

## FFWPU USA: Your Mental Health is Spiritual and Physical

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May is Mental Health Awareness Month, a time dedicated to promoting the importance of mental well-being. But unlike many people who think their anxiety and depression can only be solved with medicine and therapy, there may also be a spiritual reason at the heart of these issues that needs to be addressed.

"Today, we are living in anxiety, unable to spend even a single day in happiness, due to all the difficult and tragic problems striking the world."  
- Dr. Hak Ja Han Moon (04.22.2024)

To answer some of the questions about the topic, I took the initiative to have a conversation with someone close to me to ask her how she copes with these problems. She has had bipolar disorder for 23 years while struggling with depression and anxiety.

She told me that while she has been a Unificationist since she was 10 years old, and learned early on how science and faith are complementary, when she experienced symptoms of mental health problems, she hesitated to go to a doctor. For some time, she relied only on prayer, asking for motivation to have the energy to get out of bed, to help control her emotions, to end her eternal anxiety. Some days were good, while other days she felt like she was in a hole, trapped with no way out.

After years of struggle, she decided to seek professional help, for her own sake but also for her loved ones. While in the beginning she felt conflicted about needing professional help, she realized that only being faithful would not cure her. She is better now and has taught me and my sibling that there is no shame in asking for help.

My parents told me a story when I was younger that explains how God works in these kinds of situations.

In the story, there is a man drowning in the sea. He prayed, asking God to save him. A few minutes passed and a woman appeared with a life vest and offered it to the man, but he refused. He said that God would save him and sent the woman away. The man kept on praying. After a few more minutes, a boat full of people came saying they could help him, but the man again refused saying that God would save him. In the end, the man drowned, having refused the very help he was praying for.

While having faith is important, sometimes we must take action. God gives us the path, but we also have

our [portion of responsibility to fulfill](#).

My friend's testimony shows us that while seeking professional help from a doctor was important, her trust in God was what kept her going after all those years of suffering. Without Him, she would not be with us today. God sends us the help we need, but it is up to us to see it.

For many people, mental health issues like depression or anxiety are wrongly perceived as something that can be suppressed through willpower alone. Such behavior can be even more present if the person is religious, because of the misconception that to believe in God, you cannot believe in science, and vice versa. The root of the problem is the need to choose between faith and science, but what if they are complementary?

"The new truth should be able to unify knowledge by reconciling the internal truth pursued by religion and the external truth pursued by science."

- Exposition of the Divine Principle, p. 24

Father Moon emphasized the importance of embracing both faith and science. [God created science](#), which has allowed humanity to evolve, answer questions, and solve many problems that faith alone could not. While science may seem to have more direct solutions, faith should not be ignored either.

The power of faith motivates many people to keep fighting when they are in their lowest moments in life. That internal motivation is what drives them to keep living.

Jesus taught us that we should refer to God as our beloved parent. As a father and mother, God will be on our side no matter how broken, sad, angry, or frustrated we are. Heavenly Parent desires you to find comfort in sharing your deep secrets and struggles, even when you are not ready to share with your loved ones. He wants you to feel loved no matter what you're going through.

"You should be able to cry out 'Father!' even in your sleep and even when you are by yourself. When in your daily life you forget to eat or sleep and exclaim 'Father!' with a deep longing, you will be able to hold His hand. Magical things will happen. When you call out 'Father!' He will embrace you."

- Cheon Seong Gyeong 1.2

When we acquire the understanding that faith and science are supposed to be seen as complementary and not opposites, the solutions to our problems become more clear. There is no need to fear going to the doctor as a religious person nor to demonstrate faith when working in the field of science.

"When the sailor, who has completed his voyage in search of external truth under the sail of science adds another sail, the sail of religion, and embarks on a new voyage in search of internal truth, he finally will be headed toward the destination for which his original mind yearns."

- Exposition of the Divine Principle, p.21

[God makes everything for a reason](#). Remember that if you are struggling with mental health issues, God is there to comfort and guide you towards the practical and spiritual help you need. Your Heavenly Parent created you as both spiritual and physical. Taking care of both your spiritual and physical well-being are equally important to a healthy state of mind.

## Our Portion of Responsibility



By Andrew Love

Perhaps one of the easiest concepts to understand at the beginning of the [Divine Principle](#) might be one of the hardest to enact in day-to-day life.

This concept requires that we walk the fine line between disparate aspects of ourselves - between logic and faith, interpretation and fact, sensical and improbable.

That is the burden and the joy of grappling with the concept of "Our Portion of Responsibility".

"By fulfilling their given portion of responsibility, with which even God does not interfere, human beings are meant to inherit the creative nature of God and participate in God's great work of creation."

— Exposition of the Divine Principle (p. 20)

What is truly beautiful and liberating about this revelation is that it appeases our rational minds as well as our spiritual palette. The entire debate about [whether we have free will](#) as humans or not is also resolved within this brief section of the Divine Principle.

To know that we have responsibility gives humanity a sense of ownership in our personal and collective destinies. The state of our present circumstances on the planet is the result of our decisions...clearly. But are we doomed to repeat our self-destructive ways as a species? No, not at all.

Conversely, knowing that the weight of the cosmos doesn't rest on our limited mortal abilities is incredibly reassuring. Although we are responsible for making the mess, we can find cosmic assistance in the clean-up process.

Albert Einstein famously said, "You cannot solve a problem with the same mind that created it." If you can understand this statement through the lens of the Portion of Responsibility concept, then it takes on an entirely new dimension.

"You cannot solve a problem with the same mind that created it."

— Albert Einstein

When we take advantage of the fact that our cosmic creator, our [Heavenly Parent, wants to collaborate with us](#) in creating solutions, then we are never limited in any way shape, or form.

Practically, this means that any problems we experience on a personal or societal level have solutions, but we can't access them by our thoughts alone.

It is only when we reach beyond the personal, selfish "survival thoughts" and get into the frequency of the divine solutions that we will tap into the limitless trove of wisdom that constantly surrounds us.

And then there's the matter of making your ideas substance, for a plan without action is merely theory. A tricky aspect of the Portion of Responsibility concept is understanding how much action to take.

There is a fine line between participating too much vs not enough. You may overwork yourself and trip up the providence on the one side, or sit around waiting for something to happen and [miss your chance](#) on the other.

If you're not careful, you could be stepping on God's toes and getting into His business. How many people throughout the ages were convicted by divine purpose, only to realize they were actually appeasing their own ego?

Whereas, how many people have you observed who use their faith in God to reassure themselves that someone other than themselves will make this world or even their own lives better?

It would seem that achieving a balanced relationship with "Our Portion of Responsibility" lies in us utilizing two key elements:

1. Prayer
2. Community

With [prayer](#), it will never be our front lobe that connects us to the divine. We need to move beyond what we know in order to find solutions to problems.

That is the purpose of prayer, to understand our creator, the world around, and even ourselves more deeply. So, naturally understanding if we are doing too little or too much will require us to connect with the highest thoughts we can

access.

[Community](#) is a vital component as well because it is there where ideas are worked out, where faith and substance collide. Perhaps we think our portion of responsibility is somewhat limited, but then we are asked to stretch ourselves beyond our comfort zone out of a communal need.

Such situations will allow for growth and we will see just how small we were thinking. In other situations we might be running ourselves into the ground, overexerting ourselves, and it will only become apparent when someone lets us know that we aren't helping the way we thought.

There are many ways that this can play out, but ultimately the truth of your portion will be unveiled only through conversing with God and collaborating with other people.

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## Why God Is The Ultimate Scientist



Although we are not actually suggesting that God is an old white man with a long white beard, we do recognize God as the origin of everything good, including science. Science has made a steady comeback in the past decade, spearheaded by Neil Degrasse Tyson back in 2014 with the miniseries *Cosmos: A Spacetime Odyssey*, a sequel to the original by Carl Sagan that aired in 1980.

The history of science and religion has been a rocky one at best. Early scientists were persecuted and even imprisoned for trying to spread their findings. Many scientists, in turn, denied the existence of a supreme being or creator. Even today, a [science versus religion](#) debate never seems to be going anywhere. It's easy to look at the two sides and think it impossible to reconcile, but integration of faith and fact is exactly what Father Moon, founder of the Unification faith, envisioned. He himself was a person who valued science, and was interested in the world and how it worked. In the [Introduction to the Divine Principle](#), our core teachings, he explains:

*"Humanity, through religion, has followed the path of searching for internal truth, and through science, has followed the path of seeking external truth. Religion and science, each in their own spheres, have been the methods of searching for truth in order to conquer ignorance and attain knowledge."*

### Two Sides of the Same Coin

According to *Divine Principle*, the divide that exists in society today is not nearly as wide as it seems, and while the two have gone on separate paths, they actually seek to accomplish the same thing. Science deals with the external world of phenomena, and religion deals with the internal world of

cause. In other words, science asks, "How?" or "What?" and religion asks, "Why?" We need both the external and the internal, and we need to have them work in harmony in order to get anywhere.

"Eventually, the way of religion and the way of science should be integrated and their problems resolved in one united undertaking," says Father Moon.

"The two aspects of truth, internal and external, should develop in full consonance. Only then, completely liberated from ignorance, will we enjoy eternal happiness."

Imagine a world where people of faith and conscience use the tools of science to solve the world's problems and to create peace. What if, instead of focusing on differences, we looked at what would be possible if we were able to work together?

Let us put aside the old dispute, which is often driven by egotism and personal opinion, and no longer be affected by the conflicting elements but rather focus on the bigger picture of one combined understanding. Let us put aside personal stances and instead practice objectivity, looking at every matter plainly and humbly, as any good scientist would do.

### **God is a Scientist**

Unificationists believe the Bible is full of symbolism and metaphor. Scientific and evolutionary evidence does not conflict with a belief in a Heavenly Parent.

Through science, humanity has discovered the great laws of the universe, but why do these laws exist in the first place? Our Heavenly Parent is the ultimate scientist, crafting all of the laws of nature. In fact, the more Father Moon learned about nature and science, the deeper his understanding of God grew. In examining the creation, Father Moon describes atoms with positive and negative charges as a reflection of a God with a dual nature, [masculine and feminine](#).

In the very first episode of *Cosmos*, Tyson relates the story of [Giordano Bruno](#), a monk who tried to proclaim that the universe was limitless. His vision was met with scorn by his peers. Yet even after being imprisoned and branded a heretic, he continued to preach, and was famously quoted as saying, "Your God is too small!"

Yes, God is limitless, so why not the universe? If the universe is infinite, yet guided by a set of principles, then why not God? What if, the more we learn about our universe, the bigger, the grander our God becomes? The relationship between science and religion is something our world wants to reconcile. If these two most influential avenues of thought could unite, we could solve the problems of the world both internal and external, and strive together towards a world of peace.

When we realize that science and religion are both tools that can be used to better ourselves, humanity, and the universe, we can understand that the divide between the two is merely a matter of perception. God is love, but he is also logic and reason. Our Heavenly Parent is limitless and grand, but also personal and intimate.

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## Are You 'Woke' to God?



"We must clearly understand that the purpose of Creation is to fulfill the ideal of true love," said Rev. Dr. Sun Myung Moon in his speech "Wake Up, America!" given on June 12, 1988 at Belvedere estate in Tarrytown, New York.

Long before the term 'woke' entered mainstream vernacular—defined as being attuned to social issues—the late Rev. Moon, co-founder of Family Federation for World Peace and Unification (FFWPU), urged America to "wake up" to God's purpose of creating human beings and all things in the world.

"God [made] all things... not for the sake of the Creation itself, but rather for the sake of the fulfillment of true love," Rev. Moon said. "This is our most fundamental understanding."

Rev. Moon described how God created all people in His image, underscoring the intrinsic value of every human being, no matter their affiliation of nationality, race, ethnicity, or ideology. Rev. Moon explained that understanding and acting on true love as the real purpose of creation—through embracing one another as brothers and sisters of the same human family—would ultimately bring about God's desire for unity and world peace.

"The fundamental base for all levels of unity is true love," Rev. Moon said.

"Each person has a 'homing device,' moving his body toward true love. That is his original mind."

Rev. Moon taught that true love lives for the sake of others and puts other people first. He said our expression of love develops from the family, and then extends to our relationships, communities, and greater society.

"True love brings you to the same level of heart with God," Rev. Moon said.


"When you possess true love, you are automatically entitled to receive the inheritance. True love gives you the right of participation. You are not an observer or bystander but an agent which initiates action."

This fundamental law of true love, which is both life-giving and boundless, governs the earthly world and beyond, said Rev. Moon. "Eternal life is an inevitable consequence of true love. Only true love makes things eternal," he said. "Everything else will perish. That is the law of God's universe."

With these timeless words from Rev. Moon, let's reawaken and align ourselves to our real purpose of true love—and bring a new understanding of being 'woke.'

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