

## The Science of Spiritual Life and Death

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The Principle text claims it contains truth that is of a higher and richer content than previous similar works, and that it has a more scientific method of expression.

However, much of its content, specifically concerning life in the spirit world and how we relate with it from our positions here on the earth, is left unresolved and unexplained with regard to science.

One such topic that we find without a scientific explanation is that of the grace of spiritual

resurrection. What is the science of resurrection? How does a person die spiritually and subsequently be resurrected? What is the actual process of spiritual death and spiritual rebirth?

The main reason people who have been spiritually resurrected believe they have been spiritually resurrected is because they felt it happen. Such resurrected are 100% sure they've been spiritually reborn even though they can't scientifically explain it.



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Here is the problem. A feeling or belief does not provide the modern scientifically trained and inquisitive mind with a satisfying or reasonable justification to believe that the proposed invisible spiritual resurrection is plausible.

What if someone you know sincerely asks you to explain how spiritual resurrection actually happens and they want to hear more than to just be told to believe and it will happen?

What if they genuinely want, and all they need, is a common sense understanding of this phenomenon in order to calm their doubting or questioning intellect before they make the step to believe? After all, it is noted in the Principle that without first understanding, beliefs do not take hold.

People are no longer happy to blindly believe nor should they need to.

Would you say you are able to explain to a person the science of spiritual resurrection even if that person's entire spiritual life completely depended on it? Personally, I would have said "no" until I made a new discovery while researching how True Parents' Blessing can change the physical lineage.

In this article, I cover only spiritual resurrection in relation to Jesus and the Holy Spirit, rather than spiritual and physical resurrection in relation to True Parents.

### The Spiritual Death Caused by the Fall

Spiritual death was a result of the human Fall. Having lost faith in God, humankind lost the Word of God.

God's Word, that is, the Principle, is one half of the life elements that come from God spiritually to human beings. The other half of the life elements coming from God to human beings is, the love of God. The purpose of life elements is to help sustain the life of the spiritual body of a human being.

So when humankind's first parents lost God's Word as a result of the Fall, they lost the spiritual nutrition keeping their spirit alive. This means they died spiritually.

As a result, the descendants of the original ancestors inherited this state of spiritual death and need resurrection.

### Spiritual Resurrection through Jesus and the Holy Spirit

Thankfully, when people believe in Jesus through the inspiration of the Holy Spirit they receive God's love into their spirit. Consequently, new life is infused into them and their spirits are reborn as new selves. This is spiritual rebirth.

A person who has no connection to God's Word spiritually and is spiritually dead as a result of the Fall can be spiritually resurrected back to life by receiving God's love into their spirit through believing in the resurrected Jesus.

This is the effect of God's life elements at work within the spirit body of a human being.

### **Principle Methodology**

The Principle views the spirit self and physical self of a human being as comparable, which means the physical body can serve as an example of how the spirit body functions.

Let's consider what we know about how the life of the physical body of a human being is maintained and then use Principle terminology to connect it to what we know according to the Principle about how the life of the spirit body of a human being is maintained.

Having done this, we will be able to understand quite clearly, and in complete concordance with modern scientific understanding, how spiritual death and spiritual resurrection occurs.

### **The Biology of the Physical Body**

As human beings we maintain our physical life primarily by breathing air and eating food.

The Principle terminology for these two types of nutrition is the yang nutrition (air) and yin nutrition (food) of the physical body.

When these elements enter our physical body they are converted into the energy the physical body needs to be alive and function.

The food we eat goes to our stomach where it is digested and broken down into a type of sugar called glucose.

Glucose then enters our cells where it is combined with oxygen from the air we breathe. This happens within the mitochondria of the cells.

Together, the glucose and oxygen are converted into "adenosine triphosphate" (ATP) energy.

ATP is the energy the physical body needs to function. Without ATP energy, the physical body would not be able to be alive or to function. Without either of these two types of nutrition, the physical cells cannot produce the ATP energy it needs to function and would die. Both types of nutrition must be utilized in order for the physical body to produce ATP energy.

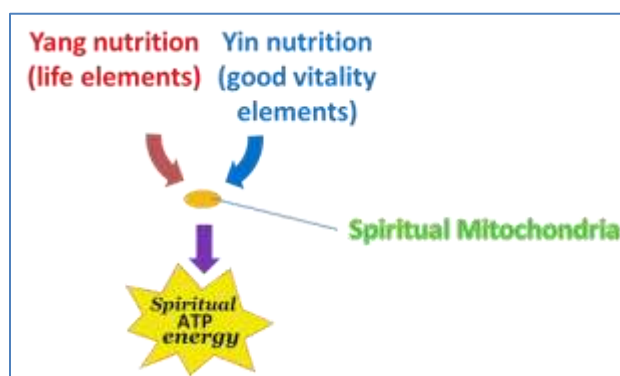
To clarify this process using Principle terminology: the yang and yin nutrition of the physical body are combined and transformed within the mitochondria of its cells, into the ATP energy which the physical body needs to be alive and function.

### **The 'Biology' of the Spirit Body**

According to True Parents, the spirit body also has cells: spiritual cells.

Following True Parents thought, I propose that the spiritual cells of a human being's spirit body have spiritual mitochondria where the yang and yin nutrition of the spirit body are combined and transformed into the spiritual ATP energy which the spirit body needs to be spiritually alive and function.

The yang nutrition of the spirit body are the life elements coming from God, and the yin nutrition of the spirit body are the good vitality elements coming from our physical body.



We know from biology that if the physical body does not receive either one of both its types of nutrition, its cells cannot produce the physical ATP energy it needs to be alive and function and would die.

Likewise, if the spirit body does not receive either one of both its types of nutrition, its cells cannot produce the spiritual ATP energy it needs to be alive and function and also would die.

## Summary

The spirit body needs two types of nutrition in order to produce the spiritual energy it needs to be alive. Human beings lost one of these types of nutrition due to the Fall. Therefore, human beings' spirit ceased to function as a result of the Fall.

When people believe in the resurrected Jesus, they begin to receive this nutrition into their spirit. Thus, their spirit body is nourished back to life. This is spiritual resurrection.

I would just add that True Parents say love is the oxygen of the spirit world and that in the spirit world we breathe love rather than air.

Furthermore, while we use the terminology "spiritual death," I propose that the state of spiritual death could be more closely likened to a spiritual coma. This is because the spirit body is eternal and can never totally die, and it is able to be revived if the necessary conditions are fulfilled.

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