

Who Am I?

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My dear brothers and sisters,

It is an essential point in our daily lives of faith for us to truly know and understand and sincerely ask ourselves...' Who Am I ' ?

We may need to consistently reflect and meditate in order to understand this... We may need to study the Bible, the Cheon Bok Ark Books, especially Cheon Seong Gyeong which will help us to analyze from a Divine Principle perspective of who we are, where we originally came from, where we are going, and how to get there.

One may think: ' I am an elder member I know this already...' but do we really know it? Down to the very core of our being? Do we know it in our hearts? And are we in-tune with our Original Hearts? Are we constantly aware of our intrinsic value according to how God thinks?

We need to understand clearly, by not listening to negative thinking of our minds, by not paying attention to the guilt that over-rides us daily...draining our power, by not listening to the devil's voice speaking in ' first person ' in our own minds telling us ' who we are ' according to his ideas...but listening to God's voice.

Quotations from the book: **Telling Yourself The Truth** by William Backus and Marie Chapian.

" The misbeliefs that we tell ourselves are directly from the pit of hell. They are hand engraved and delivered by the devil himself. Words like, " oh I can't anything right" is a misbelief statement. If you believe words like that, you are believing a lie. "

Negative and distorted statements which a person repeats to him/herself come from the devil. Your flesh accepts them without question and then, like spoiled, rotting food, these words of mental poison create painful emotional aches and pains.

We can get rid of our misbeliefs when we start paying attention to our negative self-talk. What you think and believe determines how you feel and what you do. As long as you are convinced that you can't change, you won't try. What you believe affects how you change. "

We need to be feeling God's Heart and God's Love...because once we tap into knowing God's Love tasting God's Love for ourselves on a daily basis, then we will understand who we are, how to achieve oneness with God's Love so that we will rejoice to be an instrument of God's Love and even God's Healing Power to heal one another and this world at large.

But...how can we feel God's Heart and Love if we have been telling ourselves that we are not up to 'par' or that we are not good enough?

In this book that I just quoted, it tells us that in order to change our thinking, we must change how we feel..and how we feel is directly connected with our biochemistry.

" What causes us to feel the way we feel? The state of your biochemistry can affect the way you feel. There are ways to change your biochemistry, one of the ways is to begin maintaining an adequate nutritional base and properly - functioning body.

Your thoughts too, can change your biochemistry. What you are thinking right now can actually change the chemical composition of your brain cells and the rest of your central nervous system.

The sentences in your self-talk can actually alter your glandular, muscular and neural behavior. That's what we mean when we talk about emotions. Some psychologists are uncovering the fact that the way you think influences the way you feel. They speak of it as a brand new discovery, a modern-day revelation. Actually this truth has been around for thousands of years. The book of Proverbs says, " As he thinketh in his own heart, so is he, " and " The thoughts of the righteous are right."

Our thoughts determine our behavior. When we speak of behavior, we mean not only our actions but also our emotions. Jesus kept telling people to believe, have faith, trust..." According to your faith be it unto you. " He said, " Faith " is a noun that refers to the act of believing.

What if you believe that in spite of the ups and downs of life, you are not a failure, you'll never be failure; it's impossible for you to be a failure! What if you believe that life is challenging and good and with Christ as the strength in your life, you're a winner through thick and thin? According to your faith, be it unto you.

Change a person's beliefs and you will change their feelings and behavior."

Do we understand how much power is available to us? When we understand our value, understand who we are according to what the Divine Principle says, according to what Cheon Seong Gyeong says, then we will be able to fulfill our portion of responsibility to become one with God's Heart and have God's Love flowing freely from our hearts...

Exposition of The Divine Principle page 50 Creation 6.3.2:

" The human mind consists of the spirit mind and the physical mind. The relationship between these minds is like that between internal nature and external form. When they become one through give and take action with God as their center, they form a united functioning entity which

guides the spirit self and the physical self to become harmonious and progress toward the purpose of creation. "

Through give and take with God as their center refers to Loving God and receiving God's Love as our center so that we can become a functioning entity of the embodiment of God's Love which guides the spirit self and physical self to become harmonious and progress toward the purpose of creation which is perfection or to be the embodiment of God's Love for the world.

Do we know who we are? Do we actually understand our providential value? Do we see ourselves with the providential glasses that God would have us see with, so that we can actually understand who we are.

This is such important information, that without knowing and understanding who we are, from a heartistic viewpoint and with the attitude of True Love then we are not able to build the Kingdom of Heaven...because the Kingdom of Heaven does not come about all on its own, but the Kingdom of Heaven is in the midst of us...so when we know and understand who we are and become the fruition of who we are then we can help others do the same.

Then we will love ourselves with God's Love, which enables us to naturally love one another with God's Love, then God is naturally in our midst, which is the Kingdom of Heaven.

Matthew 18:20 " For where two or three are gathered in My Name, I AM there in the midst of you."

Gathering in God's Name which is gathering in the Love of God (since God is Love) when we are embodying God's Heart...then we are gathering in the Love of God.

2011 Motto of True Parents:

"The Kingdom of Heaven will be complete upon the earth when all people on earth, have the heart/emotion of Heavenly Parents and their harmonious relationships of brotherly/sisterly love and have permanently established oneness then Heaven will be established and Cheon IL Guk will be victorious."

The Christian thinks that the Kingdom comes down from Heaven and engulfs us...they do not understand 5% portion of responsibility...but we do...our main focus on this term: "5% portion of responsibility" should be first and foremost in our minds and hearts, that we are to embody the True Love of God...then in doing so, God's True Love will naturally flow out of our hearts so that we will naturally love one another as God has loved us.

As Jesus said in John 15:12 " *Love one another as I have loved you...*"

To embody God's Heart, we will be growing into the sons and daughters that God needs to restore this world. Now...the question is: how can we embody God's Heart, God's Love? to embody God's Heart first we must answer the question: Do I really want to be happy?

" Let us ask ourselves these questions:

1. Are we comparing ourselves and our lives of faith with someone else who seems better in some way or are we looking at ourselves in the light of God's Word?

D.L. Moody once said that the best way to show that a stick is crooked is not to argue about it or to spend time denouncing it, but to lay a straight stick alongside it.

The straight stick in the lives of Believers is the lovely and indestructible love of Christ! When our eyes lose sight of this dazzling truth, there remains only shadows to stare at. Shadows such as envy, jealousy, or comparing ourselves with others. Unhappiness or a state of discontent often is the result of longing to be different or to be in different circumstances, especially someone else's.

If we do not find worth in what we are and what we have now, we will tell ourselves we are less important than others or we have less than others. When we tell ourselves these things, we create unrest within ourselves and in striving to be or have what we think others have, we are always seeking after an invisible unattainable state of happiness which is always out of our grasp.

Pursuing peace means to choose it. You will never have peace if you are putting yourself down. The peaceful person is the one who is at peace with him/herself.

Dag Hammarskjold said: " A man who is at war with himself will be at war with others. " When you like yourself, you will be free to like and appreciate others. when you are hard on yourself, you will be hard on others."

2. What am I telling myself?

Listen to your thoughts and your words. Remember any thoughts that reflect hopelessness, desperation, hate, fear, bitterness, jealousy or envy are the words and thoughts generated by demonic falsehood. These are the words and thoughts that you will be changing and eliminating from your life.

The worth of a person is not based on success or accomplishment. It is not based on performance, achievement or even how many people love and respect us. Our worth is based totally and solely on the declaration of God. For God so loved the world. " God loves people. Nothing can change this fact."

Jeremiah 31:3 " I have loved you with an everlasting love and drawn you with my loving-kindness."