

The Chains of Resentment

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World Peace and Unification Sanctuary - USA

Without dying to your old self, you cannot have new life.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
"Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you. *Matthew 5:10-12*

If there is a cross to be borne across the bridge of a parent, you must walk across that bridge as it is. You cannot fly over it. If in order to reach the top of a mountain one has to cross a bridge, one may be able to prepare an iron girder to reinforce the bridge in order to pass safely through the dangerous passage, but there is no way to escape having to cross the bridge. If the blessed couples of the Unification Church forget that they have to clean up the puddle of resentment of husbands and wives up till now, they will perish. Within a person's life is the cross of the individual, of the spouse, and of the children. Even Jesus died when he could not fulfill these. Going the road of faith might seem easy, but it is actually harder than dying. Hence, the road of faith is not a part-time occupation. The life of faith is not a part-time job. Today, there are a lot of people who make their faith secondary. They all work for a wage. They will be sold to other places when the market changes. You shouldn't be such a worker. Even if you do business, you should first establish yourself. You must occupy a solid place which no one can invade and occupy. When someone says to you, "Can you die in the Unification Church?" you shouldn't cower away, saying, 'Now, I have to live; I'll die later.'" Without dying to your old self, you cannot have new life. **SMM, The Place of Receiving the Blessing Is Not a Complete One, Feb 6, 2003**

Hello,

Regis Hanna started his sermon by speaking about the execution of Chinese generals by Xi Jinping's order. This apparently violated the principle of collective leadership. He tried to get authorization from the Politburo, but they refused. The Central Committee held an emergency meeting but they also declined.

Gen. Zang Youxia had a lot of loyalty from Chinese military leaders. Xi apparently wants to pass on hereditary leadership to his son. President Trump is said to like that Xi is tearing apart the Communist party. 25 Generals are calling for free elections.

Communism builds on resentment against alleged oppressors. The Democratic party uses the same strategy. Father taught how resentment binds a victim with their accuser.



[Sanctuary Service 2/8/2026](#)

As recorded in Matthew 5:21 Jesus warned us to make friends with an accuser quickly. If Jesus did it all on the Cross, why would he say that you will not get out until you pay the last penny. The sin against our brother or sister is not paid by Jesus.

Regis confessed he struggled with anger and resentment for 5 years. He finally realized what a waste of time. Woe because I was unjustly hurt. Nursing a grudge based on repeating the complaint takes away your mind from more productive uses.

Stress often leads to outbursts of anger. Meditation can help. Men want respect and peace. Women want love and safety. We grow by our conscious creative effort. Switch is breath in "I am alive" and breath out "Thank you!" Do you ever thank your body that you don't have pain?



[Is South Korea Becoming a Pawn of Communist China?](#)

True Father teaches us that it is very hard to change in the spirit world. Those in the spirit world know but they can't take action to restore their mistakes.

Memories and emotions are located in different parts of their body. The Korean word "Han" refers to resentment. Meditation helps you to process it and let it go.

Forgiveness is a gift you give to yourself. Jesus taught that it's a blessing to get persecuted. Indemnity means we pay a little price of receiving an unjust attack and gain merit in the spirit world. We should remember to be grateful for life, love, and lineage.



[Shigeru Tashiro- Spine Meditation](#)

What is Ancestor Liberation? In the CSG on page 1571 Father talks about liberated spirits coming to earth. They need to repent through us who live on earth. You can help them by repenting on their behalf.

God doesn't judge anyone because He doesn't need to. Deceased people know where they deserve to go, often running away from the presence of God. It's much better to have difficulties on earth, than to have those in the spirit world.

In Matthew 5:11 Jesus said "blessed are you when people persecute you." The hardest one to forgive is yourself. Satan is an accuser. Don't let him accuse you. God created each of us as His child, so each of us have the right to dominate the fallen ArchAngel.



[2026 "FREE CHINA" Ice Plunge!](#)



The Unification Sanctuary in the U.S.A. has just launched a new website called 2ndADVENT.org which discusses the transformative life, teachings and accomplishments of Rev. Sun Myung Moon. The site also includes prophecies and testimonies of early disciples. Looking forward to hearing your response!

May God bless you and your families!

Sincerely,

Richard

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"Sanctuary Church" is short-hand for "World Peace and Unification Sanctuary" which is from calligraphy on a scroll presented to Hyung Jin Moon by his father, Rev. Sun Myung Moon. The purpose of the "World Peace and Unification Sanctuary, Inc." is to "preserve and propagate the Biblically-based teachings of Reverend Sun Myung Moon."

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