

Heart Resonance of Love

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March 2, 2016

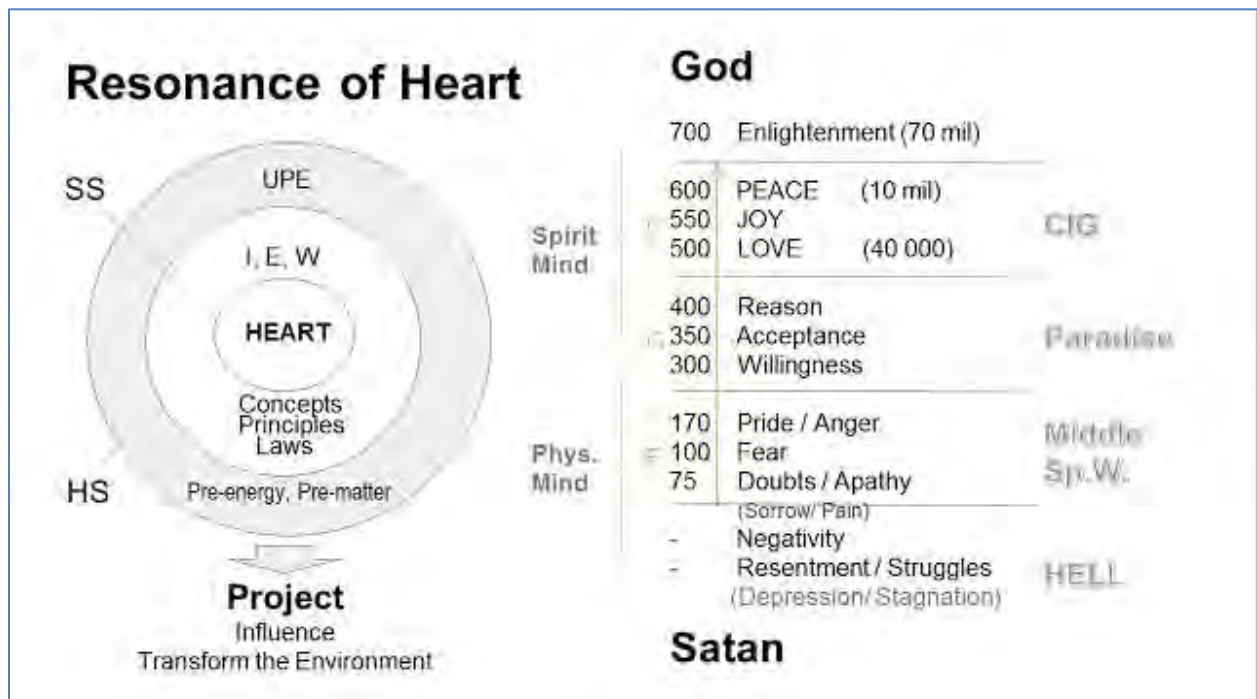
Heart Resonance is a new form of healing based on Unification Family Therapy that is so simple, yet so powerful

You can now learn Heart Resonance through lectures on Unification Family Therapy. Heart Resonance Workshops are offered to encourage you to spread the message of Resonance of Heart in your family and community. Here some short notes from our Workshops on Heart Resonance Therapy (HRT).

Introduction to Heart Resonance

Since Einstein's discovered that everything is energy, our understanding of Energy through quantum physics has moved forward. All existing things exist and project different frequencies. At a cellular level our bodies work using energy for their functions and for communication with other cells.

The Heart Resonance system was grounded on science, practice and spiritual experiences. Once you connect the Heart Resonance knowledge with the Principle it becomes a powerful tool for transforming your lives.



Emotional Sensitivity to God's Heart

Human heart contains **intelligence** independent from the brain, that guides our lives. As the Principle explains,

"Human beings are endowed with emotional sensitivity to the Heart of God.. so that after his perfection, he could breath God's love perfectly.." - Divine Principle p. 80

Our Heart is the essence and the center of our Spirit Mind, where God dwells.

"God is at the center of your heart... God is the root of love.. we cannot feel Him.. because He and we are one. He is one with love.. to manifest God, you have to spread your love in all four directions." CSG Book 1. God p.28

Our hearts tune to different resonance, in the same way a radio tunes into the various stations. Tuning our heart frequency to lower (selfish) or higher (unselfish) resonance will change our spiritual and physical state and health. As Rev. Moon teaches:

"Make yourself a tuning fork, resonating with and vibrating along God's frequency. Resonate with God's unselfishness." -Father On Spiritual Help

The Heart is **expressed through** the Intellect, Emotions and Will and they generate energy into the spiritual realm and the physical realm. This resonance automatically influences the way we think, feel and function. The main purpose of our physical life is to develop our ability to love and live for others.

Levels of Heart Resonance - where are we?

All our thoughts and feelings produce certain **quantum energy**, that becomes part of our existence. They project into certain measurable physical resonance and effect our environment and reality. Lower resonance of *fear* gets stored in the body and **tension piles up**. In time, of course, **sicknesses** appear. This can lead also to nervousness and other **relational problems**. Yet, it is energy stored in the body. And now the body controls and subjugates the spirit. On the other side, resonance of Love can heal diseases and relationships. Our ability to love develops through 3 stages:

1. Perfection of our Emotions

When our spirit is on **Formation Stage** (resonance of 50 to 200), we resonate in the realm of *fear* (resonance of 100), which leads down to *doubts* (resonance of 75), or up to *pride* (resonance of 170), once we muster it (Completion of Formation Stage of Growth). This resonance connects us to the Middle Spirit World. People who are conscientious but materialistic, individualistic, pessimistic and humanistic, are on that level.

Since on that level the spirit mind is not yet developed enough, people are governed by their physical minds (*Read: Structure of the Mind*). It's **immature child state**. Children have not yet developed their spiritual mind, so they depend on the loving environment, security and protection of their parents, who are supposed to be in the Completion Stage of Love resonance. Thus, on this level people are highly vulnerable and effected by the emotions of others, thus gossiping, negativity, criticism, can easily drug them down in the satanic - unprincipled realm.

2. Perfection of our Reason

Once person's Heart develops to the resonance of **Growth Stage** (300 to 400), he enters the spiritual realm of Paradise. At that stage, suddenly he is more *willing* (resonance of 300) to learn and practice the truth; he *accepts* (resonance of 350) to follow and practice it, and finally reaches the resonance of *Reason* (resonance of 400).

This means, that his mind can now work totally free and normal. He can feel himself, function and think properly and very productively. Why? At that stage there is no evil spirit world interference. Thus, he can feel correctly right and wrong according to God's absolute standard. That was the level reached only by top level saints in Christianity. On that level person's heart is very open, they are willing to live for others, yet they are vulnerable to sexual temptations.

3. Perfection of our Love

Completion stage of Love, Joy and Peace is where ones heart resonance reaches 500 to 600. Very few people can reach only temporarily that resonance through lots of spiritual practices, prayer and meditation. Yet, they are not on that level of growth. The only people on that level are the True Parents. Why? This is a level one cannot enter alone. It has to be a perfect couple, totally living for the sake of humanity and God's Will. No one can claim that True Father alone entered that resonance. Only as a perfected couple, perfecting the family four position foundation, we enter the realm of God's Direct Dominion (resonance of 700 and plus).

Don't be mistaken, resonance of Love, Joy and Peace is not simple physical chemistry love and joy, which humanists feel at the Formation Stage. It means that person's heart resonates with God's Heart. At that resonance, he is a channel for God's love and effects the whole humanity in very powerful way.

"The sensibility of our spirit man is to be cultivated.. during physical life on earth.. Only when a person reaches perfection and is totally immersed in the love of God while on earth can he fully delight in the love of God as a spirit after his death." DP Creation p.49

Resonance of Peace, means not only that one has total Mind and Body unity, but more important, such a person can bring all kind of people at Peace and Unity. And as you see True Father, Rev. Sun Myung Moon's whole life is a substantial incarnation of that.

That's why in his presence we all felt like flying - our **Original Mind totally free** from evil spirit world influence. In his presence no evil spirit world could be present. That is why on our conferences, religious and political leaders, from all different denominations and nations, suddenly have no hatred and feel God's Heart. We were so fortunate to be able to be in the presence of the Messiah - The Lord of the Second Coming.

In 2011 True Father proclaimed, *"the Settlement of the True Parents of Heaven, Earth and Humankind and the Proclamation of the Substantial Word of God* came out after I, as the center, have established the

realm in which **full resonance in heart** can occur at the same time in east, west, north and south in heaven and earth... means everything has been done." On this base, the world is ascending into a new love-based **vibrational field**, leaving behind the negative impact of our fear conditioned reality.



Gain control over our Emotions

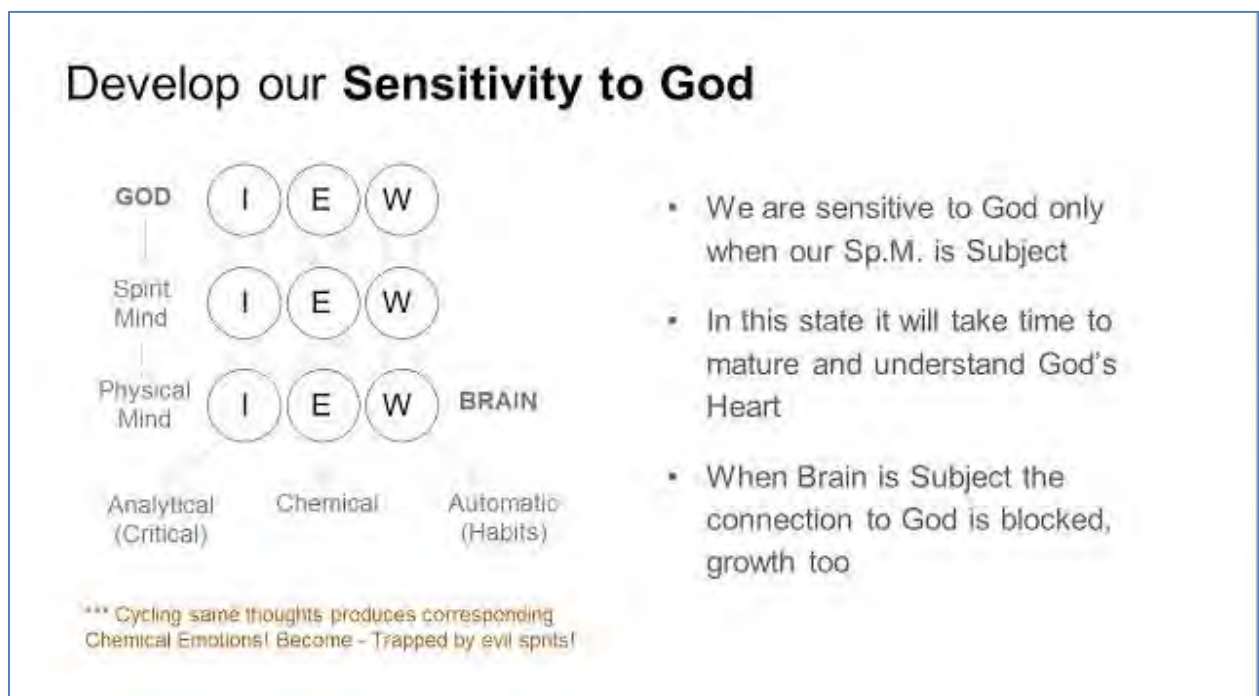
The natural **development of a child** goes by first developing the Emotional world - absorbing everything from the environment, which is supposed to be parent's love. That's why the first few years are crucial in our development. Then rational thinking starts developing, so we learn to control and direct our emotions.

A **mature person** will have his will developed. In him the intellect and emotions unite totally on the purpose of the Heart. He becomes a man of character, capable of bringing actual good results. That completion stage corresponds to the level of **Parental Heart**, which is unconditionally giving and caring for others.

Leaders throughout history were actually down in Satan's realm, with the **selfish heart of Taking**; living for themselves on behalf of others; making their nations, races and religions live for themselves, on the expense of others. As we see, True Father is the only person who reversed completely these satanic patterns, teaching us to live for the sake of others on all levels. Based on his teaching new leaders with Parental heart should appear and lead the world towards God's Ideal.

When we look at the **Humanistic world** today, it is mostly on Formation Stage; people who are governed by emotions (*Read: Origin of Humanism*). That's why free sex is rampant. We see emotionally unstable people, rise of relativism, immorality, mental problems, divorce, abused children. Today's society needs a moral revolution, spiritual revolution of Heart and Conscience. Only the revelation of the Divine Principle can make that revolution happen. We live in an exciting time of history.

Spiritual Emotions and Chemical Emotions



Why humanistic people think they are very loving. They **confuse love and heart with emotions**. Yet immature emotions don't even come from the spirit. They come from the Body; from the emotional part of the Brain, producing chemicals. These are **like drugs** bringing the person to certain emotional state he is addicted to. Some are addicted to falling in love - which is not love at all. That's why their relationship cannot last - soon or later the chemistry will vanish. Humanistic people may fool themselves that they are loving, but they are simply physical mind people, controlled by emotions; people who never matured above Form Spirit. They will end up in the Middle Spirit World, even if they are Church members.

Yet, if they got involved in their physical life in practices like **gossiping, accusations or complains**, they will end up in Hell. Even while on the earth, they had created internal hell in their heads, by constantly cycling such negative thoughts, reproducing again and again the same negative and resentful feelings. With the time their spirit got trapped and surrounded by such negative energy. Their hearts and spirit grow up twisted and satanic (Sanctuary Church is a good example for that). Yet they were saying, how much we love and understand each other while gossiping against others. They were simply **addicted to satanic**, poisonous elements that deformed their spirit. This is the state of people who lived subjugated under their Brain (Physical Mind).

Instead, we are to resonate always with God's Heart,

*"If you partake of this resonance with God, then when you see someone, you will automatically be able to sense what type of person he is. Sometimes you will be able to see your own spirit man with your own eyes. Train yourself and discipline yourself to develop this capacity. If you live this way, you will be always able to act in the right way when an emergency arises." - **Father On Spiritual Help***

What is the Ideal, instead. We are to grow our spirit, uniting our Intellect, Emotion and Will with God's Intellect, Emotion and Will. We are to mature and become masters over our Body and Brain. We are to live for the sake of others, on higher and higher level, until we expand our Resonance of Heart to God's realm of Universal True Love. Then we will become **Citizens of God's Kingdom**, expanding this realm of Love Resonance in our family, tribe, community and nation. If many such people appear, their Resonance of Heart will automatically transform the whole world.