

# Mind & Body Reality

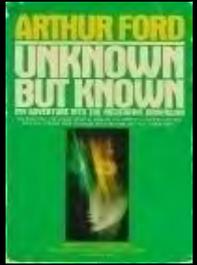
## Introduction

A loving mixture of old Vedic truths and  
New Oriental Korean Spiritual insights.

Happy TF 1974



SunMyungMoon  
Speaker/Healer of Spirit and Body

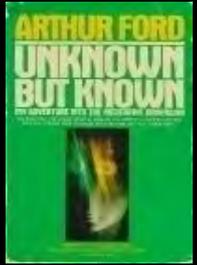


“The Jesus of Galilee will not return - it is not necessary.”

“The Christ who manifested through him is the Eternal – he will manifest again. “

“ Mr. Moon in deep meditation can project himself and be seen just as Jesus has been able to project himself and be seen by the saints. ”

“This is one of the marks - of the messiahs always.”



“The world has known many saviors.  
The very word savior means a healer.”

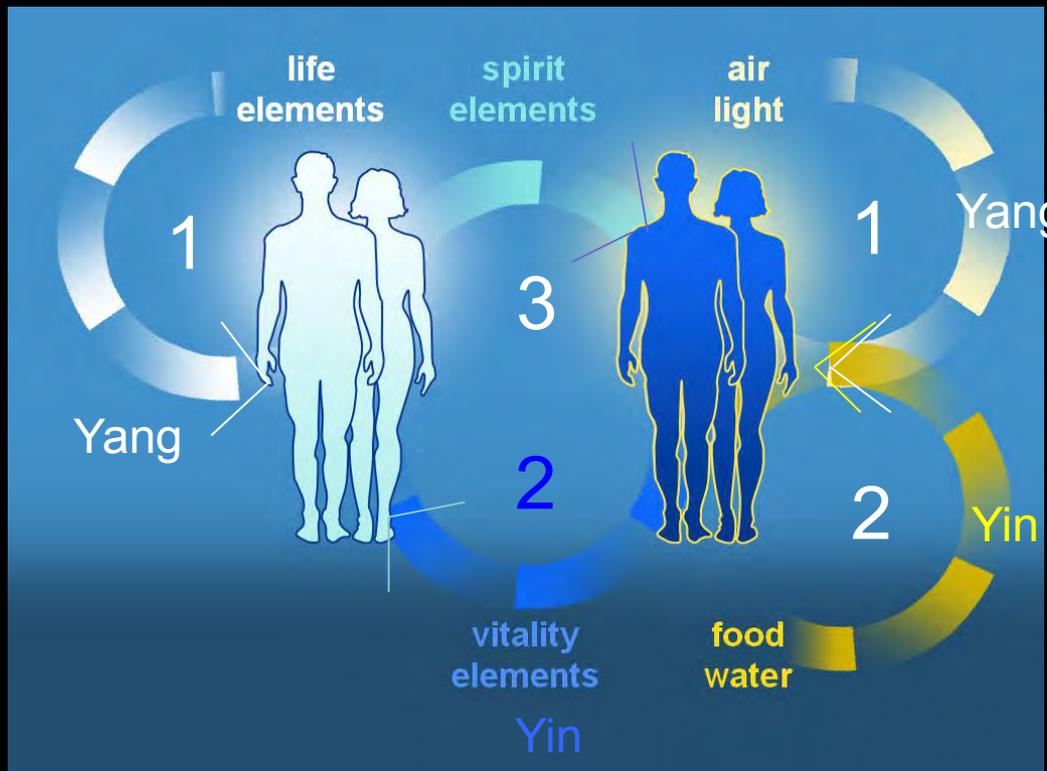
“Mr. Moon is one who is to heal, not simply the bodies,  
but the minds and the spirits of men.”

“And when a person is healed he is free.”

2 Bodies  
in One !



From Spirit  
Body/World

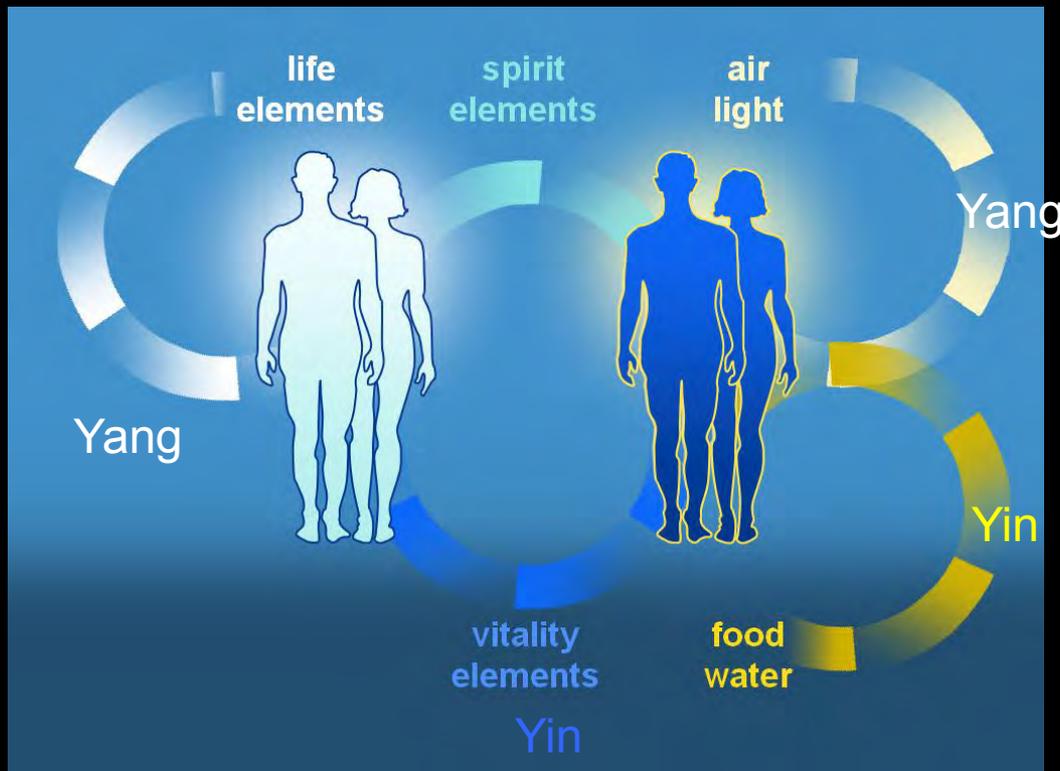


From Natural  
World

From Physical  
Body

- You should know that you are like two people in one.

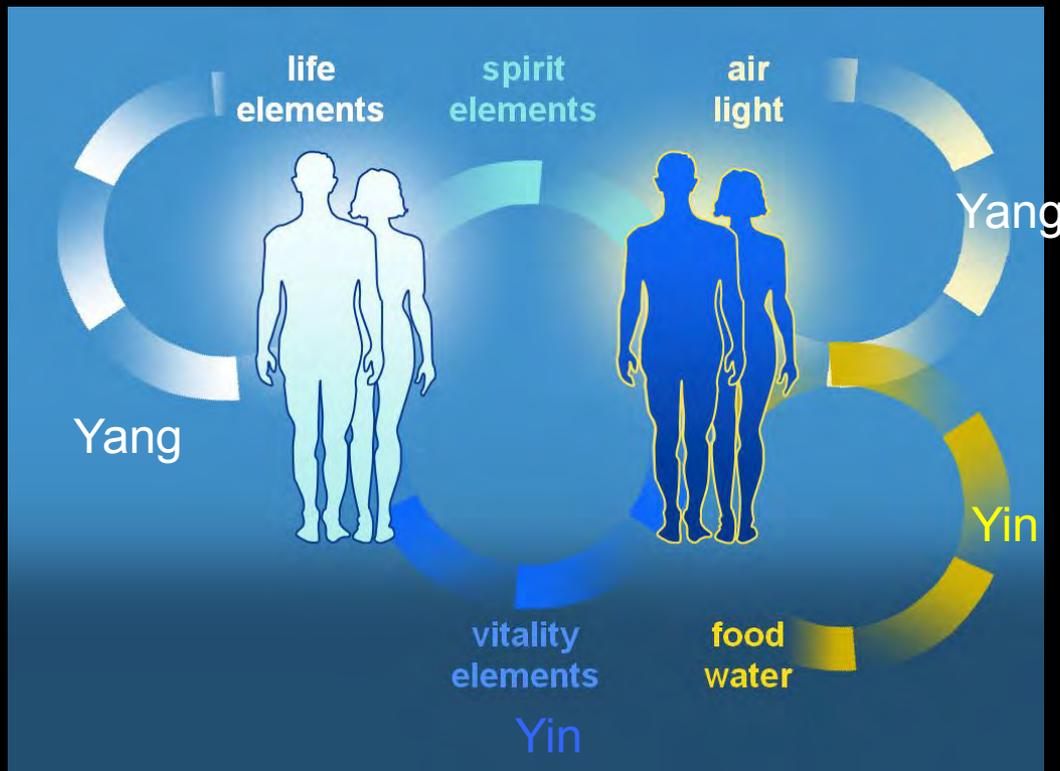
From Spirit  
Body/World



From Natural  
World  
From Physical  
Body

- You should know that you are like two people in one.
- Your inner man is like a mirror, clean and bright.

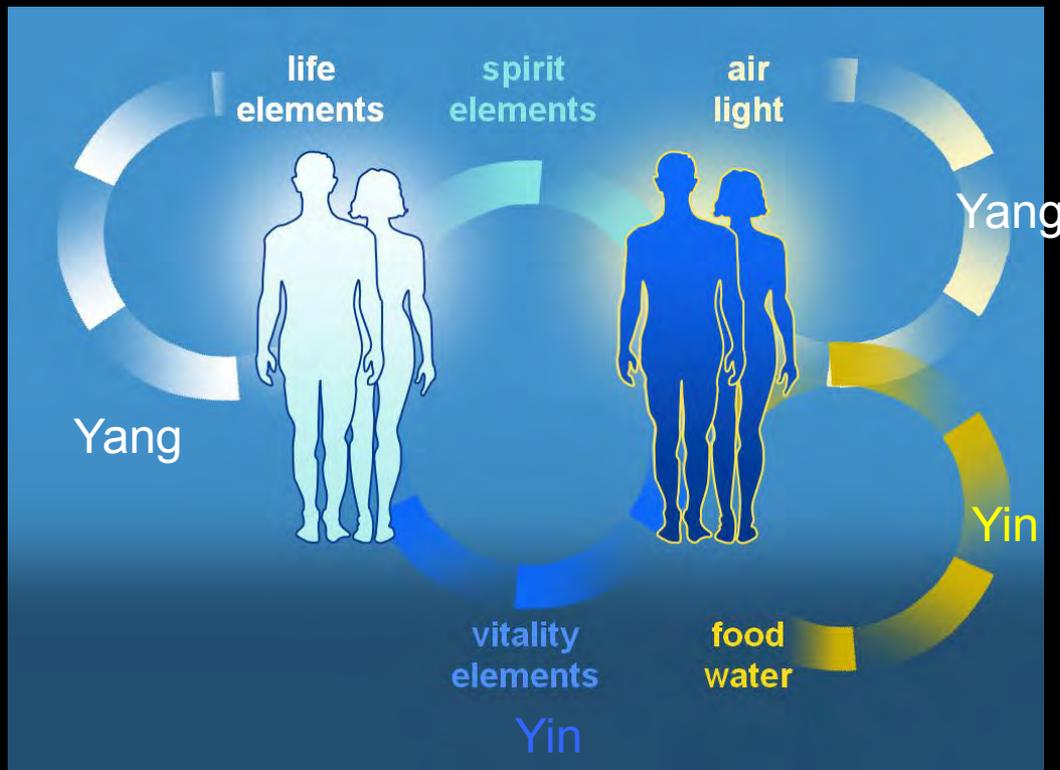
From Spirit  
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From Natural  
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- You should know that you are like two people in one.
- Your inner man is like a mirror, clean and bright.
- When the inner and external men are perfectly aligned you feel joy and power.  
This is happening every day within you.

From Spirit  
Body/World



From Natural  
World

From Physical  
Body

Yin =  
requires effort

Yang =  
is provided

- You should know that you are like two people in one.
- Your inner man is like a mirror, clean and bright.
- When the inner and external men are perfectly aligned you feel joy and power.  
This is happening every day within you.

Reincarnation untrue - but explained as Returning Spirits!

After all, the inhabitants of the spirit world are the souls (Spirit Self) of people who formerly lived on earth.

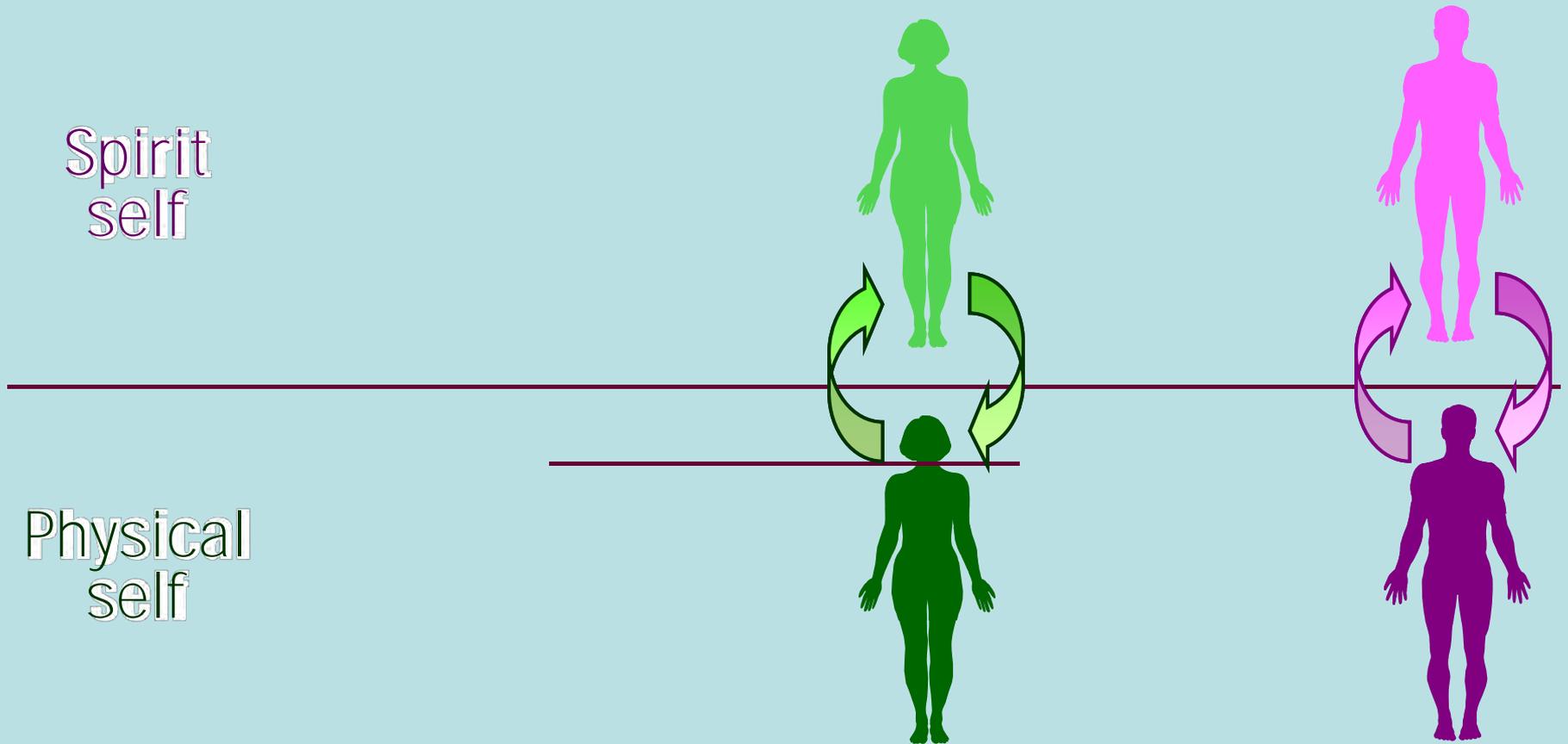
From this perspective, the spirit world is not so different from the physical world.

/SMM 2 March 1986



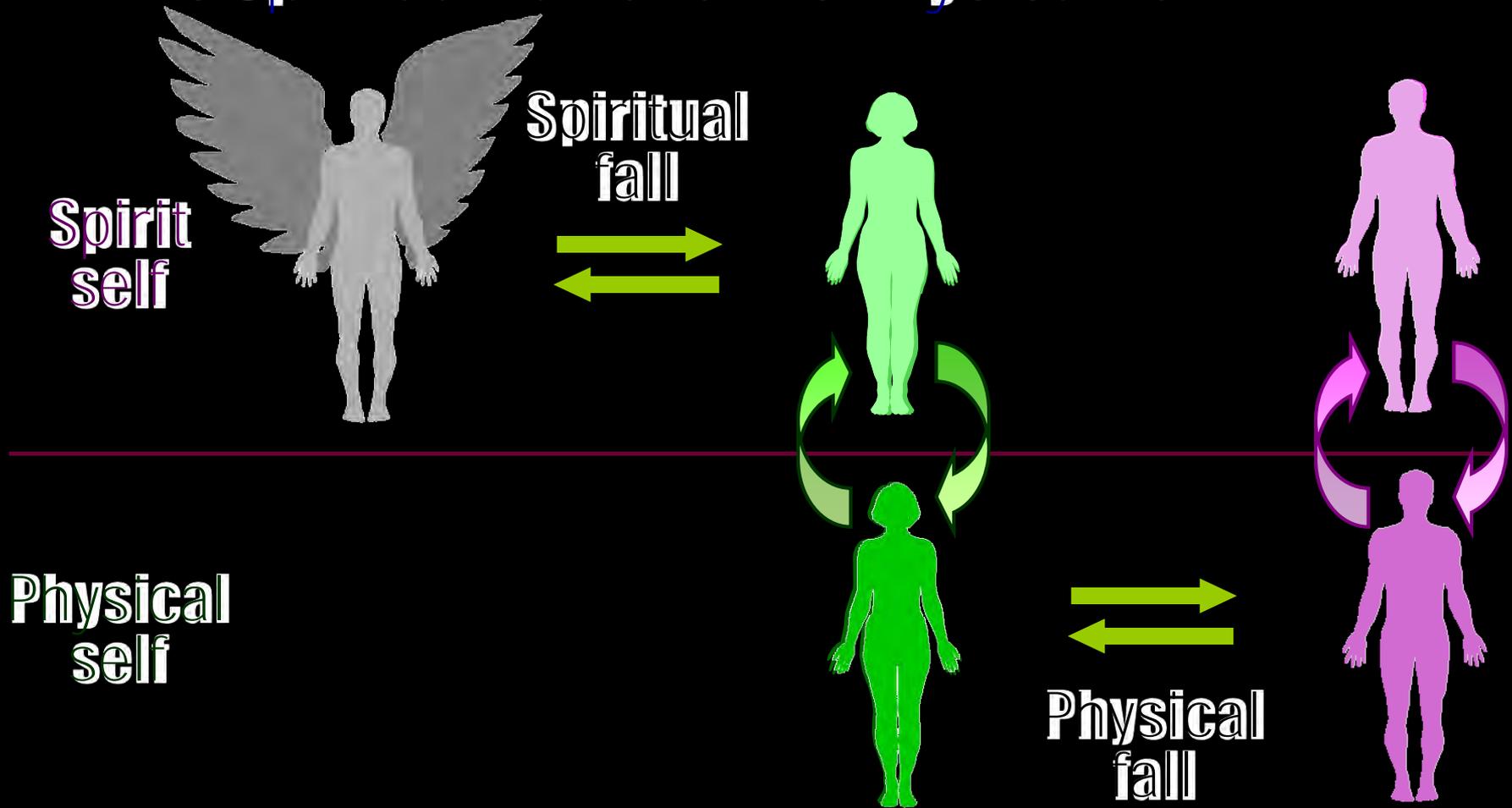
**Dreams – Half Awake – Reality!**

## 2.2 The Spiritual Fall and the Physical Fall



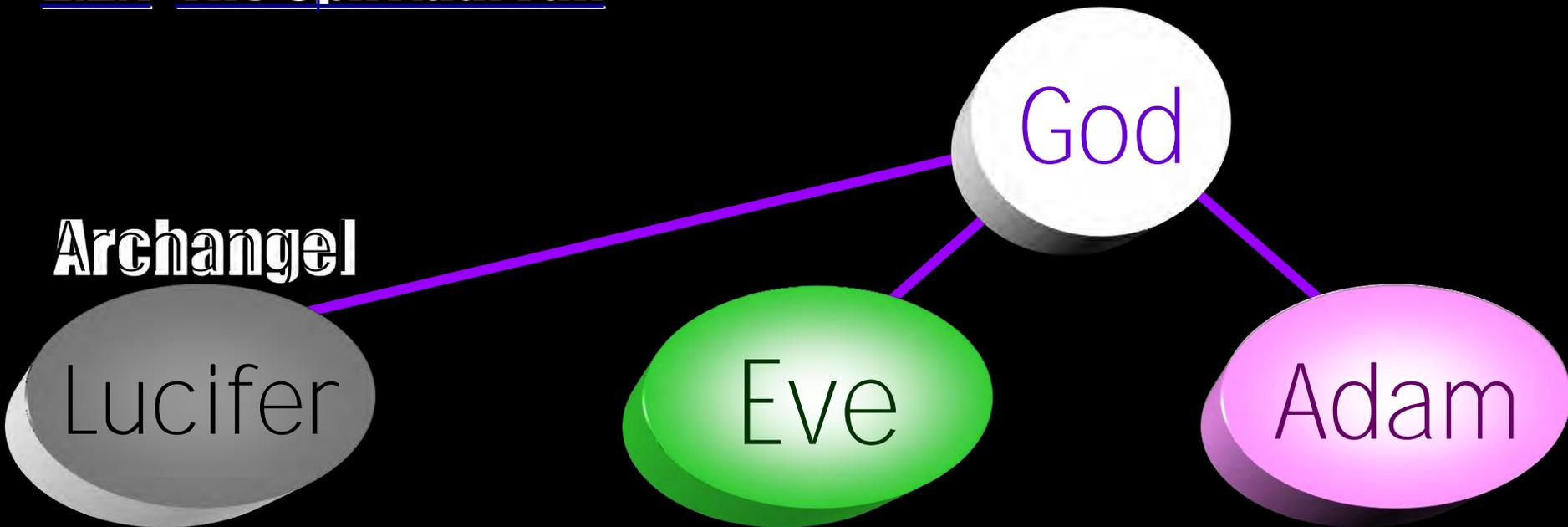
God created human beings with two components: the spiritual self and the physical self. The human Fall likewise took place in **two dimensions**: **the spiritual and the physical**.

## 2.2 The Spiritual Fall and the Physical Fall



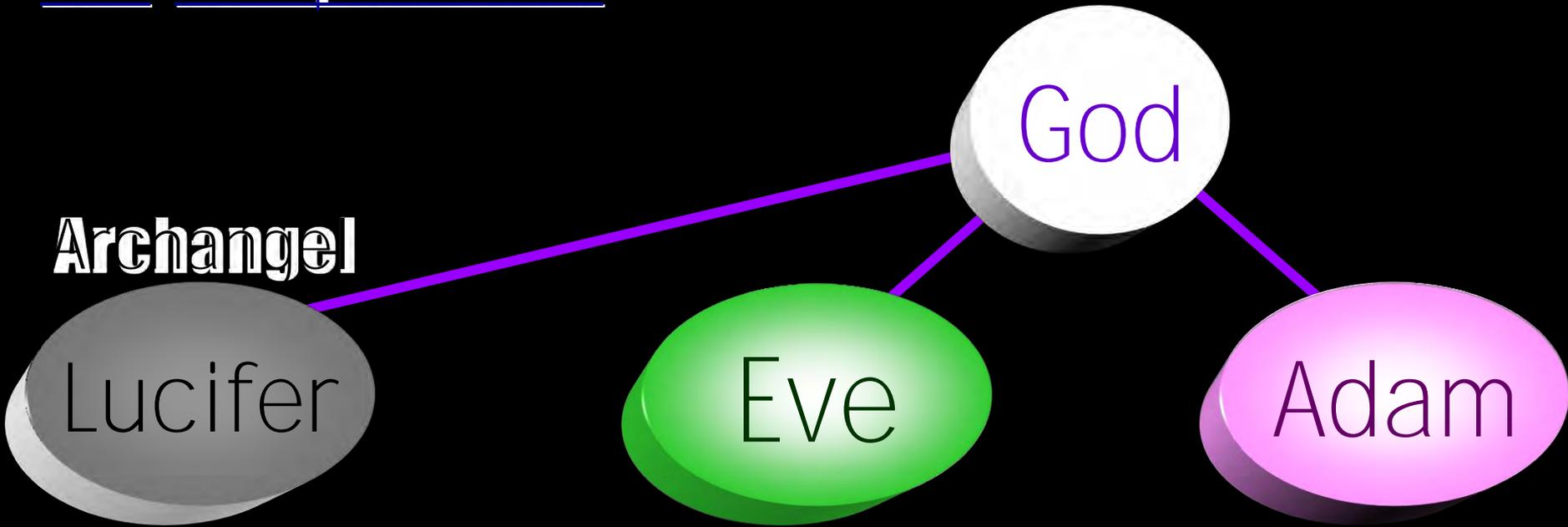
The fall which took place through the sexual relationship between the angel and Eve was the spiritual fall, while the fall which occurred through the sexual relationship between Eve and Adam was the physical fall.

## 2.2.1 The Spiritual Fall



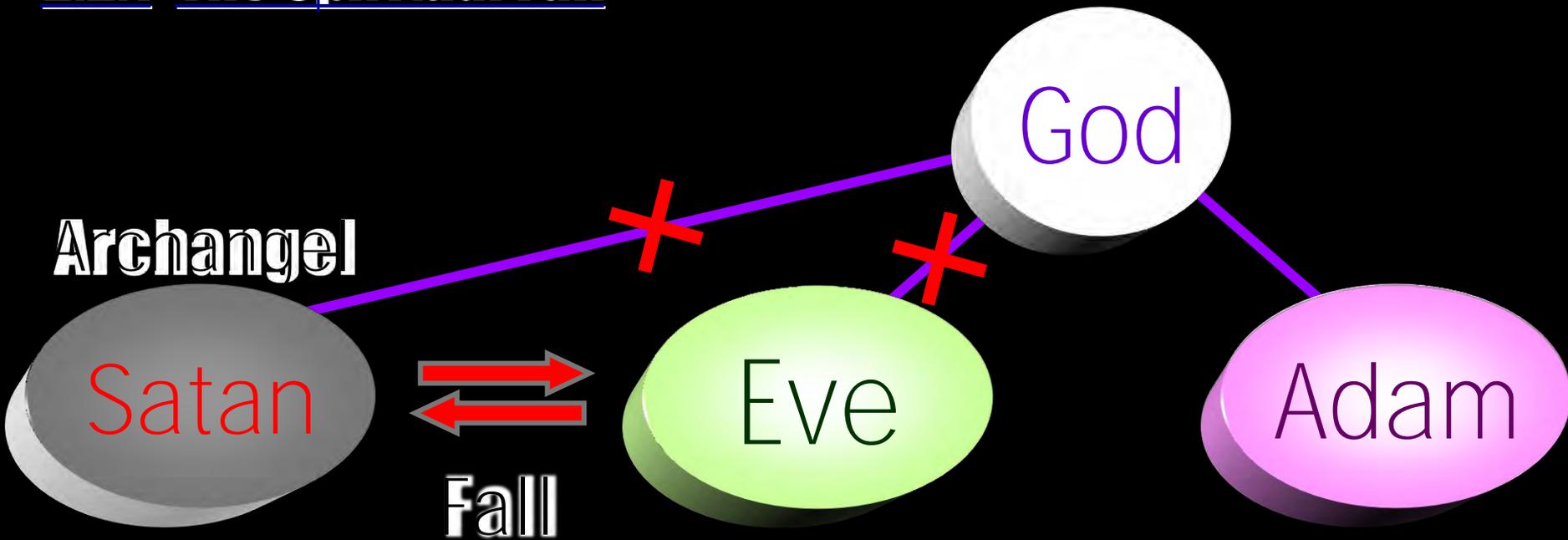
After the creation of human beings, Lucifer, feeling as though he were receiving less love than he deserved, wanted to grasp the same central position in human society as he enjoyed in the angelic world, as the channel of God's love.

## 2.2.1 The Spiritual Fall



This was why he seduced Eve, and this was the motivation of the spiritual fall.

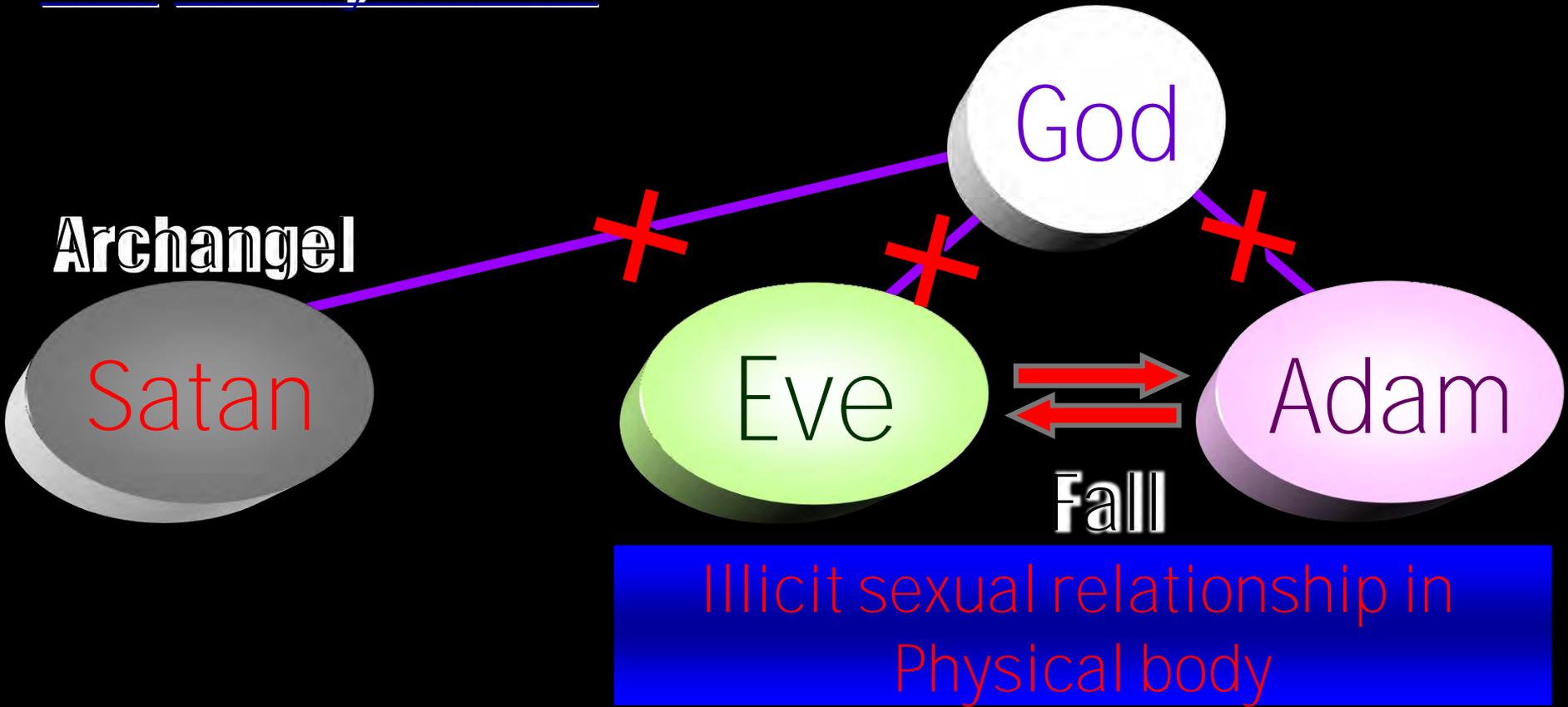
## 2.2.1 The Spiritual Fall



Illicit sexual relationship in spirit body

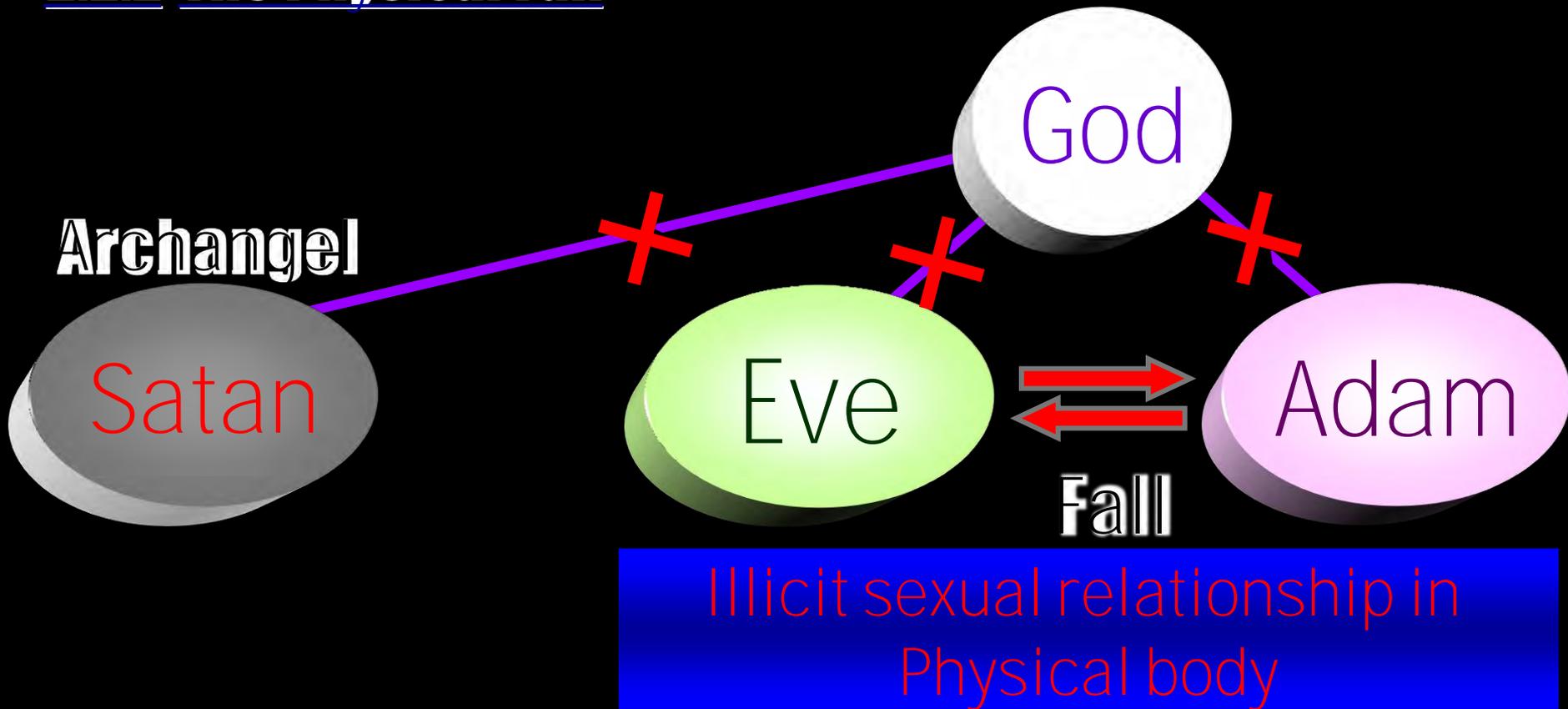
Lucifer, who left his proper position due to his excessive desire, and Eve, who wanted to open her eyes and become like God before the time was ripe, **formed a common base and began give and take action, which led them to consummate an illicit sexual relationship on the spiritual plane.**

## 2.2.2 The Physical Fall



Fallen Eve then seduced Adam with the hope that by uniting with him, she could rid herself of the dread and once again stand before God. This was Eve's motivation which led to **the physical fall**.

## 2.2.2 The Physical Fall



Adam responded and formed a common base with Eve, standing in the position of Archangel, and they began give and take action with each other, which **brought them together in an illicit physical relationship of sexual love.**

13 independent more or less confirmatory references to the Principle interpretation of the fall of man as an ILLICIT SEXUAL act of love  
Lucifer > Eve > Adam.

- Job 31:33
- Judaism. Midrash Genesis Rabbah 8:11
- Judaism. Talmud, Abot de Rabbi Nathan 1
- Bahir 199/Kabbalah (Judaism)
- Islam. Qur'an 7.11-27
- John Milton: Paradise Lost (1667)
- Clement of Alexandri Astro Mata 14/03/94 (Christianity)
- Quaker Ann Lee
- Sigmund Freud, The Interpretation of Dreams, (1900)
- Hutu tradition (African Traditional Religions)
- Kojiki 4.1-6.1 (Shinto)
- Christianity, Saint Augustine, City of God 14.18-23
- The echo Tara Agama and Ch'i-shih Ching (Ch. Buddhism)

Due to the Fall, Satan defiled even the human corpse. Jacob's body was sanctified with the blessing which he had received in life.

In death, the disposition of his corpse also fulfilled a condition of purification; thus the embalming took forty days.

11(Gen. 50:3)[CEV](#)|[KJ](#)|[NI](#)

In the case of Moses, the archangel Michael contended with the Devil over the proper disposition of his body.

12(Jude 9)[CEV](#)|[KJ](#)|[NI](#)

We know that Jesus' body disappeared, to the bewilderment of the authorities, leaving an empty tomb.

13(Matt. 27:62-28:15)[CEV](#)|[KJ](#)|[NI](#)

AYURVEDA

The Science of Life



M. D. Depaak Chopra India  
born 22 oktober 1946 i Delhi  
MD. and speaker on Health of Spirit and Body

"We all need to be healed in the highest sence  
By making ourselves perfect in mind, body and spirit!"

If you want to know how your mind was in the past  
Then all you have to do is examine your body now.

If you want to know how your body will be in the future  
then all you have to do is examine your mind now.

Health is not just the absence of a disease,  
it's a joyfulness that should be inside us all the time.

**It's a state of positive well-being,**  
which is not only physical but emotional and ultimately  
even psychological and spiritual.

**The body is not a frozen sculpture,  
it's a river of energy and information. ...**

You can not step into the same flesh and bones twice.

You replace 98% of all the items of your body  
in less than one year.

There is a deeper reality to the body and that deeper reality is what we want to see because from that deeper reality comes both the mind and the body.

Both come from that deeper level of existence.

We have a thinking body. And you can't imprison the mind in the brain.

That's an old notion, that the mind is confined to the brain. The mind is in every cell of our body.

**You can't even confine the mind to your physical body because it extends beyond your physical body into the whole universe.**

We are part of a thinking conscious universe that is basically a non-local field of information.

It's estimated that the average person thinks about 60,000 thoughts a day ... and 95% of the thoughts you have today are the ones that you had yesterday.

**So you keep creating the same patterns that give rise to the same physical expression of the body.**

If you go to a deeper level, witness the whole process, become conscious of it, then you'd realize that in fact there are choices here.

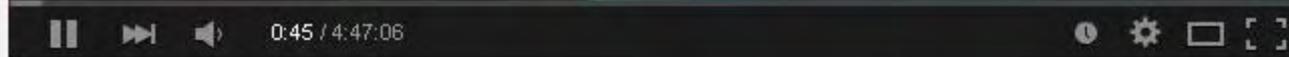
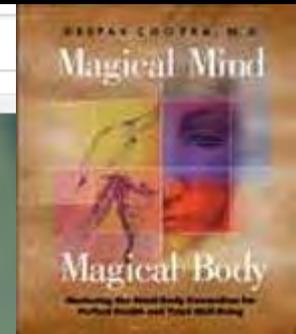
**What we do is we take that chaos of energy soup, we ingest it through our 5 senses, and then we convert that into a physical reality in our own awareness,**

**There's one part of you that doesn't change.  
If you find that part of you that doesn't change  
then you'll be able to cause transformations in that  
part of you that *does* change.**

**Now once we recognize that — even to have the insight — is to begin to cause transformations in your body.**

A person's body is nothing but an expression of all the ideas they have about it.

/Deepak Chopra – magical mind magical body



deepak chopra - magical mind magical body

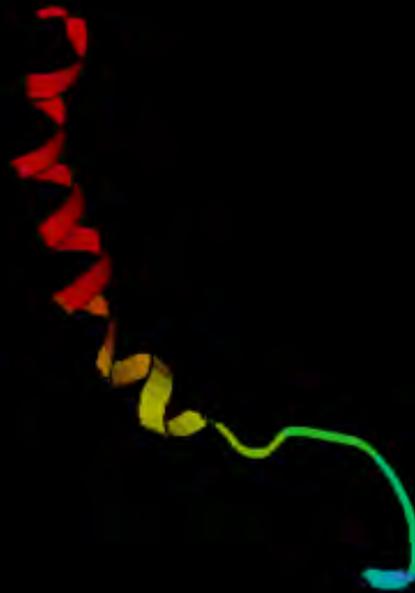
## **Ayurveda - The Science of Life**

Ayurveda is a 5,000-year-old system of natural healing that has its origins in the Vedic culture of India.

Tibetan medicine and Traditional Chinese Medicine both have their roots in Ayurveda.

Early Greek Medicine also embraced many concepts originally described in the classical ayurvedic medical texts dating back thousands of years.

# Neuropeptides



*Neuropeptides are small protein-like molecules used by neurons to communicate with each other. They are neuronal signaling molecules, influence the activity of the brain in specific ways and are thus involved in particular brain functions, like analgesia, reward, food intake, learning and memory.*

- The mind is in every cell of our body
  - The body is the mind at the same time
  - An average person thinks 60 000 thoughts/day
  - 95% of today's thoughts are the same as yesterday's
  - we keep repeating the pattern
- 
- If we become aware of this: we can use the time for
  - evoke healing from within
  - restructure perception of time - reverse aging

Spirit/Physical Mind+Body

- **WE are not the body nor the mind**
- **WE are the one who HAS the BODY and HAS the MIND!**
- **The universal mind is everywhere, omniscient omnipotent**
- **The body is a printout of the THOUGHTS of our INNER SELF**

**Spirit/Physical Mind+Body**

# Summary

- The body is made up of particles (neutrons, quarks...)
- These particles are nonmaterial  
fluctuations of energy and information  
in a world of energy and information
- 99,99% of our body is empty space, full of intelligence
- We are a non-material,  
FIELD of AWARENESS that  
INTERACT with OUR OWN SELVES  
THAT THEN BECOMES MIND + BODY

**DP: SPIRIT MIND + BODY with PHYSICAL MIND + BODY**

# Summary Old and New Paradigm

- 9 OLD PARADIGMS
  1. the world is objective out there
  2. the world is made of matter
  3. mind and matter are independent entities
  4. the mind is trapped in the brain
  5. we are physical machines who learned to think
  6. selfcontained independent entities
  7. our bodies have well defined edges
  8. time exist as absolute
  9. preception is an automated phenomena
  10. ... so on

# Summary Old and New Paradigm

- 9 NEW PARADIGMS "Laws of Attraction"
  1. We live in a participated universe, the world is a response
  2. The world is non-material, energy fields, space-time
  3. Mind and matter are same entities, field experiences
  4. The mind extends infinitely over the whole cosmos
  5. We are thoughts in a cosmos of energy-fields
  6. We are a set of relationships
  7. Our bodies have no well defined edges
  8. Time does not exist, only eternity, time=an experience
  9. We learn how to perceive
  10. ... so on



## 10 BODY TYPES

3 of them BASIC BODY TYPES

- WATA
- PITTA
- KAPHA

We are all combinations  
of these 3 basic body types



## 1. Purpose

What is your purpose in this life?

Do you know what your gifts and talents are?

Are you fulfilling your God-given purpose to help,  
encourage or contribute to the universe or society?

**LIVE FOR OTHERS! /SMM**

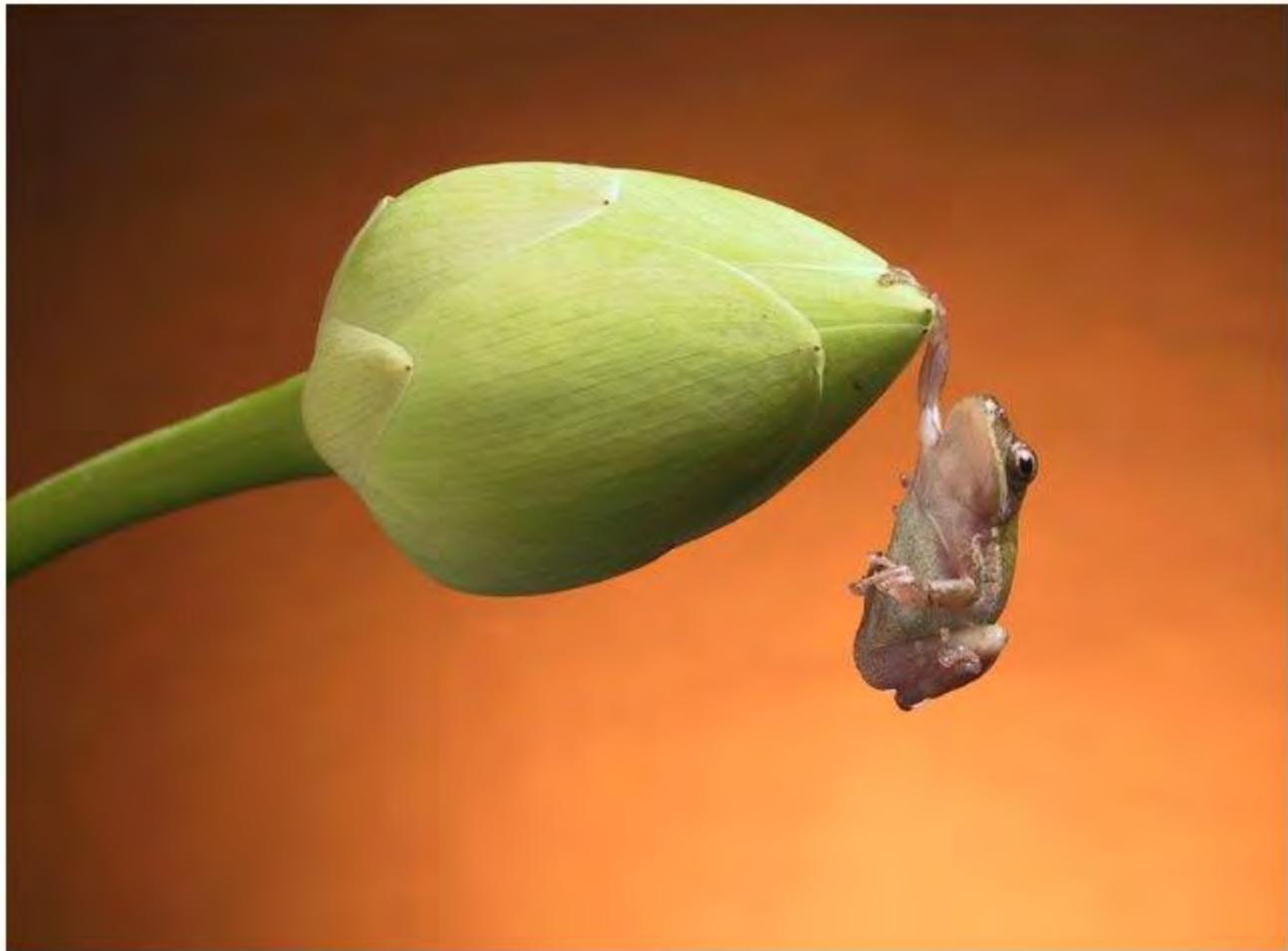


## 1. Search and examine

Or are you living your life just tagging along?  
Search and examine yourself because without purpose, you will not attract success.

Success does not just come along to someone who is not prepared or who don't have any idea where they are going.

**PRAY! /SMM**



## 2. Evaluate

Therefore, to make the law of attraction work, you need to

- evaluate your life and see where you are,
- where you want to be, and
- what are the talents you have to get there.

**ASK GOD IN PRAYER! /SMM**



### 3. Visualize

Now that you have a clue of what your purpose is, you need to visualize and see yourself already there.

Do whatever it takes to keep these pictures in your mind at all times.

Make a scrapbook or keep a journal to remind yourself that you are on a mission to get to a place of purpose.



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## 4. Passion

Create a passion for your purpose because it is your passion that will attract the tenacity to keep you going and possibly bring people to you that can help you to fulfil your dream.



## 5. Perseverance

Don't ever give up.

There will be times when you feel like nothing is happening, but you have to be patient and in the meantime, do things that will contribute to your dream while you wait for the manifestation.



## 6. No fear

Have no fear of the unknown.

Fear stifles your dream.

Doubt will kill your purpose.

Fear attracts failure, so encourage yourself if you have to  
and don't let anyone discourage you.



## 7. Desire

Desire and passion work hand in hand.

However, desire is what you have determined that you want to happen. Passion is the excitement of what is about to happen, so don't confuse the two.

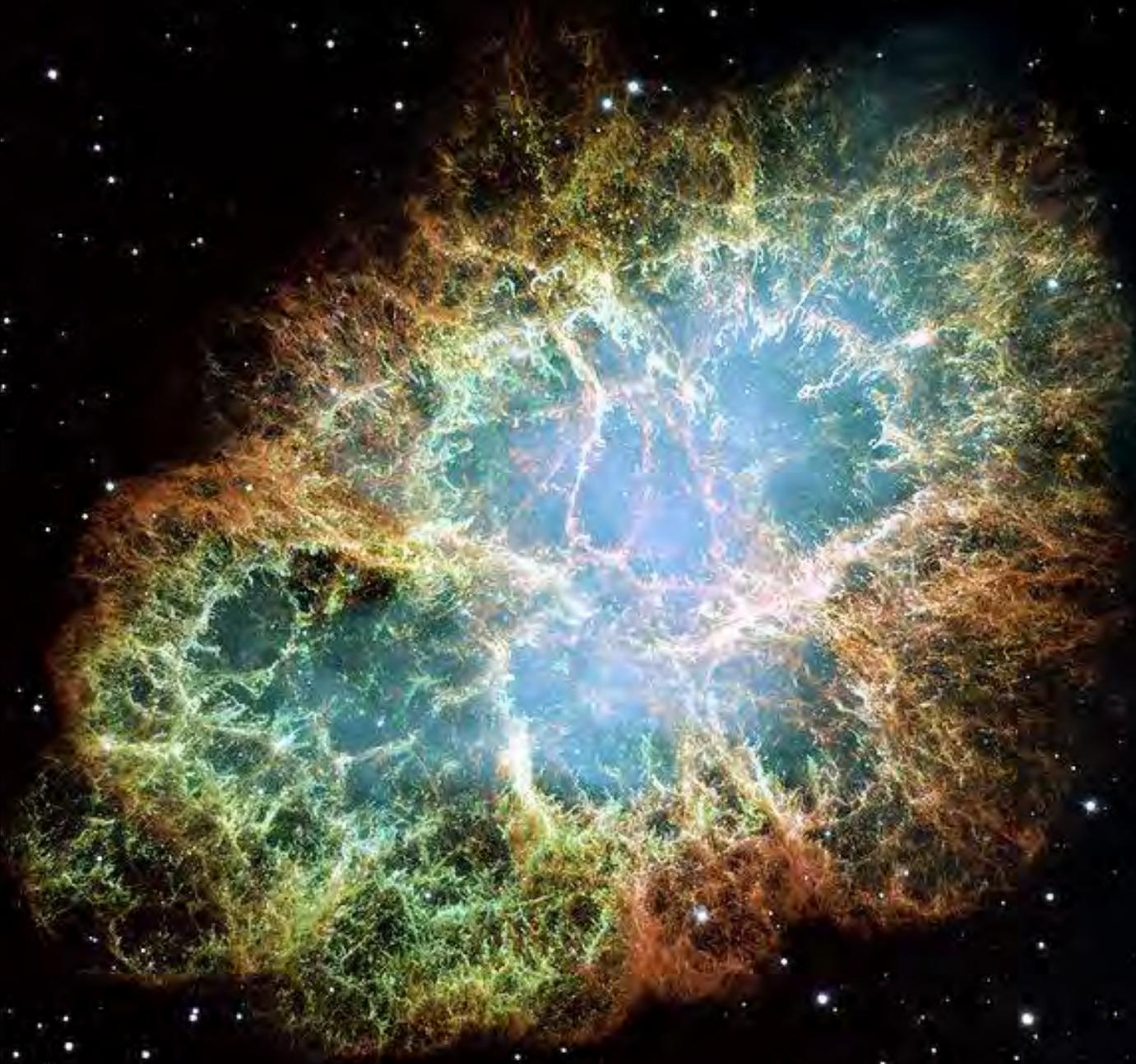


## 8. Speak out

Continue to maintain your desire by speaking it out aloud to yourself.

Even if it looks crazy, do it.

I find that a spoken word  
is more effective than just a thought.



Through Hubble telescope

## 9. Goals

Set realistic goals for yourself and write them down. Start with your short-term goals first.

You will be able to identify with a shorter plan and see the results quicker. When you write down your goals, you attract people who will see your organization skills and want to help you to get your goals accomplished.



## 10. Purpose

Keep focused on your purpose. Never lose sight of the path that you want to take and let that be your motivation to continue to move toward your purpose and fulfill the law of attraction.



## Change

Don't be afraid of change.

Change is good.

It shows that you are on your way to self-improvement.

It gives you a sense of hope and attracts new friends who will identify with the change in you and want to be your friend.



High altitude light phenomena

## Relationships

Your new friends will help you to stimulate good relationships and it is through your new relationships that you will get to your destined purpose.

After you leave your old friends behind, you attract a new future with new people who may make a better impact on your life.

## Relationships

Sometimes we get stuck where we are because of the friends we keep; friends who don't want to change or who don't have a sense of purpose, so forming new and worthwhile friendships is another key element in following the rules of the law of attraction.



Gratitude

Lastly, but more importantly, is gratitude.

Be thankful for where you are and where you are going.

## Gratitude

There is a spiritual entity at work in fulfilling the law of attraction, so connect with your spirituality and make it known that you understand the importance of remaining humble and being grateful for the gifts, talents and opportunities that have been afforded you because without these, you would never be able to fulfill the rules of engagement.

## Gratitude

The law of attraction cannot function without these ten principles. You have to be in touch with your humanity and your spirituality to make it all happen for you.



$(a \sqrt{b} - b) \div (b \sqrt{a} - a)$   
 $= 3.14159265$   
 $(a \sqrt{b} - b) \div (b \sqrt{a} - a) = 0.0001$   
 $100,000 \div 10 = 10,000$   
 $350,000 \times 35 = 12,250,000$

said here with a sense of the nature of God as the  
 progress of their understanding  
 of mathematics.

Students will understand  
 they have God's nature  
 revealed in the order  
 of creation they see in the foundations of  
 geometry  
 the study of the basics.

## The five forgotten rules of Law of Attraction

- The more you use it the more it works
- Juice your intentions up with emotion
- Give out more than you take
- Show gratitude
- Only tell people about your success when it has been completed

Ref: Author: [Steven Aitchison](#)



# 5 Attributes of Discountinity

1. No spacetime, no objects...only possibilities
  - Matter is in our consciousness
2. Everything is entangled with everything
  - ex. human body has 100 trillion of cells, more then there are stars
  - 100 000 cellactivites/second
3. Prolifirates with uncertainty
4. Quantum leaps
5. Observer effect, John Weeler



# 5 Great truths of the Body

1. 98% of the body cells renew every year  
WE the conscious "I" am not MY BODY!
1. the body is a changeable energy field,  
an information field  
ex. You are told you have cancer  
will emidietly change  
PHYSICAL processes in you body !
3. You can change your experience of time  
when you are happy, fell in love...time stood still
4. You can change the expression of your genes!
5. You can always use your timeless awareness  
to change. Awareness is the key!



## 5 Great truths of the Soul

When you are connected to your full consciousness...

1. ...your life is full of effortless spontaneity.  
ask is it fun , is it easy am I getting result
2. ...you spontaneously feel joy love and compassion
3. ...access to unlimited imagination and creativity
4. ...you experience state of grace! Synchronism.
5. ...you have power of intention, you choose evolution over entropy.



# 5 Reasons for experiencing Suffering /Veda Scriptures

1. not knowing the true nature of reality
2. holding on to that which is in-permanent
3. being afraid of ... holding on to that ...(2)
4. having a false ego
5. fear of death

# Reasons for experiencing *Dukkha* (suffering) Buddhism

1. The obvious physical and mental suffering associated with birth, growing old, illness and dying.
2. The anxiety or stress of trying to hold onto things that are constantly changing.
3. A basic unsatisfactoriness pervading all forms of existence, because all forms of life are changing, impermanent and without any inner core or substance.

# Suffering according to Divine Principle

1. Not knowing the True Nature of Reality  
(Life is following Spiritual Laws- Live for Others)

DP: Fall of Man made man ignorant of  
External (Science) and Internal (Spiritual) truth.

1. holding on to that which is in-permanent  
ignorance of Spir World and Life after Death
2. being afraid of ... holding on to that ...(2)  
loss of spir. senses
3. having a false ego  
4 fallen natures
4. Fear of Death  
ignorance of "Death" = Birth into Spir. World

# Solution

The four noble truths

Buddhism

The truth of *dukkha* (suffering, anxiety, unsatisfactoriness)

The truth of the origin of *dukkha*

The truth of the cessation of *dukkha*

The truth of the path leading to the cessation of *dukkha*

# Solution

1<sup>st</sup> Truth

Buddhism

The first noble truth is the truth of *dukkha* (*see above*)

# Solution

## 2<sup>nd</sup> Truth

## Buddhism

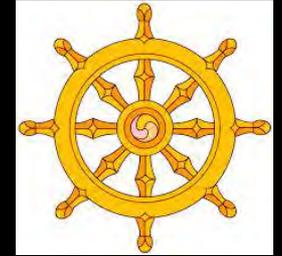
The second noble truth is *the truth of the origin of dukkha*. Within the context of the four noble truths, the origin of dukkha is commonly explained as craving conditioned by ignorance

# Solution

## 3<sup>rd</sup> Truth

## Buddhism

The third Noble Truth is *the truth of the cessation of dukkha*. The cessation of suffering and the causes of suffering. It is the cessation of all the unsatisfactory experiences and their causes in such a way that they can no longer occur again.



# Solution

## 4<sup>th</sup> Truth

### Buddhism

This path is called  
the Noble Eightfold Path:

Right Understanding,  
Right Thought,  
Right Speech,  
Right Action,  
Right Livelihood,  
Right Effort,  
Right Mindfulness,  
Right Concentration.



“Love is the Ultimate truth of the Heart of Creation”

/Tagore India

# Poems on Love

by Tagore

Love adorns itself;  
it seeks to prove inward joy by outward beauty.

~

Love does not claim possession,  
but gives freedom.

~

# Poems on Love

by Tagore

~

Love is an endless mystery,  
for it has nothing else to explain it.

~

Love's gift cannot be given,  
it waits to be accepted.

~

End first part

## Part 2

Ageless Body – Timeless Mind

10 New Assumptions

1. The physical world including our body is a responce to our mind
2. Our body are composed of energy and information  
Not solid matter.
- 3, The mind and the body are inseperably one.
4. The biochemistry of the body is the product of awareness .
5. Perception is a learned phenomenan that you can change.

6. Impulses of intelligence constantly create your body
7. All of us are connected with pattern of cosmic intelligence.
8. Time does not exist – only eternity.
9. Deep inside of us is a core of being – A field of I
10. We are not victims of aging sickness and death.

We ARE IMMORTAL SPIRIT!

Spirit Mind+Body and Physical Mind+Body!  
Following strict Spiritual Laws /DP & SMM

- If we lived a perfect life – 200 year would be biological possible.
- To stay alive our bodies must renew themselves
- Skin renew every month
- Stummoc line every 5 days
- Scelleton every 3 months
- 98% of our bodies atoms are renewed in 1 year

Sun Myung Moon BECAME 92 YEARS OLD!

1. There is no objective world independent of the observer.

- Reality is raw unformed data waiting to be interpreted
- Old cells are maps of old experiences
- Learn to be conscious about your body changing

2. Our body are composed of energy and information.

3. The mind and the body are inseparably one.

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We ARE IMMORTAL SPIRIT!

End Second part



## Part 3

Ageless Body – Timeless Mind  
Stress handling  
The Voice of Inner truth

- Stress always arises when we think how things MUST develop
- Uncertainty can be approached in 2 ways
- Acceptance – Healthy
- Resistance – Unhealthy
- Builds up frustrated feelings  
false expectations,  
unfulfilled desires

# Excercise 1: Freing your interpretations

- 5 steps to handle stress:
  1. Realize you have an interpretation
  2. Set aside the old mindset
  3. Look at things from new perspective
  4. Question your interpretation if it's still valid.
  5. Focus on process not outcome

- If you are being hurt:
  1. I feel hurt, that does not mean the other person meant to hurt me.
  2. I was hurt before and maybe thats why I was too quick to be hurt by this incidence.
  3. I dont need to see myself as a victim.
  4. Let me forget my feelings and look at it from the other persons perspective.
  5. This incidense can help me, to find the things that creats threats in me.

- Look at reality as it is!
- Not as a reflection of YOUR past experiences.
- Love, Compassion, Beauty, Forgiveness, Inspiration must come to us spontaneously, we can only prepare the way for it!

## Excercise 2: Peeling the onion of your past listening to your innermost deep self

1. There is a deaper place inside of you,  
where everything is alright.
2. Take a paper and pencil and write  
"I am perfect as I am"  
"Everything is working to my best"  
"I am loved"  
"I am love"
3. Close your eyes... open them
4. Now write down the first thought  
that comes...
  - Repeat 3 and 4, 12 times.

## Excercise 3: Living in the present

- Everything you think and feel is a reflection of who you are.



Ref: Great thinkers according to Deepak:

- J Krishnamurti India
- Rabindranath Tagore
- Vivikananda
- Yogananda
- Greek philosophers
- Lao Tsu China
- Jesus, Buddha, Mohammed

I would add Physical/Spiritual Healer  
SunMyungMoon!

## Similarities & Differences

Dr Sun Myung Moon

Both talk about **importance**  
**Mind/Body Unity**

Differences:

Dr Moon claims separation  
caused by **Fall of Man**  
**Lucifer & Eve in sexual**  
**illicit rel.ship**

**Adam & Eve in preadult**  
**sexual illicit rel.ship**

Dr. Depaak Chopra

"We all need to be healed  
in the highest sence  
By making ourselves  
perfect in mind, body and spirit!"

## Similarities & Differences

### Dr Sun Myung Moon

The Solution to  
Mind/Body dissunity  
is to pay Indemnity

Lay foundation for  
the Messiah/True Parents  
to forgive **Original Sin**  
by Blessing us as Couples.



### Dr. Depaak Chopra

Health is not just the  
absence of a disease,  
it's a joyfulness that should  
be inside us all the time.

**The body is not a frozen  
sculpture, it's a river of  
energy and information. ...**



End



Original Beauty remain on Earth!

Reference:

Depak Chopra , Magical Mind Magical Body (Google for online version)

**Steven Aitchison**

<http://www.stevenaitchison.co.uk/blog/2007/12/16/five-forgotten-rules-of-the-law-of-attraction/>

- Divine Principle HSA-UWC, Revelation by Dr Sun Myung Moon





The beauty  
of life

The beauty in Gods nature is there  
to inspire us!

Have a great Blessed week.

Prepared for 2nd gen inspiration by Bengt de Paulis.