

True Father's Thought on "Health"

Introduction

The Divine Principle posits that individual men and women have both spiritual and physical selves. Therefore, when we refer to an individual's health from the Divine Principle point of view, we must refer to both spiritual and physical health, as well as mental and physical health. Because these two aspects are sungsang and hyungsang aspects of the same self, it is not ideally possible for one aspect of the self to be healthy while the other is not. The only apparent exception to this rule is when the innocent suffer physical illness or injury at the hands of others or on the behalf of others.

We can conclude from the Divine Principle that we were originally to live in an ideal state of health in the Kingdom of Heaven on Earth and in the Kingdom of Heaven in the Spirit World. Because of the fall of man, we lost our true health in every respect and we must regain it through a course of restoration through indemnity. The course which led to our unhealthy state must be followed in reverse. What, then, is the original state of health to be like? How is it to be maintained? How can it be regained? Can we reasonably expect good health in the restoration course? How can health be achieved in the religious life which requires little worry about what we shall eat, what we shall wear, and where and how much we shall sleep? What causes illnesses, anyway? What can we do about serious illnesses? What

kind of health can we expect or strive for as we age? These are some of the questions we hoped to find answers for in reviewing Father's words. Unfortunately, this project has not included all of Father's words on health by any means, but it is hoped that some of the questions we raised will have been answered herein.

Because almost every word of our Father's appears to be guidance for attaining spiritual health and because these words fill many volumes, I will limit this project to discovering Father's words which refer more specifically to the impact that thought and spiritual discipline have on our physical health and to Father's guidance in such areas as diet and exercise. Finally, Father's words of advice to health practitioners will be presented.

Our Attitude: The Mind & Health

Self-centered love is destructive love. Self-centered love can also cause physical sickness because your body knows when your love is not public and God-centered. However, when you love yourself because God loves you, your body will be able to enjoy freedom and true health.-Our Basic Attitude-3/13/83

There are two kinds of people. Some continuously nag, "Why didn't the sun come out today?" Such people have only complaints toward God and nature. Will nature like them? Nature will turn around and kick them instead. Such people may try to make themselves happy by going to the health spa and exercising, but everywhere they go they will be surrounded by enemies; the air will shove them, the water slap them, and the sunshine burn them. That kind of person will never be healthy.-Who Was I?-3/13/77

Father sees that the real impact of curing disease is the psychological factor, in other words: Mind. If you set the mind straight, that can be the main means of treating the patient.-Father Speaks to Health Professionals-2/3/87

Feel young. If you feel like your assignment belongs to a fifteen year old, then you become young and fresh. Act just like

a teenager, like a beautiful girl, but never beyond your chronological age. Please practice it! If your mind is young, your physical appearance will become young.-To Belvedere Trainees-8/29/74

This is part of our church's tradition: that many people with illness, hospital-diagnosed known disease, are cured almost instantly. When they come to the Church, their mind is so happy they nearly forget that they have disease. When this condition persists for a certain period of time, the disease is gone. Father really knows that this is true. So, it is good to talk to a patient in such a way that will satisfy him, convince him in such a way that he can almost forget he has an illness. That can be one of the best cures.-Father Speaks to Health Professionals-2/3/87

Even in the physiological sense, you are poisoned inside when you are angry. So, be patient and never be angry with anyone.-Opportunity for Happiness or Unhappiness-3/2/75

Some people have received information (from the spirit world about how to cure such diseases as cancer and leukemia) and some also heal through prayer...One medium has said that negative thoughts and thinking cause cancer. Today many people think negatively. Father says it is a typical sickness to appear in these last days.-Master Speaks-6/67

If anyone's mind is taken possession of then his body cannot move either, even though it is made free.-The Way of God's Will

Since the spirit world is assaulting today, there are very mysterious and unusual phenomena, such as mental sickness, disturbances, and nervous breakdowns. This all becomes common in the world. It is not confined to a particular area. Outward medicines cannot treat them. The only true way for treatment is to seek a solution from the world of mind.-Leader's Address-3/14/65

If you feel a sense of service to God then when you eat breakfast, lunch or dinner you will never have stomach trouble. However, when you eat food with an ungodly mind the food will demonstrate inside of you, "No, I don't want to become that person's flesh and blood."-The Spirit World & the Physical World-2/6/77

In North Korea the temperature was 23 degrees Fahrenheit. Even though I was clad in thin clothes, without any lining, I could bear the cold. The labor in prison started at 8am, but as early as 4am, they would call us out into the open air and check to see if we had anything hidden in our clothes. Out in the cold air people would tremble--their trembling sounded almost like thunder. In that situation, Father would always say to himself,

"If more cold comes, I will not surrender." He did not even feel cold at all.-Mind the Environment in Advancing Forward-5/25/73

If you are hungry, don't complain that you are hungry--be ready to go through even more hunger. Then you will not be hungry anymore.-Important Person-6/10/73

If someone stripped me naked and threw me out into the cold, God would still be loving me and I would not feel the chill. Are you that way?-The Tradition of the Unification Church-12/11/77

Father, of course, had to go through many difficult things. Even in prison, when he was tortured, he didn't put up a fight. Rather, he just thought, "It's ok if you strike me; how much can you strike?" He couldn't be injured and he couldn't hate them because he knew they didn't know any better. How can he hate them? He, he persevered and he never got sick.-The Way to True Happiness-3/5/75

"Whoever wants to gain his life will lose it, and whoever wants to lose his life will gain it." That is the core of the Divine Teaching.-Our Determination to Win-3/1/71

When we eat fresh fruit, we should think, "I shall appreciate it as if I were in the Kingdom of Heaven." We should eat the things of creation with this kind of deep heart.-The Founding of Ocean Church-10/1/80

Diet and Health

More and more the American diet will include seafood, because people are realizing that eating large amounts of red meat isn't healthy. Seafood provides much more healthy forms of protein.-The Way of Tuna-7/13/80

You cannot eat all the plants that grow on land, but everything that comes from the ocean can be eaten, and it is all good for the body...when seaweed is properly processed, there is tremendous nutrition there.-The Way of Tuna-7/13/80

Cooked food is bad for the health. Eat fish raw. Smoke pollutes. The head is the best part of the fish. Every part of the fish is good. Big animals eat the whole body of their prey, not just the fillets. That's the original way. Wash vegetables and eat the whole thing, roots and greens. This is the inevitable diet. Youth will eat young vegetables, and older people will eat more mature vegetables. Uncooked food is best. Animals eat raw food. Humans throw away the good part and eat the bad part. You do, too. Try eating whole, live fish to stay healthy. Raw animals, too. You think Father is joking, but he's not. Why get in the "rat race"?..It's ridiculous. Stop your car and go fishing and eat wild vegetables with your family.-Leaders

Conference-6/14/90

It is necessary that you maintain your health. You cannot function properly when your physical body is weak, even though you are spiritually bright and advanced. It may be good to try vegetarianism once. When you have experienced the possibility of greater spiritual awareness, then eat meat for good spiritual strength. Some people live in places where their only foods are meat and fish. These people are not therefore condemned to hell. Your wholeheartedness is 10,000 times more precious than the vegetarian theory. Father does not emphasize the method of diet, but emphasized wholeheartedness. Then all things fall into their proper places. If we develop the vegetarian idea, we should not even eat vegetables, because they have life. We would have to live only on air.-Master Speaks-6/67

Another health food trend in the near future will be to eat raw foods like fish, grains and vegetables. It is medically true that raw foods give you more energy. Fish powder will solve many things because it contains most of the nutrition you need.-The Way of Tuna-7/13/80

We will develop powder for different fish and combine them, like multiple vitamins...This powder can be used in daily cooking to supplement the overuse of flour and starch. You will be able to create new cuisine by using fish powder in nutritious cooking.-The Way of Tuna-7/13/80

Tuna is an excellent source of protein for human consumption. One tuna has more meat than two or three cows. Instead of letting cows eat up all the grain, people could eat that grain. Why not catch tunas instead? It is a much healthier protein to eat, as well.-The Founding of Ocean Church.-10/1/80

Father is even devising a system whereby it only takes 15 minutes to get any food. Food trucks will come by in little villages and everyone can get food in 15 minutes. They'll order by computer. Raw food.-Leaders Conference-6/14/90

The worst aspect of pollution is in the air, exhaust fumes from cars, factories and such things. In the future, there will be a limit upon anything that produces exhaust, even cooking. Any kind of extra smoke or gas exhaust will not be tolerated. That means that we will try to eat foods without so much cooking, which means we will eat more raw foods, raw vegetables, raw fish. Anyway, it's good for their health, so people will turn to it. For a while mankind may try to escape to space and live up there, but the difficulties and expenses will be too much and he will come right back to earth. Then, man will have to turn to the ocean. It is only a matter of time. The future of the ocean is inevitable. Is fish good for the diet?..If fish is going to be the main source of the human diet, what kind of fish would be the

best to supply it? We have to produce a large fish and utilize all its qualities. What kind of fish should we use?..Shark is good for dry meat. It doesn't have so much fat. On the other hand, tuna has lots of oil content in the meat. So, these two kinds of fish are the best for providing a wide variety of fish taste to humans.-Who Will Inherit the Ocean?-7/3/83

Normally the fiber of all the body systems change every six months.-Learn From My Way of Life-2/25/85

I never eat snacks, but only eat at regular mealtimes: that is my discipline. I feel that the body is a good laboratory and I have tested out my own health in many different ways. I have come to the conclusion that snacks between meals are not good for health, and that the best pattern is to limit food intake to mealtimes. Three meals a day is adequate for maintaining good energy and body strength. Food intake should follow a certain formula and rhythm. American people have very undisciplined eating habits. Just eating and drinking, going about and then coming back again to the icebox for more has no rhythm, no discipline. Because of that you may sometimes get a stomach ache or fever. I particularly abhor seeing a person walking down the street and eating at the same time. People bring me fruit and biscuits and chocolate from the (Danbury) commissary, but I just excuse myself and invite the others to go ahead. I have explained my thinking to the inmates who are close to me and who are trying to be helpful. Now they know that I will never take a snack, so they don't ask me anymore. They just help themselves to all the food in my closet!-Learn From My Way of Life-2/25/85

I'm telling you to grab raw fish with both of your hands, grasp the providence of it with all your enthusiasm. Be excited about it because it tastes so good and it's very good for your health.-True Parents and Indemnity-8/85

I can eat raw fish and even their guts out of my hand.-Eternal Happiness-2/25/79

Man can eat everything that lives in the ocean, including the plants that grow there. Can you eat everything that grows on land? The ocean has whatever the land has, and even more. There are thousands of kinds of fish. Americans prefer to eat the meat grown on land, but they never learned to eat the meat grown in the ocean. Recently, Americans have learned that fish is better protein than red meat and they think of it as a natural food which is uncontaminated. Now they are becoming interested in eating fish, so that they can live longer.-Our Duty, Our Mission-10/5/80

I'm capable and confident of finding something to eat no matter where I go. I know what to eat from among the grasses and tree buds and things like that on the mountainside...I don't worry

about what to eat.-Why Father Goes to Sea-8/23/75

In hell in the spirit world you will have no right to eat.-The Blessing-2/20/77

Man is not a physical body alone. If prisoners were to live on food alone they would die. Father knew the importance of mental control. When you have the experience that you are fed something spiritually, you are not hungry. He had a special determination spiritually. So he convinced his mind that he could live on half his meal.-History of the Unification Church-12/28/71

Restoration does not mean just restoration of man, but the restoration of everything, even food and clothes. The time will come to have all of these things in abundance, but during the restoration you must experience having to eat just a little bit of rice, even having to use your hands as the bowl and eating in the bathroom.-The Things that Belong to God and the Things that Belong to Man-5/15/77

(The following quote is from True Mother in an interview with a Korean Women's magazine, Yeou Won, in November, 1982: "My husband works so hard, day and night, even forgetting to eat and sleep. He sleeps only two hours a day. So often he prays all night long. But, fortunately, he is not fussy about food and eats any kind of food. So I do not need to worry about that too much. Yet, I always prepare Ginseng, so he can take it whenever he needs spiritual relaxation. I mix one portion of Ginseng extract with 4 portions of honey, making a thin syrup, and serve him a spoonful of it every morning and evening. I also urge him to drink sufficient amounts of natural (spring) water."

Physical Exercise, Training, and Health

When Mr. Kamiyama was at Danbury, he had a footache which was very inconvenient. I taught him a special exercise, and after Mr. Kamiyama practiced it for a while, the footache disappeared. Even now as I am talking to you, I am not just idly standing; I am always exercising, everywhere I go--even in the bathroom. Also, at Danbury there is one special, very uneven rock that I use to exercise and massage every part of my body. When I finish serving in Danbury, the accumulated amount of time that I will have spent in prisons will be five years. How could I survive prison life for five years? It is because I have developed special methods of breathing and exercise, and practice them regularly. I am probably the eldest here among you, but in terms of physical strength, none of you can keep up with me. I can walk for miles, no problem. There is always give and take action in the body. Whenever any of those give and take actions stop, you become sick. Circulation must be correct. Even when you have a bad cold with a stuffy nose, certain exercises will bring relief. We have a lot to revolutionize in our way of life. Have

you ever thought about how many times you go to the bathroom? By studying the statistics in my own situation, I could derive some estimate about how long I will live. Even the frequency of urination has something to do with the state of your health. Follow my way of life. The time will come when I will teach you all my secret techniques of good health management. You should always be learning and preparing for something greater in the future.-Learn From My Way of Life-2/25/85

For a healthy spirit and body, few things are better than martial arts.-Ocean Church and America-8/28/82

Everyone needs a good system of give and take for their body. The body, just like the mind or the spirit, needs to be balanced and have a good flow of energy. If you have pain in your stomach, it is because there isn't a good flow of energy between your stomach and other body functions. When I come home after working hard all day, I exercise every night. This is one reason why I don't get tired even though I am competing with you, a younger generation. For a sound body, you have to exercise; for a sound spirit, you also have to exercise. For the spirit, this means a religious way of life...A sound body develops through external; a sound spirit develops through internal practice.-Ocean Church and America-8/28/82

Some people have an inherent difficulty with the ocean because they have seasickness. Father sees that those guys have very poor ancestors! In the long run, it is true that there was something wrong with their ancestors, either they had ulcers, or some kind of physical problem, some kind of deficiency--you cannot deny that...I know how to train the hopeless people: take them and kick them into the ocean for three months. As long as they survive there...initially they look miserable, throwing up, looking pale like a green apple, and from every hole in their body there's some kind of mucous coming out. But without hesitation, I say, "Kick 'em in." One by one people come out. Seasick people don't need any hospital, you just leave them on land for a while. There they get their appetite back, and restore themselves--this is the best hospital. When their health is restored we kick them into the ocean again and repeat the same cycle. Then, after coming out again--almost dead, let them recuperate, and then for a third time, kick them out again. This three time repetition will make everyone who is hopeless into a champion.-Leaders Conference-8/26/83

You have to know yourself, be analysts of your own physical body: how much you have, how much is your maximum. You have to know your body..You are perspiring. This fatigue will be going away--so suddenly you become fresh as if you had slept eight hours. If five or ten minutes Father is perspiring, and then he is relaxed and his fatigue is gone. So this give and take--exhaust pipe and then you are filling up with gas--and give and take is important

within your physical body...Some of the joints in your legs are very important when you are becoming old; you have to take care of them...You have to always train yourself--so as not to be deteriorating your health level. Your body is so precious, you have to take good care of your body--you have to be in good shape.-Opening Talk, Morning Session-7/4/73

Train yourself in every conceivable way--physically, mentally, and spiritually. You have to overcome any personal weaknesses.-Our Family in the Light of the Dispensation-3/1/77

You know, doctors are very unhappy, in fact, they're surprised to see Father at 220 lbs., but Father knows that he has a way to control 220 lbs. That's a different concept. Father has special exercise. Mother says, "Father, don't take too much salt." But that's a nuisance. Father knows pretty much what goes on in his body.-Father Speaks to Health Professionals-2/3/87

The important thing is this: get tough...As your body becomes tougher, your mind becomes freer. The more your body goes down, the more your mind goes up.-Resurrected Kingdom of God-3/26/78

When your body works the hardest, spirit world comes closest and you will instantly communicate with that realm. When you contact that world, the fatigue of your body will vanish. Unless you experience it here on earth, you will not have an easy time harmonizing with the vibration of spirit world. You must make an effort to have that kind of experience.-Mainstream of the Dispensation of God.-11/19/78

How can you make your flesh strong? You can harden it by pushing it past its limitations.-Host of the future-10/23/77

Stressed people in the future can solve their stress with sport fishing. You need it, too. You are getting too fat.-Leader's Conference-12/20/88

Father decided to work even twice as much as other people. Whenever he worked he always thought he was put on trial. He analyzed and studied how his physical body was affected when he worked harder. Sometimes, when he speeded up, his body changed. If he worked normally, then how did his body respond?-History of the Unification Church-12/28/71

(In Hungnam Prison) He (Father) worked with such spirit that the weight of his physical body was almost maintained. He lost little. The staff was puzzled.-History of the Unification Church-12/28/71

Sleep, Rest, Relaxation & Health

If you don't do good for your fellow man, you will have no sleep.

If you do something good, you will have a peaceful mind.-Leaders Conference-11/27/78

Only once have I ever laid down to rest on the "New Hope." I had to at one time because I had a severe headache, but even then I prayed and apologized with great sincerity.-Who Will Inherit the Ocean?-7/3/83

Don't ever calculate the number of hours you have slept. Just forget about how many hours you have slept.-Let Us Go Over the Boundary Line-9/1/74

You must feel at home in the whole world. The whole world is your home. The whole world is your bed. The whole sky is your quilt or blanket. No matter where you are, you have a place to shelter yourself or to sleep...So there is no question about where to sleep.-Why Father Goes to Sea-8/23/75

If you are so tired from your efforts that you just do not bother to take off your clothes but fall into bed for a few hours of sleep, then when you wake up you will feel more refreshed than if you had slept all night. That kind of life should not tire you in any way.-The Resurrection of Jesus and Ourselves-4/10/77

Who said you must sleep 8 hours a night? One hour is good enough sometimes, and if you don't have to sleep that one hour, then that is even better.-The Ones Who Can Receive God's Love-10/1/77

There is no such thing as total relaxation in my life.-The Course of Life and Restoration by Indemnification-2/26/78

Even though in the evening after a day's work your body has no strength to even lift up your leg, your soul and heart are exalted and feel a sense of accomplishment. When you fall asleep in that kind of exhilaration, you reach out to spirit world very quickly and will see many kinds of revelations and visions. I will appear many times in those kinds of dreams to teach and guide you and you will have more stimulation for love. Then the next morning you will wake up full of vitality and stimulation.-Mainstream of the Dispensation of God-11/19/78

If the ordinary man were forced to stay awake for one week, he would fall asleep even while speaking. I can sleep with my eyes open. I trained myself to do that in my prison days.-Important Person-6/10/73

Learn how to appreciate the food you eat and conquer sleep. All historical figures slept only three hours a day.-The Way of God's Will

You just cannot let yourself relax. You never know when you will die and before you die you must know the love of God.-Core of

Unification-10/9/77

I must maintain a certain minimum standard of living in order to meet the standard of American culture, but I feel most comfortable when I have just a small pillow instead of king-size bedding. I prefer simple living and I am always ready to return to that.-God Depends on Us Alone-6/1/77

Promiscuity and Disease

Many people enjoy what they call "free sex." That kind of unprincipled, carnal, dirty love is deadly. It is like eating a pound of dirty salt or sugar in the form of love. The spirit of a person who engages in free sex is so distorted that it even seems non-human. That kind of spirit body is the most hideous, dirty human form in the world. There is medicine to cure stomach problems, but there is no cure for the damage that free sex does to your spirit. It will only destroy you.-The Blessing-2/20/77

Among the many diseases afflicting fallen man, the worst disease is the one brought by the fall, and to make things worse, men do not even realize that they are contaminated. Today people think of cancer as being the most horrible disease. The worst aspect of cancer is that its early growth cannot be easily detected, and a victim may not even know that he has cancer until it has progressed to a lethal stage. Yet, compared to the disease caused by the fall, cancer is easier to deal with because the patient knows ahead of time that he is dying. The disease from the fall, however, does not give any warning and a person only knows what has happened after death. Most people are not aware that they are mortally stricken with such an impossible disease.-The Resurrection of Jesus and Ourselves-4/10/77

The World of Spirit and Health

Almost every Korean has had some kind of experience with the spiritual world. Many of them have had spiritual healings, and they understand very clearly about the interaction between the spiritual world and the physical world. They understand about their ancestors, and they know or sense how good actions influence the spiritual world.-The Founding of Ocean Church-10/1/80

Some diseases originate from spiritual reasons, some not.-Master Speaks-6/67

One way of curing hard to cure diseases for which there is no hope, no known cure for that condition; there is a last measure: What the patient does is go deeply into the mountains with one who is an experienced person and then pray and, then, at the right moment, receive fire. In other words, the patient receives fire descending upon him. One strong fire going through your

body, and all the sickness and malady is gone. You may say, "What are you talking about? Are you dreaming or making up stories?" No, this is the best way you can explain; that reality is there.

So, in one word, there is a revolution that will take place and needs to take place from laboratory to spiritual: instant spiritual cure. And it should be a well-balanced solution.-
Father Speaks to Health Professionals-2/3/87

Go with the spiritual nature. Forget about the psychiatric approach. That's a waste of time.-Father Speaks to Health Professionals-2/3/87

Spirits can also actually cause diseases and accidents.-The Kingdom of God on Earth and the Ideal Family-1/1/77

Advice to Health and Medical Practitioners

Father sees that when a man becomes sick, a man with a strong will and a strong spirituality can bring him deep in nature, like in the mountains, and take him around, and by forcing him to live right, disease can be cured more naturally.-Father Speaks to Health Professionals-2/3/87

Father sees that today's medicine is by far materialistic. They deal with only things they see, but then, as we know, there is a spirit body, and a spiritual entity, and a spiritual world. It is very real and our body is merely a reflection of that. So Father sees that there is an immense area still which can be developed in the psychological area. But, then, above that, even psychological phenomena and the psychological state are not the end of the invisible cause. Beyond that, there is a spiritual reality, so doctors need to develop more insight and more fact-finding about the spiritual area and then connect it well to the psychological function. Then, to the somatic level.

So-called psychiatry or psychology which is rather developed today is thought of as the ultimate or end of it. This is not so; beyond that, and above that, is the spiritual entity, spiritual nature. For example, now we're discussing about a patient in London. We should be able to and will be able to diagnose the condition of the patient who is in England. We can develop that. So, there is room for this to be developed, and with the success of this development will come a revolution of modern day medicine. Father can really see that.

You see, we see very often in the Orient the one who goes into the mountains and deeply concentrates after studying medicine, then, somehow, they get the knowledge to diagnose spiritually and to find the remedy, what kind of medicine is best for a particular case. And the patient will have to come back. In

the Orient they emphasize the characteristics of the spiritual nature. Take acupuncture, for example. How did anyone know about the invisible 360 degrees, the exact spots that are definitely there and manifestable? This is teachable, learnable. And how in the world can a Western doctor who is overly materialistic-centered and relating to only what they see, how can they think about this? That kind of doctor, when he extends his hands and then treats the patient, has on top of his hands the spirit body of a famous doctor in the spiritual world. And actually, that spiritual doctor is healing the patient, curing the patient. Actually, this is done often enough in the Orient.

The advantage of that way of curing is that all the doctor has to do is give specific instructions to the patient: today you must do this, you must do that, and the patient will listen and faithfully carry that out. In a few days, the disease will have been cured. It's a blending, a careful blending of the Eastern concept of medicine and what is already being done in the Orient. A careful blending of that, just like Eastern and Western civilization coming into harmony, in medicine, similar things will take place.

One extreme case will be that without even medical knowledge, an Oriental doctor who has been concentrating for a long period of time will come to sit in front of the patient and in a few seconds will be able to tell what ails the patient and what the remedy will be. This is being done. That's the other extreme to materialistic medicine. So, it is the role of the Unification Church and the doctors whose foundation is the Unification Church, to have this mission of integrating two medicines. In this way, the cure will be faster.-Father Speaks to Health Professionals-2/3/87

It is ideal that we not give the public the impression that we are deviating from the original orthodox medicine, but we will create enough room to accommodate alternative methods of cure because, not only white people, but also many oriental people live here in America..and they know from many years wisdom that alternative methods work, so it is good to accommodate them.-Father Speaks to Health Professionals-2/3/87

The ethics of the doctor should be concerned with the curing of disease. This is a subjective matter, so you cannot set up an objective value and then charge the patient a certain amount of money. You cannot do that. I mean, this is priceless. Sometimes it can be a lot of money, sometimes a small amount of money. So, typically, these kinds of (spiritually-oriented) doctors don't overcharge. Typically, they grossly undercharge. They remain, if anything, rather poor even though they really are a heavenly doctor whose cure is almost like a miracle. With that kind of ability to cure, they remain poor because as long as they

stay poor, spirit world teaches them more. It is rather easy to understand why this is so. If a doctor is rich, he's like a tall thing. The taller you are, the less stable you are. But the lower you are, the more stable you are. That is all there is to it.

The doctor should be the religious worshipper, worshipping life. This is a very good, basic quality. Arrogance has absolutely no place in doctors. Sometimes using test cases out of his patients to promote his fame has no place. It's a solemn thing, an awesome thing, and the attitude of the doctor towards the patient and his life should be like a top religionist and never materialistic.-Father Speaks to Health Professionals-2/3/87

It is a fact that the Oriental doctor, whose concept is based on philosophy, can check your name and your date of birth and look at you and then concentrate and instantly tell what is the problem with you and what the remedy is. All without even so much as touching the body. That's because it is subject-object balance that shows in the body. Cause is invisible yet tangible, so he doesn't just see one, but both, and they are very real. The Western doctor cannot even dream of this. Of course, your scientific approach to medicine has its tremendous advantages, no question about that, but it is far short of its potentiality. That is what Father is trying to point out.-Father Speaks to Health Professionals-2/3/87

Lots of patients are dying in the Western world. Some of those practitioners curing in the Oriental way of curing, perhaps all he has to do is apply acupuncture in a few places and have a small, seemingly very non-sensual medicine, and he can literally cure that patient.-Father Speaks to Health Professionals-2/3/87

The best way Western doctors can explain spiritual phenomenon is by the Freudian concept, or by the psychiatric, subconscious level, something that the patient has been going through that will be regenerated. No! The spiritual entity, that area has nothing to do with that, goes way beyond that. The Freudian concept says because the patient already has that potential, the dormant has been manifested. That's the best way they can explain it on the psychological basis. No, this one is way beyond that dimension. It's a spiritual reality which a material or psychological realm cannot even reach, cannot even comprehend.

That reality is everywhere in the Orient. That is sound and well-established everywhere. It's almost like it's nature. But here, Western doctors don't even dream about that kind of thing. "This is the first time I'm hearing that kind of story," you might say. We can truly see the contrast: Western medicine is from the material, trying to prove what is invisible. But the Oriental comes from the highest and then finds its way toward the

body, toward the material. They are two extremes but need not be conflicting. Are not conflicting. So, we have to be able to explain both sides well and harmoniously. It is not meant to belittle or ignore the present-day materialistic-based Western medicine. Not at all. It is to be respected. Who can deny that? It's there.-Father Speaks to Health Professionals-2/3/87

We should be able to tell many things about the patient, have an instant grasp of the situation; we should, therefore, train in that area very much. You have to concentrate, you have to pray deeply. You have to develop that quality as a doctor or else you just cannot be a real doctor. You just cannot be. Even Western doctors have to be a kind of real Taoist, a real thinker, a real spiritualist. You have to be absolutely unselfish, have an absolutely clear mind. Your life should be clear, no drinks or overstimulation, no excitement. You really have to live like a top religious person, like a monk. If you deeply concentrate, think about the patients often, and pray, and the more serious the patient's condition, the more seriously you have to pray and deeply probe into them with a serious mind, then put a lot of thought and love into it, then you'll know how to cure him.

If you have an absolute plus, as the Divine Principle says, then absolute minus automatically comes to exist. You don't have to try. All you have to try is to be the absolute plus. You elevate the plus to the absolute degree, then the minus will come into being. You don't have to create them separately. This is an automatic thing. So, if you put a deep heart into a matter, then the answer comes as a pair. The only way that you have to accomplish is recognizing that something serious made this person seriously ill and becoming more serious to untangle it. Then you will know the answer.-Father Speaks to Health Professionals-2/3/87

If you are really the ideal doctor, the illness will come and give his own name. The sickness comes and identifies himself to that doctor. Then he's a real doctor who knows what he does. So, Father never goes to the doctor, because Father knows there is no such doctor. "What's the use?" Father thinks. Father can be his own doctor. That is better than an ordinary doctor. Father knows very much about himself. But a lot of people around him say, "Father, your age, you can't fight age, the materialistic limit. Father takes it to please them, but Father doesn't think it has a great impact on Father's body. He does it, anyway.-Father speaks to Health Professionals-2/3/87

Father is not saying we have to ignore Western medicine. Western medicine is there, but we have to jump over it. That's what Father is saying. You will know what other people don't know. Other Western doctors do not know that this kind of world exists. (The spiritual dimension) But you will know. You know already.

You may say, "Oh, Father, when did you study medicine? You're not qualified." But that is not so. You see, you know without studying. There's a way to do that...You have to pay attention to spirituality and how much good influence you can exert on the patients.-Father Speaks to Health Professionals-2/3/87

Medical encyclopedias will have to for the first in history compile based on the factual reality of both planes: East and West; not just a materialistic explanation.

The grand revolution of the medical world is about to come. That age of the dawning of the real medicine is about to dawn and you will in reality accomplish that. Based on your findings and practice, you will compile your encyclopedia of medicine which will be quite different from what we find today. There will be much more of an added dimension, deep-rooted, consistent.-Father Speaks to Health Professionals-2/3/87

Each one of you here: Chiropractic, nutrition, orthodox medicine, and homeopathic, traditional curing from Europe existing for a couple of hundred years, each will have a perspective of truth. Do not deny each other. Here's a patient with a waist ache, for example. Here's a chiropractor with his approach, a nutritionist with his approach, a traditional doctor with his approach, an accupressure massage which cures just as fast and permanently as medicine, and a medical doctor who dispenses chemical treatment. They all think their way is the shortest cut. But, neither is likely to know the cause of it. Why is it cured? How? But, if you work through spirit, each and every one of you know whose method is the best, whose is the closest, anyway, and his advantages and disadvantages. So, you have to reach to that area before you can evaluate anything, even yourself. Otherwise, all you know is what you know and you can never step out of that and never accept one thing that is one step different from you. Those people cannot do that, so they all fight, fight to protect themselves. So, when you practice on this basis, the patient will know...You have to really meditate and, also, you have to study. Check and analyze. Not like a normal doctor. That means, ultimately, accumulating knowledge, growing up. That means becoming the center. Do you follow me?-Father Speaks to Health Professionals-2/3/87

Father sees in the Western world that 4/5ths of the people are drug addicts. One kind or another of drugs. And Father is really thinking about mass production of antidotes. Unless one does that, without that there's no real religious person who can come out. The spiritual leader at the world level has to play that role.-Father Speaks to Health Professionals-2/3/87

Each of you doctors has to share his own findings, and each pay utmost attention. Never ignore because you don't understand.

Never ignore, never! That's foolish. Try to understand what he's saying, even if you don't. Never try to estimate other people on the basis of your knowledge. If you don't understand, let the conclusion wait. For example, one brother, David, made an internal cleansing formula. Many people don't know what's behind it, but they take it and everyone feels so much better, so that there's no question that it's a worthwhile product. And there are a few people who've come to ask for the patent and the know-how to be sold through them. In other words, they appreciate the commercial value. But, then, present day medicine will look at it and see the ingredients and belittle it. Actually, this has no place in our medicine.-Father Speaks to Health Professionals-2/3/87

When you really develop your medicine and, still, you cannot make perfection, then regarding that part you have to ask Father to teach you how to go about that. Even though Father's not a doctor, he's able to tell as a natural person.-Father Speaks to Health Professionals-2/3/87

Other Thoughts on Health and Disease

Where does the pain of illness come from? Sickness is the result of harmonious give and take in the body being disrupted and the harmonized universe responding with pressure on the affected area. We can almost say that it is a function of the universe to respond in this way to whatever is out of harmony with it. When you harmonize with the rest of the universe you feel joy and exhilaration.-Basic Formula for the Realization of the Kingdom of God on Earth-1/1/78

The quality of people is different. One is going on an upward curve and the other is going down. Someone may be at the very top of their own prosperity and they are going in a downward curve. Another person may be just starting to go up. This is just the natural way of life. You have to have the right kind of harmony (referring to Blessed Couples). If one moves faster than the other, a spouse may be left behind and die. Marriage is a very important thing. No one knows this more than I do. It can lengthen someone's life or cut it short. What could be more serious than that?-The Founding of Ocean Church-10/1/80

The power of true love activates all our senses so that our whole being is completely awakened and electrified. In other words, the human spirit and body truly respond to that certain element which is love.-The Spirit World and the Physical World-2/6/77

For the last 2000 years the body has been forgotten, and has had no chance to become the flesh of God. So the Lord of the Second Advent comes to bring salvation, both spiritually and physically, to the full restoration of the original perfect pattern of man.-Master Speaks on the Lord of the Second Advent-12/67

Yes, the life span will be longer (in the New Age) because people will have good hearts and the environment will not be evil. Physically, we will be healthier; spiritually we will have less trouble. So naturally we will have a longer life span...(Sickness and illness) will be greatly reduced. Even at that time there will be accidents and death if people are careless. But they will know ahead of time by their heart. A person will feel that he shouldn't take a certain trip, for instance. By premonition, you will know things in advance so they can be prevented. If you listen and take it seriously, you can prevent risk. If you ignore the warnings and are careless, you will be hurt...People will get old, even at that time. They will die. To get old and to die, some bacteria may help. Why should one be afraid to die? It is only a form of transmigration from the physical world to the spiritual world. Even if Adam and Eve had not fallen, they must still fulfill their 5% responsibility. If you are obedient to the intuition and wisdom you receive from God you can avoid many unhappy events. If you are disobedient you may get sick.-Master Speaks-6/67

The element of vitality is the vital life-force of the body. When we have give and take between the spirit mind and the flesh mind in accordance with our conscience, which has been trained by the Divine Principle or the Word of God, then our spirit can grow freely from the energy or vitality produced. We may feel that we should express love or truth from God, but if we do not do it our spirit cannot grow. But when we express love through service to others, or express truth so that others can grow in accordance with this truth, then our spirit becomes vital. Thus in a sense the vital life element consists of divine love and divine truth. The element of vitality comes from the give and take which occurs between the spirit man and the physical man. It is very important for us to keep our physical body in good condition, because the physical body serves as the host or soil for our spirit to grow. Our spirit is actually growing from the vital life force in our physical body. When your spiritual life is very active or very bright with active give and take with God and you are full of joy and happiness inside, does it not affect your health and physical life?-Master Speaks-6/67