

Meditation

Meditation is a search for reality. It is a search for an absolute understanding of our responsibility. Meditation occurs naturally in a growing child thinking about his parents' blessing, responsibility and tradition. The most historically significant meditation centers on True Parents as their children consider how to make an offering of their lives.

Meditation involves questioning and deep thinking. Father said, "All providential failures can be attributed to a lack of deep thinking."

A question is like an offering that we construct in search of an answer. Consider the following questions. What is the relationship between the mind and the body, between heaven and earth, between man and woman, parent and child, Abel and Cain, religion and science, the character of God and the character of Satan? How clearly do we discern the difference, and what difference does it make?

What is the relationship between the spirit world and the physical world? Concerning this question, Father said in one speech that the spirit world and the physical world are actually the same thing. Unification Thought agrees, of course. It says that the Original Hyung Sang and the Original Sung Sang are actually the same thing. However, in order to think about it, our mind must deal in developing relationships through time and space between dual characteristics.

What gives us the power to think and question in the first place? The power behind thought, as Divine Principle explains, is Universal Prime Force. Give and Take action within the mind develops through three stages and forms a 4-position foundation. Thoughts develop and exist as Individual-Truth-Bodies to be governed by man. The entire significance of life, past, present and future, is based on the 4-position foundation. Any conceivable activity of the mind can be located along the path of development outlined by the Divine Principle.

Due to the Fall of Man, Satan invaded our minds and hearts. Through religion God trains our hearts and minds and bodies for the purpose of defeating Satan, thereby exalting us as His children and avenging Himself against Satan. It was man who empowered Satan due to the failure of our responsibility, and it is man who must defeat Satan by fulfilling our responsibility. Such an opportunity comes within our own minds. There lies the battleground, the responsibility, and the blessing.

By what power can we defeat Satan? Father explains in Way of Tradition III in the section on religious life.

#115 "God never created a power greater than love, and when you are truly intoxicated in the love of God, then all the mundane needs like eating and sleeping and worldly love become secondary. You can transcend their influence once you are caught by the love of God. At that point your longing for me will become so strong that you can not forget me for a moment, even in the midst of any activity. It is then that the world of impure love will no longer be of interest to you and a big door will open wide to a pure, genuine, spiritual love. That should be real to you in experience, but also clear to you by logic."

Father further explains in Way of God's Will that love must pass through three points in order to be love. What does that mean? Here are some words of Father's from Way of Tadiation IV from the section on witnessing concerning this.

- #112 ...If you can associate me with them (other people) in your mind, then such deep love for them will eventually come naturally to you.
- #113 Your own yearning to be with me wherever I go can be immediately transmitted to others.
- #121...The beginning of love in the spirit world is the feeling of deepest love for the True Parents and then for other men.

The three points mentioned here are True Parents, you and others.

Meditation is the science of God-centered thinking, or thinking with the Original Mind. Sometimes I sit down to meditate. In that case I like to follow some basic instructions. They go like this: Rest your mind on, or rather pay attention to your physical heart region and remember True Parents. Close your eyes halfway or all the way. Half open is best. Then it's not like you're sleeping and not like you're paying attention to all the horizontal activities going on with your eyes wide open. Sit with your back straight. This represents self-control of mind over body and the vertical relationship between man and God. Think about anything at all and remember True Parents. That's it.

Remembering True Parents means to associate with your thoughts and feelings, their presence, or your experiences with True Parents, or their words. In this case Divine Principle and your mission will certainly take a prominent position in your thoughts as well. A feeling of parental security from the True Parents grows in your heart and the power to put good and evil in proper perspective develops. You can imagine that you are Father, himself, meditating for a providential reason with True love guiding your heart and influencing your mind. That should really happen all the time in our daily life.

Lastly I want to mention the physical heart region as a significant point to pay attention to. High school physiology books ridicule the belief that this is the center of feelings of love. However, Father said one time that God could've put a woman's breasts on her shoulders, but He didn't so that she could hold her baby close to God. Also Father said that the heart and the eyes are the first parts to develop in the fetus because they represent God.

During a dream I had one time, I became afraid and started to pray to God to overcome my fear. I looked up into the blue sky and prayed, "Oh God!". As I said that, a loud noise like a fog horn and a strong thumping occurred in my chest and I became more afraid. I thought, "Oh no! I started to pray to God and this happened, and now I am more afraid!". Then I realized God was telling me not to pray to Him as though He were up in the sky. Instead He is inside of me, in my heart and mind. Then I wasn't afraid anymore and the fog horn and the thumping stopped.

Let me ask one more question. What is the relationship between meditation and prayer? I asked this to Rev. Kwak one time. I like his answer. He said, "Meditation is what you do before you pray."

The End