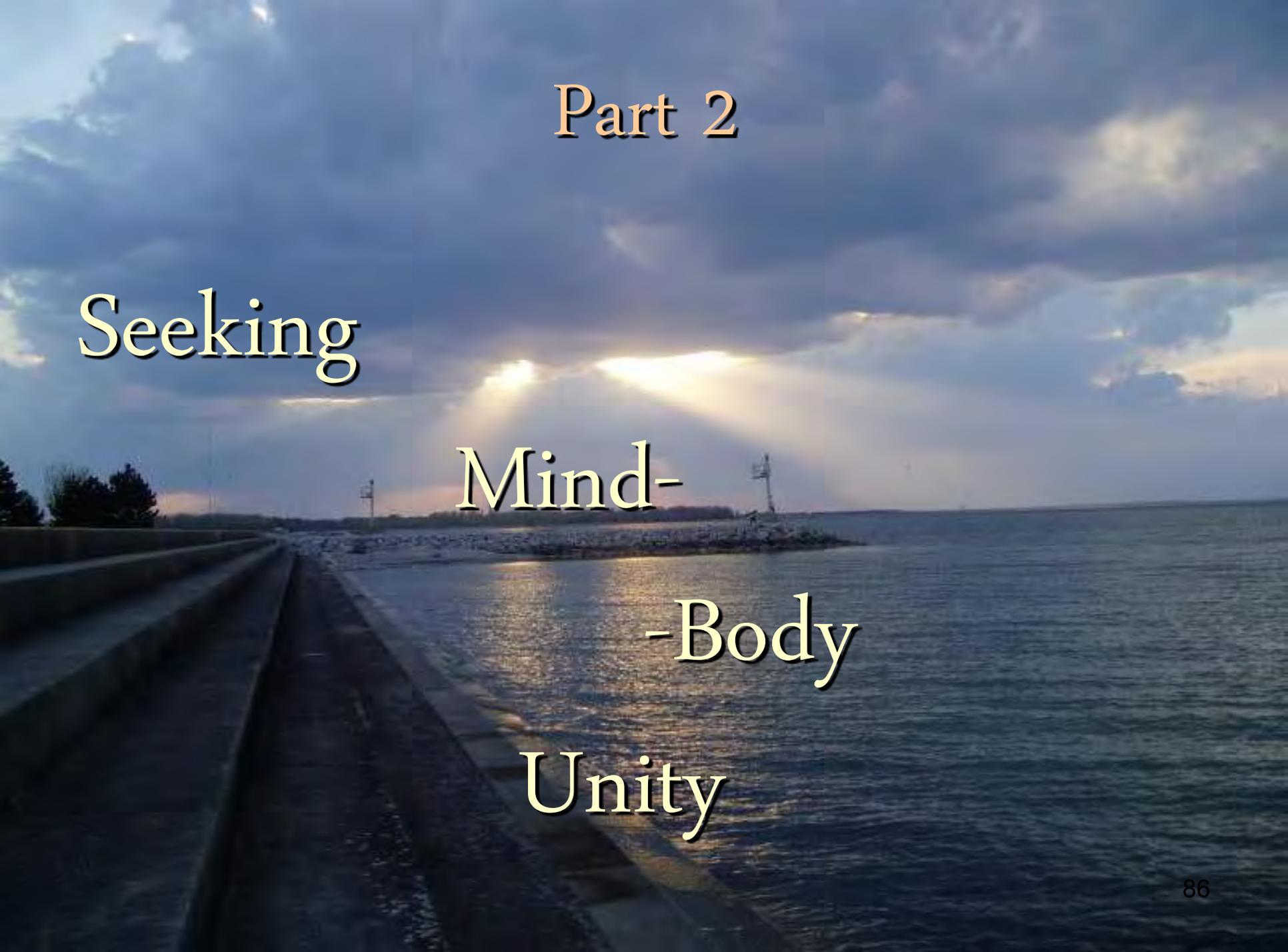
***“Have no quarrel
of mind and body,
absolutely understand this.”***

True Father - April 5, 2002

*“Unity of mind and body is always the fundamental necessity,
and only the power of love can achieve it.
When you understand that true love is
your goal and you focus everything in
pursuit of it,
then at that point, mind and body are
working together.”*

True Father – June 3, 1983

Parents, Children, and the World Centered upon Oneself.



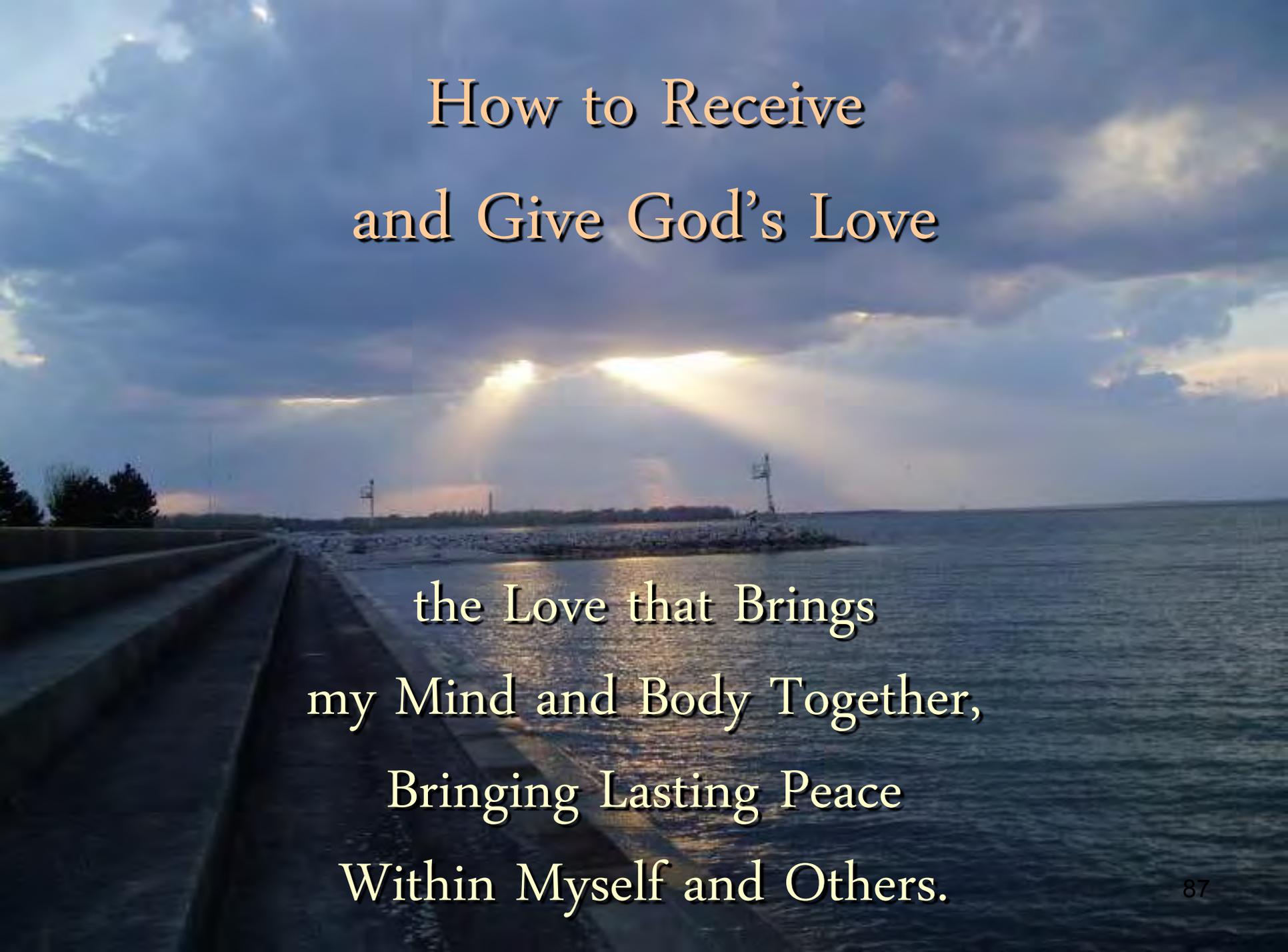
Part 2

Seeking

Mind-

-Body

Unity



How to Receive
and Give God's Love

the Love that Brings
my Mind and Body Together,
Bringing Lasting Peace
Within Myself and Others.

Part 2: My Personal Discovery

Ignited by the Tragedy of September 11, 2001

“America is going away from God;
In order to turn back to God
America is in need of
serious repentance,” I thought.

America needed me to repent for her,
but how do I do that?

I understood that tears always
come with true repentance.

But this kind of repentance I could not have.

What am I doing with my life,

understanding the time

we are living in

and not caring

for people's eternal life?

**After serious research
of Father's words,
while honestly sharing
with some brothers and sisters**

I started to experience that

*tearful repentance comes naturally
whenever I feel the love
that God has for me.*

I also started to experience that

knowing

how to love others

comes also from

feeling the love

that God has for me.

I began the journey of finding out

how to unite my mind with God's Mind,
my heart with God's Heart,

**I expected the result Father
told me I would get**
while applying his guidance
on a daily basis.

What has been the result?

**My life has been transformed from the inside out,
and continues to be transformed, every day,
in the exact manner that Father is telling me it will,
to the exact extent I am practicing his guidance.**

Three paths

- 1. The fake path***
- 2. The long path***
- 3. The fast path***



1- The Fake Path: **Pretending**

- I pretend to be loving and caring,
I smile while hiding my real feelings.
- **I pretend compassion, forgiveness.**
- **I pretend to have my life under control.**
- **I hope that people do not notice that I am pretending, but many do.**

**I cannot easily fool others,
and I am fooling myself instead.**

*Be true
to yourself.*

True Father

2 - The Long Path

The long, winding,
and desert like road.

**The focus is on MYSELF,
on my own struggling state.**

I take one struggle of mine and start focusing on it: anger, for example.

I get books on the subject, study my anger, where it comes from, get counselling sessions, etc ... and try to apply in my daily life the proven 7 or 10 steps on how to overcome my anger.

Then, I turn to struggle # 2,
and do the same thing.

How many issues do I have ?
More than I am aware of.

How long will it take me
to get rid of all of them?

10 years, 30 years, 60 years ?
.... or 100 years ?

This way works to some extent.
I improve myself,

but it robs me of the time
to genuinely give myself to others,
and receive them into my life.

It may even separate me
from True Parent's heart
and God's Providence,
slowly but surely.

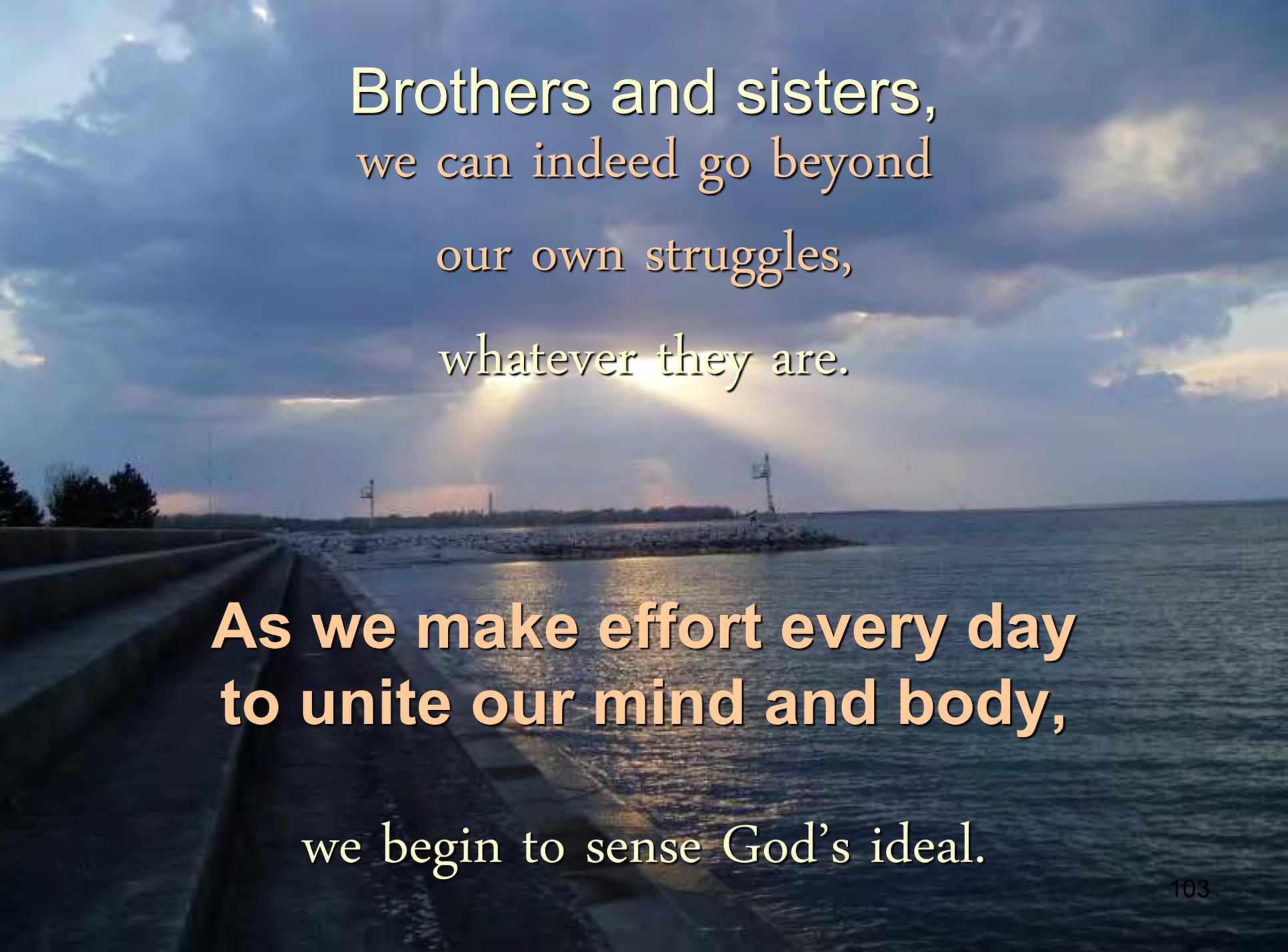
3 – The Fast Path

**The Path of
Obeying my Conscience**



The focus is on God's Ideal
and on Others

**Smart and efficient,
it is the path to success**



Brothers and sisters,
we can indeed go beyond
our own struggles,
whatever they are.

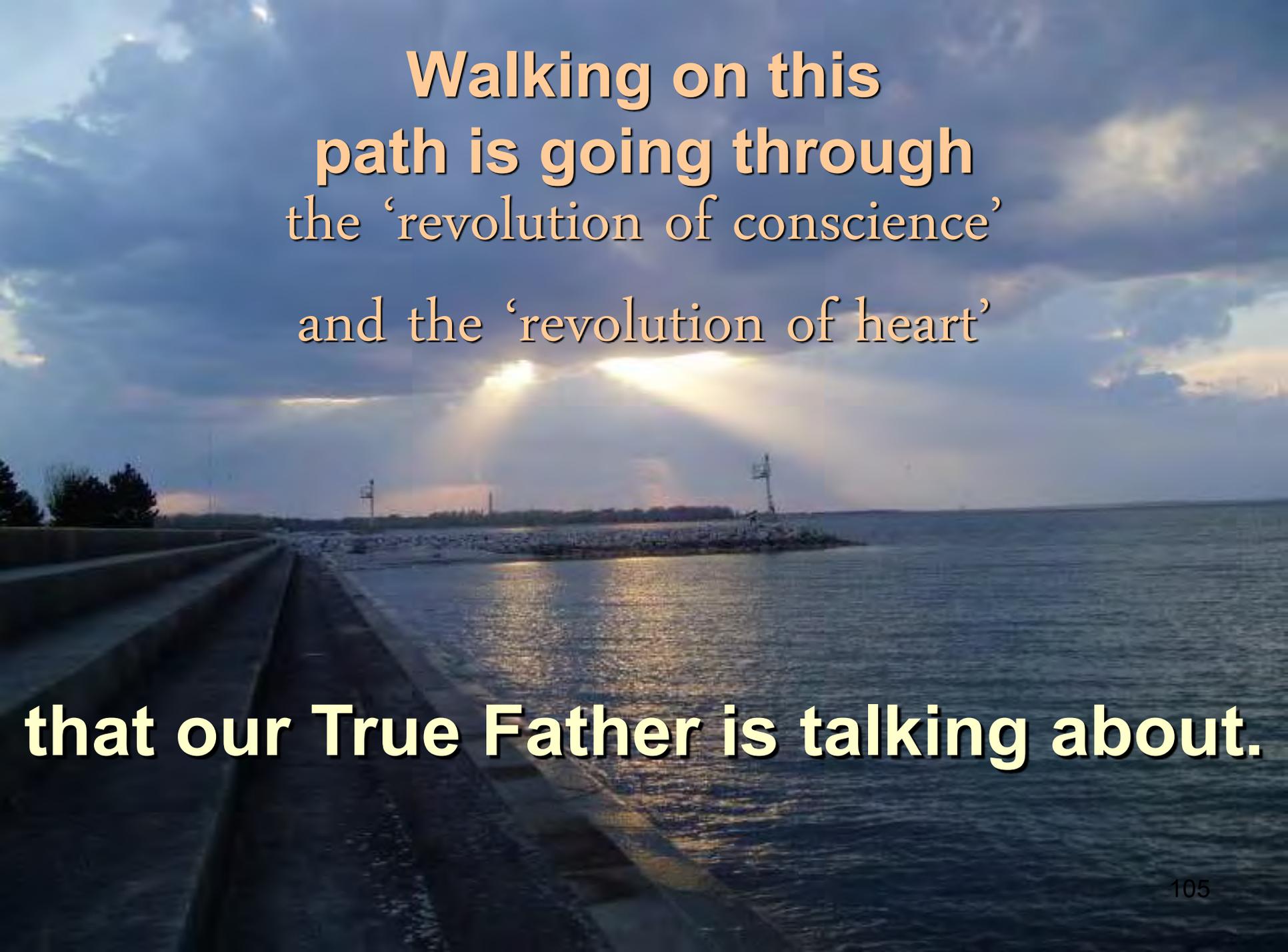
**As we make effort every day
to unite our mind and body,**
we begin to sense God's ideal.



As we sense God's Ideal

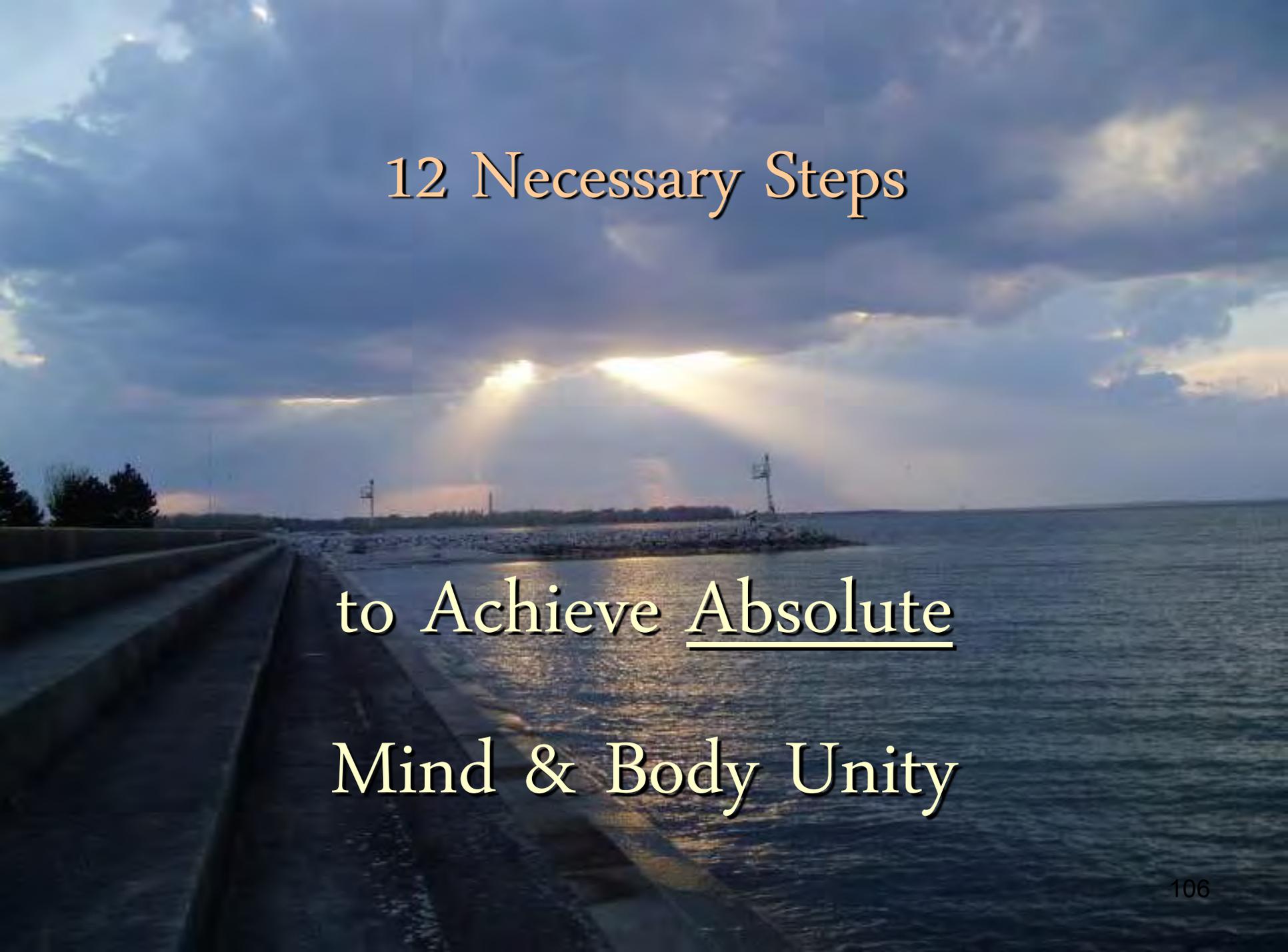
we develop a true love feeling
and a true love consciousness

that become our guide
in all our relationships.



**Walking on this
path is going through
the 'revolution of conscience'
and the 'revolution of heart'**

that our True Father is talking about.



12 Necessary Steps

to Achieve Absolute
Mind & Body Unity

Step 1

It's up to me.

No one can unite my mind and my body for me.
No one can make the effort for me.
No one can follow my conscience for me.

No one can stop my suffering for me:

not my spouse,	not my leader,
not my parents,	not my members,
not my children,	not the Church,
not True Parents,	not anybody.

Not even the one who makes me suffer!

“There must be some champion who can liquidate the problem. Don’t you want to open your bag and clean everything up, making your mind flat and tranquil? Is this an urgent task to be tackled, or can it wait until you have some extra time after eating and sleeping? This is an emergency task.”

True Father - Breaking the Barrier 12-10-1978

I must take initiative.

- From my own initiative,
I need to find the peaceful place, within myself,
where my mind is “flat and tranquil”.
- In other words, find the zero point, as Father calls it,
the point where there is no struggle whatsoever.

It is at this peaceful point where I can feel

God's presence & love, deep within me.

I must take initiative.

- When we feel God's love, it is only natural to offer this true love to others.
- At the zero point our heart is unselfish, pure, and true. It is absolute, with no hidden motives.
- At the zero point, what other people do to me or think about me or those I love, does not affect my heart and attitude anymore. It is my original true heart.

“ You have to secure the zero point and when necessary go back there for a new start.

The zero point is where you have the chance to find God.”

True Father



Step 2

An Effort.

In order to find the zero point and secure it,
I need to make an effort.

This effort must be desperate,
as if I were trying to save a person
drowning in a strong current.

The drowning person is me.



“How can we unite our minds and bodies?”

***Do your mind and body unite
automatically without any effort?”***

True Father - The Ideal World of Subject and Object - February 13, 1977



“ Only by finding our original self and only by resembling God can we meet Him.

So, if we know this fact, we will be desperate to obtain that goal.

We cannot but be desperate in our efforts. You must be doing this at the cost of your own life.

Unless you are ready to find this, to try to find this at the cost of your own life you cannot find your new life there.”



What kind of effort is necessary ?

What kind of constant & desperate effort?





***“Once again you have heard that
we must do it with tears.***

***I have trusted you but now
you are shaking my confidence.”***

True Father - The Return to Tears - October 16, 1977





- True Father is telling us that **we need to find the heart that brings tears to our eyes** whenever we think about others.
- And that unless we find this kind of heart, he cannot trust us.
Father is loosing confidence that we will be able to achieve providential goals.





- **True Father said this in 1977, when he asked us to witness to 10,000 young people.**
A goal that year after year we fell short of fulfilling.
- **Could it be that we have not found those 10,000 young people because we were witnessing with dry eyes?**



- 
- Instead of loving others **with tears in our eyes**, we kept fighting among each other.

**We had not learned and mastered
how to reach 'the zero point'.**

We had not broken through
in the realm of heart.

- 
- To stop struggling among each other, **we should have made effort to unite our mind with God's Mind on our own individual level, from our own initiative.**
 - Going back to the zero point on a daily basis **would have transformed our heart** to the point of having so much love for our brothers and sisters, including our leaders, that **we would have shed tears for them, regardless of their character and attitude.**



- Those tears would have liberated us, brothers and sisters, **leaving us free to witness with a unified heart**, which would have brought the 10,000 young people that were needed to restore the world back then, a generation ago.
- Brothers and sisters, please read the speech:
‘The Return to Tears’ of October 16, 1977
as well as of True Father’s speeches from that time.





***“Tears must come
together with your sweat and blood
because otherwise
you are not walking
the road of restoration.”***

True Father - The Return to Tears – October 16, 1977





- What a serious statement this is!
Father is telling me that if I do not shed tears while working hard, I am not walking the road of restoration.
- **Do I help restore our world when I am not restoring myself?**





- I might work very hard, but if I do it without absolutely – 100% - uniting my mind and body to the point of weeping for God and mankind
I am most probably keeping, hidden deep inside myself, a self-centered motivation, pain and suffering, and all kinds of other ugly stuff as well. Isn't this true?



- I don't know if you are like me,
but after so many years in the Church
I reached a point where:
 - * I was definitely not the kind of person I knew
I could be,
 - * I did not have the kind of family
I wanted to have,
 - * I was not doing what I thought I was able to do,
 - * I could not unite my heart with God's
Providence at any given time,
 - * I felt powerless about this whole situation,
 - * **and had no clue how to get out of it.**

- I also felt disconnected from other people's lives.
I was kind of apathetic, insensitive to people's joy and pain.
- I even became scared of myself:
how is it that I may see other people in total despair, like on September 11th, and not shed a single tear for them?



I know from listening
to brothers and sisters
that this situation is rampant
within our Unification Family.

What has happened to
the chosen people's heart?





In the course of working hard to accomplish this precious mission that I have received, thinking that I am doing what my True Father is asking me to do, **I have become heartless.**

How come? How did this happen?

Am I really doing what
my True Father is asking me to do?

Am I truly uniting with his heart?



Why does Father emphasize tears so much,
so many times, in so many speeches?

Over 220 times in *The Return to Tears* speech



Why does Father emphasize tears so much, so many times, in so many speeches?

Over 220 times in *The Return to Tears* speech

1. We spontaneously pour out selfless tears whenever our thoughts and our emotions are 100% centered on God and other people's heart.

This is the way God created us.

True love brings tears to our eyes, naturally.

2. Through the ‘quality’ of the thoughts I am entertaining I have the possibility to liberate my true original emotions, my true heart.

This selfless peaceful state of heart is called

“the zero point”

or “the zero place”.

3. When I reach the 'zero point' I enter

a new realm of being,

where self-centeredness has disappeared;

not by force, not by tricks, but by peacefully

**concentrating my attention,
my thoughts and my emotions
in one direction: GOD and OTHERS.**

I have reached the realm of TRUE LOVE,

the realm I was desperately looking for.

4. So, I do not need to worry about my fallen nature. **I don't need to concentrate on it, focus on it, lament about it.**

When I lament about my faults, lacks, etc...

I am only losing precious time,

instead of concentrating my

100% efforts on uniting

my mind and body here and now

and looking towards the brightness of life.



So ... I need to find the zero place,
within my thought process,
the place where God or another person's
heart abide, where I feel for them the kind
of love that brings me to tears.

Is this kind of love only for
a few sensitive people?

Or only for women?



***“If you are united with my heart,
you will be in tears when you pray,
even as a man missing me.”***

True Father





I need to **seek** the zero place,
which is
the “realm of True Love” within myself.

I need to seek it, until I find it.



I need to *seek* the zero place,
until I find it, ... and live there.



- True Love will not come to me by me working hard, offering my service and love here and there, and complaining in between.
- **My goal is to *live* in the realm of True Love, working joyfully, with tears of love and tears of hope, until all tears of sorrow will be wiped away.**





How do I seek and find
the realm of TRUE LOVE?



Seeking and finding the realm of TRUE LOVE



- In the following slides we are going to walk through a process of ***seeking mind and body unity or the zero place;***
In other words: **“seeking my true self”,**
the realm of **“Absolute Faith, Absolute Love, and Absolute Obedience,”**
“Cheong Il Guk” or “Our Original Homeland”.



Seeking and finding the realm of TRUE LOVE



- This process has been pioneered by our Elder Sister Hoon Mo Nim.

It is entirely based on *Divine Principle* and the guidance True Father gives in his numerous speeches. True Father summarized it on June 13, 2006, in the seven points of

‘The Path of the People of Cheon Il Guk.’



Seeking and finding the realm of TRUE LOVE



- When we apply those points in our **daily** life, **with utmost sincerity and devotion, we enter a realm of life, that so far we have only dreamt of, but it is real; and it transforms us, our family, our environment, day by day.**



**"I want to make
you realize
that there is
a new realm
that is open,
and that the time
of growth is here.**



**It's not the kind
of person
you always thought you were.**

**Something new has opened,
and you can be the person
you never even imagined."**

Heung Jin Nim



“You must take the first steps
on the foundation of clear understanding.” *True Father*

*“This is the time
in the course of restoration when
**you have to take the first step
toward a new world,**
centering on the heart of God.*

*Therefore, it is a very important period,
not only the period
of changing the blood lineage,
but the time of change in your life.*

*You must take the first steps
on the foundation of clear understanding.”*

*True Father, Change of Blood Lineage,
October 13, 1970 - Seoul, Korea*

Receiving God's love
and giving it to others
need to become
the purpose of our daily life,
the motivation behind all of our
thoughts, words, and actions.

We need to clearly
understand how to do this.

So ... (*next slide*)

Step 3

I need to “*be centered on the Heart of God*”.

I need to have
the right motivation



The Heart of God

needs to become the source of my motivation.

*Not the God that I believe in only.
Not the God I fear or makes me feel guilty; but*

the Father whose Presence I feel,
whose love I receive,
whose pain I share,
and whose joy I feel.



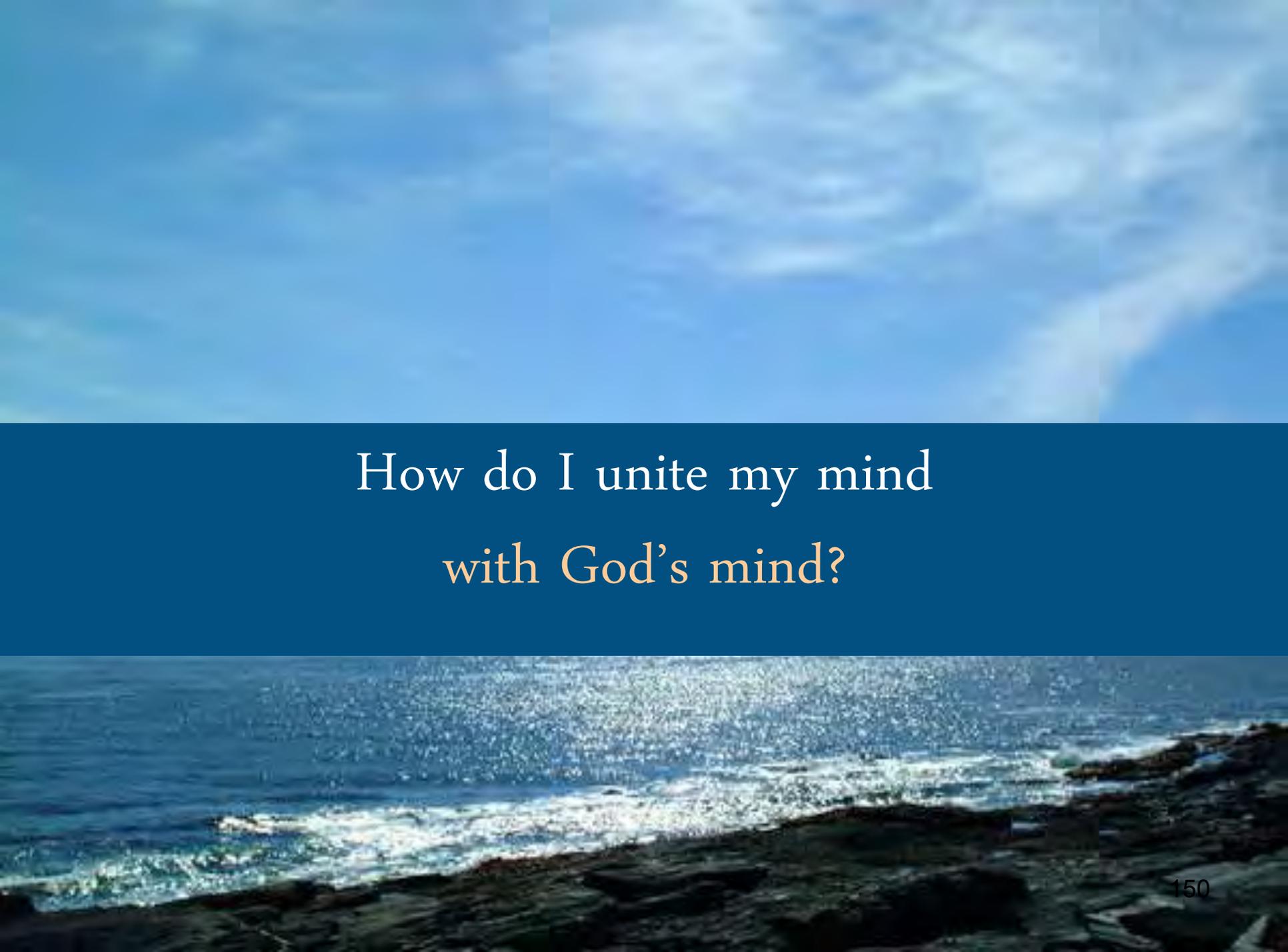
*“There must be **some central motivation,**
some catalyst to bring mind and body together,
God is the catalyst, and around Him the two can
be cemented into one.”*

*True Father - The Ideal World of Subject and Object
February 13, 1977*

To find that central motivation, I need to
unite my mind with God's mind.

*“This unity is the highest point
of human value for eternity.
**Man is striving upward toward that goal,
and God is striving downward
toward that goal.”***

*True Father - The Ideal World of Subject and Object
February 13, 1977 - The Way of Tradition
Volume III p.189*



How do I unite my mind
with God's mind?

I need to go to
Or create **an** atmosphere
to prepare to meet my Heavenly Father, my Creator.

*Singing Holy Songs
while focusing on the
meaning of the words,
Reciting the Family Pledge
with heart,
Reading Father's speeches
going deeply into the
words, etc ...*

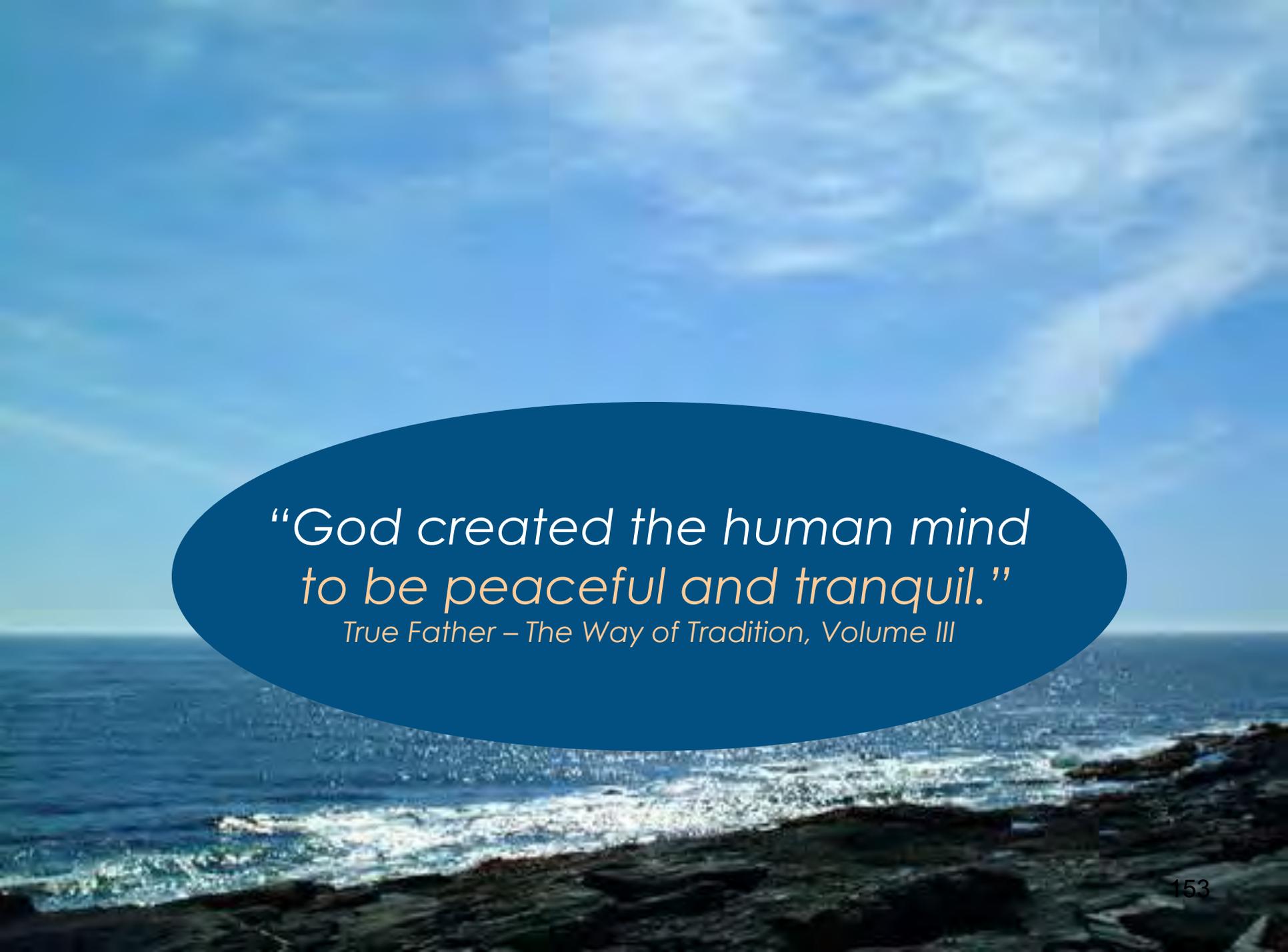
I need to calm my mind and find peace
within myself through nature.

*“There are ways
to awaken your mind.*

*Try to look at the sun in the morning,
and you will feel that your mind is opened.
That morning you will spiritually feel happy,
as though the sun is there for you,
warming up your heart.*

*Then you will feel God’s love.
In the morning, when you look at the trees,
don’t you usually feel happy?*

*Your mind is sprouting and budding out,
and you feel the growth of your heart.”*



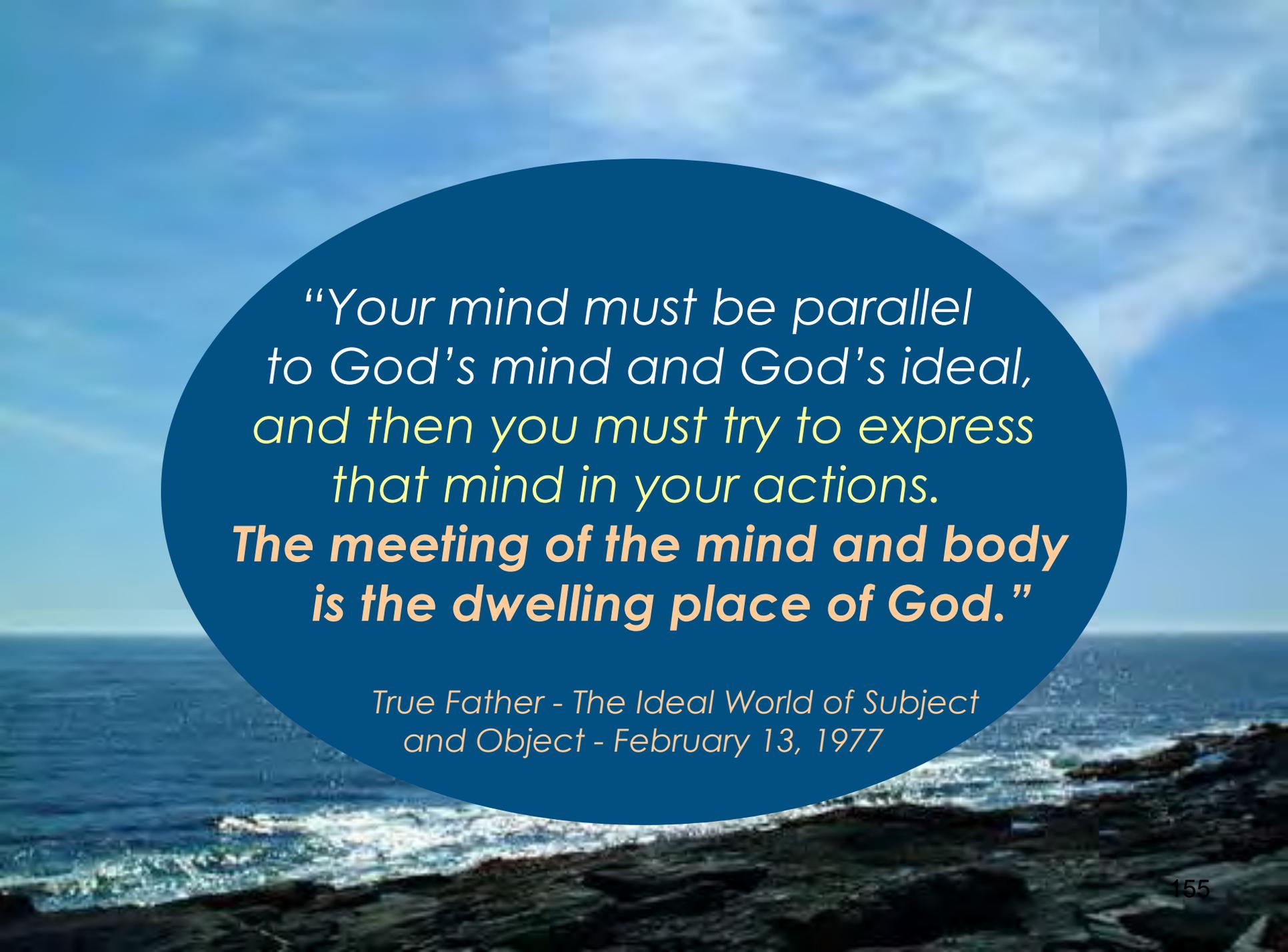
*“God created the human mind
to be peaceful and tranquil.”*

True Father – The Way of Tradition, Volume III

I need to calm my mind
and find peace within myself
through meditation.

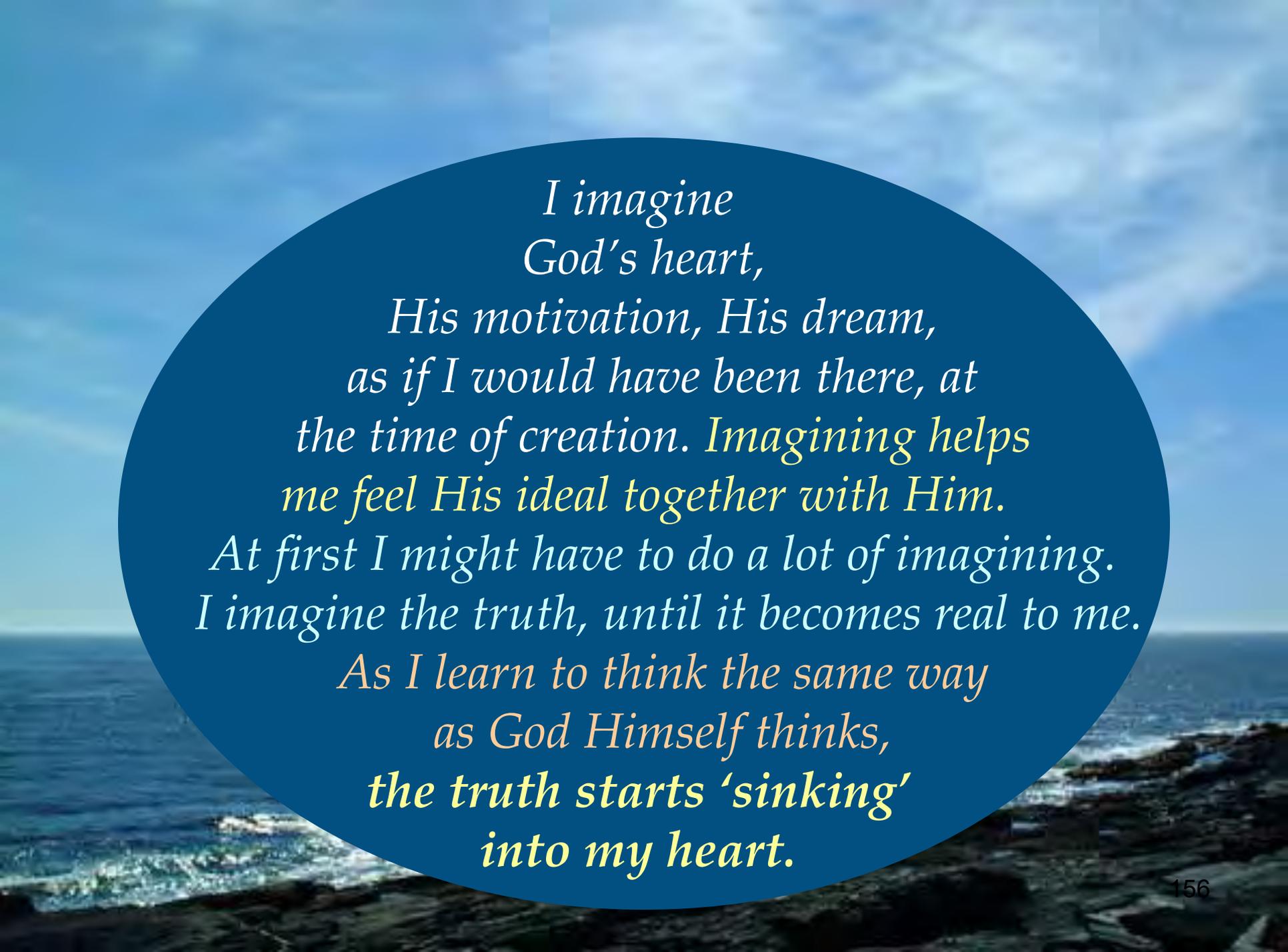
*“We should emulate the ideal that God
set up at the beginning of His creative acts.”*

True Father - March 25 – April 3, 2006



*“Your mind must be parallel
to God’s mind and God’s ideal,
and then you must try to express
that mind in your actions.
**The meeting of the mind and body
is the dwelling place of God.”***

*True Father - The Ideal World of Subject
and Object - February 13, 1977*



*I imagine
God's heart,
His motivation, His dream,
as if I would have been there, at
the time of creation. Imagining helps
me feel His ideal together with Him.
At first I might have to do a lot of imagining.
I imagine the truth, until it becomes real to me.
As I learn to think the same way
as God Himself thinks,
the truth starts 'sinking'
into my heart.*

In order to find God's situation,
His Heart and His ideal,
I need to take time just for that ...

*... like going three days on the mountain or on the sea,
getting away from all obligations and worries;
or isolating myself in my prayer room, or both,
whatever works for me.*

*I need to calm my mind to find peace within myself,
and meditate to get in touch with His feelings, His heart,
which are inside of me, in the depth of my soul.*



*In the depth of my soul, my original self,
God is being trapped.*

*Because of all my self-centeredness (garbage) piling up
on top of Him, most of the time I don't even feel Him;
but He is there, brothers and sisters, He is there, waiting
for me to get in touch with Him, my Heavenly Parent.*

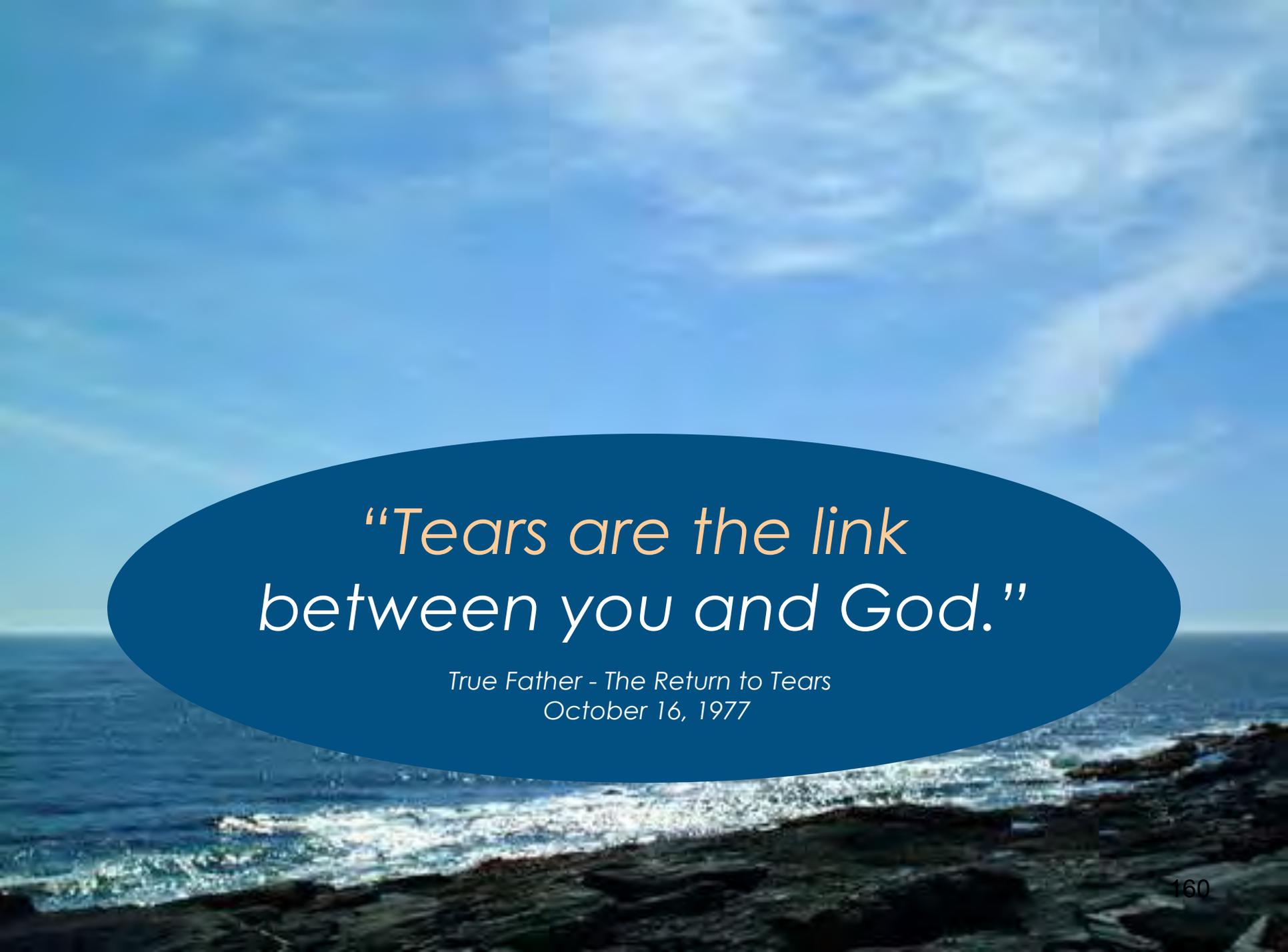
*He is there waiting and waiting
at the door of my original heart.*



Will I take the time to feel
the love that Heavenly Father has for me?

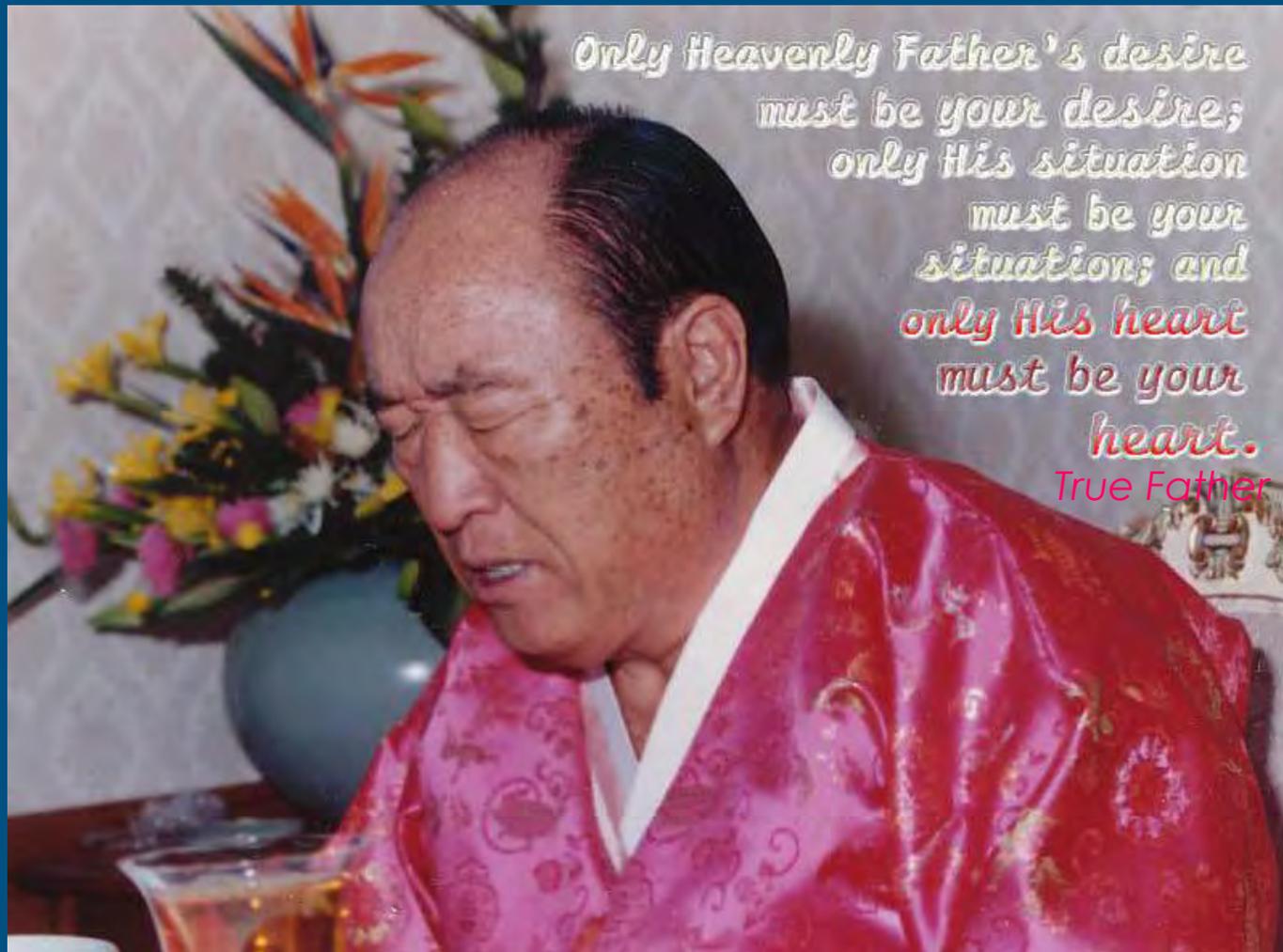
Will I take the time to feel
the love of the One who
cannot be happy without me?

Or will I continue to keep busy,
... ignoring Him?



*“Tears are the link
between you and God.”*

True Father - The Return to Tears
October 16, 1977



“Thus, unity with God brings your mind and body into unity.”

True Mother on World Tour August- October, 2006

***“Please try to understand
Heavenly Father’s love
for you. You personally.
For you, not for anybody else;
for you – for you.***

***This is what's going to change the world,
this is what's going to change brothers
and sisters when they can understand this.***

***If they can feel our Heavenly Father's love,
even if they can feel just a tiny little bit,
it would change their lives... (next slide)***

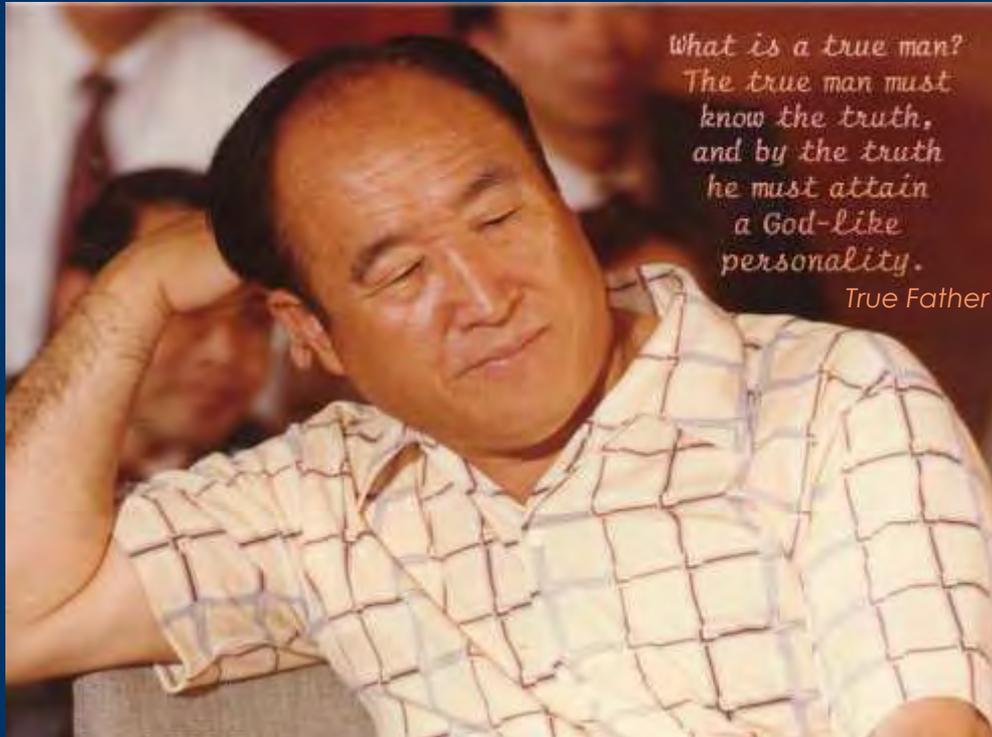
**... They could never be the same again.
It's rebirth; it's new life.
It's a whole new world completely.**

**You can never go back again after that
experience. You get a taste
and you want more and more.
And you can't stop.**

**And the only way to keep that love coming
is to become a pipeline.
When you receive it, you have to give it out;
you have to – you cannot hold it in.
It just flows out of you.“**

Step 4

I discover the Power of
Divine Principle
and Father's Words.



**I don't stop until I
'feel' the words and
can't help but shed
tears while reading.
Those words with
those tears wash my
soul and elevate my
heart.**

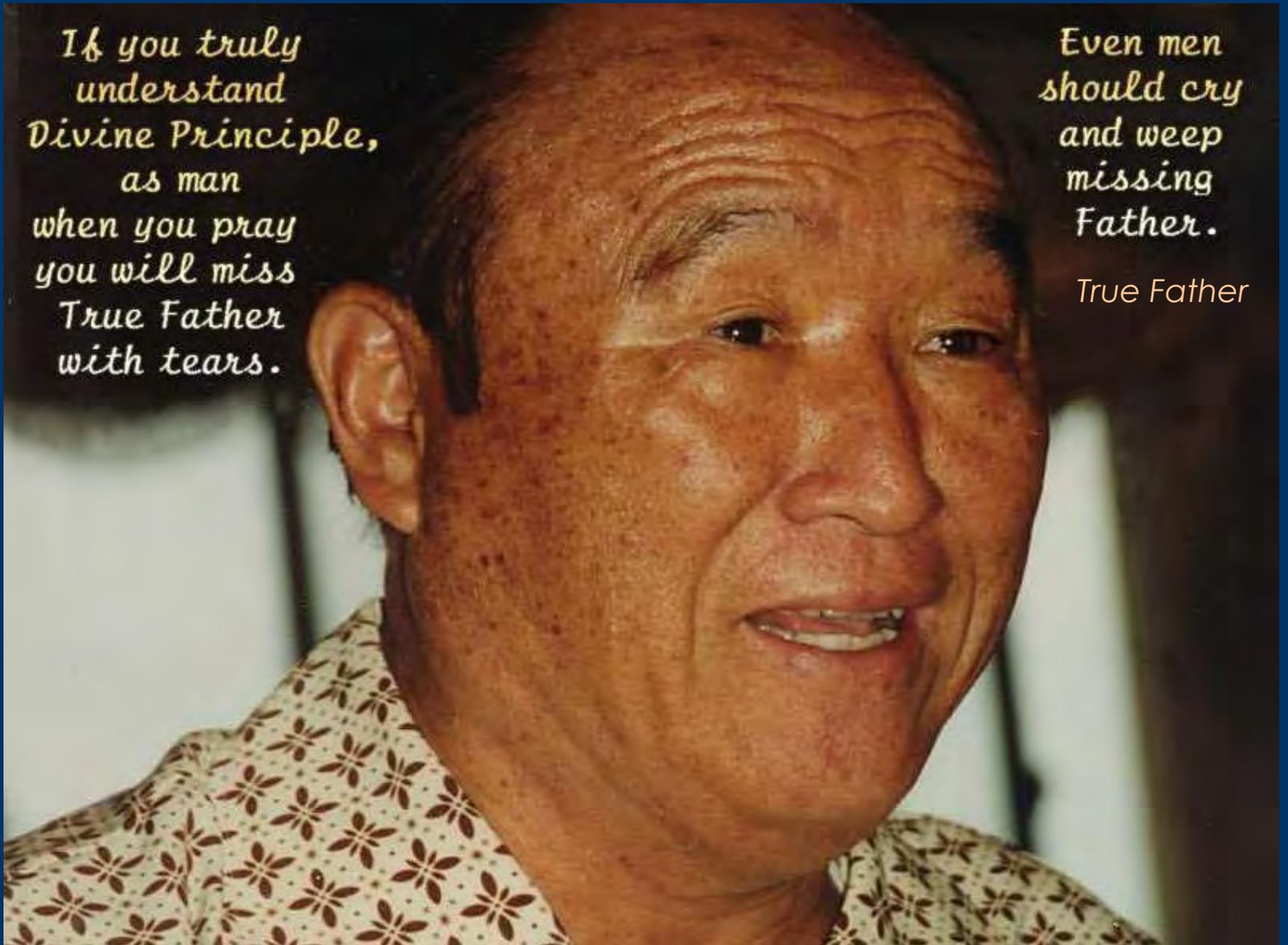
***“If we do not unite
our mind and body,
information will come to us
but we will not absorb it
and not really know it.”***

True Father - April 5, 2002

*If you truly
understand
Divine Principle,
as man
when you pray
you will miss
True Father
with tears.*

*Even men
should cry
and weep
missing
Father.*

True Father



***“When you hear the messages at Hoon Dok Hae,
the deeper you go into what is being said,
you will not be able to read them
without shedding tears.”***

True Mother – July 19, 2006

***“Centered on the words
that were passed down through history,
centered on those established words,
you find unity of your mind and body.***

***When my philosophy and your mind become
one, and when Cain and Abel unite,
the parents of heaven come and the spiritual
world become directly connected to you,
building your own
independent foundation.***

This is the formula of the principle.”

Step 5 I Need to Obey My Conscience.

What I know as being true,

deep inside myself,

I need to pursue it, make it happen,

not expecting other people's love

or approval to support me.

I do not depend on others to stand for

what my conscience calls me to stand for.

I need to obey my conscience

ABSOLUTELY.

**“You must not
be like a crowd**

**which only moves
when it is pulled
by someone.**

**Once you know the Will,
you must pioneer
your own path,**

**asking God
to give you
purposes
which
center
upon
the
Will.”**

True Father



“That is why your conscience knows and remembers every thought you have entertained ...

Hence, if you were to live in absolute obedience to the commands of your conscience, which is your teacher for eternity,

you would be absolutely guaranteed to have eternal life.”

True Father - April 10, 2006

**All those great inspirations I ever
had on what I can do for others,
how many of them
have I obeyed?**

**All those dreams
of mine, how many
have I seriously
worked on to fulfill?**



“... You will live with your mind and body united as one. God has given you a conscience as your guide in accomplishing this objective...”

So, if you place your conscience in God’s position over your life, ***and go the way of absolute obedience,*** (to your conscience) ***of ‘high-noon settlement’,***

it is certain that you will establish a realm of resonance between your mind and body and perfect their unity.”

*“You need to know
that it is your duty
and responsibility
as a human being ...*

to achieve victory in life

*by following the way
of your inner self
– your conscience.”*

True Father - April 10, 2006



Step 6

I Learn to Use the Power of True Parents' Picture

***“... as you look at the picture, your
ancestors and spiritual world will
assist you.*”**

***If starting from one generation and
gradually all of your ancestors bow
to the picture. Then your ancestors
in spiritual world can be liberated.”***

True Father - God's Day 1991

*If you truly want to become sons and daughters,
you have to inherit the spirit of the
True Parents. You have to inherit my
spirit and my way of thinking.*

True Father

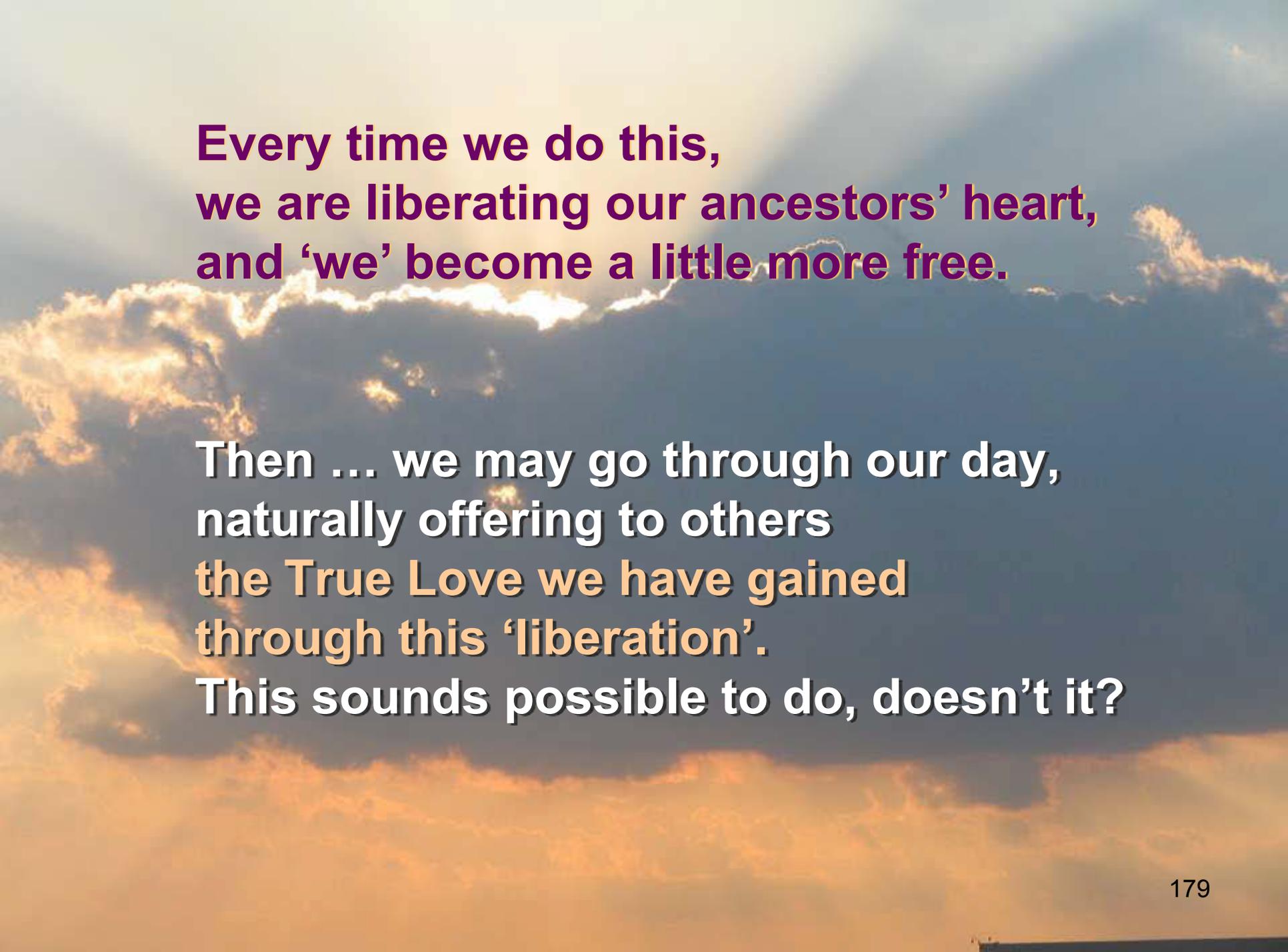


Why is it important to liberate our ancestors?

- **When I liberate my ancestors I am liberating myself at the very same time,**
- **allowing me to get in touch with my original heart, my true self.**
- **allowing me to become free to truly love the people I am relating with.**

**When we look at True Parents' picture
and bow to them with a sincere heart,
we create an atmosphere
of humility and repentance.**

**Our ancestors come to bow
together with us, moving our heart to tears ...
and we can sincerely repent
together with them.**



**Every time we do this,
we are liberating our ancestors' heart,
and 'we' become a little more free.**

**Then ... we may go through our day,
naturally offering to others
the True Love we have gained
through this 'liberation'.**

This sounds possible to do, doesn't it?



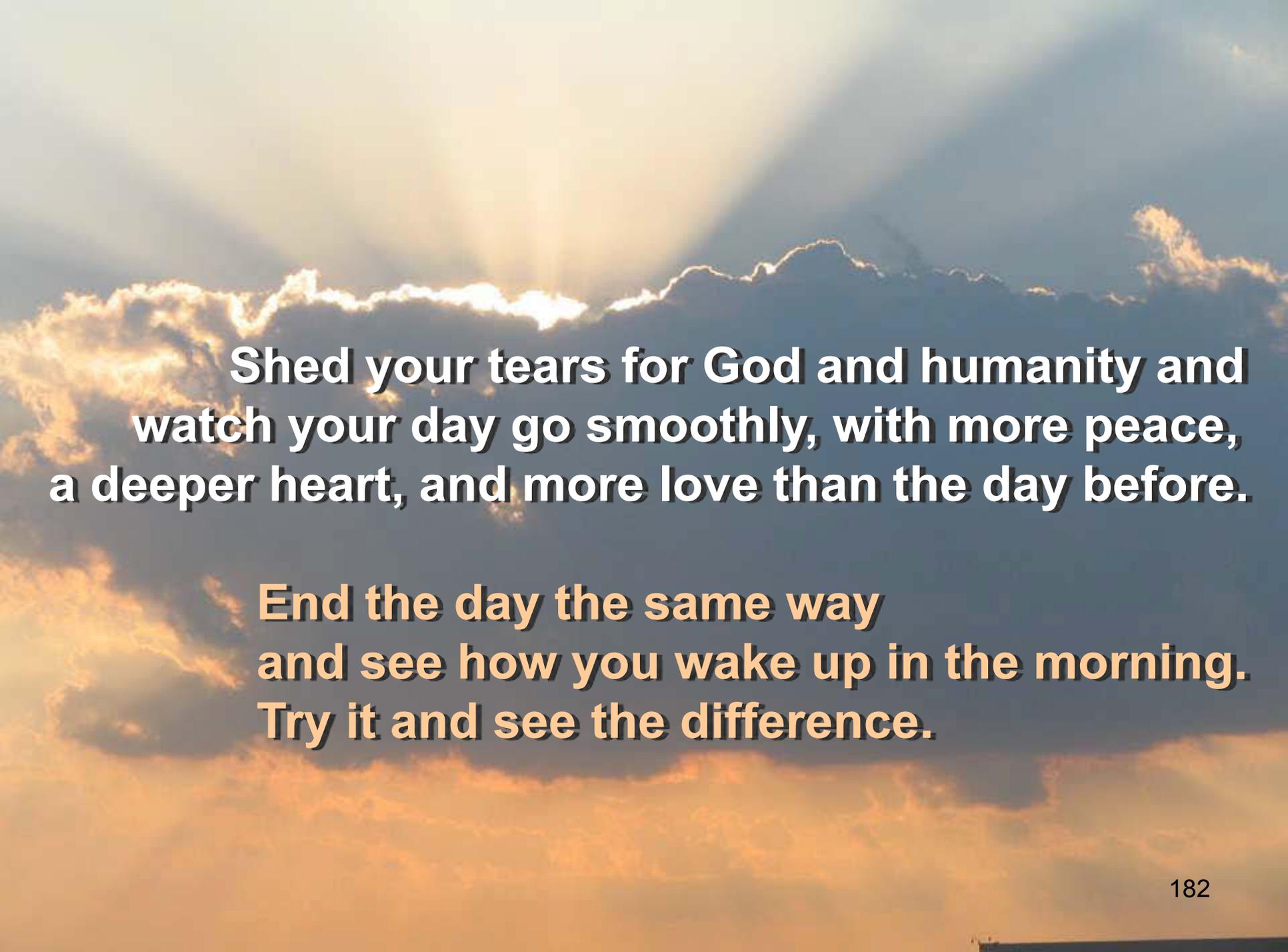
Thus I bow to God & True Parents

**while thinking about them, their life,
their love for me,
their love for this world.**

**This brings Heaven and Earth
together, within my own heart.**



**Start every day with sincere bows to
Heaven (God, True Parents, Heung Jin
Nim, Dae Mo Nim, Jesus)
inviting your ancestors to join you,
and your heart will move.**



Shed your tears for God and humanity and watch your day go smoothly, with more peace, a deeper heart, and more love than the day before.

End the day the same way and see how you wake up in the morning. Try it and see the difference.



True Mother: We should start each day shouting our gratitude to Heavenly Father and True Parents. Think about how many saints and sages sacrificed their lives but could not meet True Parents. They did their best.

“All Blessed Central Families should pray very clearly and directly for assistance and support from their ancestors and the Spirit World.

We must pray with our heart and through this become one with the Spirit World.

Through this continuous prayer they will be able to help us. With this power we can achieve every thing we set our mind to do.

We have to pray specifically for the areas that we are focusing on.”

***“From this time forward
you should know that I can help you,
Jesus can help you,
and thousands,
millions of spirits can help you.***

***If you decide
to do something
that is in the Principle
you can do it.”***

“Be ever mindful to live in harmony with the spirit world.”

“Never forget that in every time and place, and no matter what you are doing, your ancestors in the spirit world are with you.”

True Father - June 13, 2006

“The best way is absolute faith, absolute love, and absolute obedience. If you are able to live such an exemplary life, then the Spirit World will belong to you.”

True Father

“ Today begins a new tradition
of those who can totally unite
the physical world,
the spirit world,
and your ancestors.”

True Father – April 5, 2002



Step 7

I learn to look at others *with God's eyes.*

**To do this I may imagine that I am God Himself
(won't Heavenly Father be touched
by the effort I am making to find His heart?)
and I look at the people I imagine to have created.**

**I imagine them all to be my children,
I love them all equally.**

**I love them all as if they were my own physical
children.**

I learn to look at others

with God's eyes.

Whenever a conflict arises, peacefully & desperately,
I need to look for my Heavenly Father's glasses.
I go back to Heavenly Father's position and look
at the situation from God's position, like if I am a
parent looking at my own children in conflict.

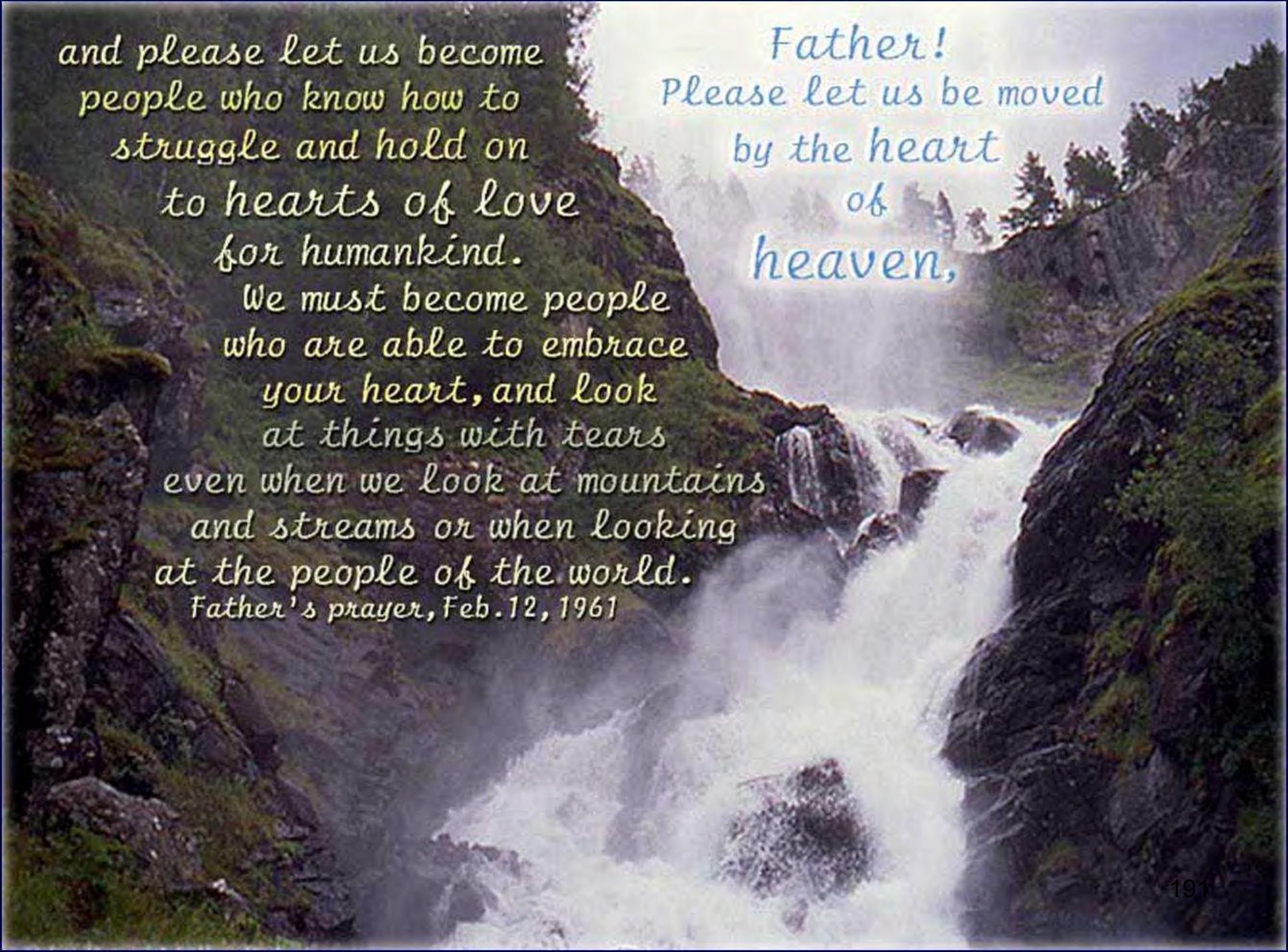
There are many ways to help us
see others from God's point of view,
feel their heart and wear their shoes.

***“You must put yourself in the position of God,
with your eyes being God’s eyes
and your tears God’s tears.***

***... When you look at them as God looks at them
and weep and suffer for them, you are putting
yourself absolutely in the position of God.***

***... You are learning God’s point of view,
seeing the world as God does.***

***As we look at the world we grieve
over the suffering situation of humanity
and cry out for them as God has been doing.***



*and please let us become
people who know how to
struggle and hold on
to hearts of love
for humankind.*

*We must become people
who are able to embrace
your heart, and look
at things with tears
even when we look at mountains
and streams or when looking
at the people of the world.*

Father's prayer, Feb. 12, 1961

*Father!
Please let us be moved
by the heart
of
heaven,*

***“Have you ever burst out in tears
for God and humanity?”***

True Father - February 5, 2006

*Once you come into the world of love, everything is love
and you cannot help but see everything that way.*

*If you looked at an Oriental man you would see his love
before you would see that he was Oriental.*

Whether a man was Western or not wouldn't matter.

*When you look through the glasses of love,
you see only
in love.*

True Father



Step 8

I keep my “enemy” in my
heartfelt daily prayers.

On the foundation of steps 1 to 7,
I need to offer super special prayers for my ‘enemy’.

**When I pray in tears, I have no enemy.
All people become my family members,
even my ‘enemy’.**

**While in tearful prayer, I feel deep love for
the person that usually drives me crazy,
and I can’t wait to make peace with him.**

**But, when not in deep prayer
that person still drains my energy,
still irritates me, and makes me upset,**

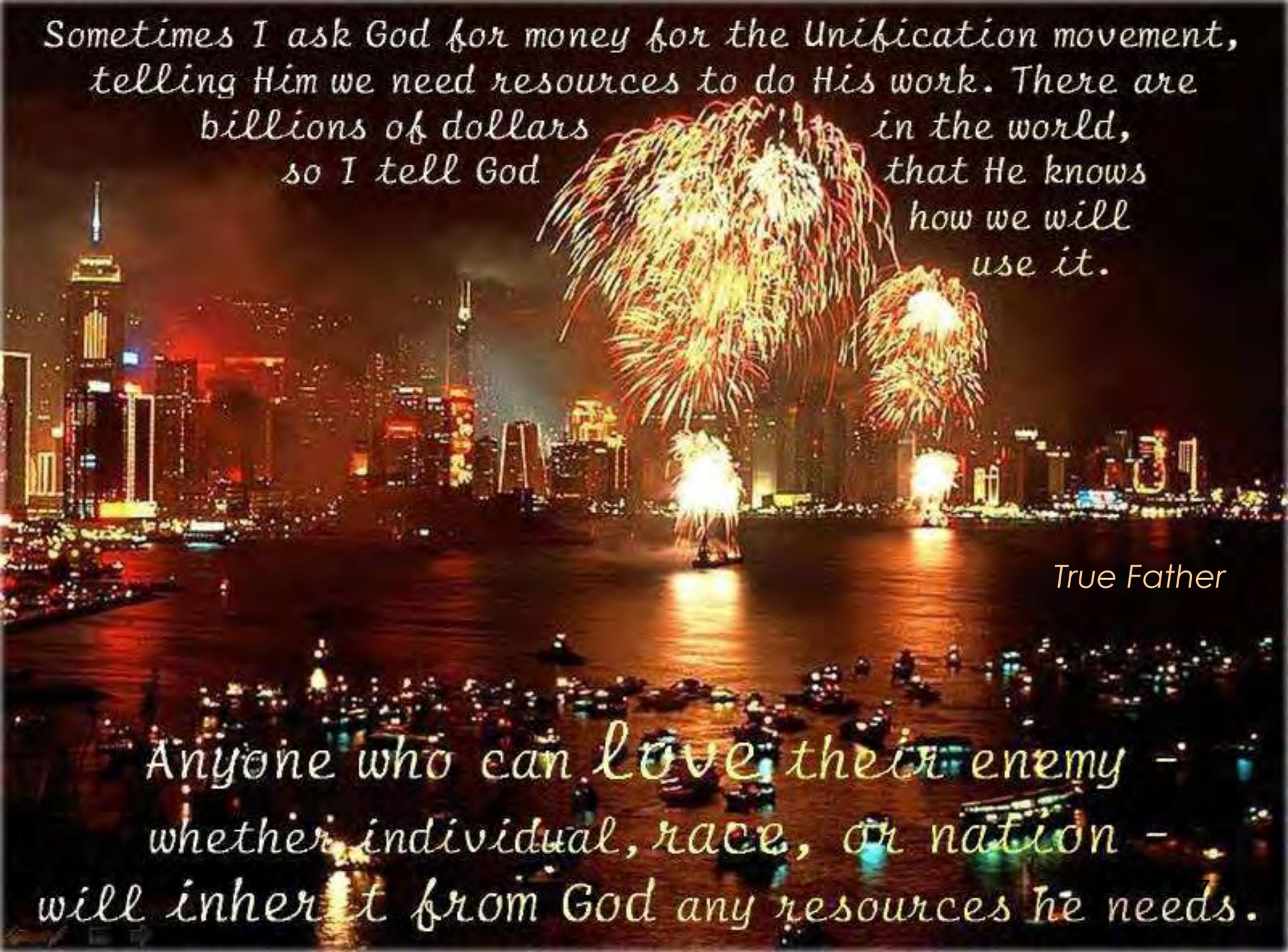
**that person is a hole in my boat,
And he/she needs my very special attention.**

**I need to keep forgiving
while offering daily tearful prayers for him/her,**

**until him/her and I make substantial peace,
until the long awaited meeting of Abel and
Cain takes place.**

My philosophy is very simple. If you have the attitude to love your enemy, then you can overcome any situation and there is no obstacle that can block you. In my lifetime of 60 years, I have experienced everything. There were many things I didn't want to tackle, but I did it because I loved my enemy.

Every day I am living this principle, and when I look I see that there are many people from all colors following me. True Father

A night view of a city skyline, likely New York City, with the Empire State Building prominent on the left. The city lights are reflected in the water. In the foreground, a large crowd of people is gathered on the waterfront, many holding up their phones to capture photos or videos. Several large, bright fireworks are exploding in the sky over the water, creating a dramatic and celebratory atmosphere. The text is overlaid on the image in a white, cursive font.

Sometimes I ask God for money for the Unification movement,
telling Him we need resources to do His work. There are
billions of dollars in the world,
so I tell God that He knows
how we will use it.

True Father

Anyone who can love their enemy -
whether individual, race, or nation -
will inherit from God any resources he needs.

“When Adam and Eve left God they shed tears of sorrow – that is the heart of Cain.

Therefore Abel should shed tears of hope for God’s hope in him and for God’s providence of restoration, thinking of God’s painful heart when He lost Adam and Eve.

Such a man always comes to the central position in the providence of restoration.”

*True Father - How God is Pursuing His Restoration Providence
December 22, 1971*

A photograph of two white lambs in a green field. The lamb in the foreground is looking directly at the camera, while the one behind it is slightly out of focus.

I want you
to know that
Abel is only Abel
when he saves Cain;

Abel
must love
and embrace Cain.

Cain and Abel
must unite
before any
restoration
takes place.

***“Without Cain and Abel becoming one,
they cannot meet the True Parents.
That is the Principle.”***

*True Father - Opening of the Training Session
December 9, 1972*

*The Cain-Abel theory in the Unification Church is very strong,
but sometimes I worry that it may not be understood correctly.*

*Our tradition is to follow an Abel figure, but
have you also given that same kind of fidelity
to your brothers and sisters?*

In order to realize His ideal,

God has given us the mandate

to love our brothers and sisters

as much as we love Him.

True Father

***"We must find the original heart.
That is more crucial than anything.
If we focus on the heart we can go
beyond anything in the world.
If we don't go this way,
everything will be burned."***

True Father, East Garden, October 15, 2004

If my heart remains dry ...



... I need to turn towards our Elder Brother Heung Jin Nim as well as Jesus, and our Elder Sister Dae Mo Nim, as I am seriously in need of help and they are waiting ... begging me to accept their support.

If my heart remains dry ...

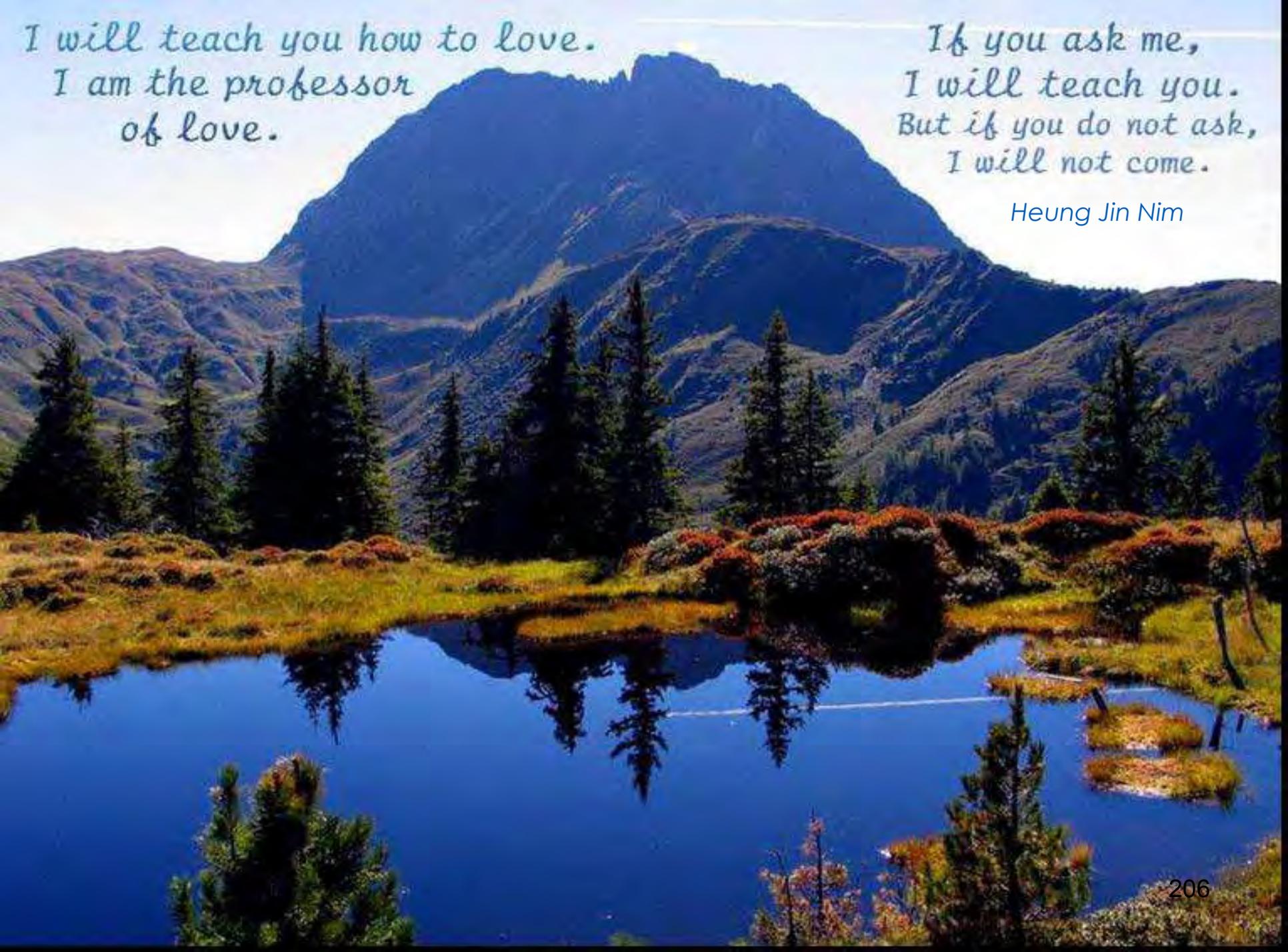
**From the Spirit World
Lord Heung Jin Nim,
Jesus, and Dae Mo Nim
can liberate and even
transform my heart.
But I need to ask them,
believing that they can do it ...
and they will.**

"When the Unification members of this nation realize that they have a close friend in me, someone who is always there for them in whatever situation they may be in,

then an enormous revolution of heart will take place once more.

A deeper relationship with True Parents will be ignited,

and this movement will jump up to a higher level.



*I will teach you how to love.
I am the professor
of love.*

*If you ask me,
I will teach you.
But if you do not ask,
I will not come.*

Heung Jin Nim

If I have difficulties
to *feel* Heavenly Father's love for me
(to find the zero point, to unite my mind and body),

as well as believing that
Heung Jin Nim can help me,
I am in need to offer special conditions like

fasting, **bowing**,
or other **bodily conditions**,

while sincerely and desperately
asking Heung Jin Nim, Jesus, and Dae Mo Nim
to help me to soften and develop my heart.

Why fasting, bowing,
or other bodily conditions?

*It is because: "There are only two ways
to secure mind-body unity.*

***One is to negate and suppress
your bodily desires.***

***The second way is to focus absolutely
on the connection with God***

*and love God more than your children
or your parents."*

True Father – March 26, 1997

Whenever I ask Heung Jin Nim,
Jesus, and Dae Mo Nim for help,

I am giving them the permission to help
me to get rid of the spiritual barriers that
are stopping my mind and body to unite.

Thus, they help my original mind,
which is naturally full of true love
for God and others, to come forth.

Some of our brothers and sisters
are trapped in little closets, locked up.
And I really want to unlock those doors for them.
And I am trying so hard...

...but it involves also
your five percent.

You know the principle.

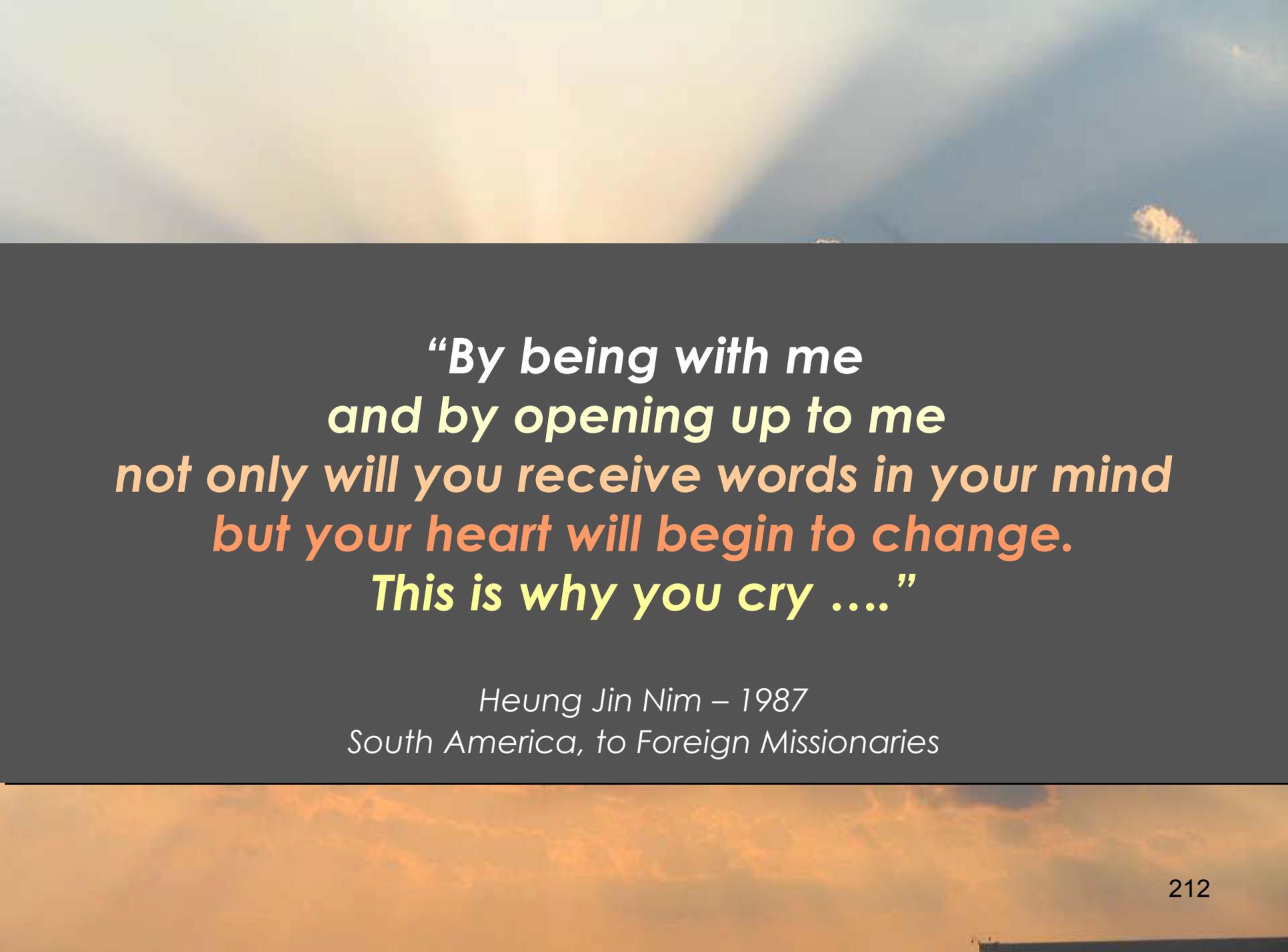
I can't force
my way in.

Heung Jin Nim

*"You know the Principle.
I can't force my way in.
The highest realms of spirit do not deal in
domination. They do not deal in taking over.*

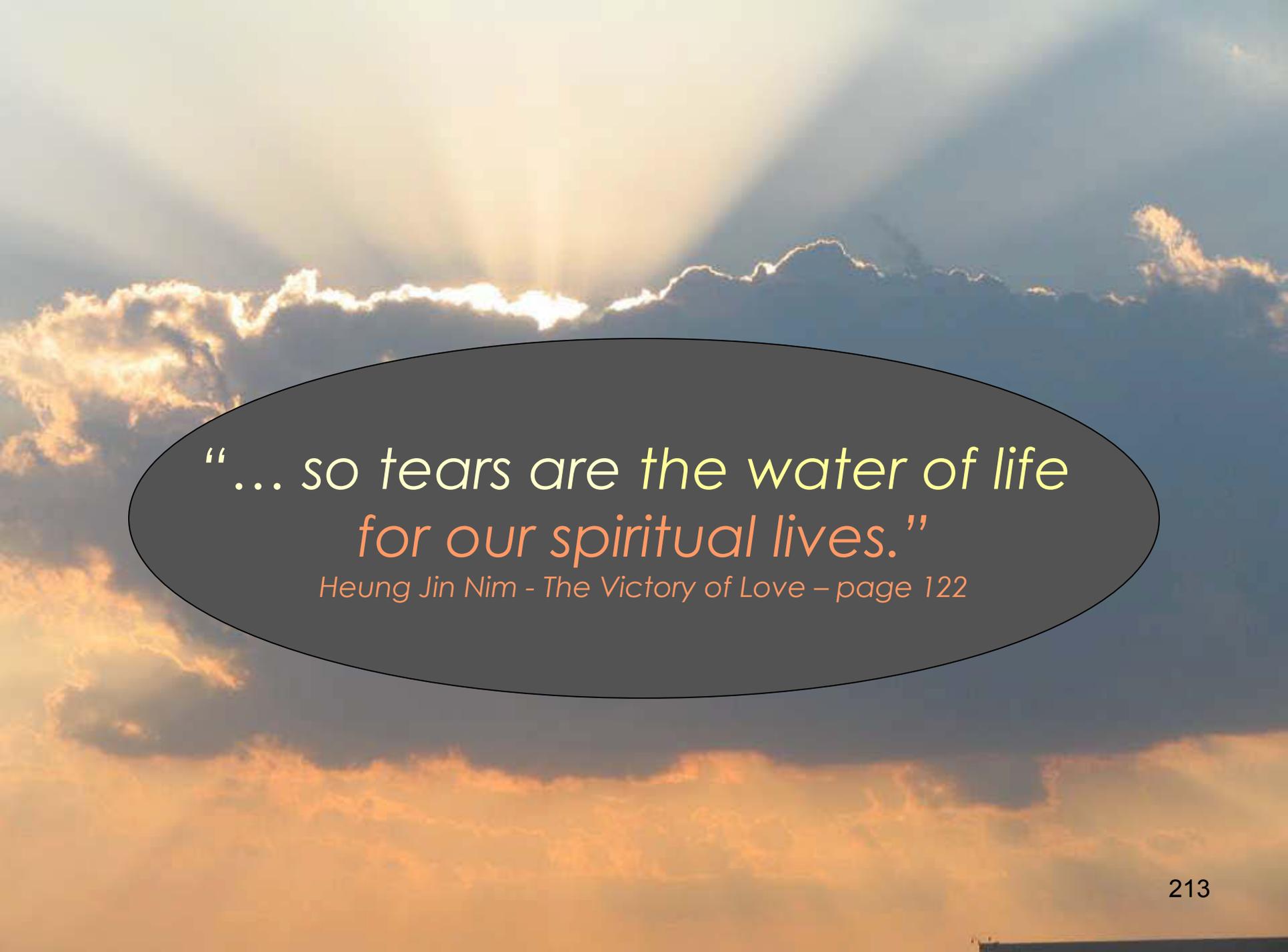
*The highest realm of spirit deals
in loving and harmonious cooperation."*

Heung Jin Nim – The Victory of Love – page 72



***“By being with me
and by opening up to me
not only will you receive words in your mind
but your heart will begin to change.
This is why you cry”***

Heung Jin Nim – 1987
South America, to Foreign Missionaries



*“... so tears are the water of life
for our spiritual lives.”*

Heung Jin Nim - The Victory of Love – page 122

***“Once you can begin calling on us
then your mind-body problem
can be resolved.***

***And as more and more brothers
and sisters really connect like this,
it allows the spiritual power of heaven
to come and work on this earth
more and more.”*** Heung Jin Nim

On the Foundation of True Love for God and Others

Step 9

+

Unity of Heart between Cain and Abel

I reach out,

reach out,

reach out ...

This needs to be re-started new
each and every day.

On the Foundation of True Love for God and Others
+
Unity of Heart between Cain and Abel

I Listen, I Serve, and I Teach.

*I work in a team, always following
my heart and conscience.*

- **I don't wait,**
- **I don't do it alone.**
- **I build my team.**

*Those who can give without limit
can receive without limit.*



*Let us allow ourselves
to be well used by millions*

of people. 217

**All the wonderful tools I have
acquired throughout my life, such as:**

Time management,
Inter-personal relationships,
Knowledge,
Leadership & business skills,
Marriage & Parenting skills,
Yoga, Reiki, Tai Chi,
etc...

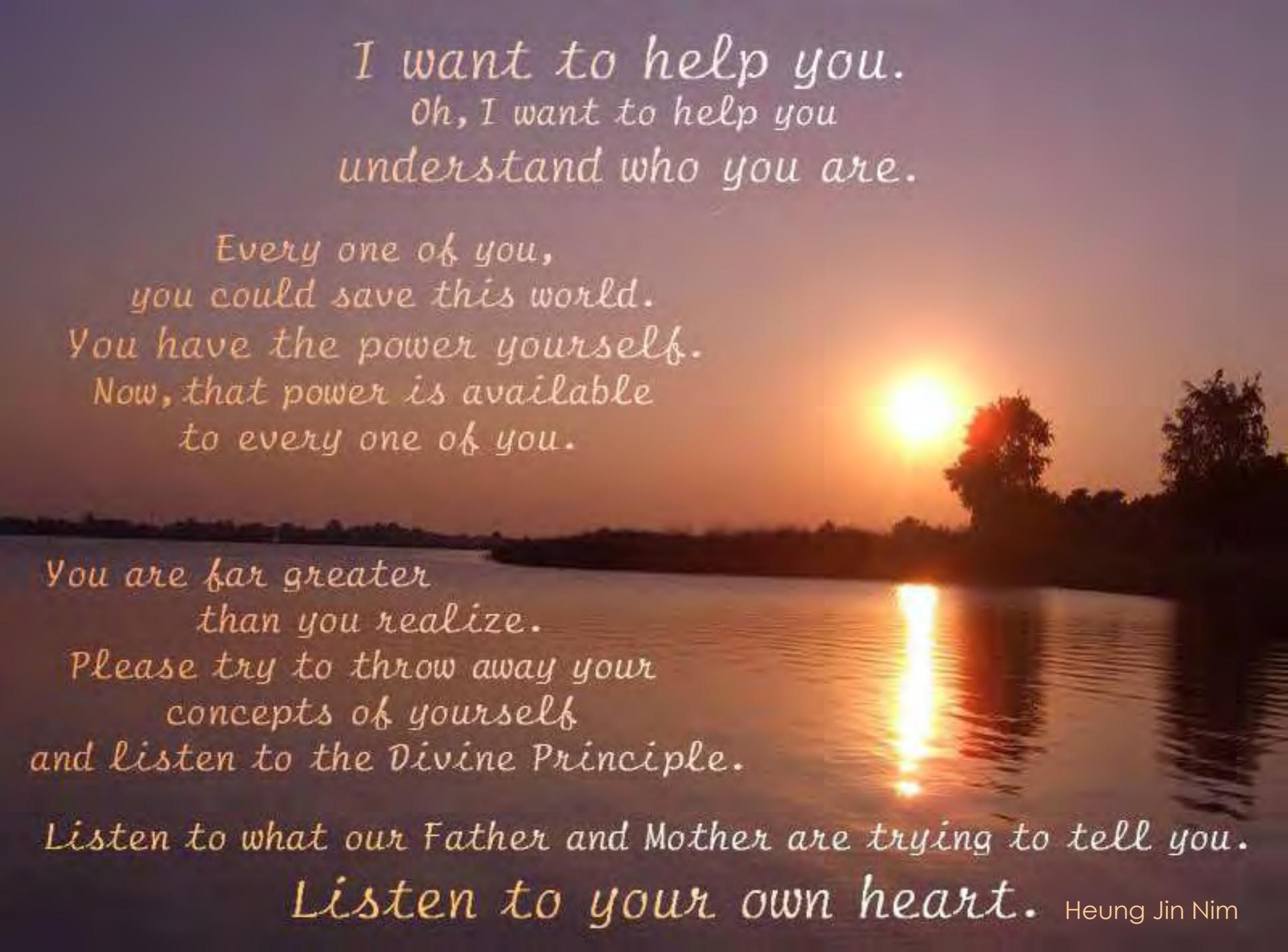
... will now bear eternal fruits,

at the 90 degrees vertical foundation
of True Love for God and others,
rooted in absolute mind / body unity

+

the horizontal foundation
of true heartistic unity
between Abel and Cain.

All those wonderful life tools
have been longing to be used
with the proper connection with Heaven,
as well as
the proper foundation on the earth.

A serene sunset over a body of water. The sun is low on the horizon, casting a bright, golden glow across the sky and reflecting on the water's surface. The water is calm, with gentle ripples. In the background, there are silhouettes of trees and a dark horizon line. The overall mood is peaceful and contemplative.

*I want to help you.
Oh, I want to help you
understand who you are.*

*Every one of you,
you could save this world.
You have the power yourself.
Now, that power is available
to every one of you.*

*You are far greater
than you realize.
Please try to throw away your
concepts of yourself
and listen to the Divine Principle.*

*Listen to what our Father and Mother are trying to tell you.
Listen to your own heart.*

“Only on the basis of your having achieved

complete unity between your mind and body
during your earthly life

by expressing

TRUE LOVE

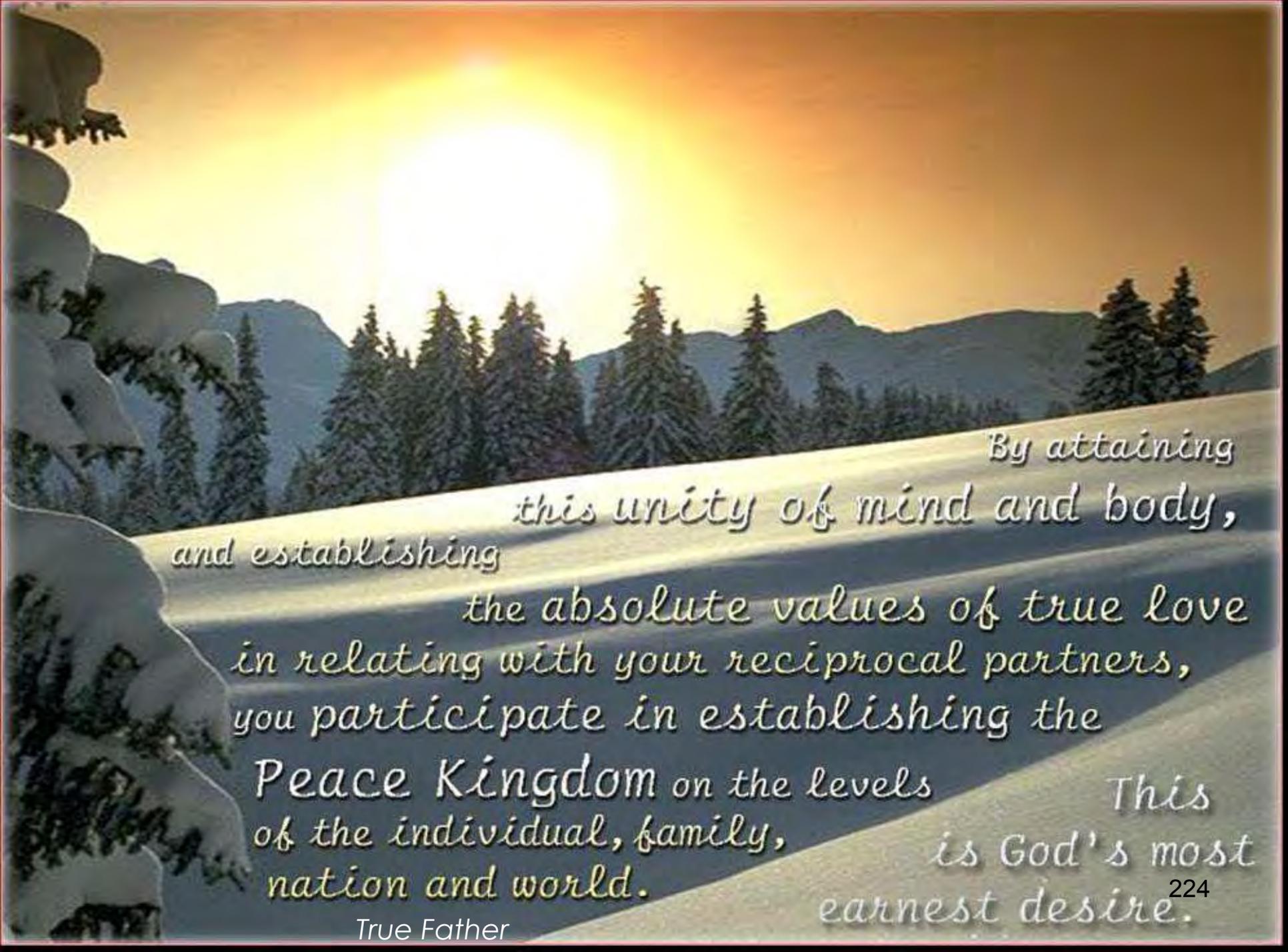
through actions

can your spiritual self fully mature.”

*We should embody true love and practice it
in order to develop our character.*



*This is the way
each of us can
become true parents.*



*By attaining
this unity of mind and body,
and establishing*

*the absolute values of true love
in relating with your reciprocal partners,
you participate in establishing the*

*Peace Kingdom on the levels
of the individual, family,
nation and world.*

*This
is God's most
earnest desire.*

***“ Unless you maintain a life of
interdependence,
mutual prosperity
and universally shared values
which is focused on the greater good,
harmony and unity between mind
and body is impossible.”***

True Father - May 21, 2004



Step 10

Report to God Daily

**with a heart of gratitude
& repentance**



- *Every night, I honestly report my day to Heavenly Father sincerely repenting for my lacks of the day, feeling His Heart for this world.*
- *I also report to my spouse, my family, my leaders, my brothers and sisters, always keeping a flowing relationship in every direction.*



Step 11

*With Gratitude,
Humility, and Joy*

We Celebrate our Accomplishments!



Step 12

Carefully Plan the Next Day



“In the last hour before midnight
I try to solve all the issues for
the next day.

When I can do that, in one hour I save the next
day.”

In summary: How to bring
my mind and body into one entity

- Step 1: **I decide** to unite my mind and body **to the point of shedding tears,** because it is absolutely necessary if I want to live a life of true love and fulfill my life purpose. No one can do this for me.
- Step 2: **I understand** that specific daily constant **efforts** need to be made.
- Step 3: I need to find **the Heart of GOD as my motivation** by learning how to **unite my mind with His mind,** find the zero point.
- Step 4: I need to discover and to use daily the healing power of **reading Divine Principle and True Parents' words.**
- Step 5: I learn to **obey my** conscience (absolute obedience).
- Step 6: I need to learn to use the **power of True Parents' picture,** and of **the Spirit World (Heung Jin Nim, Jesus, Dae Mo Nim, Saints and sages, and my ancestors).**

In summary: How to bring
my mind and body into one entity

Step 7: I look at others with God's eyes. Step 1 to 6 help me to feel towards others the same heart as God feels towards them.

Step 8: I pray for my enemy daily, until the Unity of Cain and Abel takes place in reality.

Step 9: On the foundation of step 1 to 8 (vertical foundation: absolute faith) I go out to fulfill the foundation of substance: horizontal foundation: absolute love.

Step 10: I report, report, report, with gratitude and repentance.

Step 11: I celebrate my accomplishments!

Step 12: I plan in details the next day.

**“Just try at least
for three years
to concentrate
your efforts
on making
your mind
and body
into one,**



**and you will experience
God abiding in you,
working through you.”**

True Father - December 31, 1973

My Dear Brothers and Sisters,

- During this course of seeking the heart of our Heavenly Father and of our brothers and sisters, thus, bringing your mind and body into harmony, you will experience shedding many tears of True Love as well as many tears of repentance.
On this course Heaven will bring to your mind and heart anything from your past that you have not yet cleaned up enough, those past memories and emotions that have not been resolved.*

- *But as you keep seeking that zero place, you will find your way through, untangling all those unresolved problems and struggles of the past. Heaven will be right there with you, always trying to guide you in your mind and heart.*

- *As you keep walking this path,
you will find the heart to leave behind all
the excuses you might still be holding on to,
you will 'see' the situation of your heart
the way Heaven sees it,
and will find strength to go beyond it.
You will begin to see things from the viewpoint
of true heart, God's viewpoint.
You will see the 'real' reality for the first time.*

- *You will not hold anymore onto your past accomplishments,
no matter how great or how small they have been.
You will become free from the past
and see a bright future ahead of you.*

- *If you feel something is still missing in your life, it probably is.*

Taking the Path of the Citizen of Cheon Il Guk with utmost seriousness will bring you to the Light promised by Divine Principle and the Coming of the True Parents of Heaven and Earth.

- *It will liberate you as well as those around you, and far beyond.*

You will become the pillar that Heaven needs to make God's Providence move forward.

You will become directly connected in heart with True Parents' heart and feel that you, yourself, are walking in True Father's footsteps, taking burdens off True Parents' shoulders, and becoming an owner of the Providence.

- *Reading Divine Principle and True Father's words will take on a whole new dimension.*

You will hear True Father speaking directly to your heart through the same speeches you previously thought you knew already.

- *You will feel being part of Heaven's plan instead of feeling tired and wanting to pass on the torch to your children, because you, yourself, are not feeling successful.*

*It is indeed the one awaited great day,
the Day of the Lord! The Day of Victory!
It is the Era after the Coming of Heaven.
Let us all be part of it. Aju.*

A few more quotes

***"when we think of reality,
when we really understand what reality is,
we realize that we never began
to even touch reality in our former lives.
And even just now there are so
many doors to be opened,
so many doors that need to be opened."***

Heung Jin Nim – The Victory of Love – page 71

***" Great things have been fulfilled in the past,
but people who have fulfilled the great things
in God's providence get stuck in the past many times
and stand on their foundation of the past
and do not continue up the hill ...
Do not rest on your victories of the past.***

*This is a time when each ... member must
have a victory now and each day,
each day, each day!
It will be in the heart."*

Heung Jin Nim – The Victory of Love – page 131

“If it’s just the blessed children that are the hope, then what of all of you?

What is the hope for you?

Are you just the servants who work hard on Father’s projects

and beat your brains out every day?

That’s not God’s desire for you;

it’s not our True Parents’ desire for you.

They want to bequeath more to you.

Obedience is something,

but it is not the key to inheritance.

*... **Obedience** is an important part,
but it is a step toward a more
important dominion of heart.*

*You know the Principle,
the foundation of faith is a foundation,
**but you must build upon that obedience
of faith.***

*And it is there that many of you have
been stuck. ... next slide*

**You obey,
but if the heart doesn't grow,
then what you build on the foundation of
your obedience, I'm sorry to use the word,
is corruption.**

In your hearts and in your minds.

**Because anything that's not growing is
dying.**

**Please understand,
this is your time to grow."**

Heung Jin Nim – The Victory of Love - page 113

***“If you have discovered your true, original self,
then God is in your heart
and you are within the realm of liberation.
Your original self was born to continue the history
of the original lineage through God and
True Parents’ original love.
Finding this self will resolve everything.”***

True Father

*“Father,
we long for the day
when we can live together with You.
Please, allow us to become sons and daughters
who long for You, and run towards You,
and who can bring all the things
of creation into harmony
by offering greetings of joy
and gratitude to You,
having arrived at the day of glory
which we can live together with You.”*

*Please never forget that your
Parents are with you.*

