

The
need
for
**Mind/Body
Unity**

Introduction

Short Vocabulary:

CSG = Cheon Seong Gyeong, Holy Textbook

CIG = Cheon Il Guk, Two persons become one, KoH

CP = Cheong Pyeong, Spir. training ground Korea

DP = Divine Principle, v1973

EDP = Divine Principle, v1996

ODP = Original Divine Principle, 2008

KoH = Kingdom of Heaven

LSA = Lord of Second Advent

OT = Old Testament

NT = New Testament

CT = Completed Testament

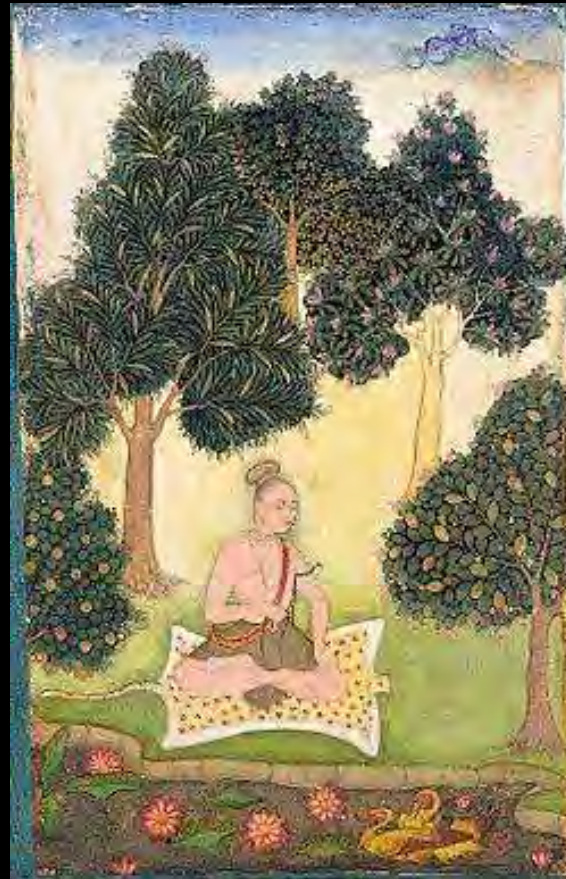
TF = True Father, SMM = Sun Myung Moon

TM = True Mother, Hak Ja Han Moon

UC = Unification Church

See also extended Vocabulary:

<http://www.slideshare.net/bdp003/vocabulary-uc>



In the 1980s, yoga became popular as a system of physical exercise across the Western world.

Yoga in Indian traditions, however, is more than physical exercise, it has a meditative and spiritual core.

AYURVEDA

The Science of Life



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.

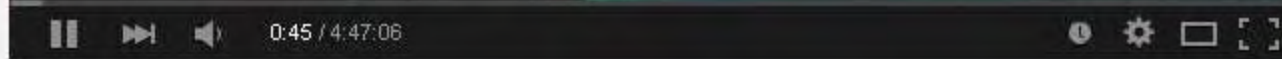
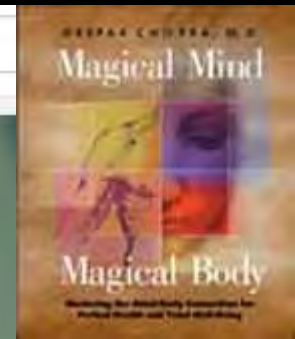
What we do is we take that chaos of energy soup, we ingest it through our 5 senses, and then we convert that into a physical reality in our own awareness,

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.

Source: /Deepak Chopra – magical mind magical body



deepak chopra - magical mind magical body

Mind is the Builder

The part of us that begins the process of setting us apart as unique individuals is our mental body.

It is here that the patterns leading to health or illness are created.



Edgar Casey

Mind is the Builder

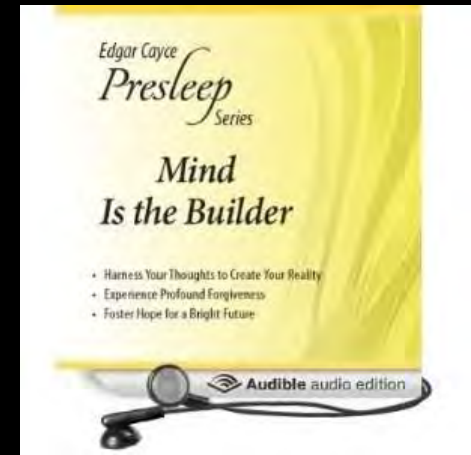
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The analogy of a film projector can be helpful in understanding this concept:

The light bulb and projected light represent the Spirit, and the images on the screen are the physical result.

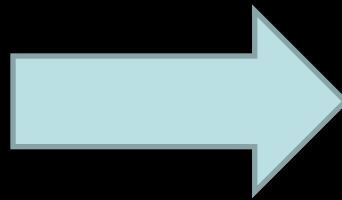
The film, which patterns the light to create the images, ' is comparable to our mental body. (DP: Spirit Self/Spirit Mind)



**Fall
of Man
Unpure sexuality**

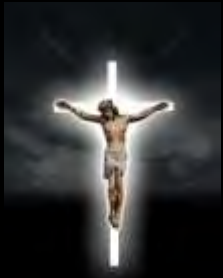


**Satans
Unholy
Seed**



**Mind/Body
disunity**

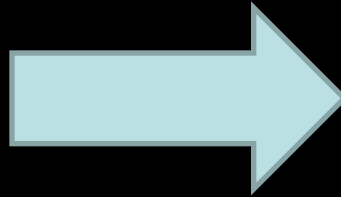
**1st Adam
Eve
Spiritual
Physical
Fall**



**Bride
Missing**
**Only Christians
Spiritual Bride**

**Mind/Jesus
Unity**

**Gods
Holy
Seed
in Jesus**



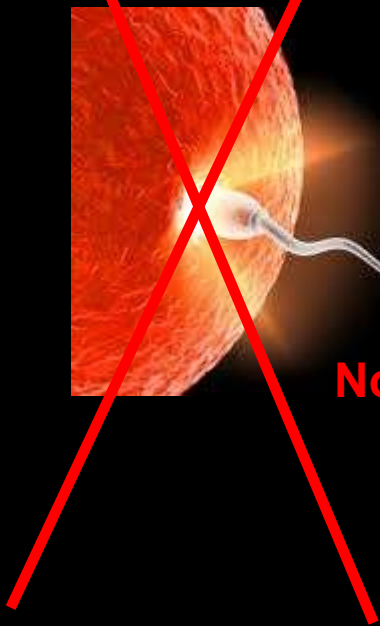
**Still body
disunity**

**Paul: Who will deliver me
from this body of death**

No conception

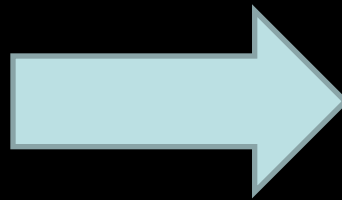
**1st Blessing
Individual Perfection
Only Jesus**

**2nd Adam
Jesus
Only
Spiritual
Salvation**





**3rd Adam needed
+ New Eve
Physical Salvation
New Lineage
created**



**Mind/Body
Absolute Unity**

**1st Blessing
Individual Perfection
2nd Blessing
Multiply Goodness
fulfilled**



St Paul

Romans 7:19

For the good that I would I do not:
but **the evil** which I would not, **that I do**.

Romans 7:24

²⁴ O wretched man that I am! Who will deliver me
from **this body of death?**

To be saved, every man, woman and child must commence their mission before they leave this earth plane.

And before they can do this they must find the reason for the original sin and what original sin is.

Perfection and resurrection can only be achieved through work and that work must be done in the body, the spirit of Truth demands it.

Why Mind/Body Unity?

- 1st Adam ended in failure – the Fall of Man
= Mind/Body disunity, body subject over the Mind

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- Even after Jesus victory over death
Our Body is still sinful and children are born from that
unholy body with Original Sin, needing redemption.

Why Mind/Body Unity?

- 1st Adam ended in failure – the Fall of Man
= Mind/Body disunity, body subject over the Mind
- Even after Jesus victory over death
Our Body is still sinful and children are born from that
unholy body with Original Sin, needing redemption.
- A new Adam, Second Coming of Messiah 3rd Adam
+ New Eve = True Parents will remove that Original Sin
and make our Bodies Holy again.

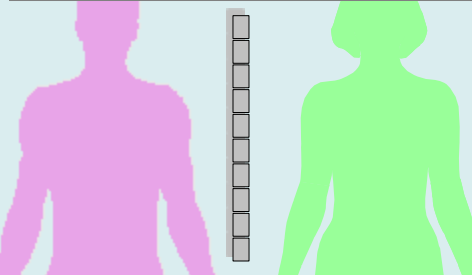


*True Parents 1960
Lord of The Second Advent and His Holy Bride*

The Fall of the Angel and the Fall of Human Beings

Angel's sin

Human sin



Illicit sexual relationship

+

Sexual parts

=

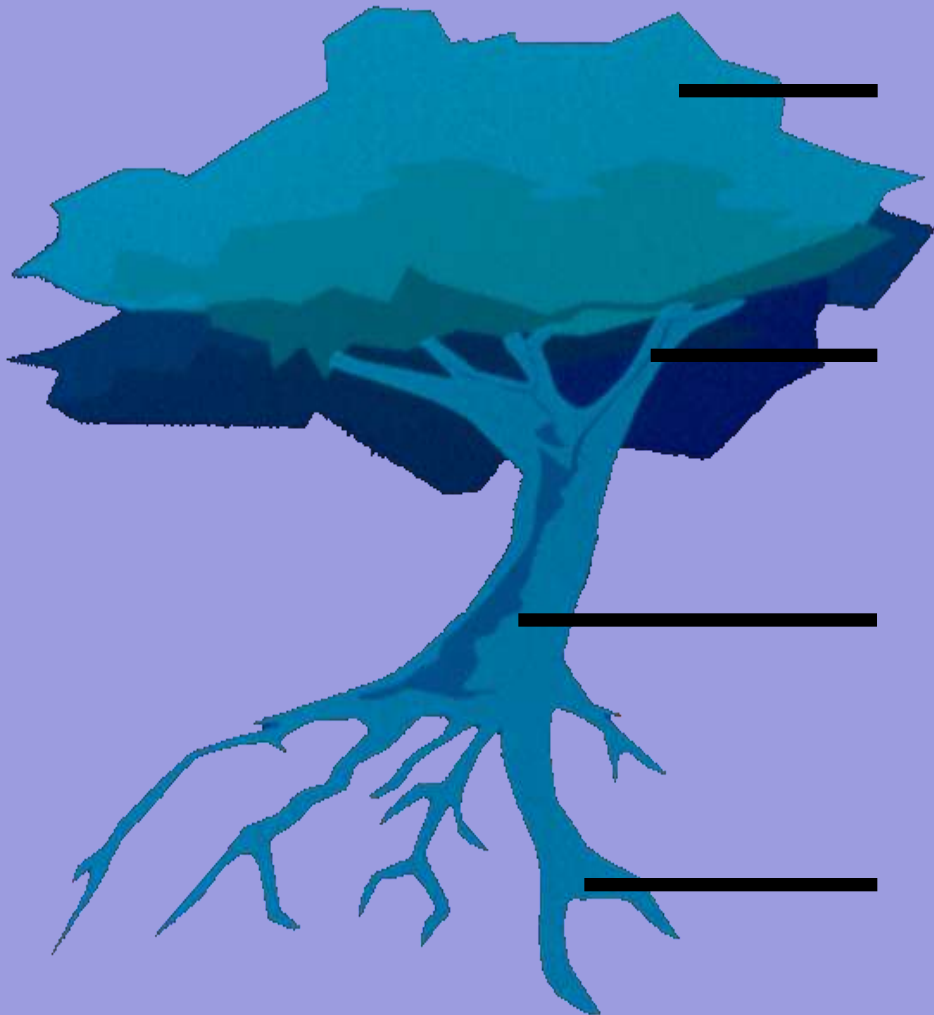
Illicit sexual relationship

Jude 6-7

Gen. 3:7

Hence, we can deduce that the illicit sexual relationship must have occurred between the angel and human beings.

Tree of Sin



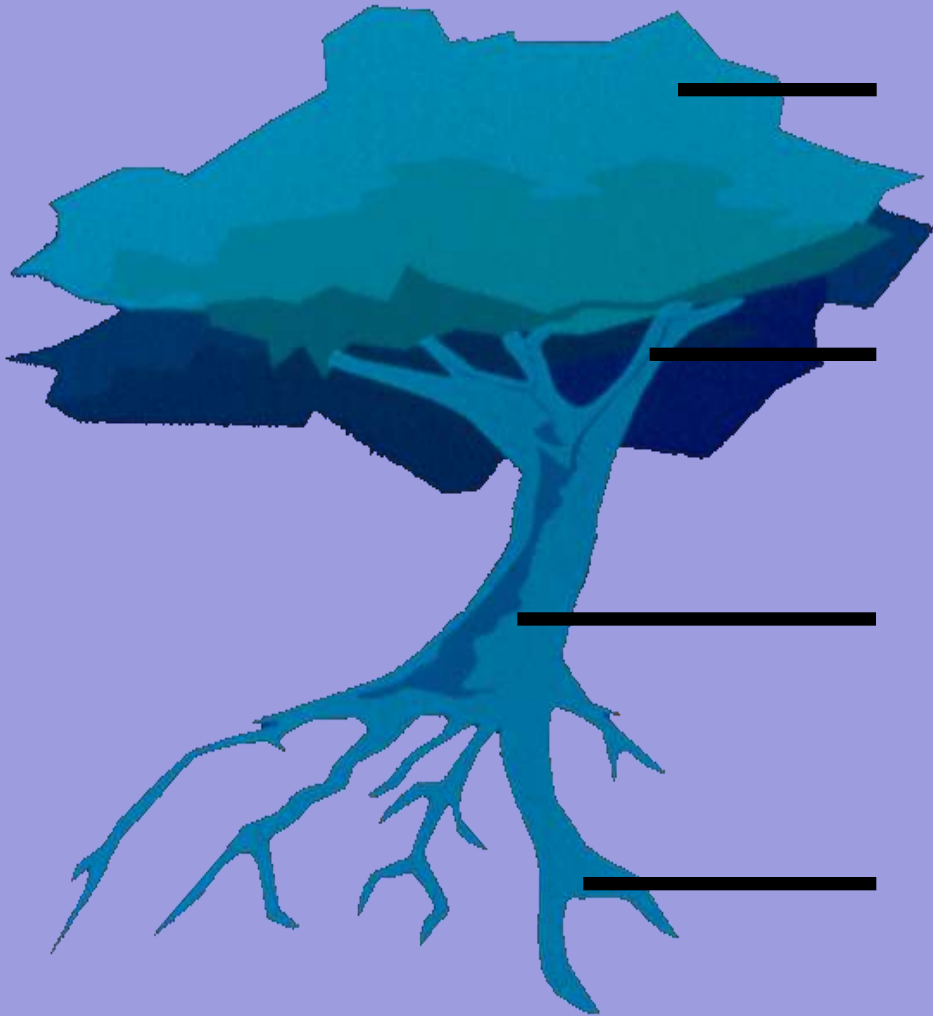
Personal Sin

Collective Sin

Inherited Sin

Original Sin

Tree of Sin



Personal Sin

Collective Sin

Inherited Sin

Original Sin

**We can
work to
solve**

**Messiah
needed**

Tree of Sin



Original Sin
Root of all Sins

1st Adam & 1st Eve

**= 2 people committed
the Original Sin**

2nd Adam=Jesus

**missed a partner 2nd Eve
to fully restore
and end the Original Sin**

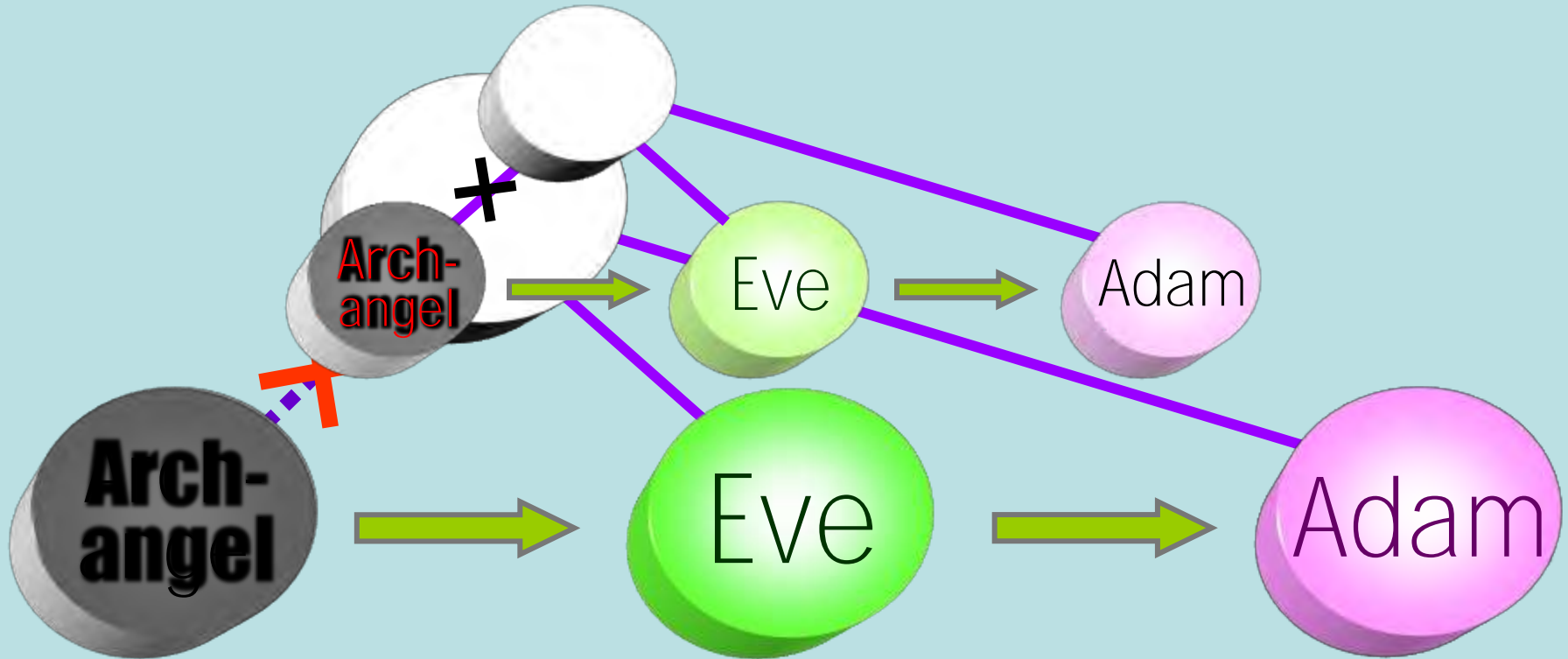
3rd Adam + 3rd Eve.

**That's why the Second
Coming is needed
on Earth**

**with a new Holy Couple
True Parents**

True Parents are needed to solve the root of sin

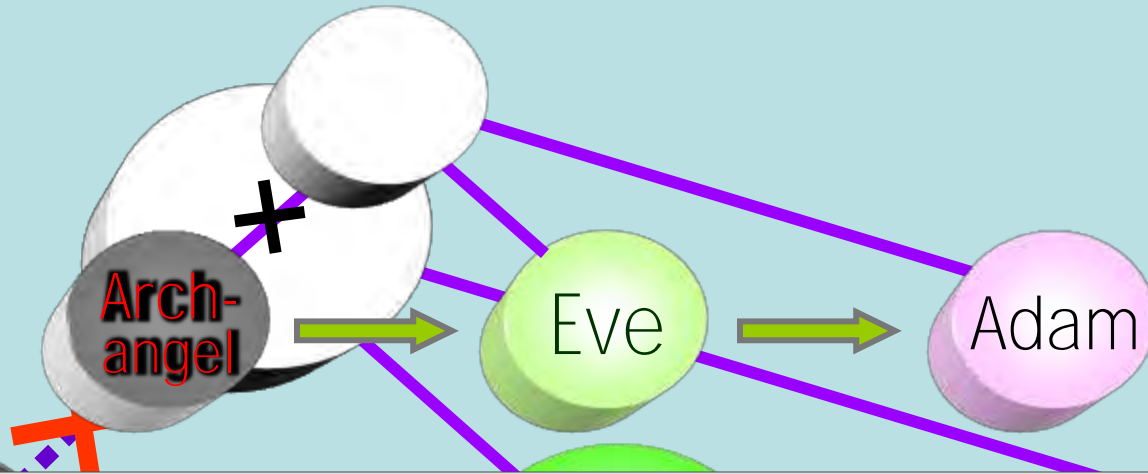
The Primary Characteristics of the Fallen Nature



Multiplying the criminal act

The primary characteristics of the fallen nature can be divided broadly into four types (p. 73).

The Primary Characteristics of the Fallen Nature



- ① **Failing to take God's standpoint**
- ② **Leaving one's proper position**
- ③ **Reversing dominion**
- ④ **Multiplying the criminal act**

The primary characteristics of the fallen nature can be divided broadly into four types (p. 73).

The Meaning of Freedom from the Viewpoint of the Principle

- 1 No freedom outside the Principle.
- 2 No freedom without responsibility.
- 3 No freedom without accomplishment.

There is no freedom without
responsibility.

There is no freedom without
accomplishment.

The World 2015 – Mind/Body disunity Sex-Trafficking, Drugs, Wars, Fatness, Starvation



East/West =
Spiritual/Science imbalance
North/South
Economic imbalance



North/South =
Rich/Poor imbalance

Food-Sleep-Sex
Obesity-Lazyness-Promiscuity
Common Base = Selfish desires



One thing is for sure: the highest religions have maintained that people must control their desires:
the desire to eat, to sleep and to experience sexual love.

/SMM Jan 1984

Whatever you
shall bind on earth
shall be bound in
heaven:
and whatever you
shall loose on earth
shall be
loosed in heaven.



**Mind/Body
Unity**

**Mind/Body
Unity**

Artist
Benny Andersson
Sweden



"Yeshua"

Messianic qualifications: Jesus



1. Explain all past history, & Holy Scriptures

Jesus said he did not come to break the Law but to fulfill it
He was the fulfillment of the Jewish prophecies

2. Explain current social/political situation

"So Jesus said to them, "Give back to Caesar the things that are Caesar's, and to God the things that are God's." And they were utterly amazed at him."

3. Have a clear plan for a future good world

"Behold for the Kingdom is at hand"

4. Prophecies being fulfilled

Over 300 Prophecies fulfilled by Jesus!

5. Testimonies to Divine Power

Healing was essential to the ministry of Jesus because He envisioned healing as a physical symbol of forgiveness. He guaranteed the ultimate glory of the human body through His personal resurrection, but forecast that restoration by healing twisted, shrunken, blinded limbs and organs. The paralytic's restoration is but one of many such examples (Mark 2:1-12).

Messianic qualifications: TrueFather Moon SunMyung



1. Explain all past history, & Holy Scriptures

Divine Principle: Principle of Creation

FallofMan

Restoration

2nd Coming = Holy Blessing of all Mankind



What is the mind?

It is that part of us that received love from the vertical Father, the Creator.

The body is that part of us that received love from our horizontal parents.



Therefore, the mind is the vertical "I" and the body is the horizontal "

If their relationship is one of subject partner and object partner.

When the circumstances are such that our mind and body are united, horizontal and vertical unity finally takes place, within us.



With love, the vertical plus and the horizontal minus make a ninety-degree angle as they meet at the ideal and central point of unity.

Nothing exists at that central point, but all power flows through it. Power jumps and dives into it; there is no resistance whatsoever.

Everything there whirls about like a typhoon that nothing can stop. It is God who made the center in this way; He is truly the King of wisdom.



The mind is the vertical master because it has inherited God's lineage.

The body is the horizontal master; it is the self that received the lineage of the perfected Adam.

Thus, there are two masters in each of us.

One is the master that inherited God's vertical lineage, but it does not suffice to have only God's lineage.

We need a horizontal line that intersects with the vertical line of God's lineage.



Looking at the mind and the body, the mind is the subject partner, in the plus position, and the body is the object partner, in the minus position.

Even so, **they fight each other.**

How did they come to fight?

It is because the body became another plus.

The body should be eternally the object partner before the mind, but it took over the position of subject partner.

That was **the Fall.**



If the human ancestors had become one with God's love in this way, then each of us would have been born through that love.

In addition, our minds and bodies would have resembled God's mind and body, even as they resembled the mind and body of our father and mother, Adam and Eve.



Had there been no Fall, I would have inherited true love,
true life and true lineage from them.

That is how I was supposed to come into being.

I was meant to be brought into this world when they united
in true love.



Looking at ourselves, our mind represents the vertical aspect and our body the horizontal aspect.

if the mind and body reciprocate well according to the desires of the mind, the mind is at peace.

In that case, we grow well.

Physical suffering is painful, but the suffering of the mind is worse.

That is because the vertical is central.



The mind is vertical and the body is horizontal.
Yet unless they are united, unless they are made level, we
cannot form a perpendicular that is aligned with the direction of
God's essential, absolute love.



The mind is the vertical "I" and the body is the horizontal "I".
I am perfected as, a human being when the vertical "I" and the
horizontal "I" unite. What is the center that enables the
horizontal and the vertical to unite?



There must be an essence by which the two can resonate with each other and unite in a state of perfection. Neither money nor knowledge nor power can create this resonance.

The only thing that can bring it forth is God's true love.



The vertical and the horizontal have to meet at a ninety-degree angle within you. When four ninety-degree angles are combined, they make 360 degrees.

Unless this happens within you, you cannot be a perfect person.

You will find that real "I" only when you grow to perfection and experience conjugal love for the first time.



If there is a perpendicular that is desired by all beings in the creation as their ideal, it has to be one. That is true love.

However, this axis, this point of perpendicularity, has not yet been formed on this earth.



For a person to have an upright mind means that his or her mind stands straight.

That is why human beings walk with an upright posture.

A person can be spiritually upright only when his or her mind is vertical.

Hence, we have to make the mind completely vertical. Then our body becomes a horizontal line.



We each have both a mind and a body. When the mind and body are united, we do not feel distress.

But when the mind and body are disunited, when they are not balanced horizontally, we feel inner torment.

The problem arises when either the mind or the body is too overpowering, creating an imbalance.



With God present, a loving man and a loving woman become a core within the love of God, and their minds and bodies together form a perfect sphere.

There, the mind is the vertical self and the body is the horizontal self.

Also, the vertical mind is God,
and the horizontal body is True Parents.



The spirit world exists within human beings.

A spirit dwells within us; that is the mind.

The invisible mind and the visible body represent the world.

when the invisible mind and the visible body become one with true love at their core, that person will become an ideal man or an ideal woman, a perfect individual.

/Cheon Seong Gyeong

Vers. 2014.



In order to become such people in reality,
the most urgent matter is to create the realm of unity
with others in your daily life and to become a person
who has mind-body unity within yourself.

How can you know whether you have become a person
with mind-body unity?

Go out and spread the word with utmost devotion.

When you do so, you will realize that God is always
with you through your connection to the Word.

(27-337, 1970.01.01)

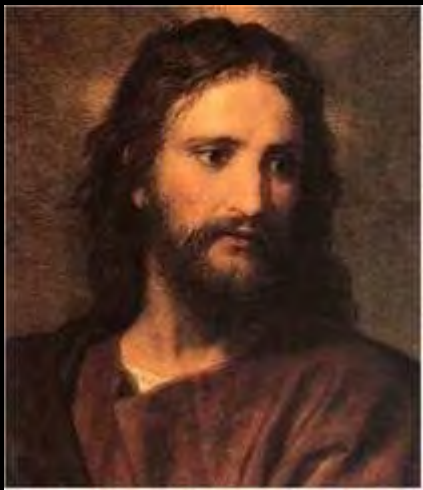


Jesus
“A Spiritual Light for 2000 years“
During 2000 years in the sign of Fishes

Lord of
2nd Advent

Promise!
Return

Promise!



Judaism

2nd Adam

3rd Adam

Messianic
Hope

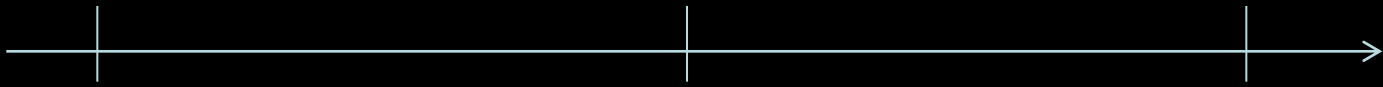
Jesus

Sun Myung Moon

True Parents

Age of Pisces (Fish)''

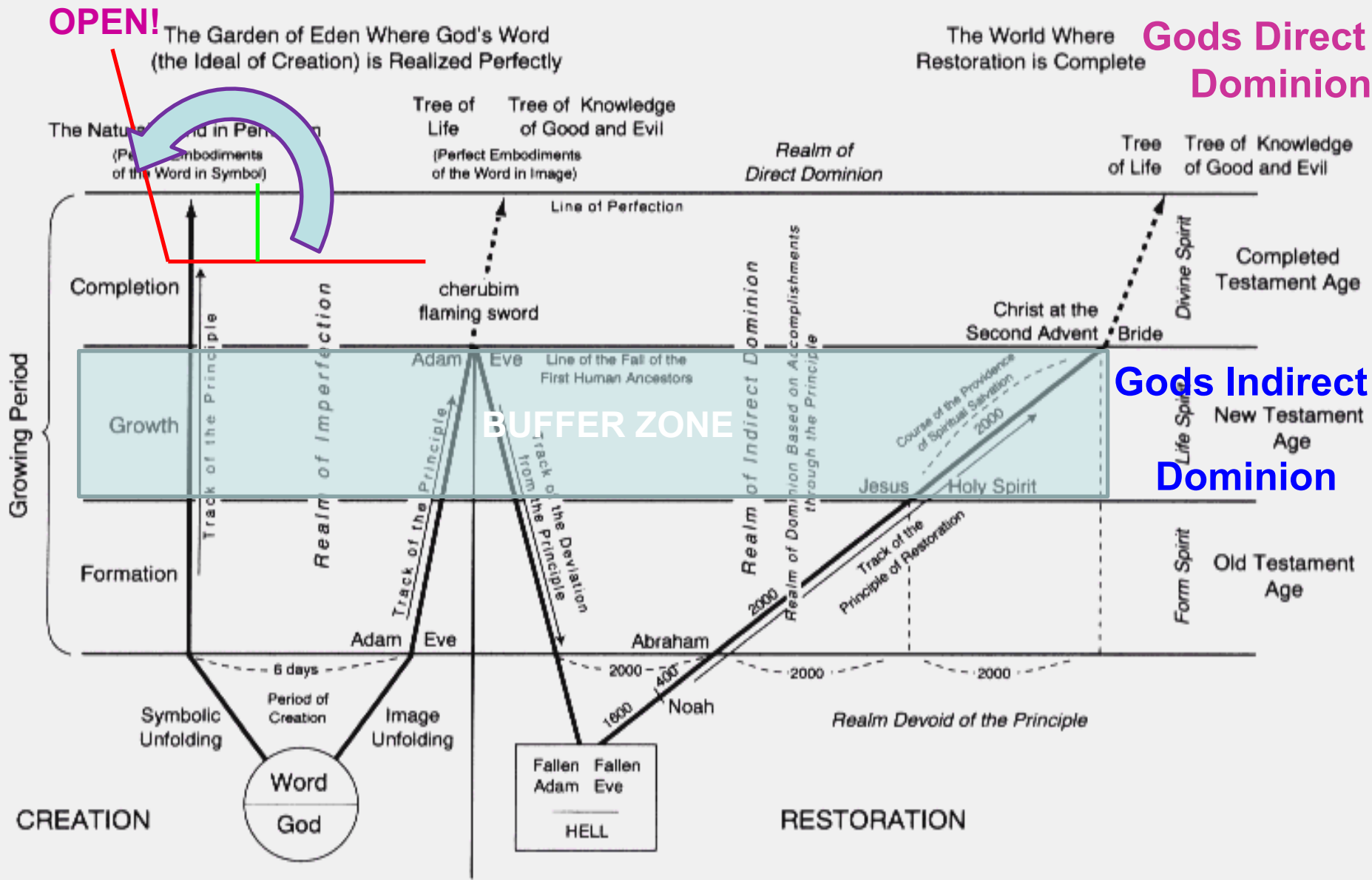
Age of Aquarius
Age of Cheon Il Guk



The Messiah's 5 main missions

- | | |
|--|--------------------------|
| 1. Achieve Human Perfection | Gods 1st Blessing |
| 2. Reveal the Completed Testament | Gods 2nd Blessing |
| 3. Fullfill the 4 position foundation | Gods 2nd Blessing |
| 4. Forgive mankinds original sin | Gods 2nd Blessing |
| 5. Building the Kingdom of Heaven | Gods 3rd Blessing |
| 8 Levels of Victory | Gods 3rd Blessing |

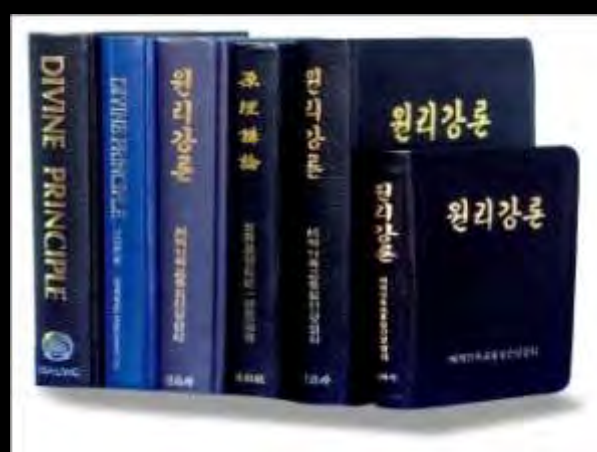
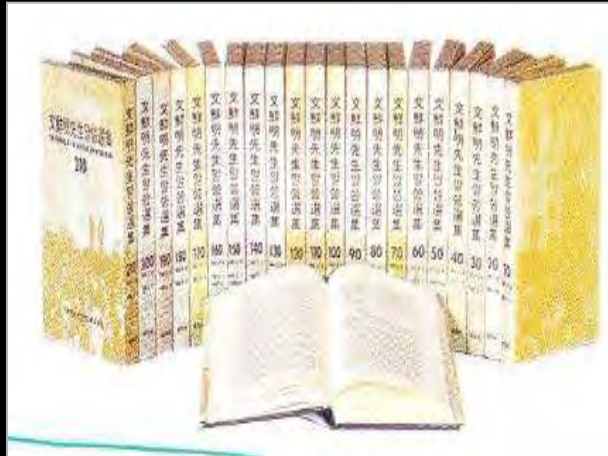
Chart 1: The Unfolding Manifestation of God's Word in the Creation of the Universe and the Providence of Restoration



Proclamation of the Word that firmly establishes the True Parents of Heaven, Earth and Humankind

The completion of the 8 textbooks

Proclaim Gods Holy Word



The Messiah
5 main missions

3. Fulfill the 4 position foundation

- Holy Marriage 1960
- Children, Grandchildren...

Gods 2nd Blessing
Foundation Level
Church Level



The Messiah
5 main missions

3. Fulfill the 4 position foundation

- Holy Marriage 2003

Gods 2nd Blessing
Growth Level
National Level



The Messiah
5 main missions

3. Fulfill the 4 position foundation

- Holy Marriage 2013

Gods 2nd Blessing
Completion Level
Cosmic Level



The Messiah
5 main missions



4. Forgive mankind's original sin

- Holy Wine Ceremony – 1st Gen.
- The Blessing

God's 2nd Blessing

The Messiah
5 main missions



2010

5. Building the Kingdom of Heaven
Healing a Spiritual sick Mankind

Gods 3rd Blessing

23rd of March 2012





Since human beings fell while at the top of the growth stage of the growing period, we cannot go directly to the completion stage.

What this means is that people at the top of the growth stage can rid themselves of original sin through the Blessing.



They can then rise to the level above the point where the first ancestors fell.

Therefore, you must realize that the position you have acquired today through receiving the Blessing is not that of the top of the completion stage but the top of the growth stage. (1970.10.19)

CSG v.2006 Book 1 Chapt3.1



Those families who have received the Blessing must bear in mind that until they cross over from this fallen realm, they are only in the realm of conditional perfection.

They are not in the realm of the perfected Kingdom of Heaven. (yet)



Since they are only living in that conditional realm of perfection, once they pass on to the spirit world, they need to go through certain formalities.

Only after they go through due formalities and reach complete perfection can they receive their passports and enter the Kingdom of Heaven.

(1978.10.9)

CSG 2006 Book 1 Chapt3.1

You must restore the three archangels and the eight family members who stood before Adam.

By establishing three central children, that is, three spiritual children, when they marry this makes a total of eight family members. / 1983.4.10

Though your lineages and backgrounds are different, if you want to take after True Parents you must first be engrafted to them. You must do a complete turnaround and be engrafted.

To do this, you must complete the course of indemnity that you are undertaking. Since that course was begun through the True Parents, it can only be completed through the True Parents. That is why you must be engrafted to True Parents.



2013 CIG - Cheon Il Guk
a True Love "chain reaction" of Goodness
& True Love all over the Physical & Spiritual
Worlds

Gods 3rd Blessing

Summary x6:

- **Messiah – Jewish, Christ – Greek
Islam Imam/Mahdi, Hinduism Avatar, Buddhism Maitreya**
- **Korean Prophecy Chung Do Ryung
"True Man" or "Holy man"**



...when I closed my eyes, I saw True Father in front of me.
He was so lively, and beaming with happiness.

He wore a light beige coloured suit, a white shirt and a light colored tie.
He was standing very relaxed, putting his weight more on one hip. Then
I saw that True Father was holding hands with Jesus, who was standing
to his right.

True Father was alternating between embracing Jesus with his right arm,
or holding his hand. True Father was so blissfully happy. Even
he was surprised by the glory and enormity of happiness of the occasion.

/Barbara House Connecticut



*True Parents
of Heaven Earth and Humankind*

Ref: www.tparents.org

www.familyfed.org

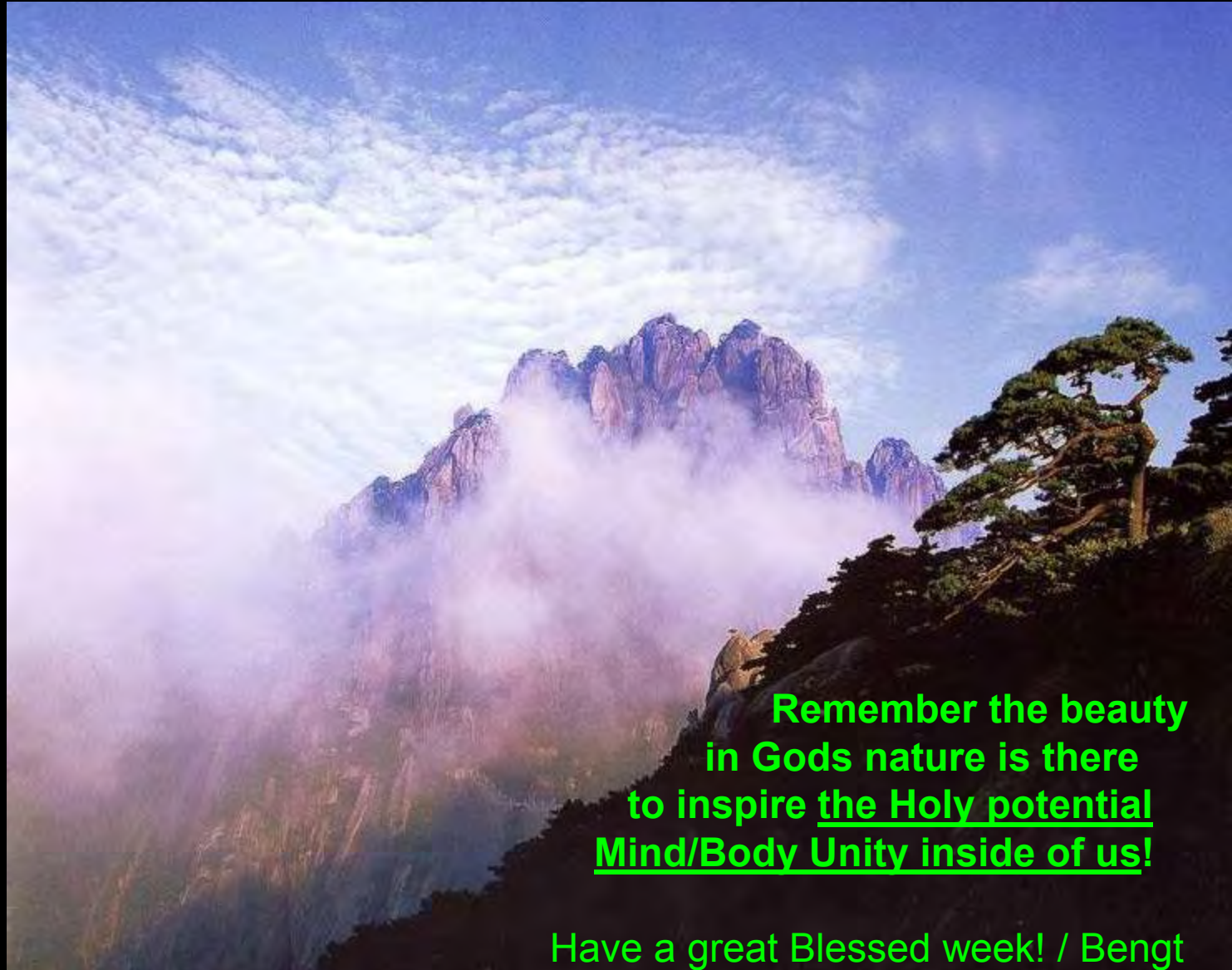
Red Color Divine Principle slides

www.euro-tongil.org/swedish/english/PPT/New%20DP%20Red%20Colour%20Slides/

More slides at

www.euro-tongil.org/swedish/english/PPT/SundaySchool/

[Google for "Slideshare bdp003"](#)



**Remember the beauty
in Gods nature is there
to inspire the Holy potential
Mind/Body Unity inside of us!**

Have a great Blessed week! / Bengt