

The Ideal Health for People in Cheon Il Guk Era (The Era after the Coming of Heaven)

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I. Introduction

Everyone seeks health since it exists for happiness, and because of health we can realize our desire which pursue the values. When we talk about health, it always reaches out to all dimensions which embrace all existence beings such as individual, family, society, nation, and world.

The individual man and woman have both spiritual and physical selves. Therefore, when we refer to an individual's health, we must refer to both spiritual and physical health, as well as mental and physical health, because these two aspects are internal and external aspects within a self.

The human beings are existed for accomplishing the purpose of creation. God created us to become his good object partner. It means that we were born because of God's love. To become the good object for God we must fulfill our portion of responsibility by accomplishing the great blessings: Individual perfection, Family Perfection, and Perfection of Dominion. When human beings accomplished these blessing, they will live in the ideal state of health as well as in the Kingdom of Heaven on Earth while they are living on earth and in Kingdom of Heaven after they died. What does it mean to live in the Kingdom of heaven on Earth?

To live in the Kingdom on Earth, means that human beings live according to Heavenly law or God's true love. Human mind as internal aspect must seek true love, which contain of heart, emotion, intellect, and will, while the human body as external aspect must seek happiness, harmony, freedom, peace, and joy. This mean that physically healthy and socially prosperous. However, why do human beings live in suffering? According to the Divine Principle, we can conclude that human beings live in suffering due to the fall. The Fall that led us to the suffering state. The term of suffering, if we refer to health, we can conclude as the state of unhealthy. People live in suffering mean that they live in unhealthy condition, both spiritually and physically.

Then, what is the ideal health for people in the Era after the coming of heaven? How to live accordance to the ideal health? These questions hoped to answer the way of our lives in the era after the coming of heaven, where we supposed to live in healthy with God and True Parents of Heaven, Earth and Mankind.

II. The Definition and Concept of Health

1. The Definition of Health

Health has been defined according to general dictionaries, medical dictionary, medical expert, institution which work on the field of health and so on. According to Wikipedia, the free encyclopedia, health is defined as the level of functional and/or metabolic efficiency of a living being. In humans, it is the general condition of a person in the mind, body and spirit, usually meaning to be free from illness, injury or pain as in "good health" or "healthy".[1]

The Oxford English Dictionary defined health as the state of being free from illness or injury.[2] World Health Organization (WHO), health is described as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."[3]

Health is a reflection of one's ability to use the intrinsic and extrinsic resource related to each dimension

of health to participate fully in activities that contribute to growth and development, with the goal of feeling a sense of well-being as one evaluates one's progress through life.[4]

According to the Proceedings of International Symposium on Unification Thought, volume 8 in 2006 on the study of Unification Health, Dr. Kim Jin Choon, the president of Cheongshim Graduation School of Theology presented about health as new concept called Unification Health. He defines unification health based on Unification Principle is the potential state of ideal world of creation, of life itself, and the reality of that world.[5]

2. The Concept of Health

2.1. The Traditional Concept of Health

The concept of health begins with biological health, known as physical health. The concept of health was extended to mental health (intellectual, emotional, and spiritual health), social health, ecological health, and occupational health. Physical health is concerned with smooth functioning of various physiological system of the body. A person should be fit to do all his routine work without any difficulty. He/she must possess normal body weight, good vision, healthy skin, proper dental conditions, etc. The physical health is anything that has to do with our bodies as a physical entity.[6]

Mental health is concerned with balanced state of mind. A person must be free from stress, tensions, conflicts, confusions, depression, etc. A person must possess problem solving attitude, he should be able to think about right or wrong, etc.[7] When we talk about mental health, we also related to intellectual, emotional, and spiritual health, because these three areas are inside mental health. The term intellectual health is referred to thinking and perception. It concern about capacity, analyzing and skill. The term emotional health is about feeling on love, pride, sympathy, and inspiration. The emotional health has ability to deal with stress, and emotional control. The term spiritual health is related to the direction of life. It involves development of positive morals, ethics and values. Being healthy spiritually helps us to demonstrate love, hope and a sense of caring for oneself and others. The spiritual health is the soul which involved with our daily life, meditation, ritual, breathing exercise, so no. In other words, the spiritual health is the health which process through religious life, practice goodness, living for the sake of others, etc.[8]

Social Health is concerned with the adjustment of an individual within the society. A person is considered to be socially healthy if he is able to adjust himself/herself among the people of difficult religion, region, status, etc. If an individual is not socially healthy, he/she may develop inferiority complex among themselves.[9]

Ecological Health is the symptoms of an ecosystem's pending loss of carrying capacity, its ability to perform ecological services, or a pending ecocide, due to cumulative causes such as pollution. It can also be defined as farming so as to minimize the negative effects of agricultural practice.[10]

Occupational Health is the health that related to one's satisfaction with work. When the nature of job was satisfied by him or her, it will have a great influence to his/her health. World Health Organization (WHO) said that occupational health deals with all aspects of health and safety in the workplace and has a strong focus on primary prevention of hazards. The health of the workers has several determinants, including risk factors at the workplace leading to cancers, accidents, musculoskeletal diseases, respiratory diseases, hearing loss, circulatory diseases, stress related disorders and communicable diseases and others.[11]

2.2. The Unification Principle Concept of Health

According to Unification Principle, the concept of health is referred to the three great blessings which originally the blessing from God. Therefore, the health from unification principle's perspective is called Unification Health or Ideal Health. In this expression, we can conclude that the concept of health based on Unification Principle is Unification Health which consists of ideal health for individual, ideal health for family, and ideal health for all things.

The ideal health for individual is the health which referred to the health of mind and body centering on God. Mind and body or spirit self and physical self, having a dual characteristics relationship, unite into oneness through give and receive action.[12] The ideal individual health contains of health of physical body and health of mind or spirit. When a person has ideal physical body health mean that all the functions in physical body such as cells, tissues, organ, and all systems are completely united each others in proper position and function. This proper physical body function can generate every activity, and produce vital element for life. The ideal health of mind or spirit give and receive action with divine element that is to say that become oneness with spirit mind and give action to physical body which stand in the position as object partner to mind. The ideal health of mind has great role to connect to heart, emotion, intellect, and will.

The ideal health for family is the health referred to the health of husband and wife who have formed a true family and living together centering on God's true love. The family should live accordance the principle of give and take action, four position foundation, origin-division-union action, and keep absolute sex. The Divine Principle talked about give and takes action as follow:

In the created universe, the dual characteristics that make up each being are empowered by Universal Prime Energy to establish a common base. They then engage in give and take action. Base on the force generated by this give and take action, the dual characteristics construct a foundation for their continued reciprocation. This become the foundation for the existence of each individual being, upon which the being becomes an object partner to God and is able to generate all force necessary for its continued existence.[13]

The ideal family health which related to keep absolute sex is concerned about the right owner of spouse's organ. Husband's organ owner is wife, and wife's orgasm owner is husband. What does it means husband own his wife's organ and wife own her husband's organ? It means the husband as well as the wife's mind is completely united with only his/her own spouse. At this point we can say that the couple must be ideal or the couple's absolute sex is the sex act between husband and wife as absolute, unique, unchanging, and eternal centering on God.[14]

The ideal health for all things is concerned about the relationship of human beings with all things centering on God. Human beings have to love all things, and manage it in a proper way base on principle give and take action and four position foundation. The ideal health of all things has called the kingdom of heaven on earth and in heaven.

III. The Concept of Illness

There are so many people who are live in suffering. Most of suffering is due not to hunger or poverty, but rather stems from ignorance of the spirit world and its influence on both our physical and spirit, it due to the fall. People, spiritually and physically lost the original state where accordance God's true love as life element. It is very painful to see the suffering of those who are constantly tormented by evil spirits. We are often unable to detect the origin of their suffering because we are ignorant and unaware of the effect spiritual influence has upon human behavior.

Where does the pain of illness come from? Sickness is the result of harmonious give and take in the human body with pressure on the affected area. Human often allow Satan room in our lives; even if it is done unconsciously, we make small bases through which Satan and evil spirits can invade. It could be through remembering some points of our past, or pulling into the present certain outdated standards of value we previously held.

Unless we cut off from them, elements from our past can influence us and block our growth. Every day we decide whose bidding we will do - God's or Satan's. We continuing to behave according to the way Satan has taught us. To cut off the bone which binds us to him, we must completely live with God's true love. Since the fall of man, God and Satan have been involved in continuous struggle for the life of every human being in a type of spiritual war. We may feel the effects of this within our mind and heart, and we can see the reality through our physical sickness.

2.1. Spiritual Illness

The Divine Principle explains spiritual begins as either good spirit who are united with God or evil spirit who are united with Satan. Those who are involved in the works of good spirits enjoy an increasing sense of peace and righteousness; even the physical health of the individual will improve. The works of evil spirits make individuals feel an increasing sense of insecurity, fear, and egoism, even hindering the physical health of the obsessed.[15]

Evil spirit brings bad influence to human physical self. This influence causes human beings against God as the creator or original parents. When human kinds away from God's love, they lost the essential of life element that generate true life. The life element, human kinds are originally received it from God. This life element flow from God through true love to human's mind, then it flow as give and receive action from human mind to body by centering God's true love. When this life element could run in accordance the principle, as result freedom, peace, joy, happiness, and harmony would exist. However, as human beings turn their back against God, their life element had been lost.

Due to the loss of original life element, people are living in suffering. Their lives only receive suffering elements from Satan such as envy, hatred, jealousy, arrogance, so on. These bad elements effected people life in tremendous suffered. Their spirit was so pain. These elements works in the form of give and receive action between spiritual mind and spiritual body centering on Satan. As the result human's spirit self live in illness. The spiritual illness has bad effected on physical body's function, family atmosphere, and environment.

2.2. Physical Illness

Due to the spiritual illness, our physical body was sick or ill. The evil element which generated through give and take action with human physical body, as result the whole body was unhealthy (illness). The interfered of evil with the growth of our physical body was faced the limitation on the function of cells, tissues, and organs.

Evil spirit can damage every part of human body, including nervous system, circulatory system, digestive system, skeletal system, muscular system, etc. Around 70-80% of all physical diseases are cause by some spiritual influence.[16] The human body sickness mostly not by outside caused but from the spirit of the body itself. So, any kind of diseases exist in human body cause by the evil spirit.

IV. The Ideal Health for People in the Era after the Coming of Heaven

People have strong desire to achieve happiness. People feel happy when they are healthy. Health is very importance for human being. Healthy generated happiness from God to human beings. When we talk about health, it is not just as for my individual health but as health for the whole. God created human kind and gave three great blessing to them such as:

Be fruitful and multiply and fill the earth and subdue it; and have dominion over the fish of the sea and over the bird on the air and over every living thing that move upon the earth. (Gen. 1:28).

The three great blessings, in sort, are individual perfection, family perfection, and perfection of dominion. These are the three great blessings that God have given to the first human ancestors and us. If from the beginning human didn't fall, human beings absolutely could establish kingdom of heaven on earth. However, they couldn't. But as God as absolute, unique, and unchanging, He stile continues his work to build his kingdom of heaven on earth by choosing responsible person to undertake the mission. God has sent one person to this earth to resolve the fundamental problems of human life and the universe. His name is Sun Myung Moon.[17] Base on God's providence through Rev. Sun Myun Moon, who comes as True Parents of Heaven, Earth, and Humankind is the great values for humankinds to return back to ideal state or return back to the blossom of God. We can say that through True Parents, human kinds can receive those three great blessings.

Therefore, True Parents of Heaven, Earth, and Human kinds had proclaimed that now is the era after the coming of heaven, so it means that human kinds now are living in it. So, human beings must have ideal health which is accordance with those three blessings and accordance to True Parents as their way. The ideal for people in the era after the coming of heaven as follow:

1. The Ideal Health for Individual

The ideal health for individual is the first blessing that human must accomplish. The first blessing is individual perfection, it means that the unification of mind and body, and unification of spirit self and physical self. Therefore, the ideal health for individual must be the ideal health of mind, body, spirit self, and physical self.

a. Health of physical self and physical body: In order to be physically healthy, both physical body and physical mind should be healthy.

- Health of physical body is the health according to medical science*. Human body needs good medical care; it means that we need to check it regularly about the balance of blood, heart action, stomach function, eyes systems, brain system, etc.

- Health of physical body is needs exercise*. There are many difference way of exercises that appropriate for human body healthy. With that differences kind of exercises, we must do it according to the joyful heart of give and take action by centering of true love.

- The physical body is also needs, sex, nature and nutrition. Food is required for the growth of body's systems, and it can produces energy for body and nature is health human body to receive natural element for health.

b. Health of physical mind: when we talk about physical mind we know that it is the object of spiritual mind. So, the health of physical mind receive divine element from spirit and give it to physical body. For example when people feel sleepy, hungry, desire to have sex, so on are the mind that produce by physical mind. To be healthy, the physical mind as object must follow as give and take action with spiritual mind as subject, because the spiritual mind is concern about truth, goodness, and beauty. So, when this subject and object react in the principle of give and take action, the result is healthy of physical mind. Here are some of practical ways for health of

mind:

1. Prayer or reporting to God
2. Make cheongseong condition
3. Liberate evil spirit from oneself, and from ancestors (through Cheong Pyeong Training Center centering on Dea Mo Nim).
4. Reading God's words
5. Practice Hoon Deok Kae through the great eight text books that True Parents gave us.
6. Keep heavenly tradition of tithing
7. Total life offering to God
8. Witnessing, etc.

The ideal health for individual could be achieved base on this process. As an absolute, unchanging, and uniqueness model, we can observe through True Parents. They are the one who have been succeeded this ideal health as individual.

2. The Ideal Health for Family

Base on the foundation of the ideal health of individual, the ideal health for family is going to achieve. This is the second great blessing. The second blessing is the blessing that work base on the four position foundation as family level centering on God. So, God as center, husband and wife give and take action and subject and object partner. As a great result with wonderful children, that is ideal family. In the way of health, ideal individual healthy give and take action with ideal individual healthy, they will produce ideal children. As these ideal individual come together as four position foundation centering on God, they ideal family healthy would be established. This is an ideal health for family. It allows all four type of love running freely accordance to its roles.

When these four great loves work well, the communication in family become better, and better, and wider spread to community, society, nation, and world. So, the ideal health for family is not about medical science, technology, or food, but it is about true love. So, family should practice true love all the time even in the sphere of family and the sphere of society. There cannot be any individual purpose which does not support the whole purpose, nor can be any whole purpose that does not guarantee the interests of the individual.[18] Here are the levels of true love that family's members must practice:

1. Must give for the sake of others. People must not think about own self.
2. Must give and give again and continuously give.
3. Must give with sincere heart, whole heart and with the precious things.
4. Must give without any condition.
5. Must give for other's people to have freedom, peace, unification and happiness.
6. Must give for others to be better than me.
7. Must give according to the purpose of creation to achieve great joy (giver and receiver).

3. The Ideal Health for All Things

The first and second great blessings are the great foundation to accomplish the third blessing. This is the third blessing of health. In this level, the health for all things is referred to the dominion all thing centering all true love, which to say that human beings who are stand in the position as substantial owner must make the environment as the heavenly kingdom environment where all human kind, animal, nature could unite one another centering on true love.

In the nature, human beings will have a deep relationship through give and take action with nature. This great relationship will generate the great result such as truth, goodness, and beauty. Human love nature, nature will not harm human beings.

God created all creatures. Especially he created human beings who suppose to be the substantial owner over the creature. Human beings and nature are meant to share the mutual existence, mutual prosperity, and mutual righteousness. Human stands in the position as subject partner of love and nature stand in the position as object partner of beauty. They give and take action as subject and object partner to create great love and beauty.

In order to give great love to nature, human being needs great understanding about nature. It means that human being needs great management skill to make sure that the nature is developing in the good environment, and human beings are doing their proper role to love the nature.

Human beings also need a proper job or career that satisfied oneself. In the ideal health for all things, human beings have to love his/her career. It means that the career that make for the whole happiness or whole joy. People are doing differences job, however, the common view is to give and take action each other, for each other's interests, and for great job environment. When people in the society achieved this

third ideal health mean that they could live in a healthy society, so-called the kingdom of heaven on earth.

V. Conclusion

This is the era after the coming of heaven, the ideal world where God, human beings, and all things are longing for. The era after the coming of heaven is emerging. The era with God's true love, freedom, peace, joy, and happiness have achieved centering on True Parents of Heaven, Earth, and Human kinds.

In this era, people should practice an ideal health base on the model of true parents who have been paved the path for all human kinds. The path for ideal health is not more than the three great blessings.

First, human beings should understand the individual perfection which consists of mind and body. As well as health, they should understand the relationship between health of mind and health of body. That is to say, the health of mind is the health that has deep give and take action with God's true love as the true life element, and the health of body which related to the medical science, exercise, nature, and food. It means that reciprocal relationship in a good manner will bring proper existence.

Second, human beings who achieved the first ideal health should come along together centering on true parents' blessing, to form an ideal family. The ideal family is form in the great purpose not just for own family itself, but for the whole. Therefore, the ideal family must become a healthy family through see the model of True Parents, and practicing the four great realm of love, and multiply it to entire world.

Finally, the ideal health for all things is the health which human beings, families, community, society, nation, world, and cosmos are united centering on God's true love. That is to say, human beings should practice the reciprocal relationship with nature with true love, with great management skill, and with the satisfaction on what they are doing both individually and wholly.

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[11] http://www.who.int/topics/occupational_health/en/ (accessed on 2011-11-22)

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[16] UTI, Proceedings of International Symposium on Unification Thought, volume 8, 2008, p. 269.

[17] HSA-UWC, Exposition of the Divine Principle, Sunghwa publishing, Seoul, 2005, p. 12.

[18] UTI, Proceedings of International Symposium on Unification Thought, volume 8, 2008, p. 270.