

**THE WAY
OF
TRADITION**

Volume III

The Holy Spirit Association for the
Unification of World Christianity

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THE FALL

1. You must consider your chastity as the most important thing from now on. Forget about the past. But from now on, be careful! Single people, be careful!

2. Because the power of love was so strong, God had warned that Adam and Eve not even touch one another. Don't even look at the knowledge of the tree of good and evil. It is too tempting. This means, don't even contact the opposite sex until you are allowed to do it. If you contact, you are tempted. If you go to a certain point, you can't trust yourself not to go farther. So, don't start. On this matter, the outlook is very strict. We are all human beings and we know how tempting love can be. We do not even like to have men and women going somewhere together, because we know that humans are not strong.

Master Speaks 3-1-65

3. Never yield to satanic lust. You have to return love to where it came from and uphold the vigorous standard of heavenly children's' life-style in our one family living. The failure to fulfill God's original desire originated in the subversive relationship between two people—a man and a woman.

4. Today, as we come back historically to the same growing stage that Adam and Eve could not overcome, many youths without knowing the Principle repeat the historical iniquity. Amid the world-wide turmoil of unnatural love (lust), there must come an institution of the original relationship of love between a man and woman. In such a light, the arrival of the notion of "ideal mates" is an epoch-making gospel. In such an era, the girls of the unified family should not be trampled by strangers. If you have real faith and wisdom, you will keep yourself chaste and away from over-acting. We, first of all, have to restore the position of heavenly son and daughter, as the first blessing of God was to be fruitful. Passing through this process, we will be qualified to form the conjugal relationship with God's love in its center, and we will bear the children of goodness to set the foundation of original four position. The starting point in our faith is, thus, to feel God's love in our blood and complete ourselves in the indestructible yearning of the love. If you lack the confidence to declare God's love and glory in you, you are still not quite his son nor daughter. Do you have such a confidence and standard? (Yes!) It is easy to say "yes" in words, but hard to do "yes" in acts. You must have the power and dignity of heavenly children so that you can march forward alone into the enemy Satan's camp full of confidence to subjugate them. Before you bring forth the standard of the second blessing you must set a condition of having overcome Satan who entrapped Adam and Eve.

5. To love loosely one another without the standard is unrelated to God and thereby Satan's task. You must completely surrender to God's love.

6. Anyone who sees or relates to your brothers and sisters in the relationship more than brother and sister, is on the fringe of downfall. Such a person and relationship can never last nor be allowed. If you feel such an element even in the slightest, you have to cut it out immediately.

The Ideal Mate 2-4-69

7. The degradation of mankind, the fall of man, came from the attitude that one would be willing to sacrifice others for his own benefit. As you know, the subject of evil is the archangel and this archangel, for his own enjoyment or benefit, sacrificed Eve and Adam.

The Ideal World 12-11-71

8. This is the key point entitling to the Heavenly Kingdom of God—to be able to love your spouse whole-heartedly in the ideal and perfection of love. Those who are single must be resolved not to be stained. Keep your virginity pure. Can you make love without God's permission, knowing all these things? Everything must be motivated by God. That is how God created man, centered on love. If you have that in mind you will realize how precious love is. And we must be loving in that way.

Tradition Centered on God 1-2-72

9. The human fall was caused by man's loving himself, exalting himself. But in order to restore ourselves to the original position, we must be loving God first and exalting God first. That's why in the Bible you read that you should love God with "all your heart, all your soul and all your mind", and then next you must love the will of God.

10. We cannot restore ourselves without knowing the factors involved. We must know the cause of the fall and by reversing this way, we can restore the original position.

The True Path of Restoration 1-11-72

11. In our church, young men and women should not come too close. You must be careful not to cross over a certain point.

Leaders' Speech 3-16-72

12. The thing God hates most is immorality, lust and adultery.

One God—One World Religion 3-70-72

13. Love is not yours. Love does not belong to you. It belongs to God, to the world, to the earth, to the future prosperity of the earth and future generations. I have seen many boys and girls even in the streetcar or on a crowded street or in the parks kissing and embracing each other, and in my heart, I question if they really know the value of love. The value of love is high like this, but because of the human fall, it was distorted and degraded. You young people must know all this and you must be thorough in discriminating true love and false love.

Unification 4-2-72

14. We often see many bachelors here, who don't like the idea of marrying girls. Those people are increasing in number, isn't that right? But on the other hand, they also want to have premarital sex, and we often see boys and girls making love under the trees in the park. Well if you go on like that, you are apt to lose your family relationship, your nation even, and finally you will lose the whole world.

Opening of the Training Session 12-9-72

15. Due to the human fall, everyone has satanic blood running in his veins. It is appalling to think of that. If you find that you were born from the lineage of a murderer, would you be pleased? Satan is more than that—he's not only the murderer, but he is the adulterer, thief and everything evil. We came from his lineage. He is the king of the murderers. He has committed that sin not just once, but he has been continuing to do that. We are his descendants. We are from satanic lineage and we must know that we have all those events and all those things inherent in us.

We are liable to judgment and if we are dragged to the court before God, what kind of judgment are we going to receive? You are the offspring of the Satan who took away man of God's creation. Then, if you were in God's position, what would you do with satanic mankind? If you were in that position, you could not think of any such thing as forgiveness. From your part you cannot pray to God to be merciful, to save you; you are not in the position to ask for that. Are you? Can you ask for forgiveness from God? Are you entitled to it? But, when you are in the court, if you find yourself forgiven, then how would you feel? Overjoyed. When you had expected capital punishment, you were allowed (as Jesus said) on eye plucked

out and you were forgiven—would you not be thankful? If God would allow you to be forgiven by cutting one of your arms or one of your legs, would you not be thankful?

If you are in a position to follow God and follow our Father as God's agent, can you complain on the way? (No!) Can you say: "I am exhausted, I cannot go any further." (No!) Never. With all this knowledge, you must be determined to face what you will come to!

16. You know that Adam and Eve fell while they were in their teens, so you want to sacrifice yourselves while you are still in your teens, fighting and working against Satan in order to restore yourselves and all mankind to the position of Adam and Eve before the fall. That way you will dissolve God's resentment for having lost His children to the hands of Satan.

17. You must know how vulnerable you are. All the women here, when you are being tempted, you must tell yourselves with dignity, "God, my Father, has been sacrificing all those animals and human beings for the sake of my salvation. I am not going to be stained again in dirty blood."

18. You men folks too, I warn you, if you are tempted by beautiful girls and you are being dragged along by those girls, you are not entitled to be God's sons. I hate the idea of your being liable to that. You must realize the value of yourselves in that moment. You would not take even the whole world in exchange for yourselves.

Change of Blood Lineage (II) 1-19-73

19. Before you join with God in Divine Love, can you ever dream of loving anyone of the opposite sex? That is why, up to the present moment in Christianity they advocate celibacy or an ascetic life.

Our Determination to Win 3-1-73

20. A defeat or fall can come about when we are vague in our sense of purpose, in our sense of the direction or goal.

Victory or Defeat 3-31-73

21. You are in the prime of your life. You want to dance with your lovers, our sweethearts; you want to enjoy life in the worldly sense. There are many good things leering in this world. (No!) You helplessly say no. But you have been awakened to the fact that someone must do this job if it is not I. The heavy lump of the whole world is falling down. Some power must stop it from falling. The falling lump is the earth. The whole earth is tumbling down, and you are on that earth plane. With it you are going to come down into the dungeon. Those merry

makers—those without the knowledge of what is going to happen—may look happy. But those who know the fact that the lump is falling down into a dungeon cannot help but want to stop it from falling. Some are by standards—would you just watch it fall? Wouldn't you want to stop it from falling? You may have to die or be killed. Would that be all right? Three may be casualties by tens of hundreds and thousands, but if you are not ready to die for the cause, you cannot live and save the world.

Significance of the Training Session 5-17-73

22. You must never love each other as lovers would in the world. When Adam and Eve were going to be blessed, they were in the position of brother and sister. At the time that they were in the stage of brother and sister, they did not know that they were going to be blessed. If you talk about being future husband and wife, it's already or sin. You must restore yourselves from the position of brothers and sisters. Without knowing they were going to be future spouses, they could still fall. If you know this and commit that kind of thing with conscience, it's more dangerous. You can never think or talk about. Things in terms of what you are going to do as future husband and wife. The Di vine Principle would never allow this to happen.

23. You are in the position not to have been born or not to know what love really is as yet. Unless the parents would bring you love or plant the notion of love in your heart, you cannot initiate love or talk about love. That is the core of the Christian ideology in terms of bride and bridegroom. Before this, celibacy is advocated. In the Bible we read that St. Paul said that if you cannot overcome lust, you may as well make yourselves into eunuchs. You must know that when I repeat this over and over again, I am really serious. I warn you against committing a mistake.

24. If you commit that kind of sin, after knowing the Principle, the way is narrow for you to be restored.

25. For single people, heaven wants you to keep your virginity.

26. As I said before, it is worse than murder. If you murder a person, you are killing one person; but by doing this thing, you are killing your descendants and your lineage. Then wouldn't you say that is more than killing and murdering people? The law to punish this kind of act is going to be the severest. Do you know that? You know what you have been before joining this group. Upon joining—after learning the Divine Principle—you must repent, and try you best to keep your purity from then on.

27. You must keep your purity and chastity. You must think of it as more value able, more important, than your own life. The fallen act in love will kill your descendants.

28. You must be very careful and keep yourself intact from that kind of sin. Is everything clear to you? The part of the men which is different from women is like a serpent's head. Can

you wield that in misuse? The part of the woman is something like a poison pot. That's true. You must purify it. That's why in the Jewish custom, they circumcised their children to drain out the stain blood. There was no such thing even possible on women. If they were in utter obedience, they could be saved.

29. You must again realize that if you commit adultery or any such thing, it means you poison yourselves to death. From now on, men more than women, must keep their chastity.

30. Chastity and keeping pure is the greatest thing in our group.

31. Purity is something like a blossom before it is opened. Before you are blessed, you must be like a blossom shut tight, and bear the fragrance deep within you. I am strict about this because the Principle teaches us that—the truth.

Relationship Between Men and Women 5-20-73

32. The first woman, Eve, was subjugated by the selfish love of Lucifer, the fallen angel. And Eve subjugated the first man, Adam, with a selfish motive, plunging all humanity into the darkness of selfishness and greed. This reversal of God's principle was the beginning of evil.

God's Way of Life Day of Hope Banquet 9-17-74

33. When you analyze the past history of mankind, the very fall or evil came about when men thought about things centered on themselves. Selfish desire brought about that kind of condition.

Human Life 12-1-74

34. What is sin? Sin is anything which makes a condition through which Satan can accuse man.

Let Us Establish the Kingdom of Heaven 1-1-75

35. In America, love between the same sexes, homosexuality, is prevailing. It is a most unnatural love. At the time of creation, did Adam have any other man to love? Did Eve have any other woman to love? (No!) Then it is in the principle that woman must love a man, and man must love a woman. Homosexuality is unnatural, against God's law of creation.

The True Pattern of Family Life 3-7-75

36. If free sex is such an evil idea that it will harm all the world we are going to build, then we must exterminate that idea, and way of life. If even the ideology of freedom plays an obstructive role then we must deny that too. Freedom may sound sweet to your ears, but if you find that the

idea of freedom is always hindering you to strive hard enough, while there are so many evil enemies, then you must annihilate the idea of freedom.

The Mission We are Undertaking 3-16-75

37. You have to be very strict and cautious about man-woman relationships!

38. All man's actions are very much similar to the archangel's. Whenever a beautiful girl came to you when you were young, you thought, "Maybe she is my partner! My sexual object." That is the inherited archangel nature which has infected all man's thinking. You have to love that woman as your daughter and you have to raise that daughter. Then, at the most you feel as she is a sister.

39. Adam and Eve were not supposed to touch it or even think of it until the proper time. But they did! So, this is inherited today. A similar situation will happen to you if you do not control the situation. The heavenly law is strict. If you violate it, you will be "cast out of the Garden of Eden" in the same way.

40. There are lots of sexually disturbed people, homosexuals and lesbians. Let's look at this abnormal situation. There was nothing homosexual in the Garden of Eden, nothing happened between Adam and Lucifer. Why is this happening today? We have to stand up and solve this unnatural lust and unlawful sexual behavior. Man should be more virtuous and chaste. This is God's law and principle.

41. The idea of free sex and all its practices belong totally to Satan's side. Just like Sodom and Gomorrah, their individual souls will be punished.

42. We are responsible to clear up all this misuse of love and misconception of sex.

43. You should be careful of this matter all the time. Your responsibility is to give the law, which even God could not give because of the fall. Your role is a motherly and fatherly role. By doing so, you are guaranteed to cleanse the blood lineage. This is the secret of how to take God's side. If you practice this way, as you are on God's side, then you receive God's love.

Directives to Foreign Missionaries 3-20-75

44. Chastity has the highest value in our movement, our ideology. It is more precious than life itself.

To Foreign Missionaries 4-19-75

45. Only God-centered love after your maturity, after the approval by God alone, is permissible and then you can be blessed, but not before that.

46. Before maturity, you are not allowed that kind of act. Without the True Parents approval, you will never be allowed to do such a thing. It's an unforgiveable act—that is the difference between heaven and hell. If you get over that, you will be headed for heaven and entitled to heaven. But one step the other way and you fall into hell.

47. Satan is desperately active to lure you away.

48. For those who are not married, you must be especially careful about that. Before joining the movement, you had attitude towards free sex of "What's wrong with it? When I want to love someone, don't I have the freedom of doing so?" That's never allowed here; you must clearly understand. In that case, you fall prey to satanic invasion.

49. If in our movement we cannot liquidate this kind of sin we can never be successful. Who will liquidate this kind of original sin? Since Adam and Eve fell before their maturity, those before their maturity must be able to liquidate this kind of sine. Chastity is more than life. You must know that.

50. Some of you unmarried persons, as I said before, must be especially careful about temptation. You must be constantly warning yourself against it. You can never tell the person you have brought into the movement that he or she is going to be your future mate. You can never talk to people that way.

51. You have the knowledge that Adam and Eve fell by temptation of the archangel. You know that you can never fall prey to temptation. You are sure you are not going to do that. Can you be like that? (Yes!) You now understand how horrible the human fall was, and how much torture God had to go through after the fall of man, and you can never make God grieve again by doing the same. You must be sure of that.

52. When they are brought into the movement, a man should not think of a girl as his future spouse, but as his daughter; for the girl, he is your son. Don't be tempted. After bringing him or her into the movement make them aware that they are in the position of daughter or son to you.

53. Even though people are attracted to you, you can never dream of loving them in the sense that you are going to marry them. You have nothing to do with being married. Marriage is something God will bless you with. Suppose there's a man or girl wanting to marry you, can

you marry him or her on your own will? You must make it clear—so clear that you will never commit mistakes.

54. You must understand the difference between God and Satan, and between good and evil. There is a significant difference. God wants you to wait until your maturity to know love. But Satan would lure you away through the love act before maturity. That's an important difference. Satan will even whisper in your ears, "Man fell this way, so in the course of restoration you will do the same in the reverse." You must be able to distinguish between good and evil.

55. Satan has been spreading the rumor that in our movement, free sex is prevalent. They are propagating that we reverse the act of the fall, and they say we cleanse sins by way of the same acts, centered on God, or something like that. It sounds true. If you are tempted by the voice of Satan, you will fall into the dungeon of hell.

56. If one knows the Divine Principle, that kind of act is not permissible, not forgivable at all.

God, Myself, and the Country of My Assignment 4-21-75

57. We know that the human fall was caused by misuse of love.

58. The Bible teaches us to be humble, while the satanic nature is to be arrogant and to tread down upon others. So, we must be humble, serving, and sacrificial. The fall came about when man wanted to be like God. He was arrogant.

Complete Restoration 6-2-75

59. We cannot accept the idea of immoral sexual promiscuousness. We must liquidate and exterminate all those evil things.

60. In our Church, even when you are seated, we separate the males from the females. Don't ever dream of writing love-letters to the opposite sex.

The significance of Victory in Korea 7-1-75

61. Lucifer was attracted to Eve, who received God's love directly. This Temptation will come to you when you go out. You have to overcome it! You are not the second Eve or second Adam but fallen Adam, so you have to control yourself.

Training for Victory 10-2-75

62. What is the fall of man? What are fallen children? They do not feel to the bone that God is their Father. They heaven concept of God in their minds.

The Kingdom of God on Earth and the Ideal Family 1-1-77

63. Liberation from sin starts at the very bottom of hell, so the Messiah must begin his work at the bottom of human misery.

64. You single people must keep your purity and give your heart to God first. You who have committed earthly sins such as lustful acts need to repent and work out the entanglements of your life. You will be forgiven if you repent and forever leave behind those ideas; only as a purified person can you be admitted to the Kingdom of God. Without purification you are incapable of receiving God's pure love.

65. The illicit, impure love of the fallen world will not be accepted. You have a lot to forget and to cleanse.

66. As member of the Unification Church you must not think about who you might marry. You will never reach the level of sons and daughters of God with such thinking, but only leave a hook by which Satan can snag you anytime. Your love should be connected to God and to the True Parents, being innocent, genuine and pure like Adam and Eve's before their fall.

The Spirit World and the Physical World 2-6-77

67. 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 no cure for the damage that free sex does to your spirit. It will only destroy you.

The Blessing 2-20-77

68. Brothers and sisters are not even allowed to hold hands in our church. We are taught that when a brother and sister meet, they must just talk, and then not even in privacy. Why? In order to prevent a cheap love from invading their hearts like it has invaded the hippies' lives. We are living a completely different standard than the world is living.

Our Family in the Light of the Dispensation (I) 3-1-77

69. The fallen world, which separated itself from God, has a history of greediness and exploitation; those characteristics brought the fall and the destruction of the world and mankind. We are still living on the edge of a cliff.

70. What is the fall of man revealed in the Divine Principle? It is really the destruction of heavenly law and the redirection of energy into a self-centered way of life. Because the archangel's motivation was self-centered, he could initiate the fallen act. Then how could Eve have been tempted by Satan? Eve was vulnerable to temptation only because she was also motivated by selfishness.

Our Family in the Light of the Dispensation (II) 3-6-77

71. That kind of carnal, unprincipled love should be wiped out.

72. After acquiring that absolute love, a person really knows the value of that most mysterious and holy world. When you know that divine and mysterious world, your laughter will be divine and mysterious and the expression of joy in your singing and dancing shall also be very divine and mysterious. Anyone who dirties this most valuable love with cheap, carnal things is the worst kind of criminal in the universe. Regardless of whether you are a man or a woman, anyone who seeks to contaminate your love in an impure way is your worst enemy. Because love is greater than life, that person would be committing a crime worse than that of taking your life.

The Greatest of All is Love 3-20-77

73. The whole problem began when individual creatures—the angel, Adam and Eve—became self-centered, thinking about themselves first. That was the beginning of the wrongdoing. Furthermore, they wanted to perfect or fulfill their love with themselves at the center.

The Dignity of God and Man 4-1-77

74. What was the fall of man? Simply speaking, “I” became the center and “I” took everything, including all the different kinds of love. Since self-centered love brought the fall of man, you must move in the opposite direction.

The Realm of Resurrection 4-3-77

75. Among the many diseases afflicting man, the worst disease is the one brought by the fall, and to make things worse, men do not even realize 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 the 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.

76. How should you behave? There is room for forgiveness, but God has strict expectations for those who previously led an impure life, and He wants you to renew yourself to the degree that you completely forget about your past illicit love. How can you reach that level? No other power is strong enough to wipe away the experience of illicit love except true love. Since the imprint of false love is strong in your mind, the only way it can be eradicated is through true love.

77. When you receive this intensive love of God through the Messiah then your past experience of illicit love will be eradicated.

78. No heavenly love can begin unless we liquidate the satanic love.

The Resurrection of Jesus and Ourselves 4-10-77

79. The concept of marriage so far in the fallen world has become a tool of Satan, allowing him to bind mankind for his own benefit. God's most precious gift of marriage is being used by Satan.

God and the Building of the Kingdom of God 4-17-77

80. All mankind is born in sorrow and suffers in sorrow, and struggles to recapture the original world; because of the fall, however, that perfection has always eluded man.

81. What kind of disease have you caught? The diagnosis is that fallen man has the disease of fallen love. It is the disease of love centered on Satan and controlled by Satan, and through it, mankind has become prisoners of Satan by inheriting his lineage.

82. How did this disease of love start? The motive that initiated this love disease was self-centeredness. The fall was initiated when one person claimed self-centeredness. The fall was initiated when one person claimed self-centered love. That person denied the value of all other relationships in his desire to make himself the center of the universe. He only sought to bring benefit to himself, and when his desire entered the realm of love, the disease was begun.

83. We must find a cure for this love disease. What medicine should be prescribed? Because self-centered love brought the fall, we must find a God-centered or unselfish love in order to be cured or restored. If Adam and Eve and the archangel had forgotten themselves in the

Garden of Eden, only thinking of God and their desire to place themselves in a God-centered love, then there could have been no fall or any of its consequences here on earth.

True Parents' Day from the Historical Point of View 4-18-77

84. God loves pure love to the utmost degree, but at the same time He abhors Satan's love.

Happy Unification Church Members 5-22-77

85. The fall of man brought three consequences: God lost His children and He lost His temple, because man was to be the dwelling place of God. Furthermore, God lost the only home in which His love could be manifested; Adam and Eve were not only to be the children of God but to be the recipients of His love. With the fall of man God lost everything He had hoped for in the love of His own children, the love between husband and wife, and the love between parent and child.

The Pinnacle of Suffering 6-26-77

86. Knowledge of the fall offers the greatest hope to fallen man because with this understanding we can find the road of restoration. Not only that, God's existence and the contradiction of man's existence can now be understood. Mankind must know that man was broken by the fall and must be repaired. God's mandate is for man to become whole again and return to Him.

87. We must understand the essence of the fall of man. Another power named Satan was involved in the fall of man. Consequently, there is a good god which is God and there is an evil god which is Satan. That does not mean that originally there were two gods, two origins of the universe. How can man ever find harmony within himself unless some reconciliation is made between the two gods? God is not God unless He can deal with this evil "god" and the evil fallen body of man. If God cannot bring man's evil body to the side of good then Satan will bring man's good mind to the side of evil. God must be capable of liquidating this evil world that has come under the subjugation of Satan.

The Ones Who Can Receive God's Love 10-1-77

88. The struggles you experience because of contradictions within yourselves are a result of the fall, yet at the same time God lives in a different state, the perfected state. We can logically justify the existence of perfected God and sinful man by knowing about the fall of man. It was from that point that two worlds came into being instead of one.

Core of Unification 10-9-77

89. The fall of man actually began with only two individuals, but because they were the ancestors of mankind their actions shaped the history of the world. Their transgression brought the entire world down to tears.

The Return to Tears 10-16-77

90. The fall of man resulted from self-centeredness, but now in the opposite way we give ourselves for the sake of God and humanity; this ideology will totally annihilate the satanic way of life and bring this world into the realm of resurrection. Your struggle is actually a very short one because you are engaged in the final battle. By demonstrating your fortitude and loyalty and winning that final battle, you will inherit all of my accumulated victory because it serves as your foundation.

Our Newborn Selves 11-1-77

91. Men and women must be hard on themselves if they intend to pay the historical debt. Each person has to be firm with themselves and cry out for restoration. Sexual desires are torture to withstand, particularly in energetic young people, but in order to pay the historical debt you must overcome them. Only something greater than the urge for sex can overcome it, and without having some greater power from God you could not do it. That is the supreme test. You must show God that you can surpass the urges of satanic love. Just grit your teeth and become totally numb to that sexual level. God will give you the blessing of love.

The Tradition of the Unification Church 12-11-77

92. The fall of man came from self-love and selfishness, but the love of a saint is very sacred.

God's Day 1-1-78

93. In the everyday world parents worry if their teenagers don't go out on dates, but the Unification Church is different. We are not worried about that at all because we are busy dating God instead. The entire world is inclined more and more toward free sex and sensual desire, but here in the Church we are absolutely living up to a God-centered moral standard.

94. Precious things are usually hidden away, and if your body is precious then you have to cover it. The fall of man resulted from sensual desire and the fallen act is going on everywhere. In order to reverse the fall, we have to go in the opposite direction.

New Morning of Glory 1-22-78

95. No matter how much love you have had in the world outside, once you are drafted by God to be a public person, you must cut your other relationships off. That's the way I have lived my entire life. No public person can do things arbitrarily and at whim.

My Life 3-12-78

96. The ideal is to meet your first love in a God-approved husband or wife. For the man or woman who possesses God's love, the ideal is to be married to his first love. On the spiritual level, the present system of dating is animalistic. This is why we must completely wipe from our memory all love which was not God-centered, all love from which God was escaping. The one thing God cannot tolerate is a love which is not centered around Him.

Where God Resides and His Course 3-19-78

97. God's mind and God's heart are God's heartle. Fallen man has a fallen mind and fallen heartle. The fallen mind has no anchor and just drifts anywhere it wants, and fallen love also lacks an anchor or center.

Resurrected Kingdom of God 3-26-78

98. Which crime would be more fearful to commit, one which risks your life, or one which risks your love? There is a certain sin you can commit with your life—for example, killing someone. You risk giving up your life to commit that crime, but you are the one involved in doing so. When you give up your love for the sake of fallen love, however, there are two persons involved. Everyone who is involved in that lust is involved in that fallen criminal action. What is the worst tragedy of any home? It is the departure of love. If love leaves, nothing remains but hatred, division, animosity and jealousy.

99. The misuse of love brought death; the fall of man caused the fundamental destruction of the universe.

100. In our church, it is forbidden to look at brothers or sisters as a potential spouse.

Parents' Day 4-8-78

101. How about the men? You use to date but you haven't done that in a long time. Aren't there still times when you think about it? You say no, but many times you don't think that, do you? When a man is naked, a part of his body is always exercising, isn't it? Do all you men know what I mean? Then you will smile at your own body and say, "What is the matter? Don't you understand the third seven-year course?" Can you reprimand your own body now?

When Are We Satisfied? 4-9-78

102. Adam and Eve should have experienced a love which was enlightened and elevated spiritually, love which would grow deeper and deeper and higher and higher. As a result of the fall, however, their love went lower and lower into the physical plane and now the love that man experiences is no different from animal love. No one has been doing anything about the situation and if it continues it is obvious that mankind will perish.

The Age of New Dispensation 5-14-78

103. When God commands you not to indulge in love, you should obey the commandment just as in Adam's time. When God commands you not to go into a dangerous situation, that's what you must do. You may want to go a certain way, but if God says not to go, you must completely give it up and turn around and go as God wants you to go.

History and Our Responsibility 7-16-78

104. If you have found real love and then someone comes along and tries to seduce you, would you give even your life to preserve your true love? You would want to die first because true love is eternal and unchanging.

One Age, One Generation 9-3-78

105. If there had been no fall, Adam and Eve would have been going along the rail of God's principle, becoming the full manifestation of God. Adam and Eve were supposed to become the rail for all men and women. God planned men and women in a certain way, and if Adam and Eve had not fallen, their way would have become mankind's way. The fall of man meant the loss of that example. When they fell, Adam and Eve did not have the blueprint; God had it. Because of the fall no one has ever seen an example of what true men and women should be like. A pitch-dark blackness surrounds men and God must re-establish the rail for all men and women to see.

Washington Monument 9-18-78

106. The living God wants to tell people two things: “I am your parent and I am the best teacher for you.” Without question the cause of the fall of man lay in ignorance. Another cause was self-centered love. True love was supposed to be God-centered, but ignorance and self-centered love destroyed it and brought the fall. There is a craving for knowledge in our fallen world but it is all self-centered. People want to gain knowledge only in order to increase their honor and comfort and they want to secure love for self-centered satisfaction. This is why such love will not bring anyone to the Kingdom of Heaven.

Home Church and the Completion of the Kingdom of Heaven 1-1-79

107. The worst kind of crime or sin in the sight of God is the violation of true love. That is Article One in the constitution of the Kingdom of Heaven. What kind of punishment is deserved by the men and women who violate this article? Should their act be ignored, or is there no room for negotiation and compromise? Is their sin greater than that of murder? The violation of the law of love in the Kingdom of Heaven is the worst crime and even an execution would not be adequate retribution. Would every cell of the body be resigned to that punishment, or would they complain that it was unfair? Then where is that absolute love? When God created law for His Kingdom, He made violation of love the worst crime.

108. In the Garden of Eden, God gave only one commandment, declaring that Adam and Eve should not eat of the tree of knowledge of good and evil. What He was telling them was not to misuse love. That was the only commandment God gave, to keep pure. Love was the only thing God had to protect. You all know that though you are young, you are from varied backgrounds, many of which are unacceptable. You must feel total abhorrence toward such an unprincipled past and want to get as far away as possible. Put up such strong barriers that your old life cannot encroach on you again.

109. When God makes a rule, are many special exceptions made? No, this principle is absolute. How much do you think God loved Adam and Eve? Even though He loved them whole heartedly, when they violated His law and ate their fruit God had to cut them off and chase them out of the Garden of Eden. Losing your purity is far worse even than dying. If we are flexible in that standard, it would be like the stained, corrupted Adam and Eve inviting God to come live with them.

Spring Season of the Providence 4-1-79

110. If carnal desire is the purpose of your life then the universal law will reject it and you will crumble, no matter how much you try to survive.

Mission of Our Life 4-22-79

INDEMNITY

1. What has been taking place for 2,000 years of the New Testament Age can be restored by one individual who makes an effort 2,000 times. We are responsible to pay indemnity for the past 2,000 years. We can do this by experiencing life as much as 2,000 people would experience it. A week's adventure may cover 500 years of experience. The stress is on adventure, on taking a leap. If you go at a normal pace it will take 2,000 years. By suffering you can leap. The more you suffer, the quicker your course will be.

2. Suppose you have to pay indemnity for 100 years. Is it not better to suffer greatly for 10 years so that you can rest for the remaining 90 years? Don't postpone your suffering.

Master Speaks 3-1-65

3. Because of the fall of man, we became indebted to God. We must pay the price of indemnity.

Leader's Address 5-31-65

4. In order to restore heaven and earth, we must go to the places of sacrifice which bear the highest missions and the greatest indemnity.

Leaders' Address 7-17-65

5. I am going to teach you how that indemnity will come about. Suddenly, a trusted friend will betray you without reason and simply hates you. But instead of condemning him, fall down on your face and pray. Another time, you may lose something you own (material). If you have a family, all of a sudden a member or members of your family become ill, and a loved one will become an instrument of indemnity, and relatives and loving sisters and brothers may be affected, and after that, if you still do not repent, then you yourself may become stricken in some way or ill. When you yourself become ill, then repentance becomes quite difficult. If you reach the point where the indemnity comes down to you and there has been no repentance as yet, then it is very difficult.

Leaders' Speech 3-16-72

6. Since man has become a part of evil and a victim of evil, he cannot just switch over to God's side; he must deny himself first, before he can come to God's side.

Ideal World for God and Man 3-21-72

7. When we go through the course of indemnity, we do not do that without a purpose in mind. We cannot just go blindly, but we must go according to God's principle of indemnity. Restoration through indemnity is the way of recreation.

Opening of the Training Session 12-9-72

8. There are two ways: the direct way of going on the path of indemnity and the indirect way to reach God through the way of conditions. You have said you would prefer to go the direct way, but as you go along you will say, "I should have gone another way—the way of setting up the condition of indemnity." In order for you to be restored to God's bosom, you sooner or later have to go on the way of indemnity. That's because if you want to just set up the condition of indemnity and reach God in that way, if you fail in doing that, you have to go back to the previous position. But if you want to walk steadily with solid steps on the path of indemnity, what you have gained is there. You will never lose that much; you must know that clearly.

9. If you have been setting up the condition of indemnity and you failed to do that, you have to fall back to the previous condition that means that you are even dragging God down with you. Since God cannot be dragged by you, you are going to be separated from Him. You are defeated by Satan and in that case, God who has been working with you will be a failure too. Can you at all make God a failure? One thing you must know clearly that in going the way of paying indemnity, most people want to just set up the condition of indemnity, but God wouldn't want you to do that. God would want you to go with solid steps on the path of indemnity. You have never dreamed of that until now. The less I pay in the condition of indemnity, the more burden God will shoulder. So, you do not want to just pay a little amount by setting up conditions, but you want to go the other way. God is seeking the persons who want to walk the way of indemnity. In doing either way, the more indemnity we are paying as we go along the less burden is on God's shoulders. But if we are not willing to pay much indemnity and we want to pay as little indemnity as possible, then we are placing more indemnity on God's shoulder.

Master Speaks on Opening Day 1-16-73

10. When you set up the condition of indemnity after having trodden the course you have, you will find there was already some treaty made between God and Satan. Without your being conscious of that, you have to go through a certain course to pay indemnity. If you know how much indemnity you have to go through, it will make it difficult for you to accomplish that much, because you have to carry out as much as you know. God wouldn't let you know what you are going to go through so in that case the toll of indemnity will be much easier.

11. If we work hard for the nation, then we can go over all the indemnity conditions of individual, family, and tribal.

Untitled-San Francisco, CA 2-9-73

12. Human sin doubled and became many falls. So, we are in the position of begging forgiveness before God because we are more sinful than Adam and Eve. In the USA, as I see it, having a strong sense of freedom, the way you interpret the meaning of freedom, you say to yourselves, "I can do anything according to my own will, and what is wrong if I commit adultery or any sin?" That is the way in the democratic world. But have you ever stopped to think that you are not in the position of such a man? Have you ever thought of that? Have you been conscious of being sinners? If you are the descendants of the sons of traitors can you hold your face up like this? If you are the sons of murderers, can you lift your face high like this? If you realize that you are the sons of a man and woman who committed adultery would you be honored? If you truly realize your position can you cry out to the world, "Give me freedom! Return to me anything I please!" Can you really enjoy freedom and peace?

The answer is only too clear. You can never be like that. Before crying out for freedom you must go the reverse way. You cannot do anything freely. You must reverse what you have committed.

Our Shame (Instead of Honor) 3-11-73

13. We have to get rid of evil by making an indemnity condition. We must separate ourselves from the bondage of our ties to the archangel and the sinful world. There is no other way. God words are not enough. We must be in a position to sacrifice ourselves. That is the quickest way.

14. For what object, what subject, what purpose are you sacrificing? That purpose will determine the magnitude of your indemnity. Even though you do the same actions, the results of these same actions can be magnified, depending on the purpose.

15. There is a condition of indemnity—on the individual level, family level, tribal level, national level, and worldwide level. Then on which level are you paying the indemnity? For which level are you sacrificing? That is most important. The very best sacrifice you can pay is

the purpose of the universe, on the worldwide level, on the highest possible level. At that level, you are united with God; then you are truly pursuing the best and quickest way. You are coming out of the age of darkness.

Portland Director's Conference 4-14-74

16. Adam and Eve fell because they did not believe in God, obey God and love God. So, in the course of restoration, we must believe in God's commandment, and we must love God. If we really love God, then we can keep His commandments. We must believe in God, and we must restore the love of God. Then we can become the free men and live as the inhabitants in the Kingdom of God, after erecting it ourselves. For freedom in the last days we must first of all believe in God and love Him, restoring love and faith. That's the restoration through indemnity. Even though you may not be able to enjoy freedom here, you must go through the stages in order to get or obtain the last thing, freedom.

The Day of Victory Over Resentment 5-1-74

17. Just imagine, we have our physical body, which externally shows no signs of sin, but through our limbs and every part of our body runs the satanic blood. Our eyes have been more accustomed to seeing evil things. How can we restore our eyes to recognize things which are virtuous and good? How are we going to restore our five senses? And how are we going to restore our limbs and every part of our body for the purpose of goodness? Therefore, we must first deny ourselves and love God more than we do anybody else.

Day of Resolution of Victory 7-1-74

18. There are two ways of going through indemnity—one is for God Himself and one is what you pay for God's will to be done on earth. One is to pay the indemnity toll to love mankind, which is God's will. Why would your love of mankind correspond to the indemnity you pay for God's will? It is because God's will is to save even the last human being and future generations. So those who walk on the path of restoration or the path of God's will must be able to pay some indemnity to love God and some indemnity to love mankind.

19. The definition of indemnity is to deny yourself and go the opposite of the way of the world. At first in the Garden of Eden, Adam fell because he rejected God and followed the way of Satan. Now in reverse we must reject the satanic way and go back to God. Satan rejected not only God, but His son and daughter, His family, His children and the would-be society. Due to Adam's fall, this happened. So, all was nullified and satanic things came about; family, society, everything. Isn't that true?

In the reverse way, we must deny everything satanic. Secular things must be denied. You are stained with the worldly or satanic way of life; you must scrape all those things out of you,

so you have to deny yourselves, beat yourselves and go through difficulties and hardships in a sacrificial life. You must try hard to deny yourself, but on the other hand, you must at the same time be able to do some positive work in building or ministering to the central family in God's sight, or in building some other good families, good societies, good nations and a good world all around you.

20. The purpose of paying indemnity is to perfect ourselves both on the spiritual and physical level.

21. The reason why we needed to go through the indemnity course is due to the human fall by our first ancestors. It was due to the first human parents.

Our Present Mission 8-4-74

22. You must re-examine yourself in an objective way. If you find that you still think and act like you used to, and if your goal is just to lead a happy life in the worldly sense, this is not right. Jesus said that when you want to gain your life, you will lose it. Without your paying a certain indemnity toll, you can never dream of being led to the new world.

Let Us Set the Tradition 11-17-74

23. Man could not have fallen if he was unselfish and sacrificial, and thought of the larger whole instead of himself. But the worst thing happened, and man began to think of himself and deny others. Therefore, in the process of restoration we must be able to go the reverse way, going backward rather than the worldly way we are used to.

24. The road of indemnity is hard. Go to the very limit where no other people can attain. So, you must go a step ahead, forward of others. Then you will gain the victory. If your attitude and your spirit is like that, you will have paid the indemnity.

Human Life 12-1-74

25. If you want to pay back your debt, in what position will you work? Yes, you will work in the position of servant of servant, first. You must be determined to become a servant to a family, nation and world. You must serve with this spirit. Wherever you go with this spirit, you will be able to lay a foundation for the Kingdom of Heaven. You will actualize the Kingdom of Heaven.

Let Us Establish the Kingdom of Heaven 1-1-75

26. You know that you are going through indemnity in times of difficulty. But you do so because you are sure that after the indemnity has been paid there will come grace and blessedness. There's no doubt about that. You are excited in expecting blessedness ahead for you, so you have to climb up the peak to pass the tollgate of indemnity

27. There are two meanings of indemnity. One, you are paying indemnity for the sake of the debt your ancestors have brought to you. And by your going through indemnity, you will free your descendants. You will have more grace ahead of you, because of what you are paying now. When you have to pay indemnity, it is beneficial in both ways. But if you are reluctant to go through the indemnity, you will neither be able to pay the debt of your ancestors, leaving it to your descendants, nor have any happiness ahead of you. So, you can bring misery and unhappiness by your mistakes.

Opportunity for Happiness or Unhappiness 3-2-75

28. Restitution is the fee or the toll we pay to cross the border from the satanic side to God's side.

29. According to the Principle, we must excel Satan; we must do something more than Satan can to pay restitution and go closer to God.

30. In order for you to be able to carry out your mission, you must welcome paying indemnity.

31. Is that indemnity in its truest sense—climbing up the mountain? In that case, you had to go through the difficulty and you might have imagined that paying indemnity must be like this, but did that thing have any association with the will of God? If not, it has nothing to do with indemnity.

32. When you are hungry and almost starved to death, think of the word indemnity. "I'm going through indemnity for the people who are starving to death." You can pray before God, "Let this be the indemnity paid for the salvation of the people who experience starvation, God." Then you can get over hunger.

Restoration Through Indemnity and America's Role 3-23-75

33. If you keep doing things but hate to do the job, however long you mark in that way—10 years, more than 10 years—what you have done will be nullified. There will be nothing gained. We cannot even use the word indemnity there.

34. We pay the toll of indemnity in order to restore ourselves. Restoration is the course of recreation. So, we must do the same thing that God did at the time of creation—invest yourself, invest your whole energy, your whole being.

35. In pouring out your energy and your being, do it without reservation. If you want to gain your life, you will lose it. If you do things in a self-centered, selfish way, you will lose everything, yourself included.

36. Now you know clearly that we have three kinds of indemnities: indemnity for ourselves, indemnity for the members and indemnity for the district.

37. If you realize that it has to take at least three years to pay off the indemnity toll for the members, and three more for the district, and if you want to take the responsibility for all those three stages, then you are going to condense many difficulties into a relatively short period of time.

38. In using your eyes, ears, mouth, and nose, you must use them for the sake of the will of God, for the sake of your members, and for the sake of your district. If you are invited to witness to the people by a prepared group, then you must fly to that place, out of joy and happiness. If you do that unwillingly, that act cannot be counted.

Restoration Through Indemnity 4-19-75

39. We overcome difficult situations through paying indemnity. After the price is paid, the worst thing becomes valuable, and the worst unhappiness turns into happiness. Through this indemnity process, utilizing that adverse condition we can multiply progress on this foundation.

40. In order to climb up, we have to go the opposite way, we have to restore. Adam and Eve fell centered on their own desire. This time we must obey God's desire, not our desire. You have to change it. That's simple: follow His desire, His wishes. God is your master. Not your will, but His will. Cling to Him, grab Him. Religion teaches absolute faith, not half faith. You are working for God, you are fulfilling His will, so you are not your own person, you are His.

41. By now you know which is the happiest road and which is a miserable road. Then if you are in your worst condition, you say, "I will overcome by myself." Through indemnity you have to overcome it. That's the strategy you have to use.

The Law of Indemnity 7-3-75

42. To be restored as an original man, we must reverse the process of the fall. This time we must separate ourselves from Satan, reach out to God whom we have lost, and obey His word. In this way we can receive God's personality and His love.

America and God's Will 9-18-76

43. Since you had previously forgotten God and devoted yourself to the world, you must now forget the world and devote yourself to God. It is the road of restoration. As a person who has not yet reached the goal you must humbly accept the fact that you are far from perfection.

44. Those who have experienced the love of someone in the fallen world must indemnify this giving a more intense love than you have before in your witnessing and fundraising.

45. Your love will be tested and then you can demonstrate that you love God and the True Parents with all your heart and soul. That love should exceed all your past experiences.

The Spirit World and the Physical World 9-18-76

46. In order to have a position which is superior to Adam we must deeply understand Adam's failure. Self-centeredness became a very important part of his life, and ultimately brought the fall. To reverse the fall, we must disregard ourselves and love only for God.

The Blessing 2-20-77

47. In order to restore the dignity of God and men we now know what has to be changed. To undo the wrongdoings, we have to reverse that way of life. We must make God the center of our lives, not ourselves, and we must seek to fulfill our love not with ourselves in the center but with God in the center.

The Dignity of God and Man 4-1-77

48. Who is going to testify that you have paid your indemnity? Satan must be your witness, and you must go out to Satan's world and get his signature to bring to God. Many people do not understand that they must go this course to overcome the satanic world, and they think that God is just weak and vulnerable, and even say that there is no God. But God is waiting for man to go out to the fallen world to suffer and win over Satan. Satan must say, "God, I have no accusation to make about this person." God has been waiting for His children to win that kind of recognition so that He might be free to exercise His power. Do you want to take the easy

way and merely follow me, or do you want to go into the satanic world and fight? Would you want to challenge any difficulty you might encounter, even at the cost of your life?

49. Is your flesh, blood and bone related to God or not? No matter how much you may say yes, even if your “yes” brings the roof down, at best we could say that they are conditionally related to God; in actuality there is no relation. Now you call me your True Parent, but do you truly have any connection with me? Does my flesh have something to do with your flesh? Does my bone have something to do with your bone? Does my blood have a relation to your blood? Restoration itself is only conditional. You will never be able to pay your whole debt, but by the conditions of restoration you can accomplish what would otherwise take a million years. That is a beautiful secret.

What condition will make this possible? Money? Power? Knowledge? Faith? Even faith can change from morning to evening. What is the unchanging condition by which you can relate with God and the True Parents? You are correct; true love alone will make the connection.

50. It is only with the condition of love that you can leap the many millenniums to restoration. God made love so supreme that with true love there is nothing that cannot be surmounted. Love alone transcends time, and does not know history.

51. The principle that is vital to this process indicates that for man to be restored, indemnity must be paid. To liquidate sin man must pay the debt of sin. In the same manner, a patient must often endure suffering when being treated by a doctor. Sometimes the doctor must prescribe a very bitter medicine, and even though the patient is reluctant, he must take it to be restored. True medicine is often bitter. Fallen man is like the patient and must assimilate indemnity, pain and suffering in order to be restored into his original wholeness.

True Parents' Day from the Historical Point of View 4-18-77

52. In using a balance scale, you have an object to be weighed plus the weights with which to measure. Which one would you prefer to be? These weights are needed to determine the value of the object, but once that is done the weights have no intrinsic value. Only God is dealing directly with Satan, and strictly speaking you actually have to pay only a relatively small condition to Satan. God only uses your indemnity on a conditional basis, like the weights, in dealing with Satan. However, in actuality would you want to be proud of yourself and pay your indemnity in full, or would you want to be forgiven by making just a small condition of indemnity? If you have the capability, which one would you prefer?

Why does God only require conditional indemnity? You might decide, “Those poor people are so weak and vulnerable that they cannot pay their full amount. They are the reason God only requires a small condition, but that is not for me. I’m going to pay 100 percent.”

The Road of Religion and the Will of God 4-24-77

53. If you denied everything and were given up by your own family and nation because you lived for the sake of God, then when you die everything will be restored to you. This is the law of indemnity working. If you give up everything because of God, then God will lift you up and you will have everything once again.

54. You cannot avoid going the way of indemnity. You must willingly take the worst kind of indemnity while you are single men and women, and after you get married take the second worst. After you have your own children you can live much better. This is how you must go through the levels of indemnity. God, too, has been suffering all these years for one single purpose, to find the one true Adam here on earth.

The Desire of All Things 6-17-77

55. If you have a big package of indemnity then you can go to God and pay indemnity for your family, your race, your country and even the spirit world, all out of your own spiritual bank account. It parallels the love you can give in the spirit world. My thinking is different from yours; I am looking for the next problem because I want more criticism and controversy so I can fill a bag of indemnity big enough to liberate everyone, including the spirit world.

The Ones Who Can Receive God's Love 10-1-77

56. Indemnity is like climbing all the way up to the top of a mountain to hang from a pole. That is a vivid picture of indemnity. If you want to pay greater indemnity, you can not only hang from the pole, but you can hang upside down and swing back and forth!

57. If you are in the valley instead of on the mountaintop and you want to pay indemnity, you must do something really crazy, like submerging yourself in water or pushing yourself into the earth like a stake. What I am saying is that indemnity means doing abnormal things.

58. If you commit your life to restoration by indemnity, can you expect that you will accomplish ten and a hundred times what you have done in the past?

59. The word indemnity comes in handy in marriage too. When you look at your wife, she might be the ugliest possible creature, but then you can say, "Father, I want to pay indemnity!" The person who can really make up his mind like that when he faces pain will have a free pass to heaven for the rest of his life.

60. Any sacrifice you pay has meaning and gives joy to God, and the word indemnity will make you invincible. Suppose you bear the national burden upon your shoulders and feel that you simply can't continue with the incredible pain. You might die for the nation, but then you

will say, "Yes, it's indemnity; I am becoming a sacrifice for the sake of the country. I can do it." In the Unification Church the word indemnity is a chunk of gold. When you look at the situation of indemnity there is no hardship you cannot bear.

61. The Unification Church uses indemnity to endure bad things, but it is a glorious word. It corresponds to sacrifice because you have a purpose for paying indemnity, but you are willing to do it because it is a most honorable, heroic thing. You must welcome the word indemnity; your eyes must want to see it, your ears hear it, your heart wants to accept it, and your whole body wants to do it willingly instead of avoiding it. How can you complain if you welcome indemnity?

62. Restoration by indemnity is welcome. We must pay the price. True happiness only comes through indemnity, and if that is not true then the Unification Church has no more room to exist and God has no power.

63. When you get married, determine yourselves to be ready to go any road of indemnity, no matter what is laid out for you. Then your family will be given abundant blessing, not only for yourselves but for posterity. I have watched how blessed couples live, with what concept and what goodness they ultimately bring. All these have been test cases, and what I told you is true in their lives. God is there and His law is always working.

64. Are you a person who owes no debt to God, who has no more indemnity to pay? The best gold is what we call 24 karat gold, which has had all foreign elements removed. Once the gold is completely purified, there is no more purpose for putting it into the fire again. Our goal is to be 24 karat gold, right? Can you say, "For the rest of my life I will not complain. I will sit there like the dough, ready to be used in any manner God desires."

65. Indemnity is miserable, and restoration by indemnification is not easy. You have to be victorious over it. When we understand how difficult it is, we can readily see why even God almighty needed so many thousands of years for restoration.

66. Why do we need indemnity? It is needed for more than restoration; it is for re-creation. Our key thought for every day is how can we invest our entire lives more valuably to pay greater indemnity for mankind.

67. Why is the law of indemnity so difficult to live? It is because God really wants to find the genuine heroes and ordinary people cannot pass His test; only the really God ones can go beyond it.

68. I really like restoration by indemnity. I love it. How about you? Your 'yes' has a hollow ring! If you really hang onto that law; for five, ten, twenty years, when you look around you will find no one else with you? All of a sudden you will see God in front of you and He will declare you the winner. If no one else is there, He will give the entire world to you and no one

else will complain. Those people who flunked the course won't deserve any blessing and God will give all of theirs to you.

69. I am the champion at living the life of indemnity, and for fifty years I have been running, running, running, without even looking left or right, I have found myself all alone and God is saying to me, "Yes, my son, you are the first." I accidentally found myself in that position! All I did was ruthlessly live the Principle and I turned out to be number one. In the meantime, however, my entire life has gone by—I don't have any youth now and I didn't have any romance. I was just a crazy, single-minded person. Yet many people think I am greedy, but absolutely not. I only held on to that one principle of restoration by indemnity.

70. Why do we have to go the reverse way? Knowing we were committed to doing abnormal things all throughout life would absolutely be hell and no good for God or man. Instead, we do it for a certain period for the purpose of re-creation.

71. Have you ever mixed flour and water to make dough? Bread dough must be kneaded and shaped before it can become manageable. Initially there is flour all over the kitchen, but with work the dough because it comes in all kinds of shapes; one time it looks like hell, another time like heaven. One time it looks long, another time short, but by going through this process it becomes manageable.

When you are the dough, you suffer through the up-and-down process, but in the meantime, you are developing a capacity to appreciate both extremes of happiness and sadness. When the world thinks of something as normal, we do the opposite on purpose. They think we are crazy, but that is precisely what we are waiting for. The Unification Church is like a bakery where we make the dough into all kinds of shapes. Individually, each one of us has certain characteristics, but as a lump of dough we all look alike.

72. God's goal is recreation, and certainly He wants the finest basic materials. Among religions, the one which is most seasoned by suffering and pain, but which becomes victorious and pure, is the kind of dough God is looking forward to having.

73. We always hear about restoration by indemnification and what we gain is recreation. Restored elements don't need indemnity paid any more, and we just become elements of God that no longer require indemnification. You must become so totally flexible that God can use you any way He wants, like the bubble gum which God can blow up as big as He likes. One kind of gum might blow up into a big bubble but then cry out, "God, stop! I'm about to burst!" Another kind will say, "God, go ahead and blow as much as You like, even if I pop." That kind of person has no opinion and whatever God wants is okay with him.

74. Blowing bubbles in gum is analogous to pushing you if you pop, then God simply chews you over again and gives you the acclaim of having met His standard. Interestingly enough, after it sees your experience, the other kind of bubble gum will want to be popped too, so it can receive the same reward.

75. So far, we have looked at indemnity as ugly or tragic, but we must look at it in the light of happiness, as happy indemnity. Am I unfortunate or happy? God's blessings to me are so abundant that I don't have to worry about a place to stay anywhere in the world. There are always people who want to give me food or clothes or a car, and all these things come because I sought to live without them. I am always thinking that I can sacrifice my clothes, my food and my car, and that there is nothing I cannot give up; that's why God gives all those things to me. It's an amazing law of heaven.

76. This law of indemnity will revive the person who is in hell and give him an opportunity for resurrection. Whoever wants to go the most difficult way can be given the heaviest task and pay more indemnity than anyone else will ultimately be the winner. If your family continues living the law of indemnity for three generations and still God does not seem to recognize it, then you have proven that God doesn't exist! But it does work. Live it yourself and find out.

77. God dwells wherever indemnity is being paid because that is the only way He can be present. You can do things passively because you have to, willingly because you want to. If you do them voluntarily then of course you cannot complain.

78. When you complain you are actually chasing God away, and the Unification Church will go away and I will also go away from complaint. Perhaps you might lose all your fingers one by one because of complaint, but even so, if you uphold the law of indemnity you are still the winner. This is a serious matter. We can't emphasize indemnity enough. You will pay all kinds as we progress through the world wide dispensation, but one way or other we are going to go that road. Who wants to bear the biggest load?

79. Anyone who is here listening to me for the first time might think I am a dictator who is torturing you with mental pressure, but I have a word for that man: go ahead and die and you will see whether I am right and what the consequences are. The strictest person for living up to that law of indemnity is me. When you fail the law of indemnity, your whole being will become your judge. Even though you have heard the word of indemnity before, you must really know its true meaning. Look at Jesus Christ, who put himself through the most incredible ordeal his whole life long. He knew he could lose nothing by going through indemnity; he fasted for forty days because he knew he would gain tremendous victory.

80. Christianity paid much indemnity when many were martyred during its first 400 years under the Roman Empire. Millions of Jew have been killed in history, but that was historical indemnity. Many lives were sacrificed all over the world, but that is also historical indemnity. Unless we fulfill it now, indemnity will go on and on for thousands of years more becoming an even more sever burden. We have to stop it somehow by paying it off. Indemnity can be condensed in my lifetime, allowing us to pay the historical debt all at once leaving none for future generations. That is the meaning of the three seven-year courses.

81. I enjoy the taste of indemnity.

82. This is a secret heavenly strategy for you to use; when people spit at you for being Moonies, say to yourself, "I like the taste of indemnity." Then nothing under the sun can stop you. On that day you can feel that you have done more for God than ever before, and then spirit world will open up to you and comfort you. What a good bargain! Avoiding the law of indemnity is no advantage.

83. When you go into a quiet village, you can approach the people with the idea of stirring up controversy and paying indemnity that way. There are enough bad problems in the world, so you can raise good problems instead.

84. If someone hits your left cheek, turn your right cheek to them. When you know the value of indemnity you can certainly do that. This is also what the Bible teaches, but you must do it willingly, not with complaint. When you can tell God that you have lived His credo, He in turn will tell you amazing things. The Bible teaches that you must give your life for your neighbor as the highest form of love. With the law of indemnity there is nothing you cannot do.

85. Boldly live what the Bible has described. Once you understand indemnity, have the boldness and courage to live it.

The Course of Life and Restoration by Indemnification 2-26-78

86. Can you live in the love of God without paying indemnity on earth? If someone bothered you and pushed you out to do many different things in order to cleanse you so that God could come near you and engulf you in His love, would that person's actions be right or wrong? Even if this pressure made you unhappy would it be right? Have you been thinking so far that you are always being pushed so that God could be with you?

87. Now you know why we have to suffer? Without suffering it is almost impossible to set straight what is crooked. If I told you to forget all the hard work you have been doing and to just go to the theater or do whatever you like, would you protest because you are not straight yet, or would you agree with me?

88. You don't like indemnity, but since you are aware of the situation then you should start to sample it. Do you know how to do this? If you are not a really good dancer now, try to imitate other people when you go to parties instead of standing there like a stick. Soon you will be able to dance, and you might even become a great dancer. If you cannot sing, then you should hum; soon you may learn to sing. There is bound to be a great feast ahead of us, and if we at least follow along no matter how tired our legs are, once we get there we will participate in the feast.

Where God Resides and His Course 3-19-78

89. Man is totally departed from the path of love on every level; therefore, restoration must take place in steps. The true man must be restored into servanthood, then he must restore all things of creation, then adopted sonship, true sonship and then parenthood. In restoration we go in the reverse way, going backwards by beginning with servanthood, the things of creation, adopted sonship, true sonship and parenthood.

Parents' Day 4-8-78

90. Indemnity is not detached from day-to-day life, being something which might or might not happen. We know how salvation is connected to what we do in everyday life and we can even predict what to expect. How precious this finding is! This is bigger than the greatest scientific discovery. As long as we live, we will be governed by this law, even life in spirit world has to do with indemnity.

91. Sometimes it seems as though we are trying to explain everything with the same word, "indemnity" but we are in the process of learning the depth and the profound meaning of this simple word. Christians believe in being saved, and we know we will be saved also. At most, other religions believe that a person is saved through God's grace, but what we understand is that salvation is obtained through the minute-by-minute, day-by-day concept of grace is vague, and when you really investigate it you run out of material. But salvation through indemnity is real, because that is the way God has been working throughout the course of history.

92. Let us look closely at indemnity. All Unification Church members know, either vaguely or realistically, that there is individual indemnity to be paid. When a person has his own family, he is aware of the need for indemnity on that level too. Perhaps as an individual he has fulfilled all the necessary conditions of indemnity, but without going through the family level, he cannot go straight into heaven. The clan-level of indemnity must be met before the heavenly life can surround that clan. We actually have to go through eight stages of indemnity before we can say we have finished with indemnity and can live the original life. This includes the society, nation, world and universe. If you consider for a moment, you will realize how impossibly difficult it is to fulfill even one of those eight realms of indemnity. Yet we cannot evade any of them.

93. How can you make indemnity work? Happily going to the place that is so difficult and hard that no one else likes it makes you eligible to pay indemnity. The simple rule about indemnity is that it is the place which no one likes to go to. Only a few select people have a desire to go there. It is not hard to understand why the road is so small. All mankind is in the satanic domain, influenced by what Satan likes. Good people don't like that, however. Only after going beyond what everyone likes, going to a different place, can a person be on God's side.

94. What are you supposed to do if you are not intelligent or you lack knowledge, or if you lack prayer power? The simple solution is to go where no one else likes to go, and chances are that you will succeed more than other people.

95. You have to go various impossible ways. If you find you just cannot do this, however, you have to at least pretend that you are. When you just don't know what to do next, instead of vigorously complaining, just sit still and mumble the word, "indemnity." When God looks down at everyone in the movement, He sees that everyone tries to work hard, but some just can't do it. The person who is panting, trying to catch up, should sit still sometimes when things get impossible and God will still know that he is trying his best. He will take pity and come down to meet that person. If someone is quite capable yet still complains, however, God will not meet him.

96. One characteristic of indemnity is that the law does not apply whenever something is done for oneself. What's wrong with thinking about oneself? Indemnity does not apply to selfishness because that is where Satan moved in. The fall took place at the very moment Adam and Eve discovered "I." The first thing Adam and Eve should have realized was God, then the rest of the world and the ideal world of creation. Last of all they would have realized themselves as individuals.

97. You have to know for sure where indemnity applies. It is good indemnity to go to the place which no one else likes. The law of indemnity applies when the person wants to do something for everyone else but himself. When you become like that, the law of indemnity starts to apply to you as a child of God. First you have to think of God and the ideal world of creation.

98. Jesus is a good example. He was in fact the supreme man on earth, but when he died, he said, "Father, forgive them." That's the very thin line between heaven and hell. Here, there are some members who say that I make them work hard and never allow them a moment to relax. Some other people might say instead that they are told to do impossible things, but that they still haven't done enough for God and mankind. With that attitude of asking forgiveness you will most likely meet the standard of indemnity.

99. We have proof that now we are all living under the law of indemnity in the fact that all the world is coming to oppose us. All you have to do is think about how you are doing this work for God and mankind. Of course, we are not working for mankind as it is, but for that day when all mankind will come to the ideal world. It is our responsibility to each feel that we are recreating and reclaiming the original world. Since a man lost it, thought "me" everything is regained. We are going through the indemnity course to restore all lost mankind to God's side. This is the way to live your life.

100. During the course of my mission I never fought back against accusation. I was like a boneless man, without integrity or gumption. I have a mouth, but I never spoke out in protest

because I know the law of heaven. I just persevered and put up with it. Many years ago, our members came to me pleading to have us fight back when our opponents were so much in the wrong. But I said to them, "Shut up." I knew the law of indemnity and I never gave them the go-ahead. Thinking back through the past I know that God sent me to every last place I didn't want to go. More than anything else I have never liked to be outdone by other people, but nevertheless I withstood harsh criticism and did not even speak one word in my own defense. I have always been solidifying my determination, even tolerating injustice to satisfy more than fully the law of indemnity for the sake of God and mankind.

101. The law of indemnity applies to everyone, but God's idea is not to let every person suffer the same life I have. What God is thinking instead is to let one man suffer most, with those around him representing the family and nation and world. Through having them go through unparalleled suffering, the remaining individuals and nations won't have to endure that.

102. Even if you find yourselves in jail or in places horrible beyond descriptions, the future is still bright there because with this realization about indemnity you can feel God right there with you. When things are pleasant and going well then of course there is no need to think about it, but even if things are difficult there is nothing more you need than this realization.

103. The greater our suffering is, the more clearly we can see God and hear His voice. The future of mankind becomes clear to us through our grasp of this law of indemnity. We do not have power or much money or anything else which most people envy, but we have this great realization. Because of this one realization we know that God is right beside us and in us, and we know that mankind will be together with us forever after.

104. We have to think about ourselves a moment. The new members understand the law of indemnity better than the older members. When you first join you have no reservation but just jump right into everything and do your utmost. But as you go on and suffer indemnity you often start to complain. One thing leads to another and you start looking around to find an easier way. By just jumping in, the new members learn more in one day than a complaining old member learns in one year.

105. Indemnity is the key to all things.

Yesterdays and Today 4-30-78

106. If you hate indemnity that means that you hate me, and therefore, I couldn't be with you. You must like the law of indemnity; I must make you like it and then I can bring you into my home. If you take after me then you will like it. You have to prove it to yourself over and over until you can honestly say, "I love it!"

107. What is indemnity? According to one explanation indemnity is something that no one enjoys. If it were something that everyone liked it would clearly be part of the satanic world. Since the fallen world has nothing to do with God, something that is enjoyed by people in that world can never serve as indemnity.

108. How can indemnity be made valuable to God? It begins only in a place where Satan and fallen mankind would not like to be. We can be sure it is valid indemnity by checking this way; if it follows Satan's way then it cannot be indemnity. Likewise, mankind will leave you alone on that path because they don't like it at all.

109. Anything started for your own sake can never be indemnity. True indemnity always starts for the sake of others and God. Why? Because we are paying indemnity so we can be restored to the original position. When the first human ancestor fell, he neglected God and centered on himself. He denied God and denied his own perfection because the motive for his activity started with himself and his own desire. Since we are trying to be restored, we have to go the reverse way and deny ourselves, becoming public figures. Since the first ancestor denied God, we have to accept Him and do difficult things for the sake of mankind. Instead of following our own desires, we must follow God's desires.

110. You must remember that you can never pay indemnity just doing the things you like.

111. The first rule is that the place of indemnity is the place no one likes. The second rule is that the law of indemnity never applies when something is done for oneself, but only when it is done for the sake of others.

112. The spirit of the New Testament is found in Jesus' words: "Whoever would lose his life for my sake will find it." It sounds at first like an inconsistent statement but we know it is true in view of the law of indemnity.

113. There are many different levels of indemnity. Which one would you choose? Would you choose all-out opposition so you could win over everything? That means there will be no safe place for you to be and no moment of peace.

114. History has shown over and over again that because of the law of indemnity the man who is persecuted for pursuing the public purpose will never perish. With this one simple law you can explain everything.

115. How many different steps are necessary to complete the course of indemnity? There are eight—individual, family, clan, society, nation, world, spirit world and cosmos. Can each level be finished in a different way then combined together? No, we must start at the core of hell and go in a straight line through each step. There is only one way.

116. Go ahead and suffer so that goodness can be more glorified in the future.

117. You have to be successful in love before restoration can be complete, and overcoming what you hate will be your course of indemnity.

The Age of New Dispensation 5-14-78

118. According to the amount of indemnity we pay, the quicker the world will be restored.

The Burden on Our Shoulders 6-11-78

119. Indemnity is necessary because mankind committed a crime and has a debt of sin to God. Each person has to pay indemnity to clear the debt and also to separate from Satan, who accuses mankind day and night. The formula applies to the individual, nation or world; no one is exempt.

Washington Monument 9-18-78

120. You know that according to the law of indemnity you must set a condition for salvation, so do something about it. If your body doesn't obey you then set the condition that at least your finger is awake. Bite your tongue, or hit yourself, or hold your hair in such a way that when you start to slump you will pull it and wake yourself up. At least you can help that much. Everything is conditional.

Critical Turning Point of the Dispensation of God 12-31-78

121. In our Unification Church faith, the most beautiful word is indemnity; through indemnity we can pay the debt of sin. You can think that no one else could stand such a burden of indemnity, so God is asking you to pay instead of His champion. You can accept it with a thankful heart. When you compare the time you spend without the person you love with the millions of years your generations will live, your payment of indemnity is small in comparison to the blessing God will give you and your descendants. If the death of your loved one was really accidental and not direct intervention of God, yet you pray with this attitude of gratitude, then God will feel that He has really found an extraordinary child and His blessing will automatically be yours. Your attitude will decide the amount of blessing.

122. If an extraordinary grief or tragedy hits you, are you ready to thank God and ask what is next? You know the law of indemnity; you cannot expect only good things and then curse God

when unpleasant things happen. With knowledge of indemnity there should be nothing you cannot bear. That is the attitude of those who truly know God.

The Importance of Prayer 4-15-79

REPENTANCE

1. Repentance cannot come from knowledge. It must come from the heart, tears and feelings.

Leaders' Address 4-2-65

2. You have to shed your tears. They must be tears of hope. You have to shed tears, thinking of this providence, tears of gratitude, when you think of how hard God and all the saints and all the Christians worked to save us.

How God is Pursuing His Restoration Providence 12-22-71

3. Your change in heart must be brought to the point that you long for God and the True Parents even more. That is the Principle and the fastest means by which you can obtain the Kingdom of God eternally. The person will be blessed who can give his first love to God and to the True Parents. God wants to give tremendous glory to those who offer their most precious love for His sake.

4. Unless the intensity of your love for God is stronger than all your past love experiences, Satan will always be able to hook you and always you will have that one condition for Satan to claim. God is not free to give you unconditional love and blessing until you liquidate all conditions for the accusation of Satan.

5. Pure love is like unstained linen, but stained love is like linen with big ugly marks that are most difficult to wash out. You have to wash away all the memories of the past from your mind.

6. Upon entering the Unification Church, you should have begun this cleansing process, completely dropping all connections to your past illicit relationships.

7. Your concentration on God should become so intense that you even forget the names of those you were involved with. One serious condition for your blessing is that you restore yourself in purity before God.

The Spirit World and the Physical World 2-6-77

8. As a meek person you empty yourself and make yourself clean. Then you can contain more and more until total perfection and blessing can flow into you.

The Ideal World of Subject and Object 2-13-77

9. Through repentance you must win the mercy and sympathy of God and True Parents; that is the only way you can be eligible for the blessing. Then God will say, "My child, I understand you heart." The True Parents will say, "I understand you. Now wipe your tears and come forward to receive the blessing." We have come out of shameful satanic origin. With the shameful way of life of your past, how can you appear in the sight of God, in the sight of True Parents, in the sight of Man? There is only one way that can be justified: total obedience. "Father, I have no condition or word to say; please do as you will. I have no complaint, only willing obedience.

10. Only repentance can cleanse you in front of the nation, in front of your parents, in front of yourself, and above all, in front of the True Parents and God. You must repent. So far, we have been like bloodsuckers; we have not been adding to society but subtracting from it. This is the naked truth without symbols and flowery words.

I am giving you the naked truth because this is the final year to say these things. We all need liberation from the bondage of sin, from our shameful bodies, our shameful pasts and our shameful consciences. Unless you are liberated from this by repentance, you cannot feel real freedom or the joy of liberation. That is the point where blessing comes. Once you taste that liberation, that joy of giving up your sin and of cleansing yourself, then night or day you will feel total incredible joy.

The Blessing 2-20-77

11. You must live in repentance: "Mr. Air, Mr. Water, I am sorry; I have been unjust to you. Mr. Food, Mr. Sunshine, I repent to you." Repent to you parents and above all, repent to God. Looking down on you God will say, "You're crazy! You don't have to repent." But how God will be comforted! Which is better, the repentance coming only from your lips, or the repentance that wells up from your heart, accompanied by an escort of tears?

12. Ever since that time mankind has been apathetic, claiming, "It's none of my business; I didn't do it." That has been the world's attitude for 2,000 years. However, when an arrow hits a tree branch, not only the branch but the entire tree is affected because the branch is a part of that tree. By hitting that branch, you are hitting the whole body. If your ancestors killed Jesus, then are you a murderer or not?

13. The king of kings was to appear only one time, yet you killed that person. God sent the True Parent of mankind only one time and you killed him. For that act everyone deserves to die and suffer in hell. You must feel this to the bone. When you look at your hand, you can say, "This hand has committed the bloodiest murder." You must feel that there is nothing that you can do to repay this sin, that you could give up anything, even chop off your arm or leg, or

pull out your eyes. Even then your position is still unforgivable. You need to feel that this is the kind of sinner you are.

14. Repentance must be accompanied by shame. You must feel the shame of your position before you can enjoy the sunlight, the trees, the grass, or the flowers, thinking, "Nature is so pure but I am so dirty." This is not hypothetical thinking; in this fallen world the person who feels that shame to the bone is closest to God.

A deep realization of this shame must be followed by a sense of gratitude; every little thing that God bestows upon you fills you with gratitude. Even when you see one bird in spring or the little spring flowers you should say, "God, thank you for this beauty. Thank you for this sound. I don't deserve this or have a right to enjoy this but you are now freely giving it all to me. Thank you, God."

Finally, God will call your name and you will feel absolutely flabbergasted. "God? Did You call me? Can I be called by You?" You feel how inadequate you are but when you hear the voice of God calling, you are completely fascinated and inspired, and you respond to the fullest degree. With such a pure heart you have every right to respond to God.

15. Since you are in historical being, the entire weight of history is upon your shoulders. You must be able to feel man's history of sin and shame, and take responsibility of it upon your shoulders, for the sake of your entire ancestry living within you.

The sense of shame is followed by gratitude, and then by volunteering before God, "You called me and there is nothing I cannot do. Give me the worst kind of dirty mission and I will undertake it. All my life is for You; I will do anything You want, whatever Your will is."

16. Who are you? You are sinners and you must repent. When the Son of God appeared in Israel 2,000 years ago, his first words were, "Repent, for the Kingdom of God is at hand." The Kingdom of God will never become a reality unless people repent. That is the order of business.

17. John the Baptist, the forerunner of Jesus Christ, shouted out first, "Repent, for the Kingdom of Heaven is at hand." This teaching is eternal; from my heart and soul I shout it out to you now, "Repent, for the Kingdom of God is at hand!" The difference between the Biblical teaching and what you are hearing today lies in the fact that you know why we should repent and you know precisely who you are.

18. Where is the place for repentance? Where should we go to repent? This is something we have to think about. It cannot be a beautiful, comfortable place, but should be a lowly place of suffering. In such a place you have the experience of realistic repentance.

19. When you are treated roughly by the world, please accept it with gratitude; and remember that suffering is the ideal place for your repentance.

20. The sinner belongs to hell and only because of God's special dispensation are you held back from going there. Only through His love is there a way for you to turn around and accept

God and return to Him. This is His grace. Therefore, we should be deeply resentful first and then be thankful.

21. You must feel the pain of God and of all history. Your repentance must come deeply from your own heart and soul, and the expression of your repentance should be in tears, crying out with water streaming from your nose and mouth. Repent first and then be thankful. Through that process you will be cleansed.

22. Historically speaking we are born of Satan and automatically belong to hell; we are citizens of hell. But only because of the love of God and by His special dispensation do we have hope to turn around and go to heaven. Through repentance we can achieve that. We must know that each individual has to go through the process of repentance.

23. Where do you repent? You must find your place of repentance. It is not in a holy or luxurious place; instead it is going to be in a place of suffering. Do you want me to go with you in repentance? Do you want everybody to get together and repent? Would that make you feel good? That is not God's way. Repentance comes only through the lonely path. You must plunge yourself into the satanic world and seek your own repentance.

24. Do you really know who you were and who you are now? Do you really know your position? First through repentance and then through gratitude you are elevated to become princes and princesses of heaven. Your goal is not just to become heavenly citizens, but to transform your sinners' position into that of heavenly princes or princesses of God. That is the way you can be with God and with me all through eternity. Who are you? You are princes and princesses of Satan now. It is because of the love of God that through repentance and the process of rebirth you can become the heavenly princes and princesses of God.

Who Was I? 3-13-77

25. A true religion teaches the necessity of repentance but how many of you know how to repent so far? Repentance must be an act of tears, not for yourself, but for humanity and for the aching heart of God. Have you experienced that kind of repentance? A repentant heart can say, "Now I realize what a poor and miserable son I have been. I have pierced Your heart over and over, never even realizing that You existed, my father. I have broken Your heart and now I come to You and need Your forgiveness." This is the first repentance.

26. How do you know that your repentance can be accepted by God? You can see proof in your own resurrection. When your heart has grown in such a way that you totally put yourself on the side of God and looking at the world shed tears, you know that your tears are no longer for your selfish purpose. Then you know your heart is with God.

27. First of all, have you ever cried out before Heaven and earth, "God, I have been a sinner, I have been the worst kind of criminal in Your sight. Please forgive me?" Have you shed such

tears yet? Have you said to God, “I have no more personal ambition. I only ask for Your mercy upon me.” Have you ever totally given yourself to do God’s will, feeling that if you receive God’s mercy there is nothing you cannot do? This is the first step, the freshman course.

28. In many cases people look for a convenient God who will smilingly accept everything they are already attached to. Such people want God to come in a very narrow gate. How about you, right now, in your own heart? Have you ever thought about yourself as the worst kind of sinner, who would give up anything to receive God’s mercy and forgiveness? Have you experienced that? By sincerely feeling that repentance, you can liquidate your entire fallen past and disengage yourself from the consequences of the fall.

29. From your individual tears and misery, you can make a gigantic leap from one world to the other, from the human level of tears to the level of God’s tears. You can do this because you can disengage yourself from the iniquity of the past, freeing yourself from all the attachments behind you. That point is critically important.

30. You have been crying your own tears, but at this point of repentance you can meet the tears of God and be embraced by the merciful, loving God. You are then experiencing that grief and agony of Adam and Eve, but at the same time you are experiencing the suffering heart of God. The two start at one point. You must pass through that experience. Unless you pass through that realm, you will never understand the love of God.

31. Words alone are empty. What you need is to shed so many tears that your eyes swell shut and you cannot bear to open them in the sunlight. We need men who are able to shed the tears of God. Nothing can happen with dry eyes. It is in tears that most of the re-creation process takes place. In that atmosphere alone can the re-making of a new man, society, nation, world and new universe take place. That’s why the declaration is made in the Bible. “Repent, for the Kingdom of Heaven is at hand.” By repentance you can come nearer to the kingdom and to the union with God.

32. I want you to know that without tears, no matter how much sweat you shed it has nothing to do with God’s work. No matter how much blood you shed, without tears it has nothing to do with God. Tears must come together with your sweat and blood because otherwise you are not walking the road of restoration. We must return to tears.

33. In crying over your own ambitions and desires you are actually declaring to the world, “I am an ally of Satan.”

34. Unselfish crying for the sake of God is sacred and divine.

35. In order to shed tears for God you must first find the right environment. If you stay in a very comfortable place and try to cry for God, tears will never come to your eyes. Instead, you must go after the situation where you can be stimulated to shed tears for God.

36. What is that battleground? That is where you wage war against Satan and Satan comes against you. In other words, that is where you make yourself a champion of God and fight the battle against Satan. There are all kinds of places where you will inevitably be affected so that you can taste the tears of God. You have to go out to the world and disturb everyone. Take their children to the side of God; take their wealth and power to the side of God.

37. You must volunteer for the most miserable place because there you have more chance to cry out for God. When you are in misery and holding on to God then you are very close to the realm of tears.

38. Everyone must discover the new realm of tears that God has shed and deeply experience the taste of those tears; otherwise we will never solve human problems. This means learning how to shed tears beyond self-centered suffering and misery. First, we must discover God and discover God's tears and become people who shed tears to alleviate the suffering of God.

39. I want you to know that those people in history known as saints and holy men were people who learned about the tears of God. By centering upon the grief and sorrow of God they have been looking at mankind from God's point of view and shedding the same kind of tears that God shed. That is the religious way of life and by shedding the same kind of tears that God shed you become a co-worker of God's. What kind of religion stands as a co-worker on the side of God? The religion that not only teaches man to shed tears for humanity but to shed tears for God will undoubtedly receive God's blessing and become the central religion of humanity. There is absolutely no question about it.

40. When should you shed tears for God? Don't wait until you reach the family level but start right now. We are teaching that from the very beginning of your commitment to this movement you must shed tears for the heart of God. You must put yourself in the position of God, with your eyes being God's eyes and your tears being God's tears. You must look after humanity as God would look after His own children.

41. The fall of man came because of self-centered tears and in restoration we must shed selfless tears, public tears. When we shed tears for the public purpose, for God's purpose we accumulate the genuine assets of the kingdom of Heaven on earth. The tearful life starts from the individual and then tears and more tears will break through one barrier after another until the worldwide level is reached.

42. I have shed two kinds of tears throughout my life, one being the vertical tears of discovering the truth and putting myself in the positions of history. The discovery process was accompanied by so many tears. At the same time, I had to link those discoveries with actual indemnity in my deeds. That can be said to be horizontal tears.

43. Whoever sheds tears for you is your truest friend. The true members of your family are the ones who can cry out for you and shed tears of your pain. If you want to be in God's family, you must be able to shed tears for God, don't you think? God will cherish the person who can

really cry for Him and give his heart for Him and such a person will become a close member of God's family.

44. The person who sheds more tears for me will indeed be my closest friend.

The Return to Tears 10-16-77

45. You need to taste three kinds of tears—tears of longing for love, then the actual taste of love, and finally the fulfillment of love. These are the tears of joy you must taste.

The Tradition of the Unification Church 12-11-77

46. We need repentance. That is the first thing that the world must have.

Parents' Day 4-8-78

47. Even in everyday life we can understand the need for repentance. For instance, if we hurt someone, perhaps our mothers, then we must apologize with tears. When a person does something wrong, he is punished by being given some suffering and having his activity limited. By the pain of his suffering he must understand what he had done wrong.

48. Can a person ignore what he has done wrong and come to the savior, or should he feel so much remorse over the gravity of this sin in the past that he doesn't even know how to properly conduct himself? It is more likely that when he realizes the magnitude of his sin, he would tremble at the mere thought of the awesome difference between himself and his Messiah.

49. What should someone who joined yesterday do? Before anything else he should repent. That is the first step and if after that he perseveres through persecution on each level, taking all blame and surviving victoriously, then he can stand at the place I am now. Do you recall repenting? We shed two kinds of tears: one is for the forgiveness of our mistakes and those of our ancestors, and after that is done, we shed tears to have the rest of mankind repent. Only after this can you be freed from the realm of repentance and gain the actual result of repentance.

50. Have you done enough repenting? Are you in the process of repenting now? Without recognition that you have repented enough, how can you ever hope to help or save others? How can you help others if you are not completely forgiven for your sin? You can't judge others if you are still guilty. Have you ever felt that you are a sinner? You must realize that you bear the historical sin, not just your own or that of your family. Also, you must feel you

are bearing the sins of today and the possible sins of the future. We must bear these three levels of sin on top of our own.

51. What state will a man be in if he repents? In true repentance he will not only shed tears but feel as though a knife of regret is cutting him inside, not only for original sin but also the sins of the biblical figures and of the country he is responsible for, even to the extent of sorrow for God's own feelings of pain. Once you reach that state of truthful repentance, then even if God brings you into disaster, you will still be happy because you feel he is giving you a chance to redeem yourself.

52. When all mankind revolts against us we can tolerate; because of our real repentance we even feel relieved that they cause us that pain. You can say, "If having the world come to trample on me is enough to forgive my sin, I will go only too happy to receive it. I will even go out looking for it." If you find people from 120 nations lined up with clubs you would not be anxious to jump in if it meant your sin would be forgiven.

Then you will shed tears—not of regret or pain but tears of gratitude, crying out, "Now my sins and those of the people I am responsible for can be forgiven."

53. We may feel we have met enough persecution, but what I am saying is that if it becomes more intense then the time of suffering will be shortened. It is not at all easy to do, yet would you still welcome this difficulty? Give me one reason why you should. It will make you experience the pain necessary for repentance; that is the only reason you welcome it. It is a better position to be in than being complimented often. By passing through tears and suffering we can welcome the possibility of true repentance.

54. God only made individuals suffer so they will repent. The greater the persecution and suffering, the greater the blessing that will follow. Persecution will make you repent from the very beginning, and your perseverance through that suffering will be a source of reward in heaven. This is why God allows our persecution.

55. We are always grateful that God is desperate to liquidate sine in ourselves and our ancestors, and that we are sent to liquidate the sins of this country. "God is in earnest for me to repent; that's why He sent this persecution to me."

56. You are citizens of the heavenly kingdom. Your characteristics are to love the world and sacrifice for the world, not the individual or the nation. Now you should not cry centering on me but for God and mankind. Your prayer of repentance includes, "God, give all the responsibility of the world to us." Pledge with tears to work to free mankind and free God from the bonds of sorrow and disappointment. You pray with your right hand for God and the left hand for mankind and never let go of either one of them.

57. We have to feel that no one can out-repent us. Wherever we go we have to make it our chief business to embrace the people and repent until persecution is gone.

58. When someone comes to liquidate this great sin, is the sinner going to tell that person what to do? Instead of telling Jesus what he should do, our feeling should be that we cannot speak at all. Upon seeing him, the first thing you must experience is the shedding of so many tears that you cannot even see around you. After the fall, mankind found such darkness around him that he didn't know what to do, and so should these tears be. Yet at the same time we should feel hope within us.

The Age of Repentance 9-1-78

59. The person who repents everyday make progress, even without knowing it. Anyone who thinks he is a high-standard Moonie and a good example for others has already stopped growing. Would you like to go the road of repentance?

60. I want you to realize that even after lifelong repentance, no one will have paid his debt. On the road of repentance, every day is a new beginning. That is the road of your very own cross on which you are going only upwards and will never fall down. Many times, Jesus secluded himself in the mountains, fasting and praying tearfully. Even for him every day was a new day of repentance. That's the one sure way you can guarantee you will make progress and never falter.

Crossroads of Life and Death 12-17-78

PRAYER

1. Even though you pray for a worthy cause, there will be some tribulation, but when this is overcome, God's grace will pour upon you. No matter how violent the storm, it is followed by sunshine. God wants to grant you the blessing, but if you do not have a big enough container so that God can fill it, and you can hold it, God cannot grant more than your capacity. Through your action, you must create a large container so that God can pour it full of blessings for you.

2. For example, one person has been a member of a local church for ten years, attending every Sunday, but without much devotion. Now, a new member joins the church, and is really devoted. Who receives more grace from God? The one who is more active, not the one who just prays and waits. Now, after you have accomplished what you have been longing for through prayer and action, do not claim credit for yourself, but return the glory to God. Then God will give you even more blessing, several times more. You must learn to return the honor to God.

3. Always ask for the power to do things greater than you do by yourself. So, ask for things for the nation, the world or for God. For such things you need power.

4. Consider two persons. One prays and prays for hours but does not act to open the path to the White House. The other doesn't even pray, but opens the path and goes right into the White House. Which one has done better?

5. Often a person prays for hours, waiting for the power to come. Father says, "Don't wait for the answer to your prayer, but act as if it has already been answered." Then, if you actually need power in your work, the power must be given. But if you pray and wait, the power is not forthcoming because you are not needing it. Don't envy one who has been blessed already. Act as though you too have been blessed already, and you will really be blessed as much. Work hard. The result is produced by your effort, and God will recognize this. If you do greater work than one who is very gifted, then you are more important than the one who has the great power.

6. Two thousand years ago, at about the time of Jesus, the Jewish priests prayed a great amount, but they did not act upon the things about which they prayed. The ones who met Jesus were like Peter and Matthew, who did not pray much and who were not really temple people. They were humble, hard-working people, who took action. But this doesn't mean that we should not pray.

7. At some stage you may pray many times with no response. Your prayers seem blank. Your answer is in the action of doubling your dedication, although your heart is not full. Then God takes the responsibility of caring for you. When you feel depressed, find someone who is much less fortunate than you, who really needs comfort. When you comfort that person, you

yourself are revived. For instance, if you are sad because you do not have shoes, think of those who do not have feet. Or, when you are low, engage in some adventure.

8. Whenever you pray, the focus of the prayer should be upon something greater than you: for the world, for the universe and ultimately for God. Do not ask for personal favors, do not worry about yourself, but dedicate yourself to God. Do not ask favors, but ask what you can do for God.

9. Do not expect the answer just because you have prayed, but apply yourself physically to the fulfillment as much as possible. Then God will help you in the accomplishment.

10. Depending upon your ability is not enough, but display all the ability that you can. In addition, pray fervently, and the two together will lead to the accomplishment.

Master Speaks 3-1-65

11. I'll teach you how to pray. Think first of how the one you reach toward is God and for what He is hoping. Then say, "Father I am here. I'm willing and ready to bear the burden, to live my life for all of humanity. Give me your cross. It's an honor to participate. The spirit world is also waiting for your great day to come. I want to bear some of the indemnity for the spirit world, too. All I want, Father, is for you to relax, for I will do my share of the work." If you want truly to relieve God, your prayers must be like this. Say, "You send me, Father, to the forefront of your battle lines." Then God will answer, "Oh my son, I heard you. Now you go." If you truly hear your mission, on that day you are sealed to God, you can never be lost from Him.

Leaders' Address 5-1-65

12. Public, congregational prayer is very important. Also, an address or speech is important, but prayer should be emphasized. You realize that sometimes, when someone prays, you are impressed or inspired, while when someone else prays, you have no inspiration at all. Most people give a degree of inspiration. You have to know when you meet the congregation, what kind of prayer you should do, to what degree you can influence them and so forth. These things you have to figure out. You have to quickly raised the level of spirituality!

Master Speaks (Berkeley) 1-12-72

13. When we pray hard to God and we ask Him very hard, sometimes we feel God does not hear anything at all that you are praying for. Sometimes you feel that He has deserted you, but

even in that situation you must keep your faith in God. That is one test, but God is always protecting you behind the scenes.

Leaders' Speech 3-16-72

14. Before God, you must always be humble and think, even after having done what you could, "I have not done quite what I could, I want to do more." And, you must apologize before God for what you have not done, that you should have done and be ready to do more for the future. That must be your attitude. After a day of hard work, you are tired and exhausted and you sink into bed. When you are praying, before God you must be like this with this attitude in praying to God: "Oh, I have not done all I should have done. Oh God, I apologize before you. Please help me do more tomorrow. You wanted me to do this much and that, and I could not quite accomplish it. Please give me more strength to do that tomorrow." And there comes God's sympathy. God's heart is touched and moved and then His energy is poured out to you and you are strengthened for the days to come.

Opening of the training Session 12-9-72

15. When Father is praying, he prays as if he is turning the globe upside down and within five minutes he perspires. You have to pray with strength. Prayer is the hardest fight. When Jesus prayed at the Mount of Gethsemane, the Bible says he shed sweat and blood. Do you know the necessity of prayer? Did you experience any results from your prayer? You have to have such an experience, too. You have to have confidence that whatever you pray to God for will come. What you prayed about; you should not be doubtful about. If you believe that anything will be realized as Father directs you, then everything will be so.

Untitled Address on Training Plans 5-7-73

16. Prayers are only answered to those who try their best to fulfill that for which they prayed.

17. Prayers will help strengthen you to prepare for the goal you want to attain. When a person who has fulfilled 20 percent of his goal prays to God to help him to fulfill 100 percent, God will be ready to help him and Satan cannot accuse him. You need prayer and God's cooperation when you want to pour out more energy, more effort and more sacrifices. Otherwise your prayer will not be justified by God and it will result in corruption and ruin.

Important Person 6-10-73

18. My way of praying is very simple: let me sacrifice myself for these people, and let these people sacrifice themselves for the rest of the world. That is the contents of my prayer to God. Since my prayer is that way, and very ardent, I know that God will answer my prayer.

On Leadership 11-9-73

19. When you pray intense prayers then the spirit side will come and attack you, and you must fight against them and win over them.

The Day of Victory Over Resentment 5-1-74

20. Every muscle of his body is tense because of his hard prayer.

On Approaching God 3-3-75

21. You must not pray before you act, but after having done something you must kneel down before God in the prayer of thanks.

22. It is not good to pray by keeping something from God but you should give reports to Him reporting your struggle and fight but by that, I mean you don't need to spend your time in prayer.

23. You will have no time to pray kneeling down before God, but you can pray as you work. From early dawn you can be prepared and work, work! In that case, God will not scold you saying, "You are not praying to me!" No, because what He needs is action.

God, Myself, and the Country of My Assignment 4-21-75

24. You should set aside time when you are not working for a real quiet private time with God, through deep prayer. Then spirit world will show you what you are going to do, what your direction will be. Heavenly Father will let you know.

Training for Victory 10-2-75

25. You must never ask for a legion of angels or spirit men to attack anyone opposing us. Would that be a real prayer? That is not the prayer of a parent.

The Day of the Victory of Heaven 10-4-76

26. God will respond only to the prayers of His children with this spirit, “Accept me as a living sacrifice. Thy will be done for the sake of the world and humanity.” God told me personally that He loves to receive such prayers.

The Benefit and Grace of This Time in History 12-19-76

27. After knowing the truth of God’s situation, we can only pray. “God, I am ready to be Your sacrifice. Use me as Your instrument; fulfill Your will for the world salvation through me. If necessary, please sacrifice my family, church and nation.”

28. As members of the Unification Church, you must pray, “Heavenly Father, give me longer arms so I can embrace the world, so I can lift up the world to Your throne. I know that Your goal is world salvation and my arms are reaching out to the world, but they are not long enough, Father. Please lengthen my arms and strengthen my feet so I can lift up the world. I am taking Your responsibility.” Anyone who tells God, “You know that I have given myself; I cannot reserve anything. Everything is for You. Please accept it and do Your will,” knows that God’s eyes will fill with tears and that God will come down and embrace such a person.

God’s Will and Christmas 12-25-76

29. This is not the time for long prayers but only short, terse prayers. That is all we need. What we need is action in faith. In our case, our search is over because we know the center of the family, the center of society, and the center of the world. All we have to do is get there, be with him, and live out our destiny.

Who Am I? 1-23-77

30. What kind of prayer do you offer? Have you been humbly praying, “God, I know the truth; I am striving but I am not quite ready to meet You. Give me a little time to grow. Let me perfect myself a little further and I will be ready for You some day.” Has that been your prayer, or have you been praying, “God, why don’t you come? I am a member of the Unification Church; I follow Reverend Moon and I deserve your love! Give me your power and let me conquer the world.” When we fully realize where we are, that kind of prayer is quite a joke.

Who Was I? 3-13-77

31. My prayer is, “God, let me receive all the misunderstanding You have received throughout History. Let me take all the ridicule You have taken through history. Let me

undergo all the pain You have undergone in history. Otherwise I am not worthy to stand in front of You.”

The Dignity of God and Man 4-1-77

32. When you pray you must have the sense that God’s spirit is really close. After such a prayer, you will feel relief at having been spiritually victorious. I can tell you to do this, but most important is for you to feel the necessity of prayer on your own. When you are hungry you want to eat; in the same way you must feel the need to pray, feeling unsettled if you do not. With that urge and need to pray often, you can experience meaningful prayer.

33. Sometimes you may sense that something important will happen and you are unable to keep your mind on anything for more than a few minutes. In that case you must first pray to get some sense of direction, and determine what you should do. Generally, when you have that kind of feeling, something important is about to happen.

34. We must be prepared to go over any initial difficulty in prayer, and never be defeated by it.

35. You can identify the person who prays by his appearance. He may be thin and not so handsome but his eyes are shining, and his lean body is emitting light. You need to have strength always ready within yourself. It is better to have a small spring which constantly bubbles up to fill the space within you than to have a large pool of stored water without a source or spring. Such a pool will soon be gone, but a small bubbling spring will continue to flow, no matter how much you use. Through prayer you can continually be filled.

36. Have many of you had experiences of my appearing and teaching you? After many such experiences you will be able to receive guidance and insight without closing your eyes. You can have an intense prayer and deep spiritual connection even with your eyes open. With this ability you can tell immediately who is a good person and who is not. Your spiritual eyes are miraculous, and with them you can see anything. Wouldn’t each one of you like to be like that? To achieve that you have to pay indemnity, especially in prayer.

37. The best place to pray is in nature, for instance on a mountain. I have prayed outdoors in the middle of winter, sitting in the snow with only a blanket on my shoulders. I prayed intensely, knowing that I would freeze to death if I fell asleep. This has been my course but there are many Unification Church members nowadays who just tag along instead of trying very hard to also have such precious experiences.

38. Prayer is like rain, washing everything, giving moisture to the land so that life might come forth.

39. When I am confronted with difficult situations, then the spiritual surroundings are pitch black, without even on small opening, and I wonder how we are going to solve all the problems. At those times I pray most intensely, even forgetting my own life, and as I pray a way gradually opens through which I can reach out. At times such as these you must always distinguish between which solution belongs to heaven, which belongs to you and which belongs to earth. Always distinguish between these three ways.

40. We offer our prayers in order to bring spiritual benefits. Prayer is like a spiritual meal which you have to eat every day. I am now so expert in prayer that I can direct myself in a certain way and after a few seconds receive the results of intense prayer. After a few moments of intense thought, I can sense the atmosphere of a meeting that I am going to, whether the people have made some internal foundation, and also whether the men or women are more prepared. The person who has a dedicated heart stands out, even in the midst of thousands of people.

How to Witness: To State Leaders 4-1-77

41. Only prayer plus action will bring about restoration.

42. Prayer is actually a pledge or covenant between God and men, and when you make a promise then you must deliver it. God will say, "I heard your prayer. Now is the time to act."

43. When a man brings a prayer to God, then God will watch to see whether His child is just a man of words or whether he is on who fulfills his promises. God is awaiting your action.

44. Suppose you have offered a prayer and want to make a giant step towards God's side. You know you will meet resistance because Satan is still holding on to you. God is not yet connected to you and is awaiting the completion of your first step. How can you disconnect yourself from Satan and not be pulled from behind? There are only two ways: either you reject Satan or he leaves on his own. Satan is clever. When he recognizes that you are completely one with God and that nothing will change your mind, then he will decide he does not want to waste any more energy on you and he will leave.

The Realm of Resurrection 4-3-77

45. God's Life has been so tedious, listening to the same old prayers for thousands of years. I know very well that God blocked His ears many years ago. Put yourself in His position; wouldn't you want to block your ears if you heard the same kind of nagging wherever you went? I knew this a long time ago and I decided not to pray such prayers.

46. The only prayer I can offer to God is, “God, don’t worry about me. Go ahead and rest and let me take up the fight as Your representative. Let me fulfill Your ideal.” God can sense such a prayer coming and then He listens closely, pulling all the cotton balls out of His ears.

47. A selfish prayer is just a dirty prayer, a beggar’s prayer. We ought to offer the prayers of comfort and inspiration and encouragement to God, not the prayers of beggars.

Living Sacrifice 5-8-77

48. “God, 40 million people every year end up in the dungeons of hell. We must save them. I need your spirit and power in order to do the job. God will not only listen but will always support such a prayer; the man who walks in that spirit is a man of justice. His goal is clear and noble.

Men of Justice, Rise Up 5-21-77

49. It is my prayer that if my job is left unfinished that God will mobilize a hundred times more people to finish the task. I will organize forces from spirit world and with them descend to lead the worldly forces to accomplish the unfinished task. When it comes to my determination God has no choice but to depend on such a person as me.

God Depends on Us Alone 6-1-77

50. Do you think some ritual prayer in the morning or before meals will reach God faster, or a showdown prayer about the destiny of the world? Is God drawn to the millions of billions of people who just pass through each day, or to you when you have a showdown? Have you experienced such a showdown prayer, saying, “God, I will go on; I will even bypass You and never give up.”

Time and Our Destined Relationship 4-2-78

51. I never pray to God asking Him to give me things, but I do ask him for the power to tolerate the worst persecution and remain as His champion.

The Age of Repentance 9-1-78

52. The most important thing in prayer is the attitude of the person who is praying. The most essential thing is your commitment to go toward this destiny without reservation. If anything wants to block you, you have to be decided that it will never stop you. Unless you have that commitment first, God will not waste His time trying to help you. He has always been

deceived in history, so what God needs to see is proof of what you are and how strong your commitment is. You may tell God you are totally committed, but He will shake His head and think, "I have to wait three more years and see." If God sees that something isn't quite right in you, He will wait before sending down His help. God needs to be sure.

God is foolish if He gives His help freely but then at the end of several years the person is all in pieces. If I were God I would also wait and see. Suppose you were God; what would you do? You may tell God, "You see I am living as a Moonie and I will die as one." Then God will notice and look more closely, but no matter how firmly you pray, without this basic commitment nothing will happen and you will be wasting your time. A decisive attitude is the key.

53. Do you think I made a commitment to God that I would never change, not for fifty years or the rest of my life? I prayed first for the absolute faith which could say, "even if not a single person in this world can believe, I will believe and follow in whatever incredible course You give me." Second, I asked for absolute knowledge and wisdom. Third, I asked for absolute love. I prayed for these three things throughout my life, and now in looking back I see that they have been fulfilled, even when I didn't know it was happening. There is no other power that could go beyond the boundary of race and nation. Since God could give me this absolute wisdom, I could search and find the Divine Principle and the truth about the world.

54. Prayer is an absolute necessity.

55. You may kneel all the way down to pray, but the most important thing is that you create an environment of commitment first. Unless your basic attitude is ready, no amount of prayer will be useful.

56. If you pray for yourself or for things smaller than the Church then God will not answer because He is not interested in listening to such a boring prayer. When you talk about the nation and world, He gets excited and starts looking for ways to help. This is training for how to love greater things. If you really live like that then even if you don't have time to pray God will still back you up.

57. In churches today people pray for their denominations, their social security check, or their family problems and their pet. God's ears hurt when He hears those prayers and He will plug His ears. If those people prayed for God to use their church to help save the world and liberate God, He would perk up and be amazed because God is a person just like you. When you only talk about yourself in prayer, God is thoroughly bored and nothing will happen. But if you pray for His righteousness and His kingdom, He will be caught up in your passion.

58. You need the basic attitude of sincerity as a foundation of prayer. Otherwise, no prayer will work. More important for creating that atmosphere is to go out and serve one more person, knock on one more door, receive more persecution. That is more valuable than sitting for hours in a dark room praying.

59. Prayer is only needed after you have exerted all your energy and it was not enough. Then you can ask God to come help. When you can do it then you don't have to ask God, but can tell Him to relax.

60. The prayer for all seasons is the prayer for God's kingdom and His righteousness.

61. Do you think God prays sometimes? Sometimes without thinking a parent murmurs to himself or herself, "Oh, I wish my son would do this, or be that way." That is God's prayer also. God is murmuring about you, about me and about the Unification Church because this is an emergency and He is engrossed in His concern. That is God's prayer.

62. You don't even have to sit down to pray; you can just talk to yourself as you go, whispering and murmuring your concern. That's prayer. In our case, praying and doing is our life. Praying and waiting is not our life.

63. If you pray unconsciously in everyday life then undoubtedly you are becoming sons and daughters of prayer.

64. If you give your last ounce of energy but it is not enough, then ask God for assistance and your prayer will be answered. If that were not the case, how could we ever subjugate Satan? Satan has given unending anguish and heartbreak to God for 6,000 years and if there were no way we could finally subjugate him then there would be no end to it. There must be a way.

65. The power of prayer works wonders, but prayer must be serious and done with one united heart, not a divided heart. When the moment of engagement comes, it is a most serious moment for both men and women, but in the Unification Church it is different because you leave it to me. Do you realize what a formidable job it is to pick your own spouse? In that moment you become dead serious, but prayer is even more serious than that. If you pray with that attitude then it will be answered.

66. If your parents are on their deathbed it is a serious moment, and the words you speak then are urgent. There is no way you could doze at that time. Your prayer to God is more serious than that.

67. Prayer is like a covenant between you and God, a promise. Once you make a contract, you follow through and then it will undoubtedly be fulfilled. That is the attitude I am talking about. You must not be disappointed when Prayer is not answered immediately. Some answers come late. At other times, you should not be overjoyed when prayer is answered quickly. That is not necessarily the best thing.

68. The answer to prayer does not come from you but down from heaven and it takes time to reach you. There have been many foolish people who received answers to their prayers up to a point but who didn't go the final inch, and when they weren't satisfied, they betrayed God.

69. When you pray for the world you may not see things changing immediately around you, but far away the communist world starts to crumble. The impact of prayer can be felt in a far-away place. If you are in the Able position, the answer comes from Cain and takes time to reach you.

70. You must think that your prayer today may not be fulfilled until thousands of years from now. I pray such prayers. I am not praying just for this world today; I am praying for 1,000 and 2,000 years from now. If that prayer makes a bridge between that time and now then the Unification Church will continue to flourish even a long time after I am gone from the earth. That kind of prayer is needed.

71. You must learn how to generate your own power. You cannot expect that I will always pull you and push you out. You must make yourself self-propelling. In order to do that, prayer must be the diet of your life.

72. If many of you pray that kind of eternal prayer, the world will start to shake and the impact will be far-reaching. The root of that prayer is your tears, sweat and blood, and out of it, beautiful flowers will blossom. When Jesus prayed on Gethsemane, he was deadly serious, shedding tears, sweat and blood. All day long you must be in a prayer mood, not just one hour, but 24 hours.

73. What prayer position do you prefer? The best is to kneel and lower your head. You have to restrict your body's freedom, as though it were bound. You will feel pain, but overcome it because you must be serious. Then God will know your attitude. That is a necessity for prayer.

74. Without prayer Jesus and the saints could not have done the great things that had an impact on the world. When you resort to the power of prayer, you can have hope because you never know when fulfillment will come.

75. You must understand the importance of prayer and have conviction that prayer will be answered. Through prayer you can receive power.

76. Through prayer you can receive visions into the future and guide yourself accordingly. You will know what kind of difficulty is coming and how to divert it and overcome. If you know how to steer yourself then you can do big things, and prayer alone can pioneer such a path. It is more important than eating. I go out to nature because it gives me a better environment for prayer, and I love nature for that reason. I love the quiet midnight. I don't say much about the visions I receive, but if you receive them then don't you think I do too? That kind of new world can only be reached through prayer. In that position you can taste love. This world is desert-like, but the world created through prayer has a climate where love can thrive.

77. Every several years, my topic of prayer changes, which shows progress to a new era. In a prayerful mind I know precisely what time it is in God's timetable. That kind of preparation is necessary for self-perfection, and you must learn it through the power of prayer.

78. Pray that this country can become a center of God's righteousness. Your country has seen many fervent patriots, but you must pray with more fervor than any of them. If your concern for this country is greater than God's then this country will survive, but otherwise it will crumble.

79. Test your own power of prayer; take one person and pray for him fervently, constantly, without telling him. Pray tearfully for his well-being and then that person will feel a magnetic attraction to you. He won't know why he feel drawn to you.

80. If you receive in your prayer that you will meet a person at such and such a time, when you go there then that person will come. If you are dead serious then these things will happen.

81. Hypnosis can transfer a person into another state of consciousness, but how much more can prayer change lives. There is no distance or limit to its influence because the power of thought travels everywhere. You can mobilize the entire spirit world by the power of prayer. You have experienced that I will work through your prayers and tell you certain things. There is no limit to the power of prayer.

82. Your prayer is like a missile firing and you need a solid foundation.

83. You must not pray from greed for yourself. That prayer would be harmful to you. Public prayer as a public person will cleanse you and elevate you higher and higher.

84. Don't pray empty prayers.

85. You are entitled to ask for God's power, but only for the sake of His righteousness and kingdom. Then He will come down. Pray and act; you will feel different from yesterday and you will know the power of prayer is in action.

86. Pray to tell God that you are just beginning and need His help. Make a showdown with God every day. It shall become second nature, and without being conscious of it you can live that life all the time.

87. As soon as proof of your commitment comes to God, an avalanche of help will come to you. I have had the experience of thinking about some problem and not even praying about it, but already God knew my thoughts and was one step ahead of me. When I discovered that my thinking had been fulfilled, He smiled and said, "See what I did?"

The Importance of Prayer 4-15-79

RELIGIOUS LIFE

1. It is the Creator's desire that man should have a healthy spirit and a healthy body. Then the true power would come and go easily. Through prayers and through a spiritual life, the separated spirit and body become united. To receive the life element, your spirit-man must be very healthy. It must be in the relationship of give and take with God. That is the first thing to be achieved, and can be achieved through prayer life, or spiritual life, or religious life. In prayer, your spirit longs more for God, the Source of Life, more intensively; you desire to be closer and closer to Him. In that way, you become one with Him, and can give the strong life element to your physical body.

Leaders' Address 3-1-65

2. A gap was created between God and man and God's things were lost because man lost God. Therefore, God has to ask you to deny and pay indemnity. You know all things that originally belonged to God now belong to the evil power. All things are out of God's hands. In order to restore all things to His side, God has to deny Satan. God works for restoration through the world of religion, the world of mind, and if you prepare yourselves then you come into true unity with God; outward things automatically come into proper position. This is why the world of religion does not pay much attention to the materialistic world.

Leaders' Address 3-14-65

3. Remember that this is the most important formula: first, we have to be able to win victory over Satan, then we must come into God's love. We must sacrifice ourselves for the sake of wider levels, for the whole mankind. This is the very Principle and formula of how to play the central role in the salvation of mankind by God.

Things Found Most Important in Leading a Life of Faith 12-12-71

4. There are only two ways for us to be able to conquer our fleshly body. One way is to cut off our fleshly demands by force and violence. Religions help us with the victory over our fleshly demands. Religion teaches us sacrifice and service at the cost of our lives. And every true religion does that. Otherwise it cannot be called a religion. Christianity is so and Buddhism is also that way and all other religions are for that. We fast and go through difficulties and hardships in order to conquer our fleshly demands. We want to weaken the fleshly side of things. We want to lead the physical side to the spiritual, but our fleshly side is

not always willing to follow the way of spirit. Heaven teaches us one other way. We want to place two or three times the stress on spiritual things so that the balance of power will be on the spiritual side. In order for us to do that we must pray hard and work hard for the cause of God.

5. Religions of a higher dimension teach us to put stress on spiritually higher things by cutting off our physical demands. By doing that, after we reach a certain point, heaven can work and we feel a tremendous power welling up in our spiritual mind. When we don't have to put our fleshly side under difficulty or hardship, it also can follow our spiritual side by the second method. Those two methods are important. That is, (1) to cut off the physical side, and (2) to put more stress on the spiritual side. We zig zag like this, but we want to put more stress on the right side or spiritual side so that at length the goal will be on the spiritual side or right side. The religious life leads us through struggles to the right or spiritual side and is not willing to go over the boundary to the left side, or the satanic side.

When you have made it a habit not to follow the flesh, or Satan, then you have made your life on the right or spiritual side. Then you will find yourself entirely new. No longer will you be the one who used to be this way and that, but the new you is headed for the heavenly cause. The higher you go, the nearer you will come to the goal you seek. Even though you still have to fight, you will find yourself feeling stronger. Then both your mind and your body will be nearer to God. Even though we may not be praying too hard or struggling too hard, we will find ourselves going the way God would have us go. In that case, God is working in us and abides in us. We then realize that we are living with God.

The Fight Has Begun 1-9-72

6. The religious life is always dealing with strengthening our faith, through working with our mind trying to make our body take an obedient position to our mind.

7. On the other hand, God employed another method, not only chastising our body which is a very difficult thing to do, but God devised another way to break the fight between mind and body. God gave even three or more times even greater strength to augment the side of the mind, and through this method the mind is in a much better position to subjugate the body, pulling us towards God's direction. This method, God's method, to repair man is called religion. There is no great saint or founder of religion who enjoyed the glorious life in his own lifetime, but every one of them worked hard under tribulation and adversity because of these principles.

One God—One World Religion 3-20-72

8. You know how to separate good from evil. So, remove the evil and cultivate the good within yourself. Selfishness, or self-centeredness—those are the greatest enemies. You must be able to resist those powers and you must be ready to do things and you will resemble God. Then you will take delight in what you are doing, and God will be pleased with you.

The Basis of Good and Evil 2-19-73

9. Every moment of your life, your fleshly side is inclined to go to the left side, satanic side; while your mind tends to go to the right side, headed for God. Isn't that true? (YES!) If you really realize that, every moment you must readjust yourself by trying to put those two powers into one.

True Faith 4-1-73

10. I must again say that God created the angelic world first, so we must restore our perfection on the spiritual level first, and then we must deny our fleshly side. That means Abel is in the position of being attacked by the archangels, being sacrificed. That's the course of restoration in ourselves as individuals. When we are struggling hard to perfect ourselves on the spiritual level, we must deny our fleshly side. We will find ourselves being attacked by myriads on the spirit side. But after winning that battle, the spirit side will cooperate with us. They will be obedient to us, helping us to restore ourselves on the physical level too. So, harmony can come about between our flesh side and our spirit side.

11. The people are going the way of animals. A true, internal view of life, individuals, and everything must be established. You cannot enjoy both the freedom on the external base (or fleshly side) and the spiritual side. Either one of these must be denied. You must take the spirit side.

The Day of Victory Over Resentment 5-1-74

12. We should have been completely one, a harmonious one, in the very beginning. We didn't make that, so we have been separate, struggling, suffering, and tortured. This is the history of mankind. Can anyone deny that we are not in that position now? Once each person finds out that this is the true meaning, then no one will say, "I won't go." Everybody will go forward. A person will then only worry about how he can get there.

Can he get there by using his own brain, mind, and ability, or something else at his command? No. There is no way except to train ourselves to become closer and closer to God's way of acting and God's way of thinking. It is absolutely impossible for a man to attain that goal without going through the path that religion teaches.

The Hope of Youth 7-26-74

13. This body should be purified; it should be very innocent and pure, the very temple of God. It cannot be dirtied and soiled and destroyed by something filthy. You have to feel resentment: "I am defiled by Satan's influence in my body." From now on you have to resent that. You have to be a temple of God, purified and innocent from now on. Resolve, "I have to purify my body."

Address to Prayer and Fast Participants 7-29-74

14. In loving the Messiah, you must love him throughout your life; and when you have that state of mind, you can wash out Satan's love.

Father's Speech to Blessed Couples 9-22-74

15. What else did man do wrong at the time of the fall? They sinned through their bodies, omitting wrong actions. Therefore, our behavior and actions must be standardized from the beginning to the last. Our conduct and activities must all be centered on public and official principles. Also, the mind and body must be one.

Let Us Establish the Kingdom of Heaven 1-1-75

16. If Satan asks you what God's heart is like, what would your answer be? What is your answer to that? (Absolute love, heart of parents) Too simple. That's no way to answer. You can say to Satan, 'Just the opposite of yours. That's what makes me to resemble God and not you.' And when you are asked the question, "What is your mind like then?" Then you can point out the fact that Satan has a selfish mind, and always exploits others for his own sake, but you are the opposite. You live for others, and you sacrifice yourself for the benefit of others. Which is the attribute of God? Can you confidently say that? Do you still resemble Satan, or God?

Providential Time Limits 4-17-75

17. In restoring yourself, you need to invest your whole being, like God did when He created man. Every day, you must throw your whole being into what you create.

Restoration Through Indemnity 4-19-75

18. Religious people have been prepared for that person to be found and then to have the people follow his example.

Let Us Know the Heart of God 4-20-75

19. Through religion God is teaching you how to follow Him first, without minding the world and your nation. Only after becoming entirely one with God can you live your life for the sake of the nation and the world. Without your being united with God, what you have done on the level of the nation and the world will have no meaning in God's sight. First of all, you must return to God and be united with Him.

A Needed Man 7-16-75

20. Due to the human fall your sinful side is thick. You could not feel electricity or energy through it—much less feel God or see Him or be united with Him. You must peel away your sinful layers. Do you know how snakes get rid of their skins? To remove their skins, they have to pass through very narrow places and go the reverse way. So, in any and every religion they emphasize living an ascetic life.

21. If you put more stress on the fleshly side, just living to satisfy your fleshly instincts, that's not the way it should be. You are not capable of living for yourself, in a sense. At the end of your life your conclusion will be, "I have not been able to live for myself and I have not been able to live for others. I have lived in vain." Would anybody like that kind of person? (No) In the spirit world, too, all the myriads of saints and spirit men wouldn't like that kind of person.

Human Life 7-21-75

22. In the religious life there are absolute limitations. It's not the kind of life where you can do anything you want. As a religious man, you must see only certain things with your two eyes, rather than exercising your entire vision. You have a fist and sometimes want to seek revenge, but instead the religious life brings the fist inside. You must be patient and you must withstand insults and injuries. That's the religious life. It's definitely not the life of freedom, of doing everything you want.

23. Even under such unpleasant circumstances, why do we have to persevere? I must go on simply because I am doing not my own but God's will. Whether I like it or not, God wants it that way, and therefore I will go. That's the religious way of life. No matter what kind of hardships or tribulations we must endure, we will follow heaven's unchangeable order.

24. We say that we want to become saints and live sacred lives, but that life is not an easy one. There is no freedom in that life. You must give up your own will and live for God's will. That's the only way to become a saint.

Past and Future Generations 8-1-76

25. There are people in religious life who have everything straight, all five senses focused, but there are others who look at one temptation, listen to another and think of even another. This makes them vulnerable in all areas; such people are very difficult to defend.

26. The number one element of temptation is probably money; the second, knowledge, and the third, power.

27. Then what corresponding weaknesses do you have that makes you vulnerable to being pulled or tempted by money? Greed. Actually, greediness is not necessarily bad, nor is ambition; I am speaking of self-centered greediness.

28. Self-centered ambition is always dangerous because it is most vulnerable to temptation.

29. A selfless, public-minded person has many protective layers in case Satan attacks him.

30. A public-minded, totally selfless person is protected by the family, society, nation and world because they all benefit by him.

31. A person with a self-centered ambition is always vulnerable because he is always extending himself past the layers that would protect him, thus always exposing himself to attack. This is why all religious teachings throughout history have emphasized a totally selfless or public-minded way of life. There has never been a noble teaching in history that emphasized selfishness or self-centeredness. It would be impossible.

Boundary Line 12-5-76

32. Don't worry about yourself, but think 100 percent of God. Decide that you will be as unchanging as God and cultivate that quality. Then you will graduate from temptation and Satan will have to testify that you have graduated out of his sphere of influence. Satan will grudgingly acknowledge you.

33. Satan even tried to tempt Jesus Christ. After offering three temptations to Jesus, Satan came to the conclusion that he had no power over him. If even a little bit of selfishness, a little bit of ego, remained in Jesus' heart, Satan could have hooked it and pulled Jesus down to his dungeon.

34. When you worry about a thousand things before you concentrate on God, Satan has many hooks in which to manipulate you on every level. How foolish to expose yourself in such a way to Satan's manipulation!

God's Will and Christmas 12-25-76

35. Everyone has a conscience, regardless of whether he is religious or not. The conscience always works vertically, striving toward enlightenment on the side of God. Your conscience is like a piece of metal being pulled by a big magnet. Therefore, that vertical line is always straight and contact with this great universal conscience also forms a straight line.

The Final Warning Concerning Good and Evil 12-26-76

36. We have come from satanic lineage; therefore, we must kill our old selves in order to be born anew. This is the great revolution of man. When you feel your old self, the archangel still living in your heart, you have to completely empty yourself, lose yourself.

37. He who is willing to lose his life for the sake of the Messiah will find it. Every day our way of life must be a process of losing our lives in order to find them. This is the secret of everything. Isn't that logical?

That does not mean you have to take a kitchen knife and chop off your head. What I am saying is that once you determine to give up even your love, there is nothing you cannot do, nothing you can complain about, nothing you cannot obey. Killing yourself, or losing yourself, does not necessarily mean chopping off your head. Your head has no sin. Your inner self does. Then how should you lose your inner self? What should you eliminate? Your greediness, your false ambition, your ego.

38. Everybody has ego, false ambition, and greediness, the "I want to make that mine" mentality. Greediness is a link to the satanic chain. If Satan pulls, you have to go. False ambition and greediness in the Garden of Eden brought about the fall of Adam and Eve. Therefore, in order to separate ourselves from that realm we have to completely liberate ourselves from greediness. Our way of life should be such that everything which sounds good, looks good and is beautiful belongs to God, not to us.

39. Three major principles have to be restored to God's world and God's direct sons and daughters. We have to unwind the sins committed by Adam and Eve in the Garden of Eden. First, we must be able to return all the things we possess to God. Second, since all the love that we want to possess does not belong to us, but to God, we must return all love itself to God. Third, our lives are born of Satan, so we have to return our lives to God. God could say, "Well, I don't need it. It's really smelly, and I don't want it," but He will not. God embraces even such children because in principle, all men were created by God as His children. Even though we deviated, we originally belong to God.

40. When you give up all your things, your love, your life itself, it is really a dying process. He who seeks to lose himself for the sake of God will find himself. Your lost things will be replaced by God. He will share His love with you, and God will give you new life. Instead of

losing your life, you will find it. Actually, in a commercial sense, this is a very good deal. Would anybody refuse to exchange an old, smelly, ragged jacket for a new silky tuxedo? Would anybody object to that? That's the very thing we are doing with our lives.

41. If there were some shortcut in the heavenly way. I would not have waited for you to tell me. I am smart enough; I would have found it out already. But there is no shortcut available. None. When God says, "Empty yourself," that does not mean you can leave a little something in the corner. When God says, "Empty yourself, and I'll fill you up," that means you have to empty yourself completely.

God's Day 1-1-77

42. When you acquire a fine ideal, you can have direction in your life and your mind can get good goals. But when you try to pursue that way of life on earth there will always be opposition, and you will have to make constant efforts to overcome the roadblocks. By every standard, such a person is a true, God-centered man.

43. In order to win over Satan, we must utilize God's weapon: humble meekness. We will let Satan hit us, but we will survive; we will demonstrate the way of virtue and the true power of God's spirit. Even after he has done his utmost and his power of persecution subsides, we will still survive. In the sight of God then, he will have no excuse to accuse us, and after that we will be able to do anything.

44. You must cherish God's ideal as your ideal, and God's goal as your goal. When you want to make a total, conscientious effort to live that ideal, then the dwelling of God will automatically be within your heart. Can you say without hesitation that your mind is totally focused upon the ideal and will of God, and that whatever you do is done with God? When you eat, are you eating with God? When you look at something, do you see its beauty together with God? When you can totally give yourself up in seeking the heart of God, then the dwelling of God can be realized in your heart and you can become an individual who can embrace the world. Such a man is welcomed in every corner of the world.

45. God is the true universal plus. Any person who lives his life below the horizontal line is actually setting himself up as another plus, another God. He does not want to change and acknowledge the true God. Rather he wants to be his own God. The bottom of this lower world is the deepest part of hell. The highest area above the horizontal line is the height of heaven. You cannot dwell in two places at the same time; either you are above the line or below the line. It is important for you to decide where you will be. As an individual you can either follow God's plus or you will be. As an individual you can either follow God's plus or you can be your own plus and dwell in the world of darkness. As you expand to the family level, national, world, and cosmic levels, you will remain in that dark world. Which realm you will dwell in is determined by your decision.

46. There are little satans everywhere in the secular world. When you become a total, absolute minus then you attract Satan as well as God, but because you have the greater plus of God holding you, you can never become the prey of Satan. That is how we can liberate Satan—by drawing him to God. When you become a meek, humble and serving person, you are making yourself a complete minus in God’s sight. When you make yourself completely one with God, you can conquer Satan and then cleanse and restore him. You will even be given the power to conquer Satan. This is the only way the world can be saved.

47. Satan became Satan because of illicit love. I want you to understand that love is a very formidable weapon of Satan. You must be equipped with a greater, more principled love in order to conquer and liberate Satan. Satan is always trying to trick you with cheap love in order to destroy you. But heavenly love is beautiful and constructive in its sacrificial giving. Therefore, heavenly love has greater power to overcome Satan and the world. Satan’s love is temporal and will last only a short time, but heavenly love is eternally unchanging.

48. With one living, unchanging principle and way of life, we want to penetrate to the heart of God.

49. In order to unite the love of God and the love of man, you must always remember the 90-degree angle of the vertical and horizontal lines. You must always make yourself the dwelling place of God, placing your mind parallel with God’s mind so that God may dwell with you in word and deed. This is the simple formula: think of God every day and live with God every day. There can be no moment that our thoughts are diverted from the thought of God.

50. My heart is parallel with God’s heart and my mind is parallel with God’s mind. All my actions originate in that thinking and for that reason I have been initiating this most sacrificial standard in our movement.

51. Some of our members say, “When I first joined the Unification Church, I felt ecstatic joy and excitement, but that was three years ago. Now I feel tired, despondent, and discouraged. Somehow, I have lost my original power.” That kind of person may have accepted the ideal but never really lived it. Even though you have the ideal, you must live it in order to make yourself the dwelling place of God. If you never make yourself a magnet with the pulling power of God’s love, of course you will become weakened.

52. You must realize that your conscience is a good thing, and a real asset for the Unification Church. Your conscience is God’s secret agent, and it knows which path has the greater blessing for you, and the greater life waiting for you. Thus, your conscience is ruthlessly driving you in that direction. It is your savior in a way, because it is directing you to the place where you can receive more love from God.

53. When your body tries to relax, you must be ruthless to discipline it. The person who can discipline his own body is really a man of God. When you drive your body, it is for the sake of goodness. Do not get mad at your body, just smile and say, “Come on body, let’s go. It’s time

to wake up now so we can go out to witness. Don't stay down there or you will be the victim of

Satan. You are far better off to stay with me." That is a realistic experience in our daily life, isn't it?

The Ideal World of Subject and Object 2-13-77

54. Why should you make efforts concerning your own behavior or way of life? By doing so, you are opening yourself more to God, prolonging the length of time in which you can meet God. In that way, there is more chance that God can approach you. For this reason, religious life is very important in our spiritual progress. Following a religious life is your effort to make yourself more readily available to receive God's revelations. In religious life, we always pursue hope for the future in God, always seeing a grandiose future ahead even though the present has only suffering. In this way, you can create an environment, an atmosphere where you can meet God.

55. There is only one way that a higher spirit can contact you. Why is that? Because of the fall of man, we belong to the satanic lineage or bloodline. When we move, that satanic blood circulates through our bodies. This stained or fallen blood is not pure. However, when you sleep at night, your body is not in motion so your blood does not circulate as rapidly. It can be compared to muddy water which is sitting still, allowing the dirt to settle to the bottom and pure water to come to the top. This same kind of phenomenon happens when we sleep; our bodies quiet down and in that way our spirit is in a position to be touched, which is why revelations usually come at night. This is common sense; it may be new to you, but in religious life these kinds of experiences are very important.

56. Over 70 percent of the revelation recorded in the Bible came through the medium of dreams. Did you know that?

57. Sometimes we pray all night or we make ourselves calm, to concentrate on the spirit world and God, our pure spiritual nature can surface, and our foreign, dirty elements will settle to the bottom. This is similar to a state of sleep, yet we are wide awake. For instance, when we are really tired, almost on the verge of sleep but still awake, we can still hear sounds and see things, but not clearly. That is similar to meditation. In that moment when we are half asleep and half awake, a vision can come. It is a wonderful opportunity for God to reveal a clear vision to us.

58. We emphasize the discipline of prayer, particularly night vigils for long hours, to quiet our bodies down and to increase our spiritual alertness, allowing God to speak to us very clearly and to manifest Himself in visions. Later on, when you are disciplined in that practice you will be able to see visions with your eyes open. When you sit down to pray, suddenly you will see

visions and hear voices. With your ears, you will hear two kinds of sounds from two different worlds.

59. Every satanic weapon is there in your body, while every heavenly weapon is in your mind. The borderline between the mind and body is the line of the confrontation between God and Satan. Therefore, the mind must become aggressive and take the initiative to conquer the body. That is the work of religion. If you are brought down to the dungeons of hell, it is your body—not Satan—that did that. Your body could drag your eternal life down to hell. You would have your body to blame because of the fall of man.

60. You have to change yourself 180 degrees. Your eyes have to be revolutionized. Your eyes have been seeing something beautiful and have been lustful, always wandering around. Your new eyes will straighten to the will of God. Your ears have to be revolutionized, and your mouth, nose, hands—your whole body must become entirely different. This is the reason why any true religious teaching will be ruthless in disciplining your body. In a way it is ruthless and cruel. Religion always teaches the value of an ascetic, self-sacrificial way of life because Satan can only be separated when you are cruel to your own self.

61. You yourself are your worst enemy; always check yourself, your own eyes, your ears, your mouth, your idle body. You need strong self-discipline for three years and then a godly way of life will become your habit.

62. If you have many different dreams, do you know how to distinguish whether they are from God or from Satan? A satanic dream does not have a clear picture, direction, or central theme. In Korean slang, we call these “dog dreams.” They are jumbled and when you get up you easily forget them. In contrast, a heavenly dream has a system and a clear theme or message. Heavenly dreams may continue a message from one dream to the next. When you have an uplifting dream three times or more, with the same theme or atmosphere, then you must receive it as a revelation. A heavenly dream will be so clear in your mind that when you get up you will recall it vividly.

The Will of God and Individual Perfection 2-27-77

63. As you develop an unselfish way of life, your sphere of maneuverability and influence become larger and larger, and eventually the entire universe becomes your sphere of influence. Then the entire universe belongs to you. You must always be ready to become absorbed in a higher goal. By doing so, you are horizontally expanding yourself and expanding your sphere of influence.

64. Your goal is to eventually possess the most precious thing in the universe. This goal is reached through the process of giving; do not be satisfied with second best or relax until you

reach that goal. This is a very wise way of life, because if you delay establishing your position until you possess God, then the rest of creation will automatically become yours. When you

reach perfection, you will possess the highest position and there is nothing that will not come under you. Striving to reach that goal of perfection must become our daily way of life.

Our Family in the Light of the Dispensation (II) 3-6-77

65. We all know that even small insects have a direction. When the sun rises, it has one direction too, doesn't it? Likewise, a godly mind has a clear direction. All things try to act like that.

66. If you deeply want to learn more about God, then that desire becomes like an invisible antenna and God and the spirit world will communicate thoughts and feelings to you. This will work for anyone, not just for some people. The most profound experiences will come when you really shed tears and want to see me in the midst of difficulties. Then spiritually, I will appear in person and explain exactly what the difficulty is and how to solve it.

67. Without exception, every worthwhile religion advocate denying yourself by overcoming your desire to eat, to sleep, and to have sex. That is your checklist. You must always evaluate yourself according to these criteria.

Leadership: To MFT Captains 3-16-77

68. Unless you completely cut off self-centered love, then you have no way to be free.

69. The religious way of life is always cruel to your own body. Religion has no sympathy for the body and is continuously subjugating it. When we understand God's purpose and ideal, then we come to the conclusion that religious life is the arena where God has been trying to achieve His goal.

70. When you chop off the anchor of your fallen body which is stained by sin, then what kind of person do you become? You are transformed into the holy body of God, your original role. By doing so, you are not only restoring yourself and men's true position but, more importantly, you are restoring God's own position and dignity. Do you have the courage and determination to cut the rope of Satan away from you? Do you want to bring your body back to the original position of oneness with a God-centered mind or not?

71. You have to dominate your satanic body, always thinking about putting God in the center of your love. Even if you have to chop off your arm or your leg, if that is the only way you can

chop off the rope of Satan, then you should do it. You will never be a loser. Speaking of it as a commercial investment, you cannot get any better deal than this on.

72. Do you really want to be centered on God 24 hours a day? Aren't your minds going in 120 different directions, thinking about past dates and girlfriends and boyfriends, or wanting more education, social standing and a little better way of life? Don't you think, "What am I doing here? I have to go out and witness and fundraise every day!" I am sure that many different kinds of doubts creep in. You can see from the criteria I laid down this morning that you have been living with doubts and suspicions, ups and downs. Is such a man really going the fastest way to the goal or not?

73. You must be single-minded; just chop off temptation and do not look back. Do you think there is some big gap between you and me and that I am a miracle man? We have only one difference; I have completely subjugated my body, while you are taking longer. Wherever I go and whatever I do, during the 24 hours of a day there is not one moment, not one split second in which I separate myself from God. This is absolutely perfected in my way of life. That is the only difference between us. Let the people oppose and persecute me; I do not even have time to listen to them because I do not want to divert my mind from God. If I am thinking of God more intensely than they are opposing me, then these things will automatically be taken care of. You know that often something looks impossible, but for the sake of God we must do it every moment of the day. I am just driving myself; that is my way of life.

The Dignity of God and Man 4-1-77

74. What you are doing is simply living a religious life; it must be accompanied by tears, and must be connected securely with the spirit world. If you have not experienced this then your religious life must be improved.

75. What has been the religious way? Many men of religion teach that you should love God and heavenly things more than the greatest love you have ever experienced, without exception or compromise. If you do not love to that degree, then you will simply remain in the satanic world.

76. Our personal reformation is due now. Do you understand? You are going to do a lot of work from now on, which means that you are going to do a lot of loving from now on.

How to Witness: To State Leaders 4-1-77

77. When love becomes your center, then loving your own children, your own mate and your parents would be beautiful in the sight of God, having nothing to do with envy or jealousy. Since we have become the prisoners of Satan all of our loving relationships are still connected with Satan; therefore, we need some revolutionary experience to separate ourselves from Satan

and move into perfection. No perfection can be found in this realm of Satan. The process of separation is our job.

78. If Adam and Eve had not fallen, then being self-centered and God-centered would be the same thing. God wanted to see Adam be greedy to become really perfect, really rich. If Adam were greedy like that, he would say, "God, You are my Father, and I will never leave You, and don't You try to leave me for one second!" That would be greediness for God. It is selfish in a way if Adam wants to satisfy himself by loving God, but that makes God happy.

79. When you are going uncompromisingly in the direction of God, you are inevitably placing yourself in a position to be attacked by Satan. Satan is not standing still either.

80. Without the fall or sin, Adam and Eve's way of life would be self-centered, but since the self without sin is equivalent to God, it is automatically God-centered. Because of the fall of man, God was separated from Adam, allowing Satan to come in and become master. As a result, the self-centered way of life has become alienated from God. However, if there had been no fall and absolutely no sin, such that God and man were perfectly united, self-centeredness would not be sinful. Then self-centeredness would automatically be God-centeredness. Therefore, self-centeredness in the fallen world should not be blamed 100 percent. Once you become absolutely God-centered, then a self-centered way of life would automatically become God's way of life. It is because we are departed from perfection that all the difficulty has come into being. If we were in perfection with God, then the center of self-centeredness would be God, and loving oneself would be loving God.

81. Who should become your center? You must become God-centered instead of self-centered, and love God more than you love yourself. Before you ever existed, God already existed and was your entire being; God is your center and consequently you exist solely for God.

82. You must make up your mind firmly and not continue mulling over the question. If you straddle the boundary line between the fall realm and the restored realm, then no matter how much you pray, your prayer will not be answered, But once you make up your mind to be on God's side, then nothing will be pulling behind you and you can go straight forward.

83. We all need food, but for whom? Do you eat your meals for God, or for yourself? What is different about saying you are eating the food for God? You must make your body a complete temple for God. If God is dwelling inside then when you eat you are not feeding yourself, but God. You must feel that way. Then you are doing a favor for God, and your meal is holy because it is God's meal. When you go to the bathroom, are you still doing it for God? The same principle applies in whatever you do, even in going to the bathroom. The temple of God needs some give and take. Therefore, you are obeying God's order and going to the bathroom to relieve yourself. You are not breathing air for yourself; you are breathing for God. Do not ever think that you are listening for yourself. Instead, you are listening to music together with

someone. Do not ever think you are doing anything alone and that nobody sees you. That is impossible. When you meet people in the everyday world, who is actually talking to them? God is talking through you. Once you become completely one with God and make yourself God's own body, then when you do something for yourself it is not really for yourself. In that case, when you are serving yourself, you are automatically serving God.

84. After you are totally separated from Satan and you absolutely become one with God, then thinking of yourself is not really thinking of yourself. Because you are a temple of God then your becoming a center means that God automatically becomes the center; if there had been no fall, this would automatically be the case. Which life would be more meaningful? Would you want to be more God-centered, or more self-centered? Actually, it is more fun and exciting to be God-centered and it never becomes a burden.

85. When a mother is giving birth to her child, she feels a great deal of pain, and spiritually also it is a desperate struggle to give new life to this world. We are going through that kind of pain together, and we are bringing new life to this world together. That pain of birth is a desperate one.

The Realm of Resurrection 4-3-77

86. The Satanic world is totally self-centered and in order to liberate ourselves from it, we must live an absolutely different way of life. As we live this life absolutely, we will liberate ourselves from satanic influence.

87. You must fully realize where you are standing and what your mission is. I have explained to you what kind of attitude brought the fall, and by whole-heartedly undertaking your mission, you can liberate man from the conditions that led to the fall; in the future, nobody will accuse you of being a self-centered person or of indulging in self-centered love. You now have the opportunity to be liberated from the satanic lineage and influence.

True Parents' Day from the Historical Point of View 4-18-77

88. Is there anyone who is really fond of religion and who wants to go through the ordeal of religious life?

89. The religious way of life is not a normal way of life; it is a very peculiar life and it is not fun. It involves tribulation, hardships, suffering, and continuous self-discipline. You are not free to do anything randomly or at your whim, but instead you must follow by putting yourself in the passive position. You certainly cannot be the subject in the Unification Church; instead the truth is always leading you. I am sure you remember how you felt free to do many things before you learned the Principle, particularly the chapter on the fall of man.

90. No one is checking on you now, but your own conscience is watching out for you and disciplining you.

91. The ultimate goal or destination of religion is to create God-centered people.

92. Religion is not the only disciplined way of life; all social life and human behavior has to be disciplined in order for people to survive and create harmony in society.

93. All these disciplines may seem to be binding forces in human life, but everyone must come under a set of rules and regulations. This has been true throughout history. However, religion is different. Social laws and decrees are inescapable, but religious discipline falls upon you only by your personal choice. No one can force you into a religious way of life. The religious life is such an extraordinary life that while you are yet here on this earth, you are actually related to two worlds.

94. Without experiencing a religious way of life, you cannot speak about the will of God and the will of man.

95. Our religion is the only one which has both extremes, being ultra-conservative in moral discipline, for example, but at the same time, so liberated in idealism that we can embrace the rest of the world and reach out to the stars and the sun. In both extremes, the goal we are striving for is absolutely clear.

The Road of Religion and the Will of God 4-24-77

96. Do you think that I actually did not have personal ambitions? As a young man I certainly had ambitions and dreams but I cut them off and closed all those doors. That is the only way I could have come this far.

The 23rd Anniversary of the Unification Church and the History of God's Dispensation 5-1-77

97. You must become single-minded people and throw out all unclean, impure thoughts and leave only a clean pure mind for God.

The Things That belong to God and the Things that Belong to Man 5-15-77

98. Yesterday I saw a beggar pick up a rotten apple, clean it, and put it in his pocket. I thought, "I wish that beggar could be a Unification Church member for the purpose of God." I am looking for the man or woman who, even though he may have ample bread at home, so strongly feels the urgency of God's work that he merely picks up a rotten apple in the road and eats it and continues on. That person would do that not because he is in need, but because he is

so dedicated to the work of God that he didn't want to spare even one minute for himself. We need that kind of spirit to accomplish the will of God. The saints in heaven, all good and women, Mother and I, and even God will bow down to that person.

99. Would you be self-conscious and worry about your own dignity and honor or would you forget all those things and be crazy about your mission? The more of a beggar you become, the more you will be reduced until you have nothing. Why would you want to pursue this way of life: that is the life that God lives and that is the only way you can bring restoration to mankind.

It is the one way of life that does not perish but remains eternally. The Kingdom of God is built in that humble fashion.

Men of Justice, Rise Up 5-21-77

100. You can breathe God's love when you go to the spirit world and the love of God surrounds you; when God's love is not there, however, you suffocate. Love serves as the atmosphere in the spirit world, whereas in the physical world you breathe air. You must practice breathing love here on earth so you can breathe love when you are elevated to the spirit world. That is the purpose of a religious life.

Happy Unification Church Members 5-22-77

101. In the Unification Church, you are asked to totally dedicate your time and your substance, but some members are reluctant to completely let go. How are you going to resign your presidency if you have this kind of nature? Could you overcome your human nature? This is something to think seriously about. Unless you are ready to give up all you have and dedicate all your spiritual and physical power, you are not qualified to be an eternal citizen of the Kingdom of Heaven.

God Depends on Us Alone 6-1-77

102. The role of religion is to teach people to set their standard of love higher than the satanic world's standard.

103. The religious man is one who demonstrates higher love than anyone in the world claimed by Satan. For the sake of God, he can then deny the value of anything in the satanic world and thus recreate the value of everything in relation to God. As religious people, we must be triumphant in this way of life.

The Desire of All Things 6-17-77

104. In our religious life there are many temptations, like feeling that you should be having more of a good time and wasting less energy on other people. By knowing the standard of good and evil, you can clearly know why such feelings and desires are not good to act upon.

Let Us Think Once More 6-12-77

105. Throughout history, those seeking a devout life of faith have abhorred married life. Each major religion recognizes the value of celibacy. Marriage is the horizontal expression of basic human nature, while man is supposed to obtain the vertical expression first. After the perfection of vertical love, man is supposed to expand that love onto the horizontal level. This is why religious life stresses the vertical, spiritual expression of life, discouraging horizontal love.

106. Because human history started with illicit horizontal love, vertical love must be upheld and horizontal love must be denied. Now you can understand why throughout history the religious life has been one of denial, of leaving your spouse and children and parents. In attempting to deny everything in the human world, religious people led ascetic, isolated lives, searching for the lost vertical love. Until recently that way of life was stressed by religion.

107. Do we need religion then? Human history actually started out with a loving relationship with God and it will be consummated by religion, nothing else. The way of life that denies the necessity of religion, like communism, cannot remain any longer. No matter what people may say or try, there is no other ultimate solution to human affairs. Religion is the only way we can solve human problems. Every culture throughout human history had a religious origin. Those peoples and nations in history which could not advance to a higher religious philosophy were always destroyed.

Good Day 7-3-77

108. “Yes, I must change because my present self is not the original one. I must revolutionize myself to fit the original concept of God, and then not only can I be restored, but the relationship between man and the universe can be restored.” For this purpose, the religious world has come into being and all through history it has grappled with the task of restoring man.

109. If you want to become a godly man, then in subjugating your physical body with your mind, you should not want to become only a citizen of one nation, but a world citizen or universal citizen.

110. Throughout history, God's constant effort has been to suppress the influence of the body. This emphasis is the principal teaching of religion, with religious life always stressing denial of the bodily desires. God's mandate is that your body should obey your mind and if the body wants something else, don't listen to it. This teaching has been God's tool and is always the beginning point of good religious teaching. You cannot fulfill the period of restoration instantly, but must nurture your mind with the word and power of God, making it God's ally in your body. In time, the body will be conditioned into obeying the mind. Through your hard work you are conditioning your body into accepting a certain way of life.

111. Don't sleep for yourself. Sleep for God and humanity so you can be a better fighter tomorrow. The physical body does indeed have some limitations but don't stop there. Go to your maximum and when you reach your limitation, don't stop. Cross that limitation and then come back and rest. Then your concept will become different.

112. Instead of fasting all year in restitution, you must revolutionize the concept of eating and sleeping and loving. When you have your meal in front of you, think that you are going to consume the meal as God's representative. Let God eat the meal instead of yourself. For the sake of God and humanity, you need that meal and as God's representative you will take the meal for your body. After you eat, go out and use it for God's work instead of your own entertainment. God gave you a full stomach and now you can go and work for humanity. That's how your concept should become different.

113. It is the same in making love. As a blessed couple, your love is for the sake of all humanity and for the sake of posterity. You are doing a favor for God in creating your family, but husbands must look at their wives as the symbolic total of all women of the world and of all future women of the world. By loving your wife, you can love all the women of the world. Remember the greater love that you can pursue—love of God, of the Church, of the True Parents. You can transcend your personal love and become an offering for the greater purpose of love. Always be ready to go beyond yourself.

114. The depth of someone's heart cannot be seen. You can hide a beautiful love in your own heart and no one can see it. Each of you should have a powerhouse inside that is not visible to the human eye. When you become a powerhouse of the love of God, you can communicate with spirit world and with God himself.

115. God never created a power greater than love, and when you are truly intoxicated in the love of God, then all the mundane needs like eating and sleeping and worldly love become secondary. You can transcend their influence once you are caught by the love of God. At that point, your longing and love for me will become so strong that you cannot forget me for a moment, even in the midst of any activity. It is then that the world of impure love will no longer be of interest to you, and a big door will open wide to a pure, genuine, spiritual love. That should be real to you in experience, but also clear to you by logic.

116. I wanted to know how to have the love of God, and I found the answer to be very simple. Do you want to know what it is?

Let's start by saying that there are three undeniable urges in man. If you are hungry enough you will do anything to get food. When you are tired you have the urge to sleep, and when you have the urge to make love it can be overwhelming. If these three elements are denied in man, there cannot be any happiness.

Who here has fasted seven days? On the seventh day, you may count the minutes until you can eat, but that final moment will determine whether you pass or fail your entire fast. If you run to the kitchen and grab your food, then you have failed, but if you can think of God at that moment and say, "Heavenly Father, I love You more than food. I can sustain far greater hunger than this for You," then you have succeeded. If you can fulfill your responsibility with a hungry stomach, then you are an even more precious child to God. If you even forget about mealtime, you are more precious. Women are generally weaker in this area than men. You must be victorious in overcoming hunger. Your love for God must make you strong enough to overcome the love of food.

You must be able to endure lack of sleep for love of God. Sometimes, I am busy at night and just forget the time to sleep. For seven years, in the early days in Korea, I didn't have any bed to lie on and be comfortable in so I just lay on a table and slept a couple of hours. You can go out walking at night and say, "God, I'm here. While the world is sleeping, I came out to meet You." Even now, I love nature because it reminds me of the past when I went out in nature asking God to meet me.

Can you overcome the urge for physical love out of love of God? In the old days in Korea, many women chased after me but I was victorious. How could I withstand the temptation presented by having many women following me? Only through the power of the love of God. You will also face these temptations.

117. There is indemnity for you to pay and you must do your five percent by taking your hunger or sleepiness as a condition of indemnity. Put meaning into these things instead of complaining; show that your love of God is greater than all of your desires. By doing that you can fulfill your five percent very quickly. I have become victorious in overcoming hunger. I have become victorious in overcoming lack of sleep, and I have become victorious in overcoming the urge for love.

The Ones Who Can Receive God's Love 10-1-77

118. You just cannot let yourself relax. You never know when you will die, and before you die you must know the love of God. No one can guarantee that you will live a long life. Therefore, you must even live as though today were your final day. When you take a final examination in school, what would you do the night before? You would concentrate all night

long. You should be even more desperate than that for the heavenly purpose. You cannot misuse this opportunity. This is an unmistakable truth, and we must take it seriously.

119. I ultimately came to the conclusion that my enemy is not the world or even the communists, but my own body. Your worst enemy is your body. Do you believe it? I established one very firm principle for myself, that I must conquer myself before having dominion over anything else. Each of you is also committed to a ruthless battle of subjugating your own body. Your job is to have your body surrender to your mind and then bring it in the same direction. That is why a religious life is the pursuit of conquering your body.

120. If you have not conquered your own body, then you haven't reached the standard yet. Religion teaches the importance of a life of penance; when your body wants to rest, then you should wake up and pray. Your body wants to eat delicious meals, but religion teaches the value of fasting. What the body wants the mind rejects.

What is gained by living that way? By giving up your body you can receive the entire universe, so it's a very good deal in a way. By giving up a little bit of your flesh, you can gain the entire universe. This is absolutely true.

121. Why is it that you cannot feel the love of God all the time? Your body is the barrier preventing the love of God from reaching you. God's love is shining forth but your body is blocking it, so by sacrificing your body and liquidating the barrier, the shining love of God can freely reach you. Once this happens, nothing will be in your way and the total unity between God and man, and mind and body can become a living reality. Once you can receive God's love, God will certainly dwell within you. God needs true love and cannot leave it once He has found it. Do you really understand this now?

122. What is the purpose of religion? Simply speaking, religion strives to bring this world closer to God; it is God's tool to communicate with this imperfect world and raise up good men. What is goodness? Anything that attempts to bring God and man into unity is good.

123. Religion has been striving for unity between God and man by stressing the common purpose of love.

124. All religions emphasize self-denial and sacrifice in order to achieve that love. Without exception, sacrifice is necessary for you to form an intimate relationship with God. Why should sacrifice be the highest form of love's fulfillment? There are many, many answers, but let us analyze this ourselves.

You have a mind and a body, and of the two which one is less evil? The body is a real rascal and doesn't have any sense of self-giving or humility. We have to ruthlessly subjugate our bodies because in weakening the body, there is a greater opportunity for the mind and body to become one. Then the body can listen to the mind.

125. Meekness, humility, and sacrifice are the virtues emphasized by religion and by applying them, the body will be forced to unite with the mind. Who is actually pursuing such a goal of

religion, man or God? God has been leading mankind toward that way of life, but God's effort will be in vain unless man responds to it. A mutual effort is necessary if we are to reach the ultimate goal.

126. Why do we all need religion in our lives? Without going through the path of religion, there is no way to reconcile the mind and body, not hope that someday you will even get close to God. The contradiction in man cannot be resolved without the process of religion. We can say that religion is an absolute necessity for man, not an ornament to pick on a whim. Religion will be needed until the contradiction within man is completely liquidated and he is united with God in their original common purpose. Then the purpose of religion will be consummated and it will no longer be needed.

127. Your body is your worst enemy and it has three formidable weapons: the desire for food, the desire for sleep, and the desire for physical love. I have fought the same battle that you are engaged in, but you have no idea how many tears I have shed to win over these temptations.

128. If you do not eat food for your own contentment but for the sake of God and humanity, then it can be justified. You should think of sleeping as preparation for you to do even more for God's work the next day. Taking rest with that attitude cannot be called a sin because it is for the sake of God and humanity. Can you say that your desire to love God and humanity is as great as your desire to have love personally? This is the way your life can be turned totally upside down.

Core of Unification 10-9-77

129. Jesus knew that the flesh needs stimulation and that's why he said, "the mind is willing but the flesh is weak." How can you make your flesh strong? You can harden it by pushing it past its limitations.

Host of the Future 10-23-77

130. God sees that in order to achieve the religious goal of breaking through the realm of death, there is always a certain amount of pain and pressure to overcome. God deliberately adds His pressure to the pressure already on a man who is seeking new life, as part of the process of disciplining and toughening him. Already the family is pressing down, as well as the society, nation, and world, and eventually God Himself will lean on you, but out of all that, He wants you to be a winner who can come out above it.

131. The religious way of life initially demands sacrifice, requiring that you deny all your surroundings and ultimately deny yourself. This is not to destroy you but to save you and let

you emerge later as a victorious person. You must become invincible so that nothing can deter you from moving forward to the ultimate goal of meeting God and becoming totally perfected. In that commitment, you will have the will power to deny everything and to continue moving forward to become a victor.

132. If you demonstrate the power to deny your surroundings, then ultimately another, more difficult kind of temptation will come spiritually. Have you gone through such testing in the Unification Church? How can a man prove himself victorious? By knocking out several other men? The worst temptations for men always came through women. A most beautiful, charming woman can make a man feel totally intoxicated, but if you annihilate that temptation then you will prove yourself a victorious man. The worst temptation for a woman usually comes in the form of a most handsome man, and when you sisters see a handsome man approaching, you might be almost totally melted without knowing it. If God asked you to show Him how victorious you are, you couldn't answer, "In the boxing ring I knocked out several men." That isn't a real accomplishment in the sight of God. But you can say, "I felt the worst kind of temptation from this man and I won. I went straight forward to You and I didn't even hesitate."

133. This is the reason the teachings of the most prominent religions in history have always been similar. They emphasize an individual's denial of his circumstances and his leading a celibate life in most cases, trying to conquer sexual temptations and stand on the side of God.

134. Initially, religion teaches you how to pass God's test, and once you pass, you go out to confront the satanic world and widen your territory. When you become a victorious individual, persecution doesn't matter because you are like a locomotive, having generating power within yourself. Clearly you can only meet God's criterion through persecution because without it you would have no way to prove yourself. Good religions are destined to be persecuted because of this principle.

Our Newborn Selves 11-1-77

135. The goal of religion in history has always been the subjugation of self, with holy men constantly teaching others to not allow their bodies to be used as contact points for evil. That is why good religions in history have always emphasized giving and self-sacrifice.

136. Those saints who founded the great religions have one thing in common—they gave up everything for the sake of their service to God and humanity. Their unchanging teaching was to love God and love mankind. The saint is the one who can say, "I love God and humanity more than I love my own wife, my own children and my parents."

The Children's Day We Have Been Longing For 11-11-77

137. Who is a saint then? We know that Jesus Christ, Mohammed and Confucius were saints, and that all these people organized the traditional religions of mankind. They are the ones who left posterity the kinds of traditions by which all mankind benefits. Were they people who always did as they wished, living every day in fun and laughter? No, from an earthly point of view, those saints lived very unfortunate lives, far more difficult than average. Why did they live that kind of life? These saints were not concerned about their own freedom; instead they wanted to be totally obedient to the one divine will and they subjugated themselves to live that way.

138. Even though they had individual desires, those saints always thought about God and His tradition and how it could be manifested on the individual level. When they looked at their own families, they always thought about what the authentic family would be in the sight of God. In observing their own society, they always wanted to know from God's point of view what society should be. They also had a fervent desire to know what traditions a nation should have in the sight of God. Naturally, they also wondered how the world should serve God.

139. This is an unspeakably hard life to live. That's why once you live it, you will receive the most supreme love of God. It is hard, but I tell you that this road cannot be avoided. If you cannot finish it in this world then you will still have to go that route even after you go to spirit world, and then you will vividly remember what you could have done differently that would have changed your situation.

The Tradition of the Unification Church 12-11-77

140. Either the mind or the body must become a minus instead of plus, but which one should it be? The religious life results in the conquest of your body by your mind. It is when your body can become a complete zero, offering no resistance to your mind, that your mind and body will really become one.

141. Leading a religious way of life always includes sacrifice, which essentially means giving up your body's desires. The quicker you can give up your body, quicker you can come to that unity which means perfection. What does that involve? First of all, the body always has a craving for sleep, even though the mind keeps saying, "Wake up! What are you doing? You must obey me!" The body also wants to eat, even when the mind insists on fasting.

Toward the end of a seven-day fast, you feel very hungry, but when the end comes on the last day do you cheer, "I can eat!" If you do then you flunk the course. Right at that moment, your body is ravenous, but if at that moment you can say, "God, I can do this and more for You," then you have succeeded.

Basic Formula for the Realization of the Kingdom of God on Earth 1-1-78

142. You can understand why the dispensation starts from denial of the existing system of living and of the old loyalties. Each person must first leave the old world and start anew. Unless there is a movement that teaches this, the world has no hope to return to God's ideal. Just blindly denying things is not what is called for; you must know beforehand the precise way to recreate yourself. First you must see a new vision and hope centering on the Messiah. As soon as you unite with him, you can become a new creation and give hope to mankind. Then all people will have a goal and can find the courage to deny themselves and unite with him.

143. When you deny yourself, you will find a new family; when you deny your family, you become the member of a new family which has the value of the world because it is equivalent to Adam's family. This is why we have the term "True Parents." They are the center of the new race. You can disregard anything you had in the past because your new value is greatly increased.

144. Self-denial is necessary to get out of the shackles of the fallen world, but if you are blindly groping then you are like a ship captain and you don't know where you are going. In the fallen world, you have been buried under your family, your nation, and the world, but now you have to cut the shackles away and unite with the coming Messiah.

The Dividing Peak of Restoration 1-15-78

145. Even though you are all looking in one direction, your minds are thinking about many things right at this moment. God's first mandate, therefore, is to straighten out the direction of the mind and bring all mankind's diverse thinking together into one common direction: the love of God. God must declare one ultimate destiny to all men, showing them what they need in order to become one with Him. All the minds of men should be brought to this one principle. In his mind, each man should understand the individual goal, tribal goal, national goal and world goal, and also how the same goal ultimately penetrates all of these. That's the way God started to work, giving instruction about what the mind should head toward.

146. Even though the mind is invisible it doesn't exist independently, but in response to some origin; therefore, it is a resultant being and is always linked to the source. There is a subject Being out there somewhere, and the original mind always has a tendency to move toward it because the mind is object. Even though invisible, your mind guides you, knowing the direction and goal. The religious way of life is nothing other than being led by the mind toward a certain way of life.

147. Are we living a religious life in the Unification Church? The mind always denies the body's desires. Your body may be trying to eat breakfast in the morning, but your mind is saying, "Hurry up! Each moment is precious. Go out and do something." The mind has a big battle with the body, which wants to rest a little longer. The mind is always ahead, listening to

the body complaining. The mind looks back at the body following with closed eyes, saying, "You poor sleepy body. You still have to go on." The mind will lead your body toward one big hill, once they both go over it then even your body will not turn back to its original position. That is what we call forming new habits, and once it is totally disciplined, it will not revert back again.

148. You all like bread, don't you? You like bread and I like rice because of habit. No one built bodies like that. If there was fresh hot bread next to a bowl of three-day old rice, I would still choose the rice. After many years, you form certain habits, and in the Unification Church, our minds are trying to discipline our bodies into certain heavenly habits.

The Will of God and Thanksgiving 2-12-78

149. When God wants to re-create you, He does not consider only what you think you should become, but what God thinks is more important. The person who will be most successful in the Unification Church is the one who will give himself up and leave himself open for God to take over. The person who wants to be humble and obedient and serving is flexible.

150. You know how impure you are. Each person in the fallen world was born impure, no matter how elevated his lineage, and a purification process is needed. Water must be put through a very fine filter if it is to be purified. You will have to pass through a very narrow passage to become pure, and if your "self" is still there, you will not fit. If you are rotten and corrupted, then you will never give yourself the chance to become pure water.

151. If a giant camera photographed your entire life, what would you see? No one dictates whether you must go to hell or heaven; you yourself will determine your destination because you will be able to tell just by looking at yourself. This is the absolute truth. Is there room for any questionable element in God's heaven? God wants everyone to be purified and clear enough to enter heaven.

152. Is the Unification Church an easy-going church? We just ruthlessly push ourselves through the purification process. Do you realize how much you have changed since joining the Unification Church? Once your new self creates a big enough container, your old self will automatically be swallowed up. Even if someone kidnapped you and took you to a big palace with every imaginable luxury, your spiritual compass would automatically direct you toward the door. You eat simple meals and work hard all day, but this new self says that this is where you belong. No one can take your new self away from you.

153. It is a clever person who will demolish his "self."

154. Basically, religion teaches self-denial and rejection of material possessions, but in the meantime, Western civilization has reaped material prosperity; instead of self-denial, it has lived a life of self-glorification. The end result of such a life is emptiness of spirit.

155. In order to make yourself completely pure, you must deal with the most self-centered element—greed. The person with more greed will have to overcome more pain, and the general pattern in the Unification Church is that the greedy, stubborn, arrogant character is the one who suffers most because it is hardest for him to give himself up.

The Course of Life and Restoration by Indemnification 2-26-78

156. Would you prefer living a life of fun, or spending your whole life striving to reach the ultimate target? Ours is not a road of laughter and smiles, but such a bitter, serious road that others would not even want to look at you twice. Furthermore, you must shed many tears and even risk your life. Would you still choose this way? Even the people closest to you and your professors with their wisdom would say you were crazy, but would you still go? People might hate you so much they would steal your clothes and attack you, but would you still go?

157. You may wish you didn't have to live this life, but you know in your innermost hearts that what I am saying is right and that you cannot avoid it. Then you say, "Father, you might as well give me a big dose." Mirrors play an important role for women. Look in one and evaluate yourself; has your face shed enough tears? Consume every ounce of energy to shed more tears and go toward the ultimate goal, and tell the rest of your body—your breasts and hips—that their time has not come yet. That's what women should be like. Do you like that idea?

Sorrow and Tears 3-1-78

158. Your conscience is always the judge of whether you are obeying the law or not. You are the one who judges yourself.

My Life 3-12-78

159. Men generally live according to their bodily demands, yet there are people who recognize that the body is evil in some way and that it often drags one in the wrong direction. Rather than just following physical impulse, they try to live the way the mind directs. When you divide mankind according to these two categories, the first group can be called the non-religious people and the second group called the religious people. There has always been much conflict between the two, but which side most commonly has attacked the other? Those who deny religion have always initiated conflict with those who believe, and as a result, religious people have suffered much throughout history.

160. Because non-religious people believe there is no future, they don't care much about anything except the present. They usually die in despair for they have nothing to look forward

to, but truly religious people always have hope when they die; that is a major difference between religious and non-religious people. The reason a person may voluntarily choose a way of death and martyrdom for his religion is because he seeks a better future life. He is sure that even though he may die alone for this cause, future generations will be with him.

161. Religions stress being more concerned about the future world and about heaven than about this world. The Unification Church, however, teaches that we cannot throw this world away, but that we must embrace it as well. We have a different kind of religion. On the other hand, the communists insist that there is no such thing as a spirit world and that when someone dies here, he no longer exists in any form. We say that indeed the spirit world is an eternal and everlasting world which exists just as realistically as this world does.

162. Does God contain some contradiction? Is it because God made a mistake that the mind can't be happy? Is there something wrong with God? No, this body became a prison because of the fall. Without knowing this fundamental cause of human difficulty, man has tried to somehow justify human struggle by saying that struggle is essential to development. Only religion has declared the truth, that all the evils of the world came from the fall of man. The world was not supposed to live in hardship and struggle. Mind and body together were supposed to rejoice over one love. Only because of the fall of man did this situation occur. Religion gives a clear explanation.

163. There is always betrayal in the physical world of politics, economics and so forth. The religious world suffers betrayals too, but in that world, there have been a greater number of martyrs; more people who have gone forward with a straight mind even when it meant losing their lives. This has been the tradition.

164. I am living this silent life while the entire world is talking about me. I am a foolish person who doesn't hear or respond, but just concentrates on my own duty. That's the truly deep way of life. Your clothes might become rages, very old and worn out, but inside you are becoming like a shining diamond of heartle. Even your body may be worn out but inside live the most shining, heartlistic relationship.

165. You should become a physical body in which spirit and heartle are resurrected, becoming truly a temple of God. Once you go over that hill, there will be no more suffering. You may even volunteer for suffering but there won't be much suffering left to take.

Resurrected Kingdom of God 3-26-78

166. To correct ourselves, we have to be conscious that we are the offspring of the fall; only then can we one day conquer it. Every day is a process of overcoming ourselves and even overcoming the spirit world so that one day we can reach the realms of goodness there. It is

very difficult to be religious and observe all the necessary disciplines to someday reach that level.

167. We have to realize why we are doing many things which ordinary people would never imagine doing, like sacrificing ourselves to an extreme degree. We always have to be conscious, not only of this world that happens to have fallen into Satan's dominion, but also of the fact that our job is always to overcome it. There are many layers oppressing the individual who tries to get out, layers which prevent his easy escape. Since God is on our side, we can eventually overcome, of course, but since we do that, the evil spirit world will also try to come and oppress us. When we go beyond even that and overcome, for the first time we can connect with heaven, which is controlled by God.

168. It's a fact of history that to truly live the religious life is very, very difficult. Each person finds himself in the fallen realm with the blood of Satan flowing through his veins. Everyone has to be conscious of that, continually aware that Satan's influence touches everything we do and that we are apt to do everything centering around our baser self. Just shrugging and admitting, "Maybe that is so," is not good enough. We have to clearly understand how this is the reality surrounding us. How we can change this bad blood into good is the problem facing us.

169. Why are we religious? We want to know how the man in the position of evil can come to the position of goodness. Many people have taught different ways to make a life of goodness and to completely change, but in essence they are all rather simple—to change from self-centeredness to always thinking first about God and others. That's the essential teaching of many religions, and even though we may not yet be in that selfless position, we can be called truly religious when we at least know the direction in which to go.

170. Jesus sometimes taught in a seemingly contradictory way. At one time, he said, "He who finds his life will lose it, and he who loses his life for my sake will find it." What kind of statement is that? It's not just 90 degrees different from all others, but 180 degrees different. We have come to understand that in order to change our satanic blood we must change completely, not just a little. In order to do that there is no other way except for our fallen selves to die; then our original selves will live. Changing 179 degrees is not good enough because in moving at that angle, we will eventually arrive back at the same place from which we started. If we go away 180 degrees from the starting point, however, there is no way to go but in the opposite direction.

171. What can you say at this moment; are you the kind of person whom Satan can claim, or God? Your credo is to overcome yourself. As long as you still have satanic blood, you have some relationship with Satan and whatever you do will eventually go to him. All religions teach on thing in common: "Whatever I especially like, I shouldn't do." Up until now, no one has had a clear idea of why this should be so, even though they believed it. To become liberated from satanic blood each person must start with himself. Is everyone sitting here

liberated from Satan? You have to keep striving all the time, every moment, because it is very difficult to maintain a straight line. Typically, everyone goes first one way and then another. That is permissible, but at least keep on going forward. As long as you keep going in one general direction, you will be able to walk relatively straight.

172. Man's actions are largely an accumulation of habit, so be in the habit of going in the right direction. If you really try your best to live like that, then one day you will find yourself completely changed. The more you do it the happier you will become because God will be with you more and more. You may think I am different from you, but that is not so. I have experienced even more intensely than you the very things you feel now.

173. The first thing you must proclaim to the world that you know is that all must be liberated from the blood of Satan. Secondly, you have to be liberated from the satanic world. How? By doing the reverse of what the world does.

174. We have to be liberated from the world of Satan, and to do that, we should not be conscious only of our own nationality. We must belong to God first and then to America, not the other way around. If someone abruptly asks you your nationality, then you have to automatically be able to answer that you belong to God's country. It is not Korea or Japan or any other country of which we are proud. First, we have to know that we belong to God, and expel from our minds any feeling of favor or bias toward a particular country. Be liberated from that and belong to God's country, and after that, you may belong to something else.

175. We cannot do something unless we make sure that God approves it.

176. Those who want to be faithfully religious find it difficult to overcome themselves because, like everyone else, they originally grew up feeling that everything center on themselves. We are all surround by many circumstances which strongly influence us, and those who are not religious just take it for granted; they do not know about the fall, so they believe that it is only natural to be dominated by both the good and evil in their environment and they don't question it. Religious people, however, know that something went wrong early in history, and that as a result they face internal conflict about good and evil every day. As their spirits grow higher and higher, they realize how far man fell—from the same position as God down through the world level, family level, past the level of God's child to being a servant of Satan, where mankind could go no further down.

177. Everyone who wants to live a truly religious life to reach heaven must be liberated from all these environmental snags. Can you be uncompromising when you find yourself lonesome and isolated? This is why you find laments in the Bible concerning loneliness and being without friends. It's a complex situation, though, for even if you are isolated and feeling alone in the world, you know that everyone in the world must follow you rather than you following them. The multitude will have to follow you, even though you are completely isolated and alone at the present.

178. At that time the religious person had more pride in himself and his religion than in God and all people and things. The Jewish people of 2,000 years ago could not get rid of this way of thinking. As long as anyone continues to think this way, they are not religious in the true sense, and furthermore, as long as this continues, their nation and people will never improve beyond where they are now. This is a historic fact. This is true not just for one faith, but of every faith; any who think selfishly are not qualified to be called religious people.

I Proclaim That I Know 4-1-78

179. Once you realize the magnitude and seriousness of the work to which we are committed, you can give yourself without reservation. Once religious people know the truth, they can commit themselves totally. This is why Jesus said, “Those who lose their lives for my sake will

find their lives.” You have to commit your life to gain it. Though you might still have regrets now, ultimately you will lament nothing.

Parent’s Day 4-8-78

180. Throughout the ages, religion has taught men to go against the world. Religion never instructed believers to do what everyone else likes.

Yesterdays and Today 4-30-78

181. When you listen to the words of resurrection, your old self fades away and you begin to realize you have to love other people.

182. How do we solve the problem of division between nations, races, ideologies and religions? All of these should be dealt with in proper order. If any religious movement has the necessary content, then God can feel hope. Only such a substantial movement could succeed in fulfilling His dispensation. A diagnosis needs to be made of the world’s problem, the nation’s problem, religion’s problem, the racial problem, ideological problem, the family’s problem. All levels of society need a spiritual doctor.

All these problems started when man went in the wrong direction in the beginning. From that time, everything has been going in a direction opposite to God’s point of view. How can we turn the right side to the left side, and vice versa? We have to go against the old, established desires. The whole problem is one of changing the direction of the “I” -centered family, “I” -centered nation, and “I”-centered religion and world. We have to go the opposite

way and live the family life for the nation, the national life for the world, and dedicate the world to God. The present way of living in the world must be completely turned upside down. “I” must live for the

world, not for “my” sake. Judaism should exist for Islam and Islam for Judaism. Christianity should live for Buddhism and so forth. This is what is meant by going in the opposite direction.

25th Year of the Unification Church 5-1-78

183. Who do you belong to as an individual? Your “self” belongs to the world before it belongs to you. “I” exists according to Principle. First Principle exists, and then “I.”

The Ages of New Dispensation 5-14-78

184. There are three things to overcome before you can be given the blessing—the urge for food, sleep, and physical love. These three things are the doors through which Satan can freely come in and out. Whoever is serious in his search for God can never be concerned with getting better food. He can never think he needs more sleep in the course of his search, and he can never feel that he is too lonely. You must think, “Even if I have the poorest food in the world, I will still do the best work. Even though I am never loved by anyone and I feel lonely, I will still love God, heaven, and mankind at any cost.”

We must want to be like that for the simple reason that God is like that. Does God sleep or eat three meals a day like we do? Does He love just some people or does He love even His enemies? If we live like this, what will we gain? When we come near God and resemble Him, then the love of God will visit us. This is what we gain. You won’t have to pray for God to come to you; even if you pray for God to stay away, He will still come!

185. Our number one enemy is our body. Religion teaches us to subjugate our bodies and live according to our mind’s direction. Satan has hooked a cable to our bodies so we have to cut all our ties to the physical realm and emphasize the mind. The reason Satan has such a hold on the flesh is because we think of ourselves first. Even though first of herself. Now our bodies are battlegrounds between God and Satan, with both claiming ownership and not letting go.

The Burden on Our Shoulders 6-11-78

186. When you feel good and then extend that to God, He will feel good too. When you feel good and extend it to other people, they will like-wise feel good. This is the true religious life.

187. When I was in prison, I normally prayed seven hours a day. One Day in prison, someone said something which upset me so much that I could not help but shout out one word to counterbalance it. To my amazement it took me a full two weeks to recover from that. Sometimes it is difficult. Becoming upset and angry hurts the religious life very much, damaging the

peaceful inner life. You know it is only on the warm days that flowers bloom, not on stormy, cold days. Like-wise, our minds should create this warm climate in which to bloom.

Let Us Be Grateful 6-18-78

188. Reversing one's direction involves tremendous turmoil. It is very difficult and uncomfortable and conflicts with you desires, but you have to make this bold adjustment in your life nevertheless. This is what all religious men must do and this is the situation we find ourselves in. the condition of old habits and customs is a dreadful thing to try and change. For example, you have acquired certain eating habits over the years and completely changing them would be very difficult experience.

189. It is easy to see which people will most easily find the new way in the last days. Those who don't worry about old traditions or customs but who are serious about finding the way of God expects them to go, will find it easiest to live in the new way.

The Path of the Chosen 7-9-78

190. If you have restored yourself and God is near you, you just cut off all the old attachments like a crazy person and jump at God and hold onto Him and never let go again.

191. You have to cut the barbed wire fencing surrounding the individual, the family, the clan and the nation, freeing yourself from it on all levels. You wish very much that God would do that for you but He cannot. It is man's responsibility. Who built these fences? Satan and the fallen human parents built them together. In restoration, God and then the True parents must tear them down. The first ancestors fell from God with evil, but the ancestors of goodness will have to restore them. The children to those True Parents will follow them and never let go.

History and Our Responsibility 7-16-78

192. Everyone can pick out the tallest Himalayan peak because it is so big that it is unmistakable, but does everyone who sees it go and climb it? Many people might start up but not even half of them will reach the top. The only ones who will get to the top will be those who say, "I will reach the top or die in the attempt." When Jesus said, "Whoever would save

his life will lose it, and whosoever loses his life for my sake will find it,” was he speaking in a light moment, as on a playing field? No, he said that when his disciples were trying to go to the top of the peak.

Whoever reaches the top will know how to come back and consequently he is the one who will live. Those who do not go to the top will not make it back because they will get lost on the way. It is only after reaching the summit that a climber can clearly see his direction back again. If someone goes only halfway, he may easily get lost and never find his way down. That is why those who are desperate to reach the peak will survive. If a climber gives up and says, “It is too difficult for me to go on,” he is already dead. If you are serious about reaching eh peak, you must be ready to die in trying.

193. The analogy of a mountain is easy to understand because we can see a mountain; but what is the peak in the course of restoration? We can only sense restoration with our minds and for this reason persecution becomes the most difficult thing to tolerate. As we try desperately, we think, “Am I going to make it or not?” That opposition and persecution is the Himalayan peak of restoration.

194. To become a victor, you must be determined to win and live every day in a life and death manner.

The Glorious Sortie 8-1-78

195. When we look back through history, we see that God used religion to teach mankind to be humble and forgiving, which is the same as being persevering and tolerant. Christianity is distinguished from other religions in that the practice of Christian love is more advanced than any seen in history because it includes forgiveness and sacrifice. We can understand that this is how God was able to develop the faith of Christians and encourage people to persevere and contemplate. Though it has been extremely difficult, this is how He has been able to continue the dispensation until this moment. Without this ideal of forgiveness and love, God could never save mankind.

Perseverance and Contemplation 8-27-78

196. We can live again by being completely willing to submit ourselves and die without making any demand. If a man is willing to die, then he lives and he can dwell in heaven. This is what Jesus taught mankind. When we gain our personal lives, however, that’s only the beginning; then we have to die for the rest of mankind, which means winning spiritual sons and daughters. We must make such a relationship with them that they are willing to die for us if necessary, and on that foundation, we can go to heaven.

197. Individualism is the strongest chain hindering a person from going to heaven. We can never place too much importance on killing our own sense of individualism.

The Age of Repentance 9-1-78

198. Arrogance always chases a plus away. It is scientific to think so because plus and plus always repel each other. Religion knows this principle and therefore teaches meekness and humility. If you live this philosophy at home, then you will become the plus of your home, and the central figure of your family. If you really suffer and give more sacrifice, then you are always in the subjective role and you can impart greater influence. Then you are always in the mainstream and no one can overlook you. This is a simple truth, but people have not known this before. It is very simple but difficult to live.

199. This is why religion teaches the importance of sacrifice. Why do you need to suffer and have God give you tribulation? To separate you from the satanic attachment and enable you to become the vibrating partner of God's tuning fork.

200. Whenever a perfect minus is available then a perfect plus will be created automatically. Through suffering and sacrifice, a person becomes a perfect minus and then around him a little plus comes into being, growing and becoming a big plus. If you truly make yourself a total and perfect minus, a plus is created. Once you are united with this plus, nothing will take it away.

Mainstream of the Dispensation of God 11-19-78

201. God needs certain elements which can accomplish this will; they are taught by the great historical religions, which have been emphasizing the spirit of sacrifice. The true religion emphasizes self-denial and the sacrificial way of life. In order to live that life, you must willingly face many tribulations and sufferings. The religious people who lived in the ancient convents and monasteries subjected themselves to lives of extreme hardship. They didn't know why their suffering had meaning, but now we know all the truth. They didn't know that they had to conquer their egos and selfishness by torturing their bodies.

202. I'm sure you have heard of Buddhist monks who sit and meditate for years and years, trying to move out of themselves and go to the point of nothingness; by doing so the want to find the standard of basic human character. Their entire effort can be characterized in one sentence: they deny the smaller, selfish self to find the greater self. That is their purpose.

203. Think of your situation: what kind of barriers do you have to break—racial? National? Intellectual? Economic? Barriers of arrogance and laziness? Everyone has some secret. Why does spirit world always tell you to bring your secrets to me? It is because once you get them

out you are liberated. When you open them to me you are freed and are no longer carrying that burden.

Breaking the Barrier 12-10-78

204. The sacrificial way of life that was established by Jesus is now embraced by the Divine Principle. We are the people who forget ourselves and cry out for others, prying for heaven to bless them. We want to be in the position to give ourselves up for that purpose. We choose that way of life.

Crossroads of Life and Death 12-17-78

205. Once you aim at the highest possible level, give your utmost and sacrifice yourself. Your “self” is the ultimate thing you can sacrifice. You have Cain and Abel within yourself, with you mind in the Abel position and body in the Cain position. Your mind is always trying to sacrifice and live the public way of life, but there is always friction within yourself. Your body rebels and says, “I want to take it easy and relax.” This physical body gets mad easily and is temperamental. When you see a certain situation and Divine Principle says to keep quiet and cool, your body always says, “No, I cannot stand it. Mind, you stay behind and let me take care of the situation.” The body is always excited.

206. The best way to think is: “Don’t pity me or try to comfort me. Just push me out. I need the kind of leader who will make me a messiah.”

The Birth of Jesus and the Consummation of God’s Will 12-24-78

207. The front line is always where the mind and body come together. You actually stand on the foremost front line because within you there is a struggle between mind and body. Serving God and following the religious way of life has been the way to volunteer to be a front-line soldier against the satanic ideology. Where can we find the true patriot and loyal subject of God? The greatest conflict is never found on the social or national level because the greatest of all conflicts occurs within oneself; this struggle going on between mind and body is the worst conflict that men face.

208. I want you to realize that there is always a battle raging within yourself between your visible five senses and in five senses. When you go out you confront all kinds of temptations and your body wants to enjoy them, but the internal you keeps saying, “No, no come back and witness.” Whenever you go out on the street the world there is bombarding you with this machine gun fire, and unless you maintain a firm defense you will not be safe in today’s world. There are many invisible satans aiming at you as soon as you step out of the door.

209. There is always a tug of war between the visible and invisible self, and temptation is always trying to pull you in one direction, while God's truth is trying to pull you in another. Each person is caught in the middle and usually goes zig zag course, being pulled from one side to another. This is a very realistic picture. This is why in our world, mankind is always looking for the best teacher, best leader, and best parents to help them win over temptation. We know we are vulnerable so we want to have extra assistance.

Home Church and the Completion of the Kingdom of Heaven 1-1-79

210. The road to perfection is very difficult. The Bible always teaches that dying is much easier than living. Giving of yourself unto death will bring your own perfection, your tribal perfection, and national perfection. Actually, that is the easiest way to do it, but God did not give you an easy way out. You have to earn every bit of it. The course is so difficult that it took God millions of years to do. If there were an easy way, God would have taken it a long time ago. Instead the battle is still being severely waged and the front-line is right within yourself. For three years don't remove your jacket. That kind of spirit is absolutely needed. If you relax just a little bit, you don't know when Satan will creep in. If your guard is down even to the slightest degree, Satan will be able to penetrate.

211. There have been many wars in history and their purpose has been deprivation, with men wanting to confiscate materials and territory from other men. Previously, wars have been fought to win material, but the communist war is to win people, land, and money. The ultimate war God is going to wage, however, is the war of love. People will fight to get love and to give love. The more intense you become in the battle of love, the better it will be. In other wars, the more intense the soldiers became, the more destruction there was, but now the more you distribute the love of God, the more the peace, energy, and unity that people desire will come. Would you become an atomic bomb or an atomic love bomb?

212. However, today we do not see God and Satan clearly or know where they are. We can't see air, for example, but when we feel the wind blowing, we know it exists. Nothing seems to be in this space but when you feel the air brushing against your hand, you know it is there. By the same token, without different actions, the reality of God and Satan cannot be noticed. The battle line is the line between the mind and body. God is approaching the mind because that is His territory, while Satan is coming to the body, his territory. Where they meet is the frontline. Unfortunately, the mind is not firm but rather shaky. In a way, the eye has two masters, for the body urges it to see carnal sights while the mind urges it to look beyond to higher, purer sights. Both the body and the mind are trying to control the five sense at the same time, each for its own purpose.

213. So far religious people have been ignorant of the fact that the battle line is within themselves, thinking it was thousands of miles away. That thinking itself is a sign of Satan

within them. Which do you think is correct? Every tribal or substantial action you take every day—eating, sleeping, walking, everything—has two possible consequences and you are making a choice between them. You can fulfill a good or an evil goal in every little action of the day.

214. Suffering is not the goal or the purpose, the purpose is completion of the dispensation. That is why we are suffering, but suffering itself will not automatically bring us into the Kingdom of Heaven.

215. Everyone should know now that there are always two possibilities. That means we all know the truth and are eligible for the Kingdom of Heaven. At the same time, since we all know the truth, we are eligible for hell, too. Suppose you end up in hell and look up and say, “God, why did You send me here?” Can you complain and say you got there without knowing why? Let’s say you end up in the Kingdom of Heaven. Can you boast, “I am the one who made it,”? The balance of power within your own way of life will automatically determine your destiny in heaven or hell. There won’t be any judge who dispatches you to hell because the final showdown will already have been made within yourself.

216. The first battleground is your body. Satan’s bullet always comes through your five sense. Between the ages of twenty and thirty, which is your age, if I dressed to go out, many women would follow me. But I always moved in the opposite direction. I always went to the second-stores for my suits and appeared very humble, buying surplus military clothes which had become worn out and shiny. I always wore that kind of brownish jacket and trousers. When there was an occasion to mingle with people, I would stand in the corner, even though I knew I could easily stand out front. That was the period in which I was waging war on my body, and once you declare war, there is no substitute for victory. You’ve got to win. Without victory, you cannot eat or sleep or do anything.

217. In the confrontation between good and evil within yourself, are you confident to repel Satan? Is it an easy or difficult task? It’s almost as difficult as dying. Therefore, unless you really make up your mind to die for victory, you will not win. Unless you commit your life to this struggle, you cannot win. We must win on the first battleground; then we can move onto the second battleground; home church.

218. Our weapon to win this battle is not military; it is true love. If you are filled with the energy of giving true love, no satanic weapon can penetrate you. We can go out and fire the automatic rifle of love. You know that Satan is always going to be firing at you so the best thing is to ignore him completely.

219. We can elevate ourselves to different stages and attain our own perfection. Number one, we must not be arrogant; we must be humble. When you are trying to bring yourself forward, do it with love, for only with love can you speak with authority and say, “Do as I do and love as much as I love.” You can say that if you are an example of love. If you don’t do anything

for your people, how can you claim it? Set your standard so high that you don't have to tell other people what to do; they will automatically be ashamed to do certain things because of you. For example, you won't have to tell people not to smoke. They just won't do it in front of you. If they are fighting among themselves and loving Moonie comes along, all you'll have to do is look at them and their fighting spirit will be all gone. They'll be ashamed. We must set the highest example.

220. You must always remember that you yourself are the problem on the front-line, and therefore can never be caught off guard. You don't want God to fail within you. When you are out working and become very hungry, your stomach says, "I am very hungry. Give me food or I will stop." Then say to your stomach, "Be silent Satna. I will continue."

Have you ever noticed that Satan is coming through your body? Sometimes you have to work very late at night and when it's time to get up in the morning your body says, "Leave me alone. I need two more hours." At that moment, have you ever thought, "Satan, I'm not going to succumb to you!"? When you have to walk a long distance and your legs complain, do you say, "You, Satan, be quiet. I'm not going to be defeated by you. Satan, get out of my two legs." Invite the power of God into your legs. People may think you are crazy, but who cares? The important thing is you and God. Then God will come down and give you energy so you can begin walking again.

221. Throughout history, religion has been trying to chastise the body because that is Satan's territory. The approach of Satan is always made through the body and you must block it.

222. Do you think I have gone through that battle? I have indeed gone through and won. Therefore, my motto has been that before you desire universal dominion, you must conquer yourself.

223. The mind, which has been the victim of the body, will end up in hell as the eternal object of Satan. If you knew the consequences, you would be cruel to your body, yet still it would not be enough because your body is your worst enemy.

224. The body has three major carnal desires: hunger, sleep, and sex. Do you have these three cravings? Religious life always emphasizes overcoming these three by denying them to the body. We discipline ourselves by fasting and overnight prayer, and by overcoming desire. No matter what kind of woman comes and tries to tempt you, don't respond but tell Satan to get away from you. There are always three satans ready to encroach on your body. What can you do? The person who can say, "I have disciplined myself, Father. I can control hunger and sleep and sexual desire," is ready to march to home church. If not, you cannot win the battle because you don't have a weapon with which to fight.

225. Most Moonies come to the Church with some string attached around them, making them prisoners of Satan's influence. You always have some rope and without even knowing it you are being pulled. In order to be a true Moonie, the first job is to cut the rope so you are totally free and independent. The true Moonie feels shame when he thinks back on his old life. If you don't you are still stained. Is that the kind of Moonie you want to be? Are trying to be pure and cut off your rope?

Let Us Restore Our Homeland and Fatherland 1-14-79

226. Our job today is not to seek what to eat or drink or where to live, but to seek God's Kingdom and His righteousness. Now we know where to look. God is not unaware that you need food and shelter, but He knows that when you take care of the important things first, then everything else will be taken care of. You have to decide to win the love of God first.

The Importance of Prayer 4-15-79

227. Is the religious way of life an easy way? In religious competition, the regulations are stringent. For example, you have to fast, endure suffering, be humble, and avoid temptations. Religious competition seems total apart from common sense. For instance, Jesus said, "Whoever would save his life will lose it, and whoever loses his life for my sake will find it." What kind of dilemma is that? Many people just cannot put up with it. People may look like slaves under religious rules.

Record-Setter of History 7-1-79

MIND – BODY UNITY

1. Just try at least for three years to concentrate your efforts on making your mind and body into one, and you will experience God abiding in you, working through you. That's why Principle teaches us that when our mind and body are one, God operates through us.

2. By being dishonest, by telling lies, you cannot realize God's will. You must know that. You cannot deceive yourselves. In that case, you cannot put your mind and body into one. We must be naked in God's sight, leaving everything in God's hands; in that way we can have God working for us.

God's Day Eve 12-31-73

3. When you look closely into yourself, you will see that there are two beings or two selves: your self-centered on your mind, and your physical self. When you say "you" or "I," it does not mean that your mind and fleshly side are fighting against each other in disharmony. You can put those two together and you call it yourself. Automatically, your mind and body tend to become one, and when we call ourselves "I," it means those two put together in harmony. Then our mind, the subjective part, is not changed.

4. How would you bring your mind and body into unity? When you apply that principle, you'll get the answer. The fastest way for you to do the job, when you cannot bring your mind and body into oneness by yourself, is to find an object. Your minus side, your fleshly side, must come into obedience to the plus side of another person, and then by serving him or her, you'll find yourself becoming one with at least some element. If you are successful with one person in getting your minus side and his plus side to become one, then it will expand to the larger level, and you can finally bring your plus side and his minus side into one, and the plus in yourself and the minus in yourself can ultimately become one.

5. Serving other people and sacrificing yourself is the only way you can become one with others, and be harmonized in your own self.

6. Then which would be the first way to create unity—by serving other people and becoming one with others first, or by bringing our mind and body into oneness? Which is the easier way or the faster way? (Serving others) This is because Satan is always getting hold of our body. Then why can Satan be separated when you serve other people? It is a universal principle that when you serve other people, you are in a position of being far better off than Satan, so he's naturally destined to leave you. This is because the trait of Satan is already guiding and undermining you. So, if you want to leave him or have him separated from you, just be

nonchalant to him and become faithful to other people. Then Satan cannot imitate you, because he's the symbol of arrogance and self-service.

7. If you serve other people at the cost of your life, sacrificing yourself, then it's natural that Satan will be separated from you. Applying that principle is the only way for you to become one with that person and separate yourself from Satan. This is the secret of unifying yourself. This is the formula, and it can be applied to everything. By applying that method, you can separate Satan on the individual level, family level, national level, and world-wide level.

One World 10-13-74

8. If you calm down and clear your mind, same reflection will be there and you will sense whether a certain person coming into your room is a good person or not. Even those with whom you have been associating many months and years, sometimes you feel like getting rid of him. In that case, that person has committed something wrong. You can sense it right away. Your mind will be like a mirror, reflecting his mind. If your mind is crooked, then it cannot play the role of a good mirror; a clear reflection will not be there.

9. The conclusion is that you must absolutely trust your mind, and trust the words of a conscientious man. Your mind knows whether or not he's conscientious, and whether or not there's God in you.

10. Education is to be brought by others by way of words. Conscience is the place where you meet God. Every religion teaches you to listen to the voice of your conscience and the voices of good men.

11. There are ways to awaken your mind. Try to look at the sun in the morning, and you will feel that your mind is opened. That morning you will spiritually feel happy, as though the sun is there for you, warming up your heart. Then you will feel God's love. In the morning, when you look at the trees, don't you usually feel happy? Your mind is sprouting and budding out, and you feel the growth of your heart.

12. Without your knowing whether or not the person is good, when you talk with a certain person, you feel happy and at ease. You feel peaceful, and you can know that that person is a good one. You are happy to talk with that person because he's close to God. By talking with him and being with him you can feel close to God. Why do you feel happy when you look at the sun? because at that moment you are warmed up by the sun. The beauty of the sun, the warmth of the sun influences you. When your mind is that open, God can enter you. So, you can either be close to God or far from Him by whether or not you open your mind. Because creation has not fallen; ask nature, ask the sky, ask the stream, ask the trees as a poet would, and your mind will be cleansed. You will feel closer to God.

13. Love nature more than anyone else would, love people more than anyone else would, and ask your mind or conscientious people what you want to know.

14. You must always have the habit of asking your mind. You are—without being conscious of it—asking your own inner self, but you are not conscious of that so you don't wait for the answer. It is always there.

15. You are taught in the Principle, but you don't realize that your physical body is the object, and your mind is the subject. There's always give and take. Whenever you have an important question, always ask your mind, soul and spirit. Then you will answer yourself. Your intuition will open and give you the answer, because the holy place of your mind is the abode of God, and God is abiding there, giving you guidance, always.

16. It's natural that you get the answer from your inmost self. Ask your mind whether or not you should do a certain thing, and your mind will know whether it is the thing for you to do or not.

To Foreign Missionaries 4-19-75

17. In man there are two powers at war with each other, the mind and the body, the spiritual side and the flesh side. And now, we must bring those two into unity and harmony.

Complete Restoration 6-2-75

18. At what point can man's mind and body be united? At the point where the vertical and horizontal lines cross each other. The closer you move toward the center, the closer you will be to the central trunk line of God's dispensation. At the same time, the more you move toward the central position, the higher become your goals and your ideals. The evil man is the one who is farther away from the view-point of God; his ideals are narrow and very materialistic.

The Final Warning Concerning Good and Evil 12-26-76

19. You each recognize that you have a mind. How does your mind differ from your spirit? Many people think the mind is the spirit but that is not true. A fallen man has a mind but that mind has nothing to do with spirit world. Suppose your body did not have bones. Can you imagine a human form without bones? It would be a most miserable entity, actually having no form. This illustrates the contrast between the fallen mind and the spirit. The fallen mind has no connection with spirit world, being like a body without bones.

20. In addition to the physical mind there is the distinct existence of soul or spirit mind. Furthermore, each person has a distinct spirit body. Even though we cannot see the spirit body

with our physical eyes it is the substantial reality of existence in which the spirit mind dwells. However, the mind of fallen man has nothing to do with God. God is dealing only with the spirit.

21. Once the spirit mind is awakened and grasps the true value of life, it will never change, but continues for eternity. Why? The flesh mind belongs to the physical body, but the spirit mind belongs to God and reflects the unchanging quality of God's nature.

22. The greatest problem of humanity today is the separation between mind and body, with these two contradicting each other instead of harmonizing with each other. In restoration, it is when the divine mind or soul becomes the master and of the human body that a person's love can become God-centered. It is as if God's mind were coming to dwell within that person.

23. As a person responds to his divine mind that person will find his purpose and goal. Fallen man has no hope or direction unless that connection with the divine mind takes place.

24. Fallen man's ultimate goal is to reach his divine mind.

25. Your opportunity to live on earth is at most 70 to 100 years, but it is important that in that time, your body and mind are united into one and you experience the love of God.

The Spirit World and Physical World 2-6-77

26. The basic principle of your mind and body must be that you are willing to serve, in both heart and deed. Then this unity and harmony will expand from you as an individual to the family, tribe, nation, and world. At the same time, you will leave a great sphere of influence behind you. Through the love of god, you have already conquered much territory. This is my way of life.

27. The dwelling place of God is not possible until your mind and body are united into one; then you can become a recipient of the love of God.

28. How can we unite our minds and bodies? Can unity be established if the mind is going in one direction and the body in another? Do your mind and body unite automatically without any effort? There must be some central motivation, some catalyst to bring these two together. God is this catalyst, and around Him the two can be cemented into one.

29. This unity is the point of perfection, the highest point of human value for eternity. Man is striving upward toward that goal, and God is striving downward toward that goal. As we achieve each higher level, our sphere of influence will be expanded to the family level, tribal level, and national level. When we bring ourselves to the highest point, or sphere of influence become infinite, encompassing the entire world. God is coming down to the same degree and will meet us on the worldwide level. God's ideal and action will match ours perfectly. This is the most important conclusion: our perfection is God's perfection.

30. Perfection cannot be attained by man alone nor even by God alone. Man's perfection can only be attained in relation to God, and God can only achieve His highest perfection in relation to man. Even in the very concept of creation, God and man are inseparable.

31. The fulfillment of God goal and man's goal is not accomplished up in the air. God wants to see that perfection attained here on earth. This is why we do not actually rise up to God's position. Instead, God comes down to us because He wants to make His dwelling with man.

32. God wants to have His ideal actualized but because He is spirit, He cannot do it by Himself. He needs man to actualize it. You thought God was almighty and all-perfect, but actually He has a weakness: without us, even God cannot be perfected. God is not floating around up in heaven; His entire attention is right here on earth, focused on every human soul. God is seeking true men and women on earth to fulfill His desire in action and deed.

33. I want you to come to an important realization: your one life here on earth is your most precious and unique opportunity in all eternity. This is your chance to resurrect not only yourselves but also God's goal. What a great opportunity!

34. God is longing to achieve a day of happiness, but He cannot be happy by Himself. He can only rejoice together in oneness with man. God has no way to have joy unless He comes to man, and man comes to Him and they become inseparable. That realm alone is where true ecstatic joy can be discovered. Then God and man will become completely united in mind and body and in thought and action.

35. God and mankind must begin restoration together.

36. Is it possible that some of you have two opposing minds? One mind may be shooting straight up to God's heart, but your other mind sometimes works to drive you away from God. Your mind is supposed to go straight to God but your ungodly mind is going in the opposite direction.

37. God's love can only manifest when you have individual unity between mind and body. You must reach that level in order to be eligible for the blessing.

38. Your mind must be parallel to God's mind and God's ideal, and then you must try to express that mind in your actions. The meeting of the mind and body is the dwelling place of God.

The Ideal World of Subject and Object 2-13-77

39. Do you know why your mind and body are struggling all the time? It is because love was removed through the fall of man. Since your mind is subject, your body was supposed to be an object and unite completely with your mind. However, your body has been acting as another subject. Two pluses repel each other, and Satan has controlled your body through that disunity.

Your body was chained by Satan to unhealthy, carnal and lustful desires. That is why religious teachings have always emphasized subjugating your body. In that way your body, instead of being plus, becomes a minus and completely harmonizes with the mind. Throughout history the good religions have always had one thing in common: they were never kind to the body. They sought to transform the arrogant subjective body into an objective, humble, meek body. That has been the basic teaching of all universal religions.

40. The thoughts of an unprincipled, undisciplined person are erratic, going one direction in the morning and another in the evening. I that is unprincipled man is smiling and beckoning you to come, you should hesitate because he is not truthful inside; he would try to exploit you or take advantage of you.

41. When you realize how wild your thoughts are, going in twelve different directions, you can imagine what a dangerous person you can be!

The Blessing 2-20-77

42. Even in the fallen world, however, all men and women have innate, original human desire. The conscience always tries to lead one back to the original center, God.

Today is the Light of Dispensational History 2-23-77

43. When you think of individual perfection, do not think of it in a selfish way. If a person is just standing here claiming individual perfection, it is irrelevant; perfection has to begin with the central point of the universe and be connected with the rest of the world as well as with God. When standing in that center you are perfected, but without relationships with the universe and God, do not even think about perfection.

44. Are your mind and body one in serving God? Which is more difficult, unification of the entire universe, or of your own mind and body? First you must have unification between your mind and body and then with this principle you can certainly unify the rest of the world. The key to the unification of the universe is not the universe itself, but you. Then who is your enemy? Your own eyes and ears, your nose and mouth, your thoughts—those are your enemies.

45. Mind and body were supposed to be one, with no contradiction and no disharmony between them.

46. You must change your body to a minus and let your mind become a wider and wider plus. Our process of restoration is the elimination of the plus of our body. When you change the body's plus into minus then your mind and body become one.

47. As much as you discipline yourself, that same amount of grace will come from God. When your mind and body are united as plus and minus then they automatically become one. Because of the fall of man, however, your mind is plus and your body is also plus; thus, there can be no harmony between them. Two pluses always repel each other.

48. If the mind is plus and the body is also plus, then the mind and body clash. That is truly the borderline between God and Satan. Satan's strongest fortress is not even your family. Your body is Satan's most secure foothold.

The Will of God and Individual Perfection 2-27-77

49. In this world, people speak about dying, but actually there is no such thing as death. Instead of dying, you just pass into a new realm after giving up your physical body. Your mind or spirit body becomes your body in the spirit world, and God will become the center of that body as the mind of your spirit body.

50. If you go to spirit world without reaching perfection here on earth, you will never be able to accommodate God as your mind in spirit world. You will be like a person here on earth with body but no mind. It may seem impossible, but that is the situation.

51. Here on earth, our supreme mission is to prepare ourselves to welcome God as our mind in spirit world. The whole purpose of our physical lives here on earth is to make ourselves dwelling places of God so that when we pass into the spirit world, our minds can become spirit bodies in which God can dwell. That is the preparation we are going through here on earth. What a supreme position we have been placed in! We are all supposed to be the bodies of God. As the Bible says, we are mad as the temples or dwelling places of God.

52. Our mind and body are in the position of subject and object here on earth, and their common goal, their purpose of existence is solely for the sake of God. Both are dwelling at the same point and both are focusing upon the same goal, with the mind dwelling in one dimension and the body in another. However, when we became self-centered this complete unity and harmony between the two was distorted; mind and body became out of focus with each other. In order to bring them back into focus they have to move opposite the directions in which they have been going. Once we form perfect unity of mind and body, then we will become the dwelling place of God, and God will come into our houses for relaxation.

53. Because of the fall of man, the mind and body moved out of focus. Actually, the mind has remained God-centered, but the body moved so that Satan has been controlling it; it has been turned around to the point of being completely out of joint with the mind. Who will turn this body back to its original position? Do you expect Satan to do that? Will God come down and turn it back? If God could intervene directly to bring man back to his original position, then God would have done it a long time ago. Men must achieve this.

54. The God-centered mind is always self-giving and public-minded, but the body is always selfish and seeks to satisfy itself, avoiding sacrifice or difficult situations. The body is only searching after its own benefit. You have a conflict within you between a body with selfish desires and a God-centered mind. If you see something pleasing, your body says, “Get it! Grab it!” In contrast, the God-centered mind says, “Wait a minute. You must use that for the sake of God and the world.” You feel that conflict, don’t you? You must have iron will power to say to the body, “Body! I will subjugate you; you must obey me. Come and join me.” Is there someone besides our God-centered mind who wants that situation to occur? Our good minds and God together want to declare war against our bodies. However, the body has one ally which is Satan, saying, “I’m going to hold onto this body. It is my victim, my prey.”

55. Satan is always trying to create obstacles so that the body is unable to re-join the mind. Satan has a rope around our bodies which is tied to an anchor deep in the sea. The body is trying to float and swim to the ship, but the anchor holds it down. Satan is saying, “You cannot go without my permission.” What is that anchor? Self-centered love is the anchor and selfishness is the rope. There must be some power, some sword, which can cut that rope and send the anchor other bottom of the sea. Once that anchor and rope is cut off then the body is free and can automatically come back to the mind. You are like a ship floating on the water; do you have an anchor or not? I can see that you have many ropes and heavy iron anchors pulling on you. You can see then that we have to hope for God and our minds together to become like sharp swords which can cut those ropes.

The Dignity of God and Man 4-1-77

56. There is no room for dancing or rejoicing in a world filled with that destruction because there would be no joy. That is the mind of Jesus and of the True Parents. Your body lives according to your mind and obeys your mind. Through living, your mind and body become one. When you harbor Jesus’ mind and live accordingly then Jesus will say to you, “You are my soul. Indeed, you are my body and you represent me totally.”

Living Sacrifice 5-8-77

57. Do you believe in God or do you know God? We can each say, “I know my mind is real, and in the same way I know that God is real. However, for the same reason I cannot fully explain my mind; I cannot fully explain God.” Your mind controls your way of life and you obey the directives of your mind. Similarly, you know God is there, dominating your life and giving you mandates and guidance. Your mind handles the horizontal elements of life, while God controls your way of life in a vertical or universal sense.

Happy Unification Church Members 5-22-77

58. When you understand, then you do the right thing because if you don't, then your conscience hurts. Nothing is driving me except for my conscience. Unless I live up to my own conscience, I feel guilt-ridden and unhappy.

Our Pride 6-5-77

59. Your hearts are pulled towards me and when you unite with my direction your conscience is clear, but when you disunite you suffer in your heart.

60. When your body and mind unite into one temple of God, then you can dwell in a happy society, nation and world, but if you are full of contradictions within yourself, then trying to dwell in the Kingdom of Heaven is a big joke. Actually, the nation and world are not the subject; you are the subject. You are more significant than the society and the nation, and the most precious thing for you is subjugating yourself.

61. This explains why you cannot solve your parents' problems; only they can solve them. Your problems must be solved by you; no one else can solve them for you. You can be an object and lend support to someone who is struggling, but you cannot take the subjective position over their problem. Even if the rest of the world has become the Kingdom of Heaven, is this heaven any good for you or anyone if the heart and mind are suffering?

62. You find people fighting within yourself and the difficulty is to unite them into one. If God is all-powerful and can solve this question, why hasn't he done it already? Since He hasn't, He is either incapable of doing it, or doesn't exist. Have you thought about that? This has been a fundamental question for mankind.

63. What is the domain and base of the evil god? Satan's working base is not America or your family but your physical body, while God's working base is your mind. Expanding this pattern onto the world scale, there are two worlds: the God-denying world and the God-accepting world. The two must be divided and a final solution found.

64. It's logical that if you are to become a reflection of God, you must empty yourself and become a new man, causing your mind and body to resemble God's mind and body. Then God will come down to you and dwell in you in love.

65. You must empty yourselves completely and receive the love of God; then you have hope for your mind and body to become one. When they are united in love of God there is nothing that can separate them.

66. There is no solution in the human world that can cure the division between the mind and the body of fallen man. The only solution is the love of God and if it comes into you, you must totally open yourself up. Let the love of God dwell in the temple of your body and let it become master of your mind and heart. That is the only possible hope for this fallen world.

The body always opposes the will of God but your mind does not need so much nurturing or education. It knows what is best while the body always blocks the will of God. The fall of man created this entanglement of love and now the mind and body go in two different directions. Because it was illicit love that brought the fall of man, man has since emphasized body-oriented love and resisted the coming of heavenly love.

67. You are to make yourselves into people who are the embodiment of God, who are no longer bound by human weakness. God will become a real subject to you and govern your daily life, and even though you dwell on earth you will then live in two worlds because the spirit world will be so close to you.

68. Jesus said, "I am in the Father and the Father is in me and you are in me and I am in you." All of this makes sense once this principle becomes real to you. Your day of perfection comes when you are inseparably likened to the powerful, explosive love of God.

69. Throughout the thousands of years since your first ancestors were on earth, the physical body has been serving Satan, but when you revolutionize your body as a base for God instead, those thousands of years of stains will be wiped out. Something that dramatic is possible and will throw Satan into despair and bring the day of glory and vindication for you and for God. Can you declare your day of victory?

70. When I have exhausted my physical body, my mind is peaceful and my conscience is clear and I feel the deep love of God flowing through me. Sometimes I just half lie down on the bed, but when I'm half asleep I feel someone come and lift me up onto the bed, even though no one is there. I don't want to talk about this kind of thing too much because you will think I am superstitious, but I know that there is always spiritual power around to support me and encourage me. One day I was very fatigued and my legs were very sore, but as I was walking my legs suddenly felt feather light. That kind of power is always available for you too.

71. For whom has your body been living? You have been living for yourself but now you must give your body for something else. There is a way now for God and mankind to live and you should invest your body for that purpose. When you shout it out from a position of struggle, God will answer.

The Ones Who Receive God's Love 10-1-77

72. Certainly, God would dwell with an individual who has no contradictions between his mind and body, but what is the possibility that the mind and body can become one, and when and where will that happen? If man had not fallen then no contradiction would exist; man must return to the state of sinlessness before the fall and liquidate all the contradictions within himself.

73. If the mind and body can welcome each other and try to move toward each other then they can be in harmony, but if they move in opposite directions then they cannot have unity. Imagine the body trying to go in the same direction as the mind and even overtake it. That would be the most desirable situation.

74. If God is all powerful, why doesn't He make the body go ahead of the mind? I have experienced the harshest life in a prison labor camp and I found that actually the greatest suffering is not found in prison but in the conflict between mind and body. Sinful man always regrets the consequences of his body struggling against his mind.

75. The Messiah will reconcile the body and mind and liquidate all the contradictory elements by subjugating the body. After the mind and body are united, you can follow his pattern and create a family, tribe, nation, and world and ultimately Kingdom of God in earth and in heaven.

76. When is the core of unification? It is in the love of God. You must be proven victorious in the satanic world by setting the condition of uniting mind and body. Then you will go up to the other stages of family, tribe, nation and world. When you are victorious on all levels you can come to the final complete union with God and you will find your ultimate home of peace, joy, satisfaction and tranquility.

Core of Unification 10-9-77

77. How do we know there is a God? God is none other than a gigantic super-plus or super-subject, while you and I are a tiny plus and minus and what is a plus? The body is minus and the soul or spirit is plus; together they make up one individual, which is a small minus. There are always plus and minus relationships in the life of our body and spirit. For example, the body will say, "Spirit, don't worry about God or spirit world. Just enjoy things while you are here on earth. You will live a hundred years." That's what we call earthly life. ON the other hand, plus is saying, "No, body, listen to me. There is a giant super-plus out there and we must unite with Him. That is what makes us free and eternal." Everyone lives through the struggles of the plus and minus as they strive for unity.

78. Within ourselves is a certain entity which recognizes the existence of the super-plus and which makes a constant effort to join together with it.

Our Destined Relationship 11-6-77

79. Your thinking must move faster than your body since your body must follow the decisions of your mind, so you have to push your body.

Let Us March Forward to Our Heavenly Father 11-13-77

80. You must present yourself as the dwelling place of the love of God and in order to do that, you must have your true conscience and your true body totally united. Why do I say true conscience and true body? I want to show that they must be unchangeable and permanent, with no increase and decrease. What about your own mind, is it always going in all directions, constantly changing? If so, it means that your mind is not true yet. We must anchor it so that nothing can change it. Does gold have value only when it is used for a king's crown and not when it rests in a dirty place? Is gold tarnished and corrupted by its surroundings? No, it always continues to be pure gold. Gold is a true metal in this sense.

Do you have a gold mind? When you have lots of fun and joy you can easily answer yes, but when you face difficulties the answer is not so certain. You can judge for yourself whether you are men of God or not. If your mind is always changing and keeps thinking of something else, then I want you to know that you need a true mind.

81. What about the body? It changes more than the mind! If you don't have a true mind or body yet, when can you expect the love of God to dwell in you? Suppose the love of God forms the upper portion of your body, while your mind is one leg and your body is the other leg. If one leg keeps changing its direction and the other also keeps changing its direction, the love of God just has no place to stay! How can love maintain its position upon such a feeble foundation?

82. For fallen mankind, the most important question is how to acquire an unchanging true mind as an individual, as a member of society and of the nation, and as a member of the world. How can we each acquire a trustworthy mind? The mind needs some guidelines in the form of ideology or teaching which can help it realize how man should live. We have to show our minds the right direction.

83. Your mind is always free to maneuver and run faster toward the better way of life and love. Your mind constantly pursues that goal. Why is your mind so restless? The journey of your mind has not ended since it is in search of perfection—the perfection of life, the perfection of love, the perfection of a true way of life. When a higher way of life is to be found, the mind is constantly striving upward. The person on that journey is a happy person.

84. Are your mind and body one, being an unchanging, permanently true mind and body? No, the problem is still there. Are your mind and body united in harmony and joy or are they in conflict, trying to subjugate each other? When there is conflict you feel pain, but where does that pain come from? Man is out of order; his mind and body are out of joint while the rest of the universe is in harmony.

85. 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 this way to

whatever is out of harmony with it. When you harmonize with the rest of the universe, you feel joy and exhilaration.

86. Is your mind a plus or minus? It is meant to have the subjective role so it is trying to make the environment harmonized with it. Without the fall the body would have naturally responded to the mind and become one, but the fall caused the breakdown of that obedience. The mind and body each go in opposite directions, with each wanting to be subject and have its own way. Plus and plus repel each other.

87. Where can you find individual heaven? Is it found in unity between the mind and body? That answer includes only two parts. The love of God must make a dwelling place in that unity for it to be heaven. That is the formula for becoming a godly man. As an individual you transform yourself into the visible form of God because His dwelling is right there with you. You represent God's life, God's love, and God's way of life.

88. The false man has a mind and body that are always isolated and working separately. The mind says one thing and the body does something else.

Basic Formula for the Realization of the Kingdom of God on Earth 1-1-78

89. Then what is your morning of glory? First is the day you make yourself into the visible form of God. Then God will be in you and your body will become God's temple. God will manifest in you and you become manifest in God in complete oneness.

New Morning of Glory 1-22-78

90. The spirit man's body and physical man's body are supposed to echo each other so that they can act as one in harmony. Actually, soundless, perfect harmony should be established between the two.

91. At what point can our spirit men and physical bodies be united? True music is the love of God. When the love of God resounds through the spirit man and physical body, they respond to it in harmony together. Striking one object will create sound to it in harmony together. Striking one object will create sound waves, and when they hit another object it will respond and create the same sound. In the same way, when God's love hits something it will resound throughout the universe, the spiritual and physical worlds together. When God's love reaches man, his entire body must unanimously respond to that vibration of love.

How would it feel to reverberate to the sound of love? When that wave of love hits you, it will create absolute fullness in your spiritual and physical bodies leaving no extra room available. That should be the feeling you get when the love of God hits you. It not only fills your entire body; however, it will remain forever never disappearing. As a result, you will

become a dynamo, a central energy source for everything surrounding you, and in that atmosphere the whole environment will echo you.

92. What about the mind; is it pulled by the power of love? The mind is very greedy and has no barriers to disrupt it, so it seeks to penetrate all the way into the core of the love of God. The mind wants to be close and it has a way of getting in.

93. Only one power will activate your every organ toward one direction. Neither threats at gunpoint nor money will do it. Only through the power of love can all the actions of your organs be focused in the same direction.

94. You must put yourself through discipline in order to cross over that one important hill and then there is no more problem, for your body will never go back. Each day's journey takes you over higher and higher hills, and at the same time you achieve higher and higher goals.

95. Once your body is totally united with your mind, then you instantly have access to the highest truth in the universe. Even using only the limited minds of men, the radio, radar and the computer have been invented. God is much wiser, so how much more can your mind communicate with the invisible origin, God? The mind is invisible so it can take various shapes. The mind might originally be round, but to communicate with God, it becomes shaped like a long, slender antenna.

96. How big is your mind? It is big enough that infinite God can dwell there and still have elbow room. Did you know that you own a mind that vast? Did you know there is space enough in your mind to grasp the entire world and still have room left over? A big-minded man is like a little finger. We must talk big and think big. Have you ever thought that your body could be big as well, big enough to embrace the universe?

97. Love is almighty and we have ultimate truth in the love of God. That power can unite our minds and bodies together into one, and together with the love of God and God Himself we can truly fulfill His ideal world.

98. In the Unification church, we emphasize knowing that the mind is easily controlled by the invisible God, and that the mind must then control the body. That's the first order of business.

99. God and man were supposed to echo each other, but presently there is no connection between the two and each is going in a separate direction. That is a consequence of the fall. Furthermore, man's mind and body were supposed to parallel and echo each other, but they are separated as well. If this is the external result, then must not something be wrong with God? No, God has not changed; the error occurred with man, never in God. Therefore, we must remake and reassemble man. That is God's mandate.

The repair work cannot be done all at once, however. There must first be some step-by-step master plan which sets out principles for beginning restoration work. Then where can we start this work of restoration? It must begin with what is closest to God, something which God

made first. Of the mind and body, which is closest? So naturally, God started to straighten out the mind of man first.

The Will of God and Thanksgiving 2-12-78

100. The relationship of man and spirit world is just like the mind-body relationship in an individual. People act with their minds and bodies in concert; to be more precise, when there is unity between mind and body, action results which follow the mind's direction. This is true of everyone, whether he is good or bad—a person always acts when his mind and body come into oneness. Activity on earth also takes place when spirit world and people on earth unite. God and spirit world are most attracted to goodness. We define goodness as that which is good and true throughout the past and present and even the future.

101. A man can be divided into two identical halves. Because God is like that, He made man the same so He could interact with him. God created everything to resemble Himself, especially man. In order to fully resemble God, however, you have to have a straight mind like His, never changing or wobbling this way or that. Once you are launched like a rocket, you should land on the bull's eye of God's heart, only resting when you arrive here. When you land on the bull's eye, the whole universe will tremble at the impact and rejoice.

102. In the Orient we say that a person has a straight mind, meaning that he is righteous and honest. An honest man has a straight mind: if he judges something to be right, then he pursues it unswervingly, never changing his mind. Once we decide to take action we should not change because we made the decision when the situation was clear.

103. Your mind should be straight only in order to form a parallel line with God. If you can do this, then you can live with God. If God is straight like that but you are wobbling back and forth, how can you ever go forward together with God? Hasn't God changed over a long, long period of time? No. It is your purpose and goal to live with God, and to work along with Him and resemble Him. For this reason, you have to make your minds straight.

104. We have to know what God's mind is heading for. If it is true that He goes straight towards the heaven of love, then so should we. There should be no difference, right?

105. That old relationship was the only form of love you knew, but why did you discontinue it instead of keeping it and adding something new? The reason you cut it off is that it was going in a different direction from God's love. Each person has to cut off all his old relationships and establish brand-new ties with those of God. That's what our life is all about. We try to make our minds straight because God's mind is going straight. We are taking after His pattern so that we can reach love with Him.

106. If we assume that the mind is very straight but the body wobbles around, then the body is like a poisonous snake; the Bible says that the generations of fallen men are like a brood of

vipers. Because of the fall, what was supposed to be straight tends to zig zag. I see that in order to go straight you must be occupied with all different activities, like selling newspapers. But people don't want to do such things all the time. When I tell you to do something, your mind is very willing but you have a struggle about actually doing it and sometimes think that you have a better idea. In order to straighten out everything that is going zig zag, you have to pull it first one way and then another. If your desire is to go one way, then you really ought to go the other way.

107. Our bodies are just like the gun and we must shoot very straight because a small deviation here makes a big difference in spirit world. No matter how difficult it is or how many times we must try, we must get things straight while we are on earth.

108. If you want to live with God then your mind and body must become one instead of fighting each other. Yet becoming one is never enough; they must always become one in a way that is directed straight towards the love of God.

109. Let your body surrender to your mind as soon as possible and follow a straight path like your mind does. Especially the women nearing the time of blessing must be conscientious in this way. Otherwise, they will ruin their husbands' lives.

110. Even when Abraham was asked to sacrifice his only son, he did not fight against God but completely obeyed, as did his son. Likewise, our bodies, no matter how outraged they feel, have to submit completely to our minds in order to be victorious and be accepted into God's realm. That is why we find our bodies offered on the altar to God just as Isaac was.

At that time, Isaac did not complain to his father, and our bodies should not complain to our minds. It is very difficult to do. Your minds understand that and don't mind, but your bodies are not obeying. That is when you say, "I cannot do everything. I cannot give up the person I loved many years ago. I will keep that thing for myself." You have to realize that this struggle is your biggest enemy.

111. Fundraising is difficult to do, and you are sort of ashamed if you meet old classmates or relatives when you go newspaper selling. If you feel that, remember that it is only your body complaining to your mind. Your body has to submit to the mind, but once you win over that situation you won't have to go through that trial any more.

112. Before having dominion over the world, you must first take control over your own body. If you eat something good or if you are caressed on the cheek or taken to a good movie then you are happy, aren't you? But your lives are the other way around; we don't eat good food and we sometimes fast for many days. If you live in such a way that you don't hear nice words or feel a gentle touch or go to movies then you will be going straight. Finding God with a life such as this will take much less time than if you just do what you like.

113. The human mind operates the same whether one is white, yellow, or black. The minds of people of each race are the same because they came from one origin. Even though the one origin manifested through the five races, the mind is internal and is one mind.

114. The important thing is this: get tough. This body will get tough under hardship, but the further you go, the more your mind will feel free and exhilarated. Your mind will just burst with laughter. As your body becomes tougher, your mind becomes freer. The more your body goes down, the more your mind goes up.

115. When the mind of a child travels in a straight path toward his parents, we call it filial piety. A true husband and wife each have a straight mind toward each other. A straight mind toward the nation is what we call patriotism. A straight mind toward God is what we call sainthood. Even though events may force you to give up your life, nothing can change such a mind.

116. In this fallen mind and love I would like to plant true love, true heart, starting from a small base and getting larger and larger. In order to achieve this new revolution in the fallen world, heavenly martial law must be instituted in which everyone must obey his mind and subjugate his body. It is because the world of mind is God's front-line while the world of flesh is Satan's front-line. There you can see the boundary of heaven and hell.

117. Under the heavenly revolution, the mandate for the mind is to occupy the physical territory of the flesh absolutely. The mind must penetrate the physical world and never let go. Even if someone cuts your head off, your mind will say, "I will never change." This is the kind of discipline God wants to establish and that is the entire focus of the religious world.

118. I know you have felt that things do not proceed just according to your will, and that you must submit your personal will to the larger power that always surrounds you. But you also know that when you have worked hard and suffered, you feel uplifted spiritually. When you are just taking it easy then your body may be rested but your spirit suffers.

119. Sometimes I get so tired that my legs don't obey my mind; they have walked so many miles or stood so many hours that they give up. Then I look at them and inwardly shout, "You legs! Keep going!" When I push myself all the way like that then my spirit is free. If I subjugated myself to my legs then my spirit would suffer.

Resurrected Kingdom of God 3-26-78

120. No other church has its congregation get up at 4 a.m., and actually none of you likes that, but we are trying to subdue our physical bodies because great improvement results. We do all these things in order to pull ourselves away from satanic dominion. Do you think God

likes most the man with the comfortable, dignified way of life? No, instead He likes the man who wears himself out running here and there to pull himself out of the evil dominion because that is the way Satan can be eliminated from the world.

I Proclaim That I Know 4-1-78

121. We find that now the earth and spirit world are separated. Originally there should have been no division between them, and if man had not fallen, they would have remained united. The situation now is that the spirit world and earth are divided and experience this daily because the mind and body are trying to go in different ways.

122. Most people never think about whether the mind or body should go first; if their mind works faster then they follow that impulse, but if the body is stronger then they follow that direction. They have no idea where they are going. Often, we find the body acting as if it were beyond control, persisting in its own direction even when the mind insisting, "You should not do that. I should not live this way." Our struggle is essentially that of guiding the body in the right direction.

123. If a person does not have religious experience or understanding, he thinks that man was created to live in this state of conflict. Scholars conclude that God cannot be perfect, that He created man to live this way and improve little by little every day. Some believe the theory that in the beginning, man was evil but will gradually become good.

124. Our mind and body are still separated and struggling and this makes life very difficult. Therefore, to understand God is very difficult. It also must be very difficult for God to work with such people.

125. Only very few people have experienced God. When you speak of this to another person who has never felt it, you experience means nothing to him. Some people try very hard but they can't experience God and to these people, He doesn't not exist. Mind and body are still separated; earth and heaven are still separated.

126. Happiness and the ideal come about when the mind and body unite and follow the mind's desire, and when heaven and earth united and go in one direction.

127. Who is a happy man? Is it the man who laughs or the one who cries? It is the one who laughs. Does a man laugh when his mind and body are struggling or united? Of course, he can laugh when the two are harmonious. The mind and body must stand in the same position. The conclusion is that the man whose mind and body are united all the time is the one who can laugh all the time.

128. What makes the mind and body united? Is it having abundant food or power? Is it having many people at your command? Only love can accomplish this. Can you say you love someone if one eyes is looking at him but your other eye is looking somewhere else? Love comes when all our attention is focused on one point.

129. When we experience love, our minds and bodies are not separated. Love is the strongest element in bringing the mind and body into unity, even in bringing the earth and spirit world into unity. It can bring everything together.

130. We know now that man's mind and body were separated because of the fall, but we can explain this in a better way now—the essence of the fall is that man never achieved the highest love and unity. The love that worldly people pursue is a changing love, not the original absolute love. What we are trying to do is turn that degraded love into good love.

131. Only God's love can bring all things into unity. Every individual must find for himself the point where his mind and body can become one with God.

132. Since my early life I have been through much suffering, but I am not exhausted by it. You must direct yourself so that your mind and body are in harmony and then you will emit the energy of love throughout your life and live in spirit world eternally with the same energy. Expect it to be difficult, but know that it is all worth it. If you sink down for even one moment it is more difficult to come up again, so you must always keep going forward. At one time I had the experience of saying the wrong thing and then I had to spend seven years indemnifying that one wrong statement. You must be aware of the formidable sensitivity of our situation.

133. You can always feel that in your right hand you hold my hand, and in your left, you hold Mother's. Then the electricity of love will flow through you and you will flow in the same way as Mother and me. Think that you have a pulling power, like gravity, always pulling something or someone toward you. In order for you to become like that your mind and body must become one. Then no matter how difficult the road, you are going with the heart of God.

The Burden on Our Shoulders 6-11-78

134. Always the problem begins with the individual man and woman, with the separation of mind and body. Who is the boss between the two? The body, dominated by carnal desire, is pulling the mind. The mind should be Abel, but it has been dominated by the body instead. If the body will follow the mind then God will receive that individual should do an about-face, having his body follow his mind.

The Completion Period for the Dispensation 11-12-78

135. The two layers of man are his mind and his body; they should work like tuning forks, vibrating on the same wavelength and creating a vertical wave. Then together the mind and body will make up one tuning fork and God will be another tuning fork. As you become a

vertical pair, the same wavelength will travel to God and He will respond to your vibration. God will vibrate on the same wavelength you do.

136. The body is the most vivid example of a microcosm of that future world. Ultimately our universe will be like one God-centered man. In that one body, you will perform some role somewhere, like a cell. You will have your own universe, your own world, own tribe, nation and clan, but all within this one harmonized body. If this one man with the heart of God is rejoicing and ecstatic in this world, what about you? You cannot be separate from that joy. When the whole world is happy, each individual has to enjoy and share in that same happiness. Each cell is connected to that big man, breathing on the same wavelength. The entire universe is ultimately like one man, and each of us individually will act as one cell. Then when the big man is accomplished in the love and the heart of God and rejoicing in God's love, each cell has got to be breathing on the same wavelength.

137. How can we live in the fallen world? What should be our pattern? You must listen to your mind. Actually, I am not your leader. Your leader is you, the inner you. Your mind and conscience whispers and you must listen. The mind listens to the external man also. The two tuning forks are your mind and body and the two must vibrate together, and in that you will find your true self. Discover yourself, but remember that yourself is not for you. It's for the sake of the universe, for the sake of the love of God. Those who think of themselves first become the prey of Satan and he always exploits them. You discover yourself when you always center upon the love of God and always take the minus position. There is always a subject ahead of you and you must respond together with the subject.

138. I have had the experience of saying without thinking, "I just cannot forgive this person for that action." Then something awful happens to that person after a short time. Then again, someone might move my heart and I say, "God, bless him. He is a wonderful son." Then good things happen to him. You don't have to hear it with your own ears for the result to come.

139. If you become one in mind and body so you are whole men and women and then are blessed to a husband or wife, you need have no shame. Otherwise, even though you have been given the blessing, you will have shame inside. You know where your mind and body are and how good you are.

140. Each one of you here has had varying degrees of success in uniting mind and body and no one can lie about it. You know the truth best of all. The love of God can come to you according to your own way of life and that will determine the value of your eternal life. In other words, no one but you can give you that qualification; you yourself determine your level of accomplishment in the spirit world.

141. Each one of you has a small Reverend Moon in your heart, which is your conscience, but that small Reverend Moon is much harsher than the real one! Your conscience sternly says, "Get out of here! What are you talking about?" How many don't think they have a little

conscience inside? Those who know they are under the command of their own Reverend Moon, raise your hands.

That means you are fully committed to receive the love of God. You are to be congratulated. When the love of God is broadcast, you will become the receiver station. If you suffer more, if you really serve more and your heart is pure, then you will become a humming, vibrating tuning fork. Your vibration will be broadcast, resounding all over the universe. God will receive it and spirit world will receive your vibration; even the entire world will receive your vibration and they will support you. Then it will come back to you as more power. This is not empty talk. This is really fact. So far, people outside do not know this fact. You must become one in that fact and be united in the love of God.

142. If I totally free myself from all kinds of disturbances and become this kind of tuning fork, then I can feel all kinds of vibrations.

143. If you solely serve with a loving heart, if you practice selflessness as your way of life, then your vibration is resounding with the vibration of God. Behind your mind there is always a tuning fork ready to pick up the vibration. When you are meditating, you always speak to your inner man, deep within you. If you really have give and take closely with this inner man then you will know more about the universe than in any other way. Your conscience does not need to be taught the law because it always knew the law. Your conscience is always teaching you to sacrifice and give love and service. No matter how much you do for the world, your conscience always commands you, saying, "You did well; now do more." God whispers through your inner man. God always pushes you further and further through your inner man because God is very anxious to get you to the pinnacle. God always pushes you further and further through your conscience so that you can leap to new heights of success.

144. Because the mind is very anxious to cover many thousands of years of distance instantly, the mind will push you harder and further. When you realize this, you have to adapt yourself to that and cooperate. There is a tuning fork in your mind and in order for it to vibrate, your body has to do loving deeds. 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.

145. Your conscience is pushing you out and again you go out all day long. Then again in the evening you return home full of exhilaration and that even I will come in a dream and walk together with you through the Garden of Eden. All of a sudden, you won't want to come back because you will see incredible beauty and truth and the warmth of love. The person who is disciplined in this way of life won't even have to go to bed to have a dream. If he is walking,

longing to see me and then he just stops a moment and say, “Father, I really miss you and love you,” talking to his inner man, suddenly a vision will appear.

146. You can freely travel in and out of your body because there are no more boundaries or barriers. You can truly become the tuning fork of your mind and then really come to know the greatness of the love of God. We talk about the love of God, but you don’t know about it. I always train myself in this way so that an incredible reaction always comes from the external world.

147. Each of you must be self-disciplined so that your mind and body are really one. If you suffer in your work, the voice of your mind will get clearer every day and you will be vibrating on the same wavelength as God’s mind. If your mind really parallels God’s then you will shine with light. When you extend your hand, it will bring forth light. Incredible mystical experiences will come to you.

148. The stronger you become in that respect—with your heart, body and mind responding more fully to the way of life of God—the more closely you shall be vibrating with God. In that life, you can experience many amazing things. At night you may sense someone coming to rest next to you and you will discover that it is your own spirit man embracing you. Everyone can have this kind of experience, but in order to do that, you have to go through the road of sacrifice. There’s no shortcut, no deviation.

149. When I was in North Korea, going through the hardest physical life, I had vivid communication with God. The spirit world came very close to me so that I could instantly communicate with that world. Even though my body was tortured by the heavy labor, my mind was peaceful because it was enjoying fellowship with God. 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.

Then you will really meet me in many different places in your dreams and visions. As those kinds of experiences increase, your spiritual eyes will be opened and you will perceive more. One time you will just sit down and open your eyes, and suddenly you will see, not reality, but a vision of another world. You will see me and know what I am doing. Even though you are separated from me, you know the dwelling of God and True Parents is with you and you will always feel their presence in your home. Spirit world automatically opens It up. This does not happen as fantasy. It will happen in reality; that real world will come and open up to you.

150. Concentrate your energies and try to leap into greater achievement in the fastest possible time. You should not just respond passively. You’ve got to take the initiative and set the schedule and really push yourself forward to that goal. Each day is another stepping stone

to a higher goal. Human love would not thrust you to that higher level, but the love of God will push you instantly. There's no end to how far you can go.

Mainstream of the Dispensation of God 11-19-78

151. The sea resembles the state of a person's mind; the sea is a symbol of tranquility and calm, but when a wind comes, there is upheaval. God created the human mind to be peaceful and tranquil, but different kinds of winds cause disturbances there.

152. God is truly the most super-idealistic being. Would He prefer to walk on a mind with rugged surface, or on a smooth, well-organized, peaceful mind? How do you feel riding on a well laid-out highway where the automobile can go smoothly and quickly? When a car is on a smooth surface, it is always eager to go faster. The appropriate car to drive on a superhighway is one which is streamlined and very fast. A buggy and a big highway don't match. If there is a God, what kind of highway is He looking for. Where would He like to dwell? God would like to dwell in the mind of His loved ones, and so their minds should be calm and peaceful and full of tranquility. That is the mind God can trust. He wants to dwell in a mind that is peaceful like calm waters.

153. Everyone, even little children, wants to have a peaceful mind. But if everyone wants it, why can't they do it? There is one giant obstacle to calming the mind: oneself. Everyone reasons after centering on himself first. When you see, hear, think and act, either consciously or unconsciously you do these things with yourself at the center. That's what creates the overwhelming obstacle and until that is changed there is no way you can break down the barriers. The moment you reduce yourself to nothing and move yourself out of the picture, the job will become infinitely easier. When you center upon yourself, you are building more and more hills and rugged mountains within your mind. Therefore, the ultimate problem lies within oneself, not somewhere outside. When Jesus was asked where the Kingdom of Heaven can be found, he replied, "It is in the midst of you." Unless you create the Kingdom of Heaven within your mind, you can't even think about having it anywhere else.

154. There must be some champion who can liquidate the problem. Don't you want to open your bag and clean everything up, making your mind flat and tranquil? Is this an urgent task to be tackled, or can it wait until you have some extra time after eating and sleeping? This is an emergency task. Before you can talk about world peace and talk about solving the problems of society, you must first worry about peace within yourself and between yourself and God.

155. Because the self is creating all the upheavals and barriers, when you remove yourself, the surface of your mind will become smoother.

156. Each person has the job of breaking down the barriers in his mind; the most basic problem is how to overcome oneself. Some people have built up a gigantic castle in their

minds and they don't want to break down that tremendous ornament. Those who claim that, raise your hands please. No matter how great you think the things are which you have built, you realize now that those things are useless. However, do you often have the longing not to lose something which you have built for so long? Would you like to have some supernatural power come and wipe everything out and cleanse the mind at one time? In a moment, a typhoon can blow everything away from the surface of the mind. Would you accept having that happen to you? So far, you have been living for some selfish purpose, but when you fully change your concept of life and start trying to live for others, then a typhoon has really blown through your mind.

157. God is a scientific God and He knew that nothing short of a miracle or superpower would break up the rugged surface of the mind. Without any hesitation, God proclaimed that each person must deny himself, become a sacrificial person, and surrender to His will. You must destroy your own will and live for the sake of the public.

158. God dwells in the mind. In what state of mind would you want to dwell: a mind with many thorns, or a peaceful, fragrant mind? You have to break down the barriers in your mind and have no hard feelings. Then everything you do shall be smooth. If you liquidate all the barriers in your mind, then when you go to spirit world, there will be no barriers. As soon as the fall of Adam and Eve took place, barriers began to emerge, and they have increased throughout history to this day. We are liquidating the barriers for the first time in history, reversing the trends of the past. That is our job.

Breaking the Barrier 12-10-78

159. Your worst enemy is certainly not me or the Unification Church, but your own body. Your five senses are your worst enemy because they are always ready to be tempted. You have to constantly divert them, asking, "When are you going to betray me?" Your desires can betray you but you must not let them. Temptation is more severe among women in particular.

Home Church and the Completion of the Kingdom of Heaven 1-1-79

160. The body also sends up its own campaigner to say, "Why are you doing these foolish things? The important thing is to keep your body, strong, healthy, and idle. In order to do that you need to have lots of food, lots of money, and women." You don't need to be patient with that, but chase it out. Your body is trying to make itself excited by listening to its own propaganda. When the body gets mad or excited about certain things, Satan is standing behind it like a conductor, saying, "Bravo. That's right. You're coming along."

161. Sometimes your body says, "I wish I didn't know Divine Principle because it has brought me so much suffering. If I didn't know it, I could sleep much longer in the morning."

162. If you are stern with your body and can conquer its propaganda, you can get to heaven quickly. If you can totally conquer the temptations of your body, your efforts will accumulate and you won't have to suffer much. Do you understand that even smiling can have a good or evil purpose?

163. When the mind and body are united together and not following any wicked desires, that person is a godly individual. Each body is somewhat like a camera which has to be focused between the mind and body. Are you focusing every day? If you have complete focus between mind and body with a clear-cut image, then you can even see God. There is nothing you cannot perceive throughout that lens.

164. According to Divine Principle, we have two minds, one spiritual and one physical. One represents the desire of the spirit and the other the desire of the body. Our job is to focus the two minds.

165. Do you know there is a struggle withing yourself? How many battles have been waged withing yourself between your mind and body? Actually, there is constant confrontation 24 hours a day. You sometimes feel that your mind is off-guard and you can quietly do certain things you would normally hide from it. But all of a sudden, your mind comes back and says, "What are you doing here? I am watching!" certainly your mind can be your connection to God, but still it has different levels of accomplishment. It can be connected in a stern, straight way, or in a sloppy, flimsy way. Both exist in your mind. Is the God in your mind the strong, disciplined one?

Home Church and the Battle of Love 1-7-79

166. The Principle of the Unification Church is very clear: when your mind and body join as subject and object then the dwelling of God is with you. When man and woman are united in reciprocal action of love, God dwells there. When you are single, you are incomplete: only when you are united with your partner in harmonious love, walking and having give and take, can God full dwell with you.

Spring Season of the Providence 4-1-79

167. If you live with this high sensitivity to spirit world, you will sense what is forthcoming. Your perception will be keen and you can prepare for the future. You should know that you are like two people in one. Your inner person is like a mirror, clean and bright. When the inner and external people are not synchronized, you feel anguish, but when they are perfectly aligned you feel joy and power. This is happening every day withing you. When you see a person, your inner self can tell you what kind of person they are, and if you hear a person's

report, a sixth sense will tell you how truthful it is. When someone walks into a room, I can see whether he is bringing good news or bad.

Don't neglect this inner self but consult him all the time. When you are higher spiritually you are always there, always speaking with this inner self. You have a spirit self and he wants to talk to your physical self. You may not have any intention of saying anything yet suddenly you find your mouth moving. That is not you but your inner self speaking. Even the rats of a ship can sense when a ship is in trouble and run away, but how much more should man, the supreme creation of God, know when life or death is coming? Shouldn't you be alerted when a certain destiny is forthcoming? For you inner and outer self to become one, you need the power of prayer.

168. Your body is like the receiver of a radio. Free yourself from self-centered thinking, and then mighty things will happen to you. You must open that valve.

The Importance of Prayer 4-15-79

169. There are many ways you can travel, but they must all ultimately connect to this bridge. That is the destiny of mankind. It is ordained that every man in history and in the future must cross this bridge, the only one in existence. Do you agree that without it there is no connection to eternity? In order to cross it you have no choice but to listen to me and follow this way of life, even if you hate doing so. The most amazing thing is that no one is forcing you, but something inside tells you to go ahead.

The Trust Placed in Us 6-3-79

TRIALS, SUFFERING, ORDEALS

1. In order for us to love God and exalt God's will, it cannot be done without having ourselves sacrificed for the cause. In the vanguard there stands our Father. I want you to love God more than I do, even more than I do...I want you to love the whole world even more than I do. But I find there are not many people who could do that. In order for you to be able to do that, you must not be reluctant to face suffering and hardship.

The True Path of Restoration 1-11-72

2. Man is placed on the boundary line where he can go to the side of God or to the side of evil, so man is the most horrible thing. He can either torment God by being on the satanic side, or torment Satan by being on God's side. You can either be the traitor to God or the traitor to evil. You must belong to either side—one or the other. So, you must be very careful, very cautious to know that you're more horrible thing than Satan. Sometimes, you are like a flint of a spear whose point is poisonous. You are just as dangerous and horrible. So do not vacillate or waver.

Unification 4-2-72

3. We Christians must start from the point of having to go through many difficulties and hardships in order to restore and indemnify God's original world. We must have this as our goal, but until we obtain the goal, we must struggle hard under God's will.

4. We must start right from that point—we must go through the bitterness and struggle in order to obtain the happiness and love. In order for us to do that—to love God—we must deny ourselves.

5. We are here, meeting with each other in one place like this, and it is no coincidence. Behind the scenes, there has been a long history of tears, sweat and blood. And in order for us not to nullify those bloody battles fought by our forefathers, we must at all costs make our battle a success, in order not to make the future generations suffer the same things. If we are reluctant in doing this, and if we fail in doing that, our descendants will have to go through more bloody battles with more tears and with more sweat. We hate to leave the mission to our offspring. Let us fight through this battle and make it a victory.

6. I want you to remember when you go through these hardships, that there is God, there is heaven—God, our Father, who has gone through more difficulties, more bitterness, more hardship than you are going to go through. When you are faced with untold difficulty and you

are frustrated—well, almost collapsed without being able to stand up again—well, you must gather yourself together remembering God, who has gone through more difficulty than that and who is ready to give you strength if only you are deserving and you are ready to receive His love. You are in the position to reject and turn and fall away and turn your back on me, but I am not in the same position. I have to go ahead. God also cannot turn the other way around. He must go until He wins the goal. Even though you may have to die on the battlefield, you must not forget that. You are going to be the victor, as are others. If you are so resolved and go out to the battlefield again with a high and uplifted pride, our battle will be a victorious one. You can believe this.

7. We are fighting the final battle, and you cannot be discouraged or frustrated. Joshua and Caleb inherited what Moses left in their hands: they had to fight on, and God gave them strength and encouraged them to be strong and courageous.

Opening of the Training Session 12-9-72

8. God is the loving Father, of course, but with Satan working against Him. Since Satan has a claim over fallen man, in order to free man from that condition, He had to smash and beat on us. Faced with difficulties, even Christians would complain against God. If God be there, why is it so with me, why is He giving me this hardship, difficulty, persecution? He would even hate God, if there be any God. They should instead have thought of it as a challenge given by Satan, and God would all the more hate Satan and try to get rid of him.

9. Even though you are faced with difficulty, remind yourself of this—when you go through hardships, you must think of obstacles as a challenge to build a better world. By giving your glory to God on the earth plane you can go through victories with lightheartedness and you will discover that a multitude of spirit men are mobilized to help us.

Master Speaks on Opening Day 1-16-73

10. With that in mind, we must follow a way even worse than what is taking place in the satanic world. There must be a revolution in our thought. When I trust you, when I love you, you can trust and love me. But where there is not trust and love between you and myself, how can trust and love come about between us? The same is true of God. You must cultivate yourselves so that you can be trusted and loved by God. In order to train you for that God is sometimes putting you on trial. God wants to find out that you are loving and trusting Him as your own life. You must be so prepared that you can be loved and trusted by God—that's what must be done from your own part. In restoring people of the angelic world, God would have them martyred, and at the time of martyrdom, He would examine the attitude they had. Are they giving their lives for the cause of God or for the sake of their own salvation? Let's

suppose that out of the martyrs who died in the hands of Satan, there were persons who were ready to die for the sake of the Messiah, because they felt in the bottom of their hearts that the Savior Jesus Christ died on the cross for their sake. They were prepared to die for the sake of the Messiah and for the sake of God. Even though they may not be saved by doing that, they were ready to die for the sake of the Messiah. God would trust that kind of person.

11. If you really know that in you is running the stained blood of Satan, you would not only want to cut off your head, but you would want every cell shifted into God. With that knowledge can you complain while going through the way of Divine Principle.

12. If God is loving me, why does He put me to such trial? Can you say that? Father, Himself, has had to go through such difficulty and even imprison there was not a single moment when he complained to God—rather he consoled Him, His heart. In that situation, he said to himself, “I am the son of God, I have the dominion over angels, over Satan. I will not be defeated; I will not look or be Miserable under their persecution.”

13. What he was worried about was God’s heart worrying about him, so he would tell Father, “God, don’t worry about me at all. I am sound and sane and ready to win over Satan.” Sometimes he would cough up blood and he would soak his hand in the blood and lift his hand up high to all who had martyred their lives for the sake of God, saying, “You had the martyrs go through their suffering because You wanted to find a person whom You could trust. Now I am here to do Your will; You can trust me. Not only can You trust me, but also You can love me. I want to be qualified for that. My blood is the proof of that by which I am trusted and loved by You. I glorify You for this.” He did not have a complaining attitude about God; neither was he saddened by his own suffering. He turned the situation into one of gratitude, because he knew that in that situation he was loved and trusted by God.

Change of Blood Lineage (III) 1-21-73

14. After a while, some of you may say to yourselves, “Well, I have only one life to live, why do I have to go through such struggles and hardships? I want to enjoy my life. I am in the prime of my youth and I just hate to live spending my youth in such bitterness.” On the other hand, some others may think that it is worthwhile living in this way, “I have one life to spare and I will put my whole life in this business for this cause. That will make my life a valuable one.” To which group do you belong? Those who want to idle away their time and enjoy their lives—or the people who want to die for a great cause and take it as a valuable life?

15. From my part, too, if I had found any way to run away and be saved, I would have done that, but like the fish trying to swim away but is still in the ocean, that is what I am like.

16. After a while, you find that this is the steepest way and you will be faced with a wall-like thing in front of you. Then what will you do? Looking down you will get dizzy and looking up

there is too much there, like a steep rock. What will you do? You can neither go up nor down. Then you must stop and think. Looking down you feel dizzy, so you have got to look up and try to think which way you can reach the peak. Looking around, you will find some root of a tree or some pointed edge of a rock to hold onto. You wonder if there is any crack between the rocks. You find a big tree, but it's beyond your reach. However, you will imagine that if the tree is as big as that, the root must be very strong and perhaps has been spread out, and one of the roots may be near you. If you find the root set behind the rock, making a crack, then you must know how to make a fire and you may be so wise as to burn that wood and there you can make coal. You can even learn a lesson from a spider which may be there. You can put a fine thread on the hip of that spider and he will carry it up and if he comes own the second time, you will do the same in such a way that he will carry many threads up and set it on an edge of the rock high up somewhere. God will help you somehow. You can even utilize the insects, the frogs you find there and if they are there, they are for you. Anything and everything there is for you. (*I can not imagine his imagination-Mrs. Choi*). In the face of death, you may perhaps have to carve out a pound of flesh from your leg, fasten a rope around it and throw it up to one of the rocks up there. An eagle will try to carry it away and in doing that, he will have that piece of meat on the peak of the mountain and after eating the meat, the rope will be there behind the edge of one of the rocks. There will be ways open, if you struggle hard to find one.

While you are on the verge of life or death, you must never be excited, angry, or disappointed. But you calm down in deep meditation and intensity of nerve and you can ask Father, and consult with Him, or meditate within yourself for wisdom and you will be given that. Prayer comes last. You must try to help yourself through wisdom and then God will be there. In that case, you have got to be bound for the height of the mountain. If you try to slip down, you are done for—there will be no way. But if you try to go upward, there will be ways to open to you. If you think that it is more than what you can do, stop there and think. Think in a more difficult way—try in a more difficult way then the difficulty and then you will get over that.

Where Are You Bound? 1-24-73

17. The more difficult times we have to go through, the nearer we will be to God, so at the height of difficulties and trials you must be able to thank God for them.

God's Grief 1-27-73

18. In love, your trials and struggles are not painful.

Way of Life 2-16-73

19. Has God been complaining that He has had to work so hard? He knows too well that the difficulty he has had to go through is nothing compared with what He is going to achieve in the end. We have to resemble Him and struggle hard to attain the goal.

The Basis of Good and Evil 2-19-73

20. Those one the side of good must think of the fight through a long period of time, while those on the evil side are impatient to win the victory, as soon as possible.

21. However fierce your fight may have to be, your duty is to march forward to the front-line to win over the satanic power—even though you may have to die there, you must close your eyes and set yourself on the spur to be able to dash yourself to the front and fight against the satanic power with your youthful energy and strength.

22. I want you to be the exemplary fighters.

23. Are you resolved, determined to go through those hardships? (YES!!!) You must realize that in order for us to accelerate or expedite the victory, we must put ourselves in the position to go through the difficulties...as much difficulty as possible.

The Last Front-Line 2-25-73

24. Now we know that our human ancestors were born in sin in the beginning, and all of our ancestors have been created more sinful until we are the fruit of their sins. If there were any way to go back to the original position would you do that? Right now, we are not in the position to be proud of ourselves. Since we have been living in such sinfulness, we are in the position of having to beg for forgiveness before God. We must be willing to do anything for God, and for ourselves, so that we may be forgiven of sin. Would you not want that position? (YES!). Then what must you do? Are you ready to go through any difficulty? If you may have to be killed by God and resurrected again and go through more difficulty, and then be killed by God and resurrected again and go through more difficulty, would you be grateful and ready to pay your debt of sin in that way? Even though you may have to go through those things three times, ten times, a thousand times—you must be ready to go through that.

25. As you go through difficult paths, you must always pray to God, “As I test this important difficulty, I know this much more of your heart; and as I go through so much difficulty, I know what difficulty you have gone through,” and that way you can have courage and zeal. You must really realize that.

Our Shame (Instead of Honor) 3-11-73

26. In order to find if you are qualified, you must be put through suffering and hardship, in order to be tested. You may sometimes think a test of suffering is too hard for you, but when you look at it in a different way, this is the means through which God will give you the chance to prove your value.

27. When you have trouble, don't ask Him to help you. Instead you should say, "Father, help the whole world." That kind of standard of faith and prayer will be wonderful.

28. If nobody else does it, you think in your own mind, "I will do it." When you maintain this kind of mind, automatically, angels and saints will come down and help you even if you do not ask for help from God. With this condition of mind, wherever you go, you do not have to worry. You are perfectly all right in even the most dangerous of situations. With this confidence, you can overcome any difficult situation. Then God will inform you in many ways what shall take place either through dreams, inspiration, and sometimes through vision.

Faith and Reality 3-18-73

29. I warn you not to be overjoyed when happiness comes to you; and don't try to escape when misery and heartbreak come. All of it is for you. Please be aware of the fact that you are responsible for everything that come to you; and if you can meet with it and win it over, or conquer it, you are going to be the victor. You will at least learn a lesson from the experience you are responsible for the occasion; and if you are victorious over the difficulty, you must be able to pass it on to others, and you must be able to link it to your goal.

Victory or Defeat 3-31-73.

30. We have been going through such hardships and struggle in the fight against the dark force. In the battlefield, we cannot be overwhelmed with the darkness, we cannot be defeated by the darkness, but we have to be determined to overcome all those powers, to conquer and win over Satan. Even though we are on the verge of life or death, we must be thinking of how to bring joy and happiness to God. You must be ready to die, because you know too well that even if you are dead, even if you have to die, you will have accomplished your mission both on the spiritual and physical levels, to a certain extent at least. So, you are not going to be a failure, but a success.

Parents' Day Address 4-3-73

31. Your way is a rough one. You must persevere. You must never be self-centered, or else you cannot go this way and cannot set up good records. If you are in a breathlessly difficult situation, you must be thinking of your ancestors. You must remind yourself of Noah, who

struggled 120 long years. Think of Moses' 40 years in the wilderness, with untold hardships, after leading a glorious life in the Pharaoh's palace. Think of John the Baptist, who prepared for 30 long years in the wilderness, living on locusts and wild honey, to prepare the way for Jesus, the Messiah. Think of Jesus, before the Cross—he struggled hard to leave the record of having saved mankind, even on the spiritual level.

Message to the American People 5-1-73

32. When you encounter difficulties, you have to think not only I, but God also is facing these difficulties Himself. God cannot help you because there is a condition that you have to make. Wherever you go, whatever difficulties you encounter, you have to always think that you are the object of God and you are working with Him and then He will help you. So, if you think God is going through more difficulties, then you must suffer more. If you go with this spirit, then God will help you with Everything. For you to get cooperation from God, you have to always think that you are doing this for God, and that God is doing more than you. So, you have to comfort God and go through difficulties.

Untitled Address on Training Plans 5-7-73

33. When you are in slumber or relaxation, or when you are in distress or despair, that's the time of satanic attack.

34. Satan would say, "You are my prey at this very time." All you have accomplished will be gone with it. It would not take one of the strong satans (evil spirits) to attack—but the smallest and weakest one can press on your throat and you will be killed. Isn't that true? When you are in distress, frustrated, you must remind yourself of the fact that this is the very moment when the weakest of satans can attack and kill you.

35. You must remember that, among our members, there are some working in the satellite nations—or Russia. Can you say you are tired of working?

36. Even in prison, I would think this was my training course. After this I would be a stronger worker. When you picture the prison life, don't ever imagine it as the life in prison in this country. It's far below this level—untold misery—almost like animal life. Even if I were to describe it, you wouldn't understand. A handful of rice, almost rotten, every day. We missed the rice and food and we worked on and on, carrying all those heavy things, and after we were exhausted and were to have a handful of rice, on the way to eat, some of us would die. Others were anxious to get the rice to feed themselves. At that very moment, I would say to myself, "Even though hardship will be doubled and tripled, I will never fail."

37. Even in prison, I wanted to subjugate Satan. I am here with this quality. That's why God chose me—with all my patience, all my hard struggle to win over any difficulty, any Satan. That's the quality I have—for which God chose me for this mission. All the prisoners lost weight, got pale—but I looked just like I do now, in prison. It is because I did not surrender to them in spirit. I am here in the U.S.; however hard our struggle may be—even if I am imprisoned and tortured—I will fight it through and win the victory.

38. Once, I said I would carry it out—you must know that. Once I start doing things, I will pass—I know no retreat. I fight at the risk of life.

39. Satan will use on you the same cunning method he has been using on our forefathers, past saints and martyrs. Now he is attacking you with that same power, but you are more powerful and wiser, and he will give up and leave you. After going through difficulties, when you attain the goal, God will find you there and will tell you, “Now I found one who resembles me. I have gone through all difficulties and I am here intact from Satan. As the victor, you are the only one who resembles me and you are the only son of mine.” In that way, you will pass the judgment of personality. That's the standard.

Significance of the Training Session 5-17-73

40. If you take interest in what you are going through, and if you are thrilled to experience that kind of thing, then in the next moment, when you are faced with more difficulties, you can tackle those things with more zeal and capability.

41. The harder, more challenging the situation is, the more progress you will make. Do you realize that? (YES!) You are anxious to be successful—but if you have no zeal to fight through the way in the face of difficulties, your success will not come soon. You must realize that only after having gone through difficulties and darkness will you see the light.

42. When I went to North Korea, which is under a communist regime, and was imprisoned there, it was right in the cell that I learned this, and became resolved to fight against evil power. I was confident that I would win over it. I said to myself, “However strong Kim Il Sung's power may be, if I am well trained in prison and go through difficulties here, I will have the power to be victorious over them.” I was ready to eat any food they gave me—or even starve.

43. 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 8:00, but as early as 4:00 they would call us out in 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 feel the cold at all.

44. He would look for heavier work, and say to himself, “If I don’t succeed in doing this, I must die.” With that seriousness, he would fight the circumstances; otherwise, he could not have trained himself to be such a strong leader.

45. When you are faced with difficulties that look really bad, you may feel as though you are going to perish—but there is always a way out if you look for one.

Mind the Environment in Advancing Forward 5-25-73

46. Some may think that the Unification Church forces us or drives us on the painful way. But I hope most of you can overcome the pain by digesting it with the power of love, because happiness and love are promised at the end of hardships.

47. Those who are ardently in love with God can easily overcome unhappiness, because the way of unhappiness will lead them to happiness. When I was in prison in North Korea, I went through severe torture; the more severe the torture was, the stronger I would become. Every cell of mind was mobilized to fight against the pain. I would fancy that with every blow, God’s blessing would be multiplied. Because of this, I was not afraid of torture, and I could easily endure it. If we have this attitude, we can make the crooked way straight and the bumpy road smooth. Even though the path of life may be uneasy, insecure, ephemeral one, full of the misery which is more than death, we know that through God’s love for us and our love of God, we can go through the path without difficulty. When we are ready to live and die in the love of God, we deserve God’s protection. This is the way through which every human being has to pass.

May God Protect Us on Our Way of Destiny 6-3-73

48. I have never once complained in the course of restoration. I have had many good reasons to complain and say for example, “If God really loves me, how can He put me through such difficulties and torture in prison life?” But I knew that in that way, God was going to give me more grace, more love.

49. The more complicated and difficult it becomes on the way you go in search of love, the stronger and brighter the love becomes—not weakened and faded.

50. When the degree and scope of difficulties of what you are doing is expanded, your effort to overcome them will be fruitful—just as after the toil of summer months, the plants are fruitful in the fall. Don’t be discouraged when you must go through great difficulties. Your success will be measured in proportion to the degree of difficulties which you go through. In the summer months, if you’ve toiled very hard on your crops, the harvest will be more bountiful. If you work with this kind of heart and attitude, you can never be exhausted.

51. 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.

52. When you are tortured in prison, you must get over it by imagining that more torture is to come, and think that by being tortured, you can conquer the world. Only those who overcome their circumstances with this kind of resolution can understand.

Important Person 6-10-73

53. Trouble is for future happiness.

54. When you have more hardship, more persecution, more rejection, then you expect more success, more happiness, more good results. That is the way you have to dive into this thinking, this kind of positivity. You will have the attitude of wanting to know what kind of trouble is coming, and what kind of hardship is coming. You are interested to know what will be next; you look forward to the problems.

Opening Talk—Morning Session 7-4-73

55. When you are wondering, "What kind of person is Father going to make out of me?" and "What is God going to make out of me?" have you ever stopped to think of this? In a word, I'm going to make out of you a person who can win over the whole world, win over Satan. Isn't that a wonderful thing?

Then with your roots deeply established like that, even though you are exposed in the storm or wind, you will never collapse. No temptation can make you collapse. Do you really follow me? Temptation will come in many ways. For instance, Satan will tempt you, saying, "Quit the Unification Church and I will make you president of your nation." Are you confident to give that up to become a Unification Church leader? Satan will come to the female members and say, "I will make you a queen of the nation, but you have to quite being a leader in the church." Will you be tempted that way? No?

Satan, in disguise, will tempt you, saying he is going to make you whatever you want to be. To the male members, a most beautiful girl may appear and try to entice you. On the worldly level, you cannot help but be tempted by such beauty. What will you do? Answer me. You will be seduced if you are absentminded, and you cannot pledge to safely guard yourself. If so, you will collapse in the hands of Satan. What will you do? If and when you are faced with anything, think of things in light of Divine Principle.

When Eve was seduced by Satan, what cause the fall was that she did not ask questions of God. Eve had God as her father and she should have asked the question, "Father, so and so is asking me to do this. Can I do that? Shall I do that?"

If that kind of temptation comes, however beautiful such a girl may be, you must kneel before God and ask Him what to do, and He will guide. Do you understand? It means you have to pray. Whenever any temptation comes, you must pray—pray for a decision. For instance, you female members, some of you may think, “Well, I’m over 30; when can I be married?” And there comes a handsome man tempting you. He looks like a king and looks as though he’s qualified for anything and everything. What will you do? This is nothing to laugh at. You are apt to be tempted. At that moment you must kneel down before God in prayer—question in prayer. What God is going to make out of you, and what I am going to make out of you, is that you become the person who can win over Satan, win over the worldly way.

56. How to win over Satan is the question. Satan will always come with something to test you, whether you are strong enough to win over him or not, with every kind of sweet temptation. Satan will say to you, “Outwardly you are strong—you are one of a strong group stirring up the whole nation. But as an individual you have many weak points.” And he will pierce you with stings that can easily affect you. Don’t you feel that every moment of your life?

At that moment, you must know that you are being injected by satanic elements. That’s why we pray before God, we depend on Him, and we want His help every moment of our lives.

57. Since God is with us, we can win over the world. We can win over Satan. In this you must have confidence. If you go on like this one year, two, three or seven, covering seven years, you will be equipped to do anything. At least seven years must elapse in that way.

58. If you want to leave this movement, just do it. You will find out later that this was the most blessed place and you are destined to come back. When you leave this movement and understand and come back, you are going to return with flaws, having denied and rebelled against the movement. Once you are in the movement, and once you realize that this is the truth and you are in the awareness of being guided by God, go through the way until the end. Being the founder of this movement, I’ve seen many members who have once been dedicated to the movement. After having fallen away and come back, they cannot lift up their faces. But they have to go the way, even though they must pay indemnity. It’s a miserable thing, and they are less than the newcomers. The new members are all zealous and enthusiastic, like cheerful babies. But those who have fallen away and come back, they cannot lift up their faces, and they have to go through severe indemnity. If there were any other way possible, I would have left this movement and followed another way. I have tried every possible way and no other way is test-proof. Therefore, I have chosen this way.

59. With that confidence and heart, you must be equipped, with the Divine Principle as your armor. Then, when any temptation or difficulty comes, you can face the enemy and win over them.

60. God has gone through difficulties. Jesus has gone through martyrdom. I am here going through many difficulties. Is it not natural for you to have to go through the same?

61. Jesus could bless his enemy even on the cross when he was put to death, and that's what makes him great, greater than any other saint. You must be greater than Jesus himself. I want you to be happy, even though you are going through difficulties.

62. The greatest of all songs is the song by a person dying. Even though you are dying, if you can sing at that moment, that's the greatest song. If you are faced with death, and in case of death you can still dance, you are the greatest person of all humanity.

Day of All Things 6-20-74

63. In proportion to what you go through, and in proportion to the difficulties you overcome, the blessedness coming to you will be that much greater.

64. You must realize that we are building and paving the highway towards the Kingdom of Heaven on Earth, and we can expect many difficulties, sufferings, and tribulations on the way. If you are ready to get over those things with gratefulness and with a sense of mission, then the glory will be for you and for your descendants, and all the people in human history will remember you and praise you. I want you to have this kind of awareness in fulfilling your mission.

The Way 6-30-74

65. We can draw the conclusion that even Father has been put into a hard position by God, and sometimes was rejected by Him and put into a more difficult position, but he would go back to God's bosom and just cling to Him in prayer and in love of Him, and then He would accept him. But a little while later, He would send him back to satanic hands to go through more tribulations and hardships, and by getting over those things, he would go back to God. So many times he has had such things happen to him.

66. God would promise me a certain thing very desirable, and then He would drive me into the satanic hands, and then after winning over Satan alone he would bless me, and never in the course has He once helped me. He would put me once on the pinnacle of the thing where there is a happy promise and would just put me in God's hand and drop me into the valley of death.

67. Sometimes God would have one nation representing the whole world beat against me or smit me. Individuals would rebel against me, and organizations, groups, churches, and any society. There have been many such things always coming against me. But I always feel

challenged against the rebuffs coming to me because I know that's the chastisement coming from God and that's the test either coming from God or Satan, and by my going over those things alone, I can identify myself before God.

68. A true religion must teach you to deny yourself and to sacrifice yourself, to drain the satanic blood out of you. Then, in utter obedience on the altar of God, you utterly deny yourself and are re-created by God's hands. You may feel that you have cut the satanic bondage and separated yourself from Satan and come back to God, but the next moment you can deny God and rebel against Him. So God, from His part, will put you back to the satanic world and test you many times. You must overcome all these things and show no sign of the fall before you will be restored and recognized by Him. Even though God may chase you away into the satanic world again, you must come back to Him in tears and repentance. He may clear away His resentments by ill-treating you and sometimes by putting you through more hardships, and you must just cling to God without leaving Him.

69. In order to change our satanic lineage into God's, we must live an ascetic life, a life which presents difficulties and hardships. In order for men to be restored, we must go through this course. This is how God restores us. In God's eyes, we are not men of His creation. We are not human beings; we are just satanic beings in the position of His enemies, and we are the children of Satan, who is God's enemy. That is the result of the human fall.

70. In order for us to ease God's heart, we must receive any hardships and difficulties coming from Him. If you are found to be utterly obedient to God's will, He will feel like forgiving you. We must win the sympathy of God, by going through difficulty as though it were natural to us. When we bear it out, God's compassion for us will well up in His heart.

71. All mankind without exception is born out of Satan's lineage, so however many hardships and difficulties you have, you must go through them. Only by going through them and getting over them alone can you win the heart of God. In the Bible, we read that those who persevere to the last will win the love of God.

Day of Resolution of Victory 7-1-74

72. In order to prove a certain one to be loyal or a son of filial piety, God will assign him to go through difficulties and hardships.

73. Don't complain when I criticize you. Before complaining, with your mouth shut tight, just move to put it into practice. Don't even frown, or don't show your complaint on your facial expression, but in silence just try to carry it out, and be sure that God is waiting there to bless you with more things. Even though you are heavily laden with the cross and untold hardships, don't complain, and try to get over this or go through it. Even in the fallen world, even evil

people will want to praise you and help you when you are in that way. How much more so would God be, the Heavenly Parent?

Those Who Are Left 8-4-74

74. Even if you work hard 24 hours, sometimes nothing may be accomplished; nothing may be produced to be proud of. We know that. Even if you work hard 24 hours, it is not the time or place for laughing or for being pleased. This is a suffering period. This is the road through which you are going to be happy. This is the road of destiny. That's why we have to suffer. We are not supposed to even think or rest here. The eternal resting place is coming. We are in the middle of the road going to the eternal resting place.

The Person Who Worries About God's Nation 9-1-74

75. You must always realize that when you are moving downward, you must exert more strength. Without doing that, you can have no power to go up again, and you are very apt to fall back.

76. Again, I emphasize that the difficulties we are going through are for practice, discipline, and training.

Let Us Cross Over the Hill 9-29-74

77. We cannot be discouraged. We cannot complain because we know we are badly need. When you feel that you are so badly needed that you cannot mind the rebuffs and the persecution, you can fight through. That's God's way, and you can be sure that God will be on your side, working with you, if your spiritual attitude is like that.

Am I Really Needed? 11-10-74

78. Every time you face difficulties or experience a setback, God is fully on your side. That is the conclusion I came to, that the more rejection you face every day—one hundred times, or two hundred times—the more sympathy from God you are winning. With each difficulty you face and tribulation you experience, you are winning more of God's heart to your side.

The Significance of IOWC Work in Japan 1-22-75

79. Therefore, a single moment in your life, one event or one person can mean a great deal. The one time you say a wrong word, the one time you look at things in a wrong way—that can cause you untold misery and unhappiness. The one time you hear things in a wrong way, misery arises from that occasion. That one time matters forever. In order for you to avoid unhappiness and misery, what frame of mind should you have, and in what way do you have to walk the path of life? In order to be victorious, what word must you be given? Patience. Patience is the most important virtue to embody.

80. At one bitter utterance from another person, you can get angry. But be patient. If someone shouts at you and you shout back, then there will be a quarrel. When there's quarrel, both of you will be defeated or shattered. Even though you may not be defeated, some power beats at you, so you are shattered. The moment you frown at someone or glare at him, your happiness will leave you. When you are angry at someone, you will frown, even at the notion that that person is around. Even in the physiological sense, you are poisoned inside when you are angry. So, be patient, and never be angry with anyone. It is poisonous for you to be angry. When you are furious and mad someone, don't you feel that inside? But train yourself. Just become nonchalant, neglecting the person when he is angry at you. If you want to find out the secret of how to win people over, patience is the utmost knack.

Opportunity for Happiness or Unhappiness 3-2-75

81. In the face of difficulties and hardships, you must be thinking of the gale to come. If you run faster, you are exposed to more wind.

Who Will Be Responsible for the Providence of God? 3-23-75

82. Whenever you are having trouble, say, "I am in the indemnity period. I have to overcome." Stand firm, overcome that situation, and you will get out of it. When you cannot overcome, still you have to fight within yourself: "Still my blood, in my body, the seed of Satan is right there. I have to overcome it. You get out of my body!" You have to fight back. By doing so, we turn the unhappy or miserable into the happy. And you will be the happiest person in this life.

The Law of Indemnity 7-3-75

83. You must be able to clear yourselves of all your negative feelings and downcast spiritual atmosphere and stand again in the face of difficulties. Without spurring yourselves forward, you will be vulnerable to temptations from the outside. You must have more hope and more zeal for the future.

Self-Reflection 12-1-76

84. No matter how difficult it seems, when you are absolutely centered upon God and humanity, nothing can block you. Any opponent will be shattered in any confrontation. I know this through my own experience.

85. I always have one secret comfort in any adverse and difficult position. I always remember that my Father in heaven has felt much greater suffering than I have and His is a much greater burden than mine. He has been weeping as he has faced a thousand times more emergencies than I have had. He is my Father and I must be like my Father. That is my secret and comfort. God has come to me many times, saying, "You are my son. I thank you." God's comfort is sweet and nothing in this world can deter the power that comes from such comfort. Since I am being comforted by Heavenly Father, I can go on. Anyone among you who can follow this way with 100 percent public-minded dedication shall also be comforted and I shall always stand side by side with you in spirit.

God's Will and Christmas 12-25-76

86. Why am I asking you to go the road of suffering? First, it is for you; second, for your own generations to come and third, for your own nation, and for the sake for the world. Maybe after that for God's and my sake.

Let Us Meet Opportunity Well 1-2-77

87. God is so willing to push you because this is your only opportunity. In His love, God is ready to push you, even club you. If a person will accept it and persevere through such pushing, even crying but still striving to go forward, God will push. There is no mercy in this situation. The problem is that God hesitates to do it because if He pushes you too much, you might just collapse, and that would disappoint Him so much! He is inspired by the kind of person who can take a beating, saying, "Father, come after me; push me all the way." You men and women are dynamos; you must always have energy for thrusting yourself forward, for running within yourself.

Who Am I? 1-23-77

88. Heroes are born only during emergency and crisis. Under the most adverse conditions, we can prove ourselves to be sacrificial and truly unselfish. We have only the one limited period when we are living here on earth to demonstrate that spirit.

Word and Deed 1-30-77

89. Many times, members are resolved that they could never be deprogrammed, but when they become too concerned about how soon they can get married and start having children, they may get discouraged. That feeling becomes a hook which Satan can grab, and then those members decide to leave.

90. You may be vulnerable in another way. You may be working hard, fundraising and witnessing, and then your parents phone you, tearfully pleading, “You don’t have to suffer this way. Why don’t you come home and we’ll get you new clothes and you can have a happy life for a change!” At that time, you may feel sorry for yourself, and say, “I’ve been in the Unification Church for three years and nobody cried tears for me.” Your parents’ offer may be very tempting.

91. The most important thing to realize is that temptation always comes through those nearest you, to whom it is so difficult to say no, people like your friends, your spouse or children or parents.

92. Unresolved doubt is always a hook for Satan to pull. You may even feel sometimes that there is no God or that our movement is inhumane and unjust. That is why you must be wise in understanding the Principle. God sometimes tests you by pretending that He is unconcerned or even that He is betraying you. You must understand the Principle more deeply than be swayed by that experience. When you go over that experience you realize that God wants to give His entire love to you, but only on the condition that you have completely won over Satan on your own.

Spirit World and the Physical World 2-6-77

93. Those who are in constant contact with the spirit of God and the good spirit world cannot be swayed by the temptation of Satan. Such people have an unforgettable relationship with God. Even though they may go down to the dungeons of hell, Satan could not claim them because they would still be deeply meditating on God’s revelation.

The Will of God and Individual Perfection 2-27-77

94. In wartime, when bullets are flying and artillery shells are exploding, the soldier who does not want to die is usually the one who gets hit first. The brave man who just goes out and fights as he should without caring about the bullets, surprisingly enough, is the one who lives longer. Even the bullets seem to be discriminating, and choose who to hit and who not to hit. The bullets will chase after someone who is trying to escape.

95. What kind of furnace can purify you? You guessed very quickly! All the iron, copper and other foreign metals will be processed out of you in hell, and in their place, God will fill you with gold. Therefore, you are actually going into hell in God's name, not in Satan's name. There is no other way to refine yourselves. All the corruption which we inherited from the satanic world will be drawn away and only our gold will remain. After that God can fill with gold the holes left by the other metals.

96. We have to realize our objective as Unification Church members; no matter what hardships we go through, we must continue to purify ourselves and become pure gold. Going through hell is the only way for us to become pure gold.

97. Through test after test we must drain ourselves of all fallen nature and be filled with God's gold. We cannot achieve this by going into a palace or by being comfortable.

Our Family in the Light of the Dispensation (1) 3-1-77

98. Those who come into our church are candidates for the position of princes and princesses of God. When you come in you will be given unprecedented discipline, training, and testing to see whether you deserve to become princes and princesses of God. Can you accept this? I want you to pass that test with an A+ and thereby become the princes and princesses of God.

Who Was I? 3-13-77

99. We have to take our pattern from God. God is a champion of many thousands of years. He has never been beaten but has always been challenged. This has been the pattern of His dispensation and God just keeps on fighting. I know that opposition to us will just continue on and on until finally one day there is no more left.

How to Witness: To State Leaders 4-1-77

100. You can uphold this principle and live this truth under the most tolerable hardships when you realize that no matter what suffering you may experience, you have been given this chance to see the light. You can re-make yourself by following this true love. For that opportunity you can remain eternally grateful, even though 6,000 years of suffering may come upon you at one strike.

The Resurrection of Jesus and Ourselves 4-10-77

101. You may think that many members of the Unification Church are working very hard, but from God's standpoint, that is not true. You have not yet met the standard that God has established. You may persevere for a time, but then come to the point where you give up, "No more. I want to rest now and do things my own way." Then your attitude becomes a big hook. Satan is always watching and will say, "Look, you said you are working for God and mankind 100 percent, but your actions have given you away."

102. Of course, sometimes you get tired and weak, and sometimes you get sick, but at those times you must think, "God, You have suffered more than I have. True Parents, you have suffered more than I have. Heavenly Father, there are many brothers and sisters in this world who are suffering more than I am, I am so grateful that I can do this, and as long as my life remains, I will continue." When you speak your gratitude and live it, Satan has no way to hook you. Then you are totally free to go beyond the satanic realm and to be like Jesus, completely one with God. I do not say this to bribe you to work. This is the basic principle of God. I want you to know the logical conclusion of this principle is that even tougher days will come to the Unification Church.

103. You may think that every day our way of life gets tougher, with more persecution and pressure, but I want you to realize that this is the sign that we are near our total liberation from satanic influences.

True Parents' Day from the Historical Point of View 4-18-77

104. Our way is one of leaping and jumping over any kind of hardship or persecution.

The Road of Religion and the Will of God 4-24-77

105. You must have a true picture of yourself. Some members look very substantial externally and seem to be doing a great job, but inside they are empty people, who are not worthy in the sight of God. In this period, you will be given the opportunity to experience everything, being cursed, or struck, feeling great hunger, and even envying a beggar's situation. It will be a precious period, and then you will be able to say, "I know the heart of God; I know Jesus Christ and I know Reverend Moon."

The 23rd Anniversary of the Unification Church and the History of God's Providence 5-1-77

106. I know very well that you are sometimes discouraged and despondent, but I am absolutely certain that no matter how difficult at situation you may face, you will never face the same that I have passed through. I was tortured many times and threw up so much blood that I was more dead than alive. Even at that moment, I practiced the Principle. I did not panic

and pray to God to deliver me from my enemies and alleviate my suffering. Instead I prayed, “God, Your will shall be done. I shall never let suffering stop me; I will go on so don’t worry about me.” Because God knew my suffering so well, I could pray in no other manner.

107. God knows that your path is a difficult one, yet He has to put you in that position regardless. You must be sympathetic with God for having to ask such things of His children. I knew that there was a reason for someone having to go that route, and when God chose me to do it, I responded, “God, I want to do this and I understand Your heart in allowing this suffering to come to me. I know You have a reason and, therefore, I will completely accept and bear everything.” That frame of mind opens up a whole new world where the most difficult and critical situation can be turned around 180 degrees. It is not God who will initiate that drastic change. You yourself must apply the formula.

Let Us Think Once More 6-12-77

108. Whenever you are working hard and suffering you must feel deeply that in all of heaven and earth and you alone are going to finish the restoration. “God, I am your only remnant. There is no one else but me to accomplish Your will.” Sometimes God deliberately wants you to experience the feeling, “God, no one understands my way of life but You. Even father and the church members are not sympathetic with me. I seem to be completely cut off from everyone.” Even in that situation, you may feel comforted that at least God is on your side, but the day and moment will come when even God seems to be saying, “I don’t know you.” At that time, you will feel that you are utterly alone in all the universe.

If under those conditions you still do not give up, but insist, “No matter what God thinks or what True Parents say to me, no matter how unsympathetic the church members are, this is the right way, and I will go on anyway.” Then at that moment you are elevating yourself to the highest level of faith. Once you reach that level you can be trusted unconditionally by God and by me, and eventually by the whole world. You will achieve that qualification by yourself, when everything seems to be denying you. If in this situation you still fight to uphold your faith, it will become your greatest asset which neither God nor man can ever repudiate.

The Desire of All Things 6-17-77

109. God’s suffering is the only true suffering. No one but God is truly entitled to use the word, “suffering.” We may experience some tragedy, yet as time passes the pain and grief will be eased. However, that is not true spiritually, and the passing of time will never ease God’s heart.

The Pinnacle of Suffering 6-26-77

110. You know you will go through winter but you must also envision spring's coming. Your job is to make yourself a solid seed that when the spring comes, God will cast you on very fertile ground and you will be fruitful. Are you ready to be tested by the cold weather of communism? Could you withstand torture by people who want you to recant your faith? If you are that strong, the fallen world will call you a problem child because no one will be able to bend you; but in

studying the trends of history, it is obvious that people like us must inevitably appear. The existence of the Unification Church is not an accident, but the fruit of history.

The Heart of Reunion 9-11-77

111. When you have difficulty and hardship you think, "How much Father suffered in order to make me grow and raise me up. In order to let our people grow I must suffer like Father." When you compare yourself to my position you will always gain strength.

If you keep doing, thinking, and acting like that, you cannot help but keep growing; you cannot stand still and grow. Your gradient of influence and power is based on how much you are growing. Ultimately you will become like the original center, like a sun which generates energy rather than a moon which reflects energy. By practicing this you can come to fully understand my situation and God's loving heart.

Good Day 7-3-77

112. The whole world is trying to force you into changing, but instead of being crushed, send your roots down deeper and deeper. As long as you survive to come back strong then nothing can curtail you.

113. Do you think that everything is guaranteed and that our way will be easier from now on? Now more than ever we need strong determination to give our whole selves and voluntarily take any amount of suffering. There is suffering ahead of such degree that it cannot be described in words, but only understood heart to heart. You must go in and out of that level of suffering many times in order to be perfected. Don't be naïve and think only about your ideals. You must be able to harmonize your ideals with the bitter experiences and the incredible suffering that lie ahead. In this way, you will become a true man or woman.

114. The worst suffering can be described as having no shelter, no warmth, and no food.

115. Our war is fought everywhere, even in the home. How can we overcome the present difficulties and achieve the next goal? Suffering creates the strongest spiritual link among us and without it we have no deep emotion at being together. If we have been pushed down together and have been hungry together and tried to take care of each other, then a deep heart-

to-heart relationship can be formed, regardless of whether we are Korean or Japanese or American.

116. When you go through incredible suffering, you can pray, “God, You have been suffering more than anyone else. Our True Parents have gone ahead of us to pave the way and they have faced many times more suffering than anything I face, so let me go on. I shall be triumphant and bring glory to You.” If your heart is that willing to give your total self for the sake of God, the True Parents and humanity, then even before you cry out, your ancestors and the spirit world will cry out on your behalf. You will become an indispensable person for the spirit world. There is no other way to find a heartistic link with God and with each other.

117. I want to give you two pieces of advice. First, under any circumstances, do not complain. Second, do not give up.

The Ones Who Can Receive God's Love 10-1-77

118. Suffering is a privilege when you are searching after the love of God. You must never think you suffer for my sake; it is all for yourself, so how can you complain if you are working for yourself? If you want to complain you must complain about yourself.

119. You must win over hardship in order to become a recipient of the ultimate love of God. No one can complain about you because you will be entitled to that love.

Core of Unification 10-9-77

120. No matter how fatigued I am, I never complain in prayer or ask God for anything for myself, but only seek to comfort Him. I want to go beyond human limits, and before I had set that goal for myself, I knew there would be difficulty and impossible situations to overcome. I even asked God, “I know that you want us to leap beyond the goal and fulfill very quickly, and for that reason I ask You to give us more pressure and persecution. We want to bear even greater pain so that Your time-table can be shortened.” That’s the way I always think.

Our Destined Relationship 11-6-77

121. I felt much closer to God when I was in prison, when there was no bed to lie on and I just dozed leaning against the wall. In that kind of life, I found God right beside me, always watching over me. I long for that depth of relationship with God.

The power source which sustained the saints in history was found in that kind of circumstance. When there was agony and hardship, they found God, not in comfort. I don’t need good clothes or a warm welcome from people because the only thing I care about is the

love of God. If someone stripped me naked and then 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

122. God is putting you through such trials because He wants you to be superior to any other individual in history.

The Course of Life and Restoration by Indemnification 2-26-78

123. Do you like sadness and tears? You have always thought tears and sadness were to be avoided, but is that the right concept? Sorrow and tears can be the most valuable things when you suffer for the sake of God and mankind. They are the two tools you can use to win God. You can't win Him with money, knowledge, or power, but with dedicated sorrow for others.

Sorrow and Tears 3-1-78

124. Sometimes temptations and trials are difficult, but what is the best way to overcome them? Immediately to say, "I have to forget about myself." That is a very effective way to go directly to God. It may be easy to say, but how impossible it is to do! When Jesus was crucified, even the people who opposed him knew it was totally wrong, but still he prayed that they would be forgiven since they didn't understand. How is it possible to feel that way? What do you suppose Jesus was thinking when he was crucified? Did he feel sorry for himself because he was crucified? Did he feel sorry for himself because he was dying? Certainly not. Even as the blood was dripping out of his body, he thought about how the blood he shed represented all mankind who would have to shed their satanic blood. Many people before and since Jesus had shed blood, but how different those deaths were in this crucial point. Jesus shed his blood for the sake of mankind, as the representative of mankind.

I Proclaim That I Know 4-1-78

125. I know very well that life in the Unification Church is not easy. You suffer and are persecuted and you make sacrifices, but still I will push you to go farther. No matter how much you suffer, the tremendous value of the reward which will come to you has greater meaning. Actually, your suffering is very small; no matter how much you think you suffer, it is still negligible compared to the suffering of God. For your small suffering the reward is incredibly big.

Time and Our Destined Relationship 4-2-78

126. All through your struggles you have to remember just one thing; never let go of God. You have to cling to God because He is the ultimate source. When you pull God, He will follow you. When God pulls you, you will go along. First, you will probably back along the way you are being pulled, but later you will become smarter; because you tumble down when you walked backwards, you will decide to walk forward, straight toward God. This is the manner in which you are being trained, day by day. First you follow God without understanding very much, but later you become knowledgeable and work more spontaneously. When we learn how God works on us, we lead the way even for God himself.

When Are We Satisfied? 4-9-78

127. When the way is very difficult and you are walking with tired legs, you will experience many times that without realizing it, you are talking to me and going on. You won't be able to go this way without love. Only your true, straight love makes it possible. If you live in that true love then you are living with God every moment of the day, not just now and then. This is very true. You are gradually learning more and becoming connected to the realm of heart.

The Burden on Our Shoulders 6-11-78

128. If then you still cannot tolerate something and you're about to burst, always call God's name. Then you will get over that situation because God has been overcoming for many thousands of years. If I can do it, you can. If you have that feeling then you can immediately surmount the problem.

Let Us Be Grateful 6-18-78

129. Why do you have to persevere and endure? It is so you can make a foundation stronger than that of the people who oppose you. We think deeply so that we can guide other people and give them leadership instead of having to follow them. People's opposition give you fuel to try harder.

Perseverance and Contemplation 8-27-78

130. When you are desperate and shout out in search of love, then I will appear beside you in a vision and talk to you. Why do I have to come if you call out for me? I go this same way and

I have done the same thing toward God. This can happen all the time and this is why the Unification Church is a religion that no one can eradicate. As long as your line of love is attached to me then the frequency of your love is the same as mine. This is not only a dream but the reality of the very age in which we are living.

One Age, One Generation 9-3-78

131. The New Age has dawned. On February 23, 1977, I declared the year one of the Kingdom of God on the foundation of victory of Washington Monument. Always in history Cain was in the position to attack and Abel received a beating, but from February 23 on, that relationship was turned upside down. After that day I knew victory was ours and I gave the direction to go on the offensive against the Fraser committee. I never said that we should only defend ourselves, but that we should counterattack. Then Congressman Fraser was on the defensive. He thought he was going to judge us as criminals, but I told our members that we were the judges, not him.

Washington Monument 9-18-78

CAIN – ABEL

1. Yes, Cain receives the blessing through Abel by subjugating himself to him, but Abel is receiving the inheritance from Cain. Cain must come under Abel and Abel must receive the inheritance from Cain and be blessed by God; then Cain will follow Abel.

2. Because Abel associates himself with Cain, Abel is blessed by God. Then Abel gives the blessing to Cain.

3. God did not want Cain to slay Abel. It was not Cain's fault alone. Abel was also wrong. This we found through spirit world. Abel irritated Cain, and was also responsible.

Master Speaks 3-1-65

4. Furthermore, you must be united among brothers. Cain and Abel, the sons of Adam, fought and killed each other. This must be restored by having harmony among brothers. By living in harmony with your brothers you are accepted to sonship of the True Parents.

Leaders' Address 5-31-65

5. Abel is supposed to be the person who can receive perfect love from God. He must be able to be triumphant over Satan. He must be able to sacrifice himself for mankind.

Things Found Most Important in Leading a Life of Faith 12-12-71

6. We are taught about the problem of Cain and Abel in the Principle. Abel should have separated himself from Satan, or Cain, and come into the love of God. Then, by feeling and experiencing God's grief and his brother's grief, he should have sacrificed himself in place of them. He should have saved his brother at the risk of his life, at the very price of his life. But in the process of doing that, he was killed by Cain. You know the Divine Principle. Our members are in the position of Abel. You must be able to fight against Satan and separate yourself from the satanic world. That means you have to come into God's love. But that is not all. From then on you must be willing to sacrifice yourself in order to relieve God's grieving heart and that of the brothers and sisters to bondage to Satan. At the price of your life, your sacrifice, you must be willing to take and save them from the satanic world. At the sacrifice of Abel, the restoration and providence will proceed. That is the formula you must remember.

The Formula for God's Providence 12-14-71

7. To save Cain, there must be an unselfish Abel to ask for his brother's salvation. To stand in the Abel position one must be able to receive God's love. To receive God's love, one must come out of selfishness and evil. Then to save the struggling brother, Abel must sacrifice. This is the law of God's will.

Sacrifice—The Historical Formula for World Restoration 12-21-71

8. When Adam and Eve left God, they shed tears of sorrow—that is the heart of Cain. Therefore, Abel should shed tears of hope for God's hope in him, and for God's providence of restoration, thinking of God's painful heart when He lost Adam and Eve. Such a man always comes to the central position in the providence of restoration.

How God is Pursuing His Restoration Providence 12-22-71

9. The new Messiah is coming for two distinct purposes. One, to give you liberation from the bondage of Satan. Two, to eradicate the original sin, and bring you up to the state of the original concept of God's creation. You become a true citizen on God's earth and are then lifted up when your physical body expires (lifted up into the Kingdom of Heaven for the first time).

One God—One World Religion 3-20-72

10. God is the Father, and all men are in the children's position. God loves them with a love of giving; therefore, through this, their confidence is much stronger, and through which the world can more quickly be united. No parent wants his own children to quarrel with each other. If all the brothers were united with the parents, truly one then among the brothers, war could not be conceivable.

Unification 4-2-72

11. Have you ever loved anyone with your whole heart? If you have never experienced that, if you have never loved a person with all your heart, how can you love God? When you have not loved man with all your heart, you cannot say you love God. Jesus said that he came not to be served, but to serve the people. His love was not that which would be poured out just to those persons who loved him, but he was ready to love the enemy.

12. Without Cain and Abel becoming one like this, they cannot meet the True Parents. That is the Principle.

13. The human fall caused Cain and Abel to be corrupted, and they were separated and lost their parents. Cain and Abel were separated from God by the fall and lost their parenthood, and their children are scattered. There is disharmony created between Cain and Abel type of persons, and in order for us to recreate men, we must go the reverse way. One Cain and one Abel must be brought together in good harmony, in order to meet their Parents.

14. If you really love God, you must be loving your brothers and sisters whom God loves.

Opening of the Training Session 12-9-72

15. If men loved each other, they would not have wanted to be separated from each other; they would have wanted to come closer and cuddle together and talk together; wherever they went they would want to associate and go back and forth together and they could not have forgotten their own language. But, if disharmony exists and you quarrel, you don't want to be with the opponent; you want to go this way if he was to go that way and you would never want to eat whatever was made by your opponent. Disharmony was caused by the fall.

Change of Blood Lineage (I) 1-18-73

16. On God's part, He could not develop the providence of restoration of man there by Himself; He needed mankind on the side of Abel, the other part on the side of Cain. In other words, in order for mankind to be restored to the original position, Cain must be obedient to Abel. Those two must become one with each other and then become one with God in wholesome oneness.

17. In the first family, Eve caused the fall of Adam by force, by tempting him—by forcing him to do the same as she did. In the second case, Abel cannot do that by forcing his elder brother, but he should do it in such a way as to impress him, to move his heart. In other words, Cain must be obedient to Abel and Abel should have restored Cain in such a way as to move his heart. Then Cain could have obeyed Abel to be restored. If Abel could move the heart of Cain and reversely speaking, if Cain utterly obeyed Abel, everything could have been solved right there.

18. In restoring ourselves, we have to obey the central figure, while the central figure is going to move our hearts to obey him. But you must know that Cain must keep the position here and in joining those who are in the position of Cain, must move towards Abel. Abel is trying to move our hearts, enlighten our hearts to the truth, but we in the position of Cain must be obedient and willing to join him. You cannot dream of dragging Abel to your side, but you are destined to go to him and join him. On every level, the people have to go through the same course to join the central figure. The people on each level must do the same. In the latter days,

when the Messiah comes as the central point on the worldwide level, the people of the world must minister to him,

come close to him and join him. He cannot do that on his part. Unless they do that, the people of the world must go through a lot of difficulty on the worldwide level.

Heavenly Tradition 1-20-73

19. The relationship between the archangel and Adam is something like that between Cain and Abel. In that sense, the archangel would have obeyed Adam in order to reach God. He should have become one with Abel in order to reach God. One thing you must remember is when you put yourself in Cain's position and try to obey the person in Abel's position, then you are safe to reach God.

Change of Blood Lineage (III) 1-21-73

20. In Adam's family, there was Abel, but without Abel's being able to become one with Cain, he cannot do anything.

21. If you love each other, both will prosper, but if you hate each other, you will not only be separated, you will be ruined.

Our Attitude 1-22-73

22. You may sense that this central person seems to like another person more than you, leading and guiding that person—and you may dislike that and complain, but you have no right to complain. In that case, instead of complaining, you would want to serve that person he seems to favor in order to please him. If you complain, it will be the end of that. Instead, be ready to love that person. Never say to a latecomer: "I arrived earlier than you, so I have the right to go ahead of you." If, instead of complaining, you are ready to help and minister to that person, he will be pleased with you and will introduce you to the central figure, wishing you to get closer to him. Something unexpected could happen on your way like this.

23. When you find other people being loved by God more than you are, will you complain and be jealous? It is safe for you to receive less love, to minister to another person and to go to the central figure through that person. That way you can reach your destination.

Our Life in the Kingdom of God 1-28-73

24. This is the key to love. This is the secret to possess love. The more you labor for the person you love, the more love you will receive from them.

Way of Life 2-16-73

25. You must first like Cain before you like or love God.

First Directors' Conference 3-5-73

26. To carry out their missions, Adam, Noah, Abraham and Jesus were in Cain's position.

Our Shame (Instead of Honor) 3-11-73

27. If you quarrel with a brother or sister, then God, as the Parent, cannot love either of you.

28. Those who are in Abel's position must be able to subjugate Cain, not in such a way as to conquer him, but to love him and warm him up in more harmony, in unity. (Abel wants more unity. Unity is the first thing.)

29. We want to be united with someone, and then God's love comes there, so our purpose in uniting with others is to receive God's love.

Heart 3-30-73

30. Day and night, during sleep, and even when you are walking in the street, you must think of your brothers being more precious than you. That means the one who is working, who is doing things for the sake of the public is entitled to the Kingdom of Heaven.

31. In the fallen world, you don't think about your brothers, you think about yourselves first. If we go this contrary way, then we are entitled to the Kingdom of Heaven. We must go the reverse way, and we must be loving our brothers and sisters more than ourselves. In proportion to what we have in that line, we can enjoy that much of the kingdom in our minds.

32. You must have the notion of your brother being more precious than yourself.

33. There is parental love, matrimonial love—what must brotherly love be like? How much must the brothers be in love with each other? They learn how to love from their parents.

34. Abel must put himself in the position of subject to Cain as his object. I must repeat that Abel's position is the position of parents towards Cain as the son, in place of husband towards Cain as his wife.

35. Any two of you are in the relationship of Cain and Abel. Who loves the other more will be in Abel's position?

36. You can calculate or figure out what type of Cain you are. If there are more Cains among you worrying about or taking care of Cains, then the number of Cains will be decreased.

37. You always want to follow me. Instead of following me, turn to the other side and bring your Cain and follow me. Who can lead you to the highest place in the Kingdom of Heaven? Who can lead you to the Kingdom of Heaven in the soonest possible date?

38. You must be almost crazy over love and love towards your brothers, and you must miss them in such a way that you can cry the whole day long in missing them. Without your brothers and sisters around you, you cannot practice your love in which alone you can go to the Kingdom of Heaven.

39. Cain and Abel, in order for both of them to enter the Kingdom of Heaven, must unite into one in love or else they are not entitled to the Kingdom of Heaven.

40. Those who live for the sake of their brothers will be accepted and received and welcomed everywhere.

41. In the course of the restoration, the first important and serious question is how do you like Cain and Abel? Who and what are Cain and Abel?

Brothers are the fruits of parental love—they are fruits of the love between father and mother. They resemble their parents, and in their love, too, they imitate the love between their father and mother.

The Brothers and I 4-8-73

42. We must take the initiative to tear down the walls to reach out to others instead of waiting for others to reach in to us.

43. In order to be loved by God, we must first love our brothers and having united with them, come back to God's bosom and be loved by Him.

The Starting Point of Good and Evil 6-24-73

44. If you put the ultimate emphasis on yourself, you will always be faced with fighting and quarreling. You must have the idea of "I am for you; I am for all." You must think, "I am born for the sake of my parents, for you, and for the sake of all."

Important Person 6-10-73

45. You must be able to become minus to your leader. In the outside world too, if you are harmonious with your boss, and are able to please him and do whatever you are told, you are apt to be promoted.

46. If you minister to your leader, and if you are strictly obedient to the leader, and if the leader cannot carry out his mission, he is doomed to be fired from the position, and you may even be elevated to his position.

47. If there is a leader who is not qualified enough for the job, but is temporarily stationed there, and he is a rigid boss over you, but you are strictly obedient even though you are more qualified for the job, and you are working hard under him, that may go on for one year, two years, three years. Eventually, the boss cannot remain in that position, and you will be promoted to the position in place of him.

48. If you are obedient to the leader who is not qualified to boss you, the people around you will become more and more aware of the fact and recognize your ability. If your leader is not qualified enough, just be thankful that your ability can be used and that you can gain experience.

49. If your leader is harsh on you, don't be bitter, just be more obedient to him. When he falls away from his job—when he's dead—you must be ready to even put flowers on his tomb.

God's Day Eve 12-31-73

50. When Cain and Abel become one, they develop together towards a greater goal.

51. Through the successful relationship between Cain and Abel, we become champions of service.

52. Without serving people in the Cain-position successfully, you cannot become a true Abel.

53. We are in the Abel-position to the established churches. But we need Cain. Have you really loved the established churches as your Cain? Many established church members opposed and persecuted me all through my life. But I have never prayed for their misfortune or harsh judgment even in my dreams. I have never tried to revenge myself. I only prayed for their salvation with unchanging love. We must give them our genuine love. Unless we restore them completely, we will never become successful as true Abels.

Let Us Establish the Kingdom of Heaven 1-1-75

54. Your parents' wish is for you to love your brothers and sisters more than you would your own parents. The same thing is true with God. God, as the parent, would want you to love your brothers and sisters more than you love Him.

Let Us Repay Our Debts 3-10-75

55. If you have the wrong idea of the relationship between Cain and Abel, it is apt to lead you nowhere, or to the place opposite to where you should be.

56. Can you safely say, "I'm in the position of Abel because I'm old enough in the movement?" (No!) You are apt to fall into the position of Cain, and danger comes more to the early-comers into the movement, not the new ones.

57. Those who are born first are in the position of Cain, the younger one is in the position of Abel. If you are so arrogant as to call yourself Abel because you are old enough in the movement, you are apt to fall into the position of Cain, and even into the position of Satan.

58. If you are in the position of Cain, but cooperate with God and work in place of God, then you can remain in the closer position, like successful Cain.

59. Those who are in the position of Abel must be able to win over Satan. That's the first thing.

60. What is Abel, again? Abel is one who is entirely united with God, who represents all mankind.

61. Abel's mission is to look for and restore those who are in Cain's position.

62. Without Cain, Abel cannot play the role of Abel.

63. When you are always ready to receive something from others you are placing yourself in the position of Cain.

64. There has been the notion that Abel's qualification was to give orders to other people, with you just sitting there, waiting for direction to come to you. If you want to be in the position of Abel, you must have someone in the position of Cain, and you must win over with sweetness and a loving heart.

65. Cain is the first born, he's in the position of your elder brother or elder sister. The younger one must emit such a light of love and warmth that those who are in the position of Cain would be more than willing to give him anything.

66. Cain was originally God's son; having fallen, Cain was in the position of the archangel. Through servanthood, he must pave his own way by smoothing over the obstacles until he can be elevated to the standard of an adopted son.

67. You need your Cain, and Cains need their Abel. By you as an Abel becoming one with God above and Cain below, you can enter the Kingdom of Heaven.

68. If and when you become exhausted on the way, you can neither become Cain nor Abel.

Cain-Abel Relationships 3-15-75

69. If you receive orders coming from other people in utter humbleness, and do as you are told, then you can have dominion over all those people and over their minds. At length, you can dominate the heart of God because God is constantly giving orders to us to sacrifice ourselves for the sake of all humanity. If you are living up to that standard, then you can dominate God's heart too.

The Whole and Myself 5-26-75

70. Who is Abel? Abel is the unselfish person who dies for the sake of God, for mankind, and for his family.

Perfection and Gratitude 10-3-76

71. Only after Abel and Cain unite together through our activities and together serve True Parents can they be lifted up.

The Day of the Victory of Heaven 10-4-76

72. The person in the position of Abel must go through the road of indemnity to the point where he can even die.

73. While Abel was still alive, he had not yet fulfilled the qualifications for that position, but if he had not been killed, he could have saved his whole family and they could have reached the level of having nothing to do with sin. Abel died with that part still left unaccomplished but because he was killed for the sake of God the way was left open for an Abel in the future to accomplish the mission he left undone.

The Responsibility of Cain and Abel 11-1-76

74. Up to the present, the disputes between Cain and Abel have been caused by being greedy, but by giving to each other, you will be united very easily.

Self-Reflection 12-1-76

75. Even more than having their children bring many gifts and much love to them, parents want to see their children loving their brothers and sisters in beautiful harmony. Parents are grieved

to see their children quarreling among each other even though they may bring many gifts to their parents.

The Blessing 2-20-77

76. Cain and Abel must become one. In the sight of God there was no difference between Cain and Abel when they were born, but because of the fallen act there was a vast difference in the meaning of their positions as elder son and younger son. The ultimate dominion in the world should begin with the positions of Cain and Abel united into oneness.

True Parents' Day from the Historical Point of View 4-18-77

77. Unification is the most important qualification for meeting the Messiah.

Living Sacrifice 5-8-77

78. To be eligible to receive the love of God, we go through the process of indemnity, in which Cain and Abel became one.

79. Cain and Abel have been enemies, but they should be united in love instead.

80. Abel should teach Cain how to be obedient to and united with him.

81. We must take the course opposite Satan's way. That is, if Cain and Abel had come to God's side then they would have made true unity.

82. Often you mistakenly think that Cain was supposed to be subjugated by Abel from the very beginning, but that is wrong. Cain is a rebellious figure to begin with, and Abel must teach Cain how to be obedient by demonstrating Cain's role himself. Abel must show Cain the way by example. Love is the central element and Abel is supposed to love Cain more than anyone else. When Cain recognizes that Abel truly loves him more than anyone else does, then Cain will give up his false ambitions and arrogance and become obedient to Abel. Abel can pull Cain to his side by the magnetic force of love.

The Desire of All Things 6-17-77

83. Relive the history of Cain and Abel, being the Cain who does not kill his brother and the Abel who is not killed by Cain.

The Children's Day We Have Been Longing For 11-11-77

84. The pious son and daughter still love one another even if their parents are absent.

Let Us March Forward to Our Heavenly Father 11-13-77

85. Jesus said that one of the two most important commandments was, "You shall love your neighbor as yourself." Who are your neighbors? They are you brothers and sisters. Christians think of loving people who are in dire circumstances, but then they turn around and accuse their fellow Christians of being heretics. That's not loving your neighbor. Your first neighbor is right next to you.

Resurrected Kingdom of God 3-26-78

86. Cain's nature is to want the other person to pay indemnity.

The Age of New Dispensation 5-4-78

87. What is the wish of all Cain-side people? Their wish is to meet their Abel because through their Abel, they are going to be restored to God.

88. What is the purpose of meeting Abel? To have someone who can run errands for you? All Cains will meet Abel and work according to his command. Cain will do the work but Abel will direct it wisely. The way for Cain to live is through Abel, and even if we must make our lives a sacrifice we can never separate from our Abel.

89. We know what took place in history. Cain killed Abel and it became the source of regret so painful to God that it is beyond description. Now this must be reversed. If Cain is so completely dedicated to Abel that even if Abel wrongs Cain he never rebels, then that Cain will be instantly brought back to God. That is the clear process of recreation. Does this apply to you? This is the law of God and the law applies to everyone.

90. Whatever happens, Cain must be determined never to separate again from God, never to object again. As Abel makes Cain's offering, he may even decide to cut it in half for the sake of the world, but the offering should never revolt. If the people know for sure what their position

is then they will never oppose Abel, but the Israelites did not understand this and they did not believe in Jesus.

The Day of All Things 6-6-78

91. Who is Cain? Cain is a child of God, but he is restored into heaven by becoming totally obedient to God instead of being rebellious.

92. Who is Abel? You have no qualms about uniting 100 percent with God or True Parents, but who is Abel? Not all Abels are like God or True Parents. To begin with, Abel is your younger brother. Ask yourself if you could unconditionally obey your younger brother; that is the position of Abel. Obedience on that level is the starting point. This is why Jesus taught that unless a person has the heart of a child, he cannot enter heaven.

93. Abel is not elected by Cain. Parents are Abel in the family; in the nation, the head of state is Abel; in the world, the saints are Abel; and in the entire universe, God is Abel because they all love selflessly. Saints selflessly love the world and God selflessly loves mankind. At home, each one should be a son or daughter of filial piety, and in his nation should become a patriot, obediently following and loving the saints while on earth, and in the universe should become a son or daughter of God who loves Abel. That is our duty.

The Completion Period for the Dispensation 11-12-78

94. I know you love me and love God, but when I look at you, I want to see whether you have that love among yourselves. That becomes my joy and something beautiful to behold. In order to become true sons and daughters you must first love each other more than your parents; that is the most beautiful gift you can give your parents. If you are loving in that way then you are positioning yourself closest to the parents. Then even if you don't know Principle intellectually, no one could say you don't know the truth.

The Importance of Prayer 4-15-79

95. God wants you to love your parents and brothers and sisters more than Him. In the same way, Mother and I want you to love your brothers and sisters more than us. That will be the most welcome, exciting thing for us to see.

Loving brothers and sisters this intensely will evoke the love of the parents and they will all be involved in one harmony. When you practice your way of life in this vertical discipline and are blessed, you can draw a perfect horizontal line. Then you shall be entitled to love the world and God.

Mission of Our Life 4-22-79

PERSECUTION

1. Today, in the latter half of the 20th century, the Unification Church has declared a new idea. If this gathering and multitude appeared representing the source of the heavenly restoration history, and if this gathering and multitude appeared in order to bear the mission of the new age under the heavenly strategy of operation, then we must be whipped and struck by Satan! We must be attacked and driven away and receive all kinds of persecution and pain! We have to receive not only the persecution of any national doctrine and thought, any traditional national standard or any sovereignty as this present day is the age of universalism. The persecution must reach the limit! All the historical misery, afflictions, and the wretched state pursued through history which reflects the way mankind has lived, all will once again appear in our multitude. They must be repeated in individuals, families, tribes and nations. As a nation, let us be persecuted before the world stage! When we have finally settled this indemnity, God will hand over to us the reins of judgment. This is the history of the restoration. We say that the present day is the time of transition, passing the age of the individual and crossing over toward the family, tribe, race and nation. The environment and background of the present age is equivalent to that of Israel at the time of Jesus. The actual circumstances, the real condition of Korea is exactly the same. What will become of the nations which persecute and drive away God's beloved sons and daughters? They will stand in the same position. The persons who drive away heaven will at first be in high spirits, imposing, proud, high-handed, cruel, exercising all tyranny. They will think that the entire world is theirs. But in the end, they will gradually become more miserable than those they have persecuted. Then you will know that the time has come.

Leader's Address 7-17-65

2. Jesus knew that only he could understand God's love, and that he was the only one who could exercise God's love. But he was killed by others. He couldn't curse them, but he blessed them. From the time of his birth to the time of his death, Jesus lived that kind of love, that kind of life. Always he wanted to give God's love, manifest God's love for God to other people.

The Importance of Heavenly Heart 12-30-71

3. Even when you are attacked, God is using the enemy as the instrument for giving things to you. You are gaining more by being attacked. Those who are on the side of God will not initiate the attack, but still gain. Those who are on the satanic side initiate the attack but while doing

that, they lose things instead of gaining. You must know this clearly. That applies to your everyday life because this is the truth.

Unification 4-2-72

4. At the time of Jesus, since the sinful people killed the son of God who came in the position of Adam, God never believes or trusts the people in the angelic world. This time, however hard people may try, by denying themselves and doing everything for the sake of God, still God cannot trust them. Only if you can deny yourself as many times as you may be caught under persecution, under trial, will God be able to trust you.

Change of Blood Lineage (III) 1-21-73

5. In the face of persecution by other people, if you are calm and collected, they will think you are strange; but you are great.

Way of Life 2-16-73

6. I know only too well that if the evil force invades the good, then they have to be punished by God and they have to compensate for what they have taken from the good side. Because I know that law exists in the universe, even though I may be persecuted, I am not worrying at all. If I have gone through difficulties and persecution for the sake of other people, then the law of the universe and the good force of the universe will come in protection of me.

The Basis of Good and Evil 2-19-73

7. The more opposition I see the more my heart is truly concentrated upon the will of our Father—I am so busy comforting him. I pray to Father, “Father, give me a little more time, give me more time, more protection, not because I want to live but because I have a little more of my job to do for You.”

Portland Director’s Conference 4-14-74

8. As in the example of Jesus Christ, we must not hate our enemies or hate the power coming from the opposition group, but we must hate the Satan working in the group and we must be

compassionate toward the people and try to get them involved in our project, and by moving their hearts have them become our members. That's our goal.

9. For instance, the established church members would protest against us and even persecute us, but we must not try to rebel their power or deny them but be compassionate to them and try to win their hearts, and finally unify them into our group to reach out to the end of the world.

10. Whatever difficulties there may come, we must welcome them and digest them. For instance, we must receive and digest persecution coming to us when we work for the providence on the individual level, and at the sacrifice of ourselves we must save our family, and at the sacrifice of the family we must be able to save our clan and nation, and at the sacrifice of the nation we must be able to save our clan and nation, and at the sacrifice of the nation we must be able to save the whole world. When we have that attitude of welcoming whatever persecution comes to us and by getting over the difficulties, we can proceed to the next stage and still the next.

11. I know too well what it is to be persecuted by the people because I myself have gone through all those things. God will remember you and knows that you are now going through difficulties and persecution, but the things you are going to enjoy will be greater than the difficulties you are going through. God is in that case cruel to you and just turns His face away and sounds the battle cry to drive you out on the rough road.

12. Even Christians would hate you. Your society, your nation and the whole world will hate you. But never mind, let them wait and they will know what it is that we are doing here, and we will bring them back at last.

13. We must be sympathetic with them because they are ignorant of what we are doing. Those who have knowledge are more responsible for God's will than other people.

14. You are persecuted on the individual level even by your loved ones, and it is because they are ignorant of what we are doing. When you think of that you must be sympathetic with them and get over the difficulties.

The Path That We Tread 8-25-74

15. He is in the position of God, so even though he received all that mistreatment he has to have patience. He cannot challenge back. Even when he received persecution, he felt he should act as if it never happened. When he received persecution, he pretended not to, because Heavenly Father feels that same way.

16. You have to realize we look like we are defeating ourselves, but actually it is a glorious thing. Before your eyes, you are seeing the realization of the Kingdom. Your sweat, your work is building God's nation. Even though you have a hard time on the street, you meet opposition

and persecution, you have to look forward, knowing that the realization of God's nation will come because of you. You will be glorified when the time comes. Satan's world will vanish, but God's sovereignty will flourish forever. You have to look forward to that.

17. Even under persecution, when hardship was unavoidable, in unbearable situations, he looked forward to the future of God's kingdom.

The Person Who Worries About God's Nation 9-1-74

18. Somebody may spit at you, maybe someone will hit you, but you must smile at them and bless them. Be patient and meek, love life, your entire life up to this hour. That is God's way.

Let Us Turn This Historical Moment into Great Victory 9-8-74

19. I know that in some cases, other people are very negative and unfriendly. They spit at you, they kick you, they push you down, and they slap you. I'm sure in some cases that happens. But you keep smiling. Are you confident you can still keep smiling? (Yes!) You began the battle with your smiles. You must finish the battle with a smile. That's the champion.

20. Suppose there's a minister who hates me, Reverend Moon, hates Unification Church doctrine, hates the Divine Principle, and he happened to meet one of our girls who is our member. And he tried to convince that young lady, saying, "How bad your movement is, how awful Reverend Moon is," and so forth. But that woman treated him in such a loving and smiling way, and overpowered him with love. That person may be frantic and mad, but when he turns around, his heart is shattered by your loving force. You are the winner.

21. I want you to be very righteous, and very open and shameless in the sight of God. In the meantime, I do not want you to curse anybody. I do not hate anyone. I don't want you to hate anyone because hatred will never win.

A New Breed of People 9-15-74

22. When you feel resentment, having been persecuted and wronged by other people, if you just grit your teeth, resolved to dash forward for victory, then you can be victors.

23. Even though you may go through difficulties it is not always bad, because the experiences which you go through will teach you lessons. Then you are stronger than ordinary people who have not been immunized through difficulties.

Let Us Cross Over the Hill 9-29-74

24. When you are beaten by Satan, in that difficulty if you are united with God, united with your Abel, then you will be stronger than the evil power invading you.

25. That principle applies, and we know, we see, that in the religious world only when people are beaten and persecuted and put under difficulty do they mushroom and grow faster. In Judaism and Christianity, we find that when people are persecuted, then God is on their side working through them, and then they become more powerful. If under such difficulties they are determined to become one with God, cling to Him, never letting go, then history is witness that those groups are stronger and will endure to be winners.

26. You must always be able to protest and claim yourself as being God's son. In Principle, you have been born under God and lived with God and will die with Him, so it is natural for you to be persecuted by Satan. That is why in the Bible, we read seemingly paradoxical things: when you want to lose your life, you will gain it, but when you want to gain your life, you will lose it. Only by overcoming death can you come alive.

The Seven Day Fast 10-20-74

27. The more a religion is persecuted, the more developed it becomes. Heavenly strategy is being struck and persecuted, then gaining and restoring for God. Satan likes to strike and persecute, but he loses in the end. Even under the severest persecution the Unification Church has expanded constantly to the worldwide scale.

28. The true religion is recognized and approved after being persecuted and oppressed. None of the prophets, saints, or sages were welcomed by the people from the beginning.

Let Us Establish the Kingdom of Heaven 1-1-75

29. If we endure for ten more years, we will soar up and be conspicuous in the human scene, while other people will decline and be corrupted. In other words, we will win the game, and they will be defeated. You must be confident of that. I've had the same experience myself. I have been persecuted, I have been called names, and sometimes people would spit in my face. I've endured all these things. But at the same time, I deeply resolved to make them see my success in ten years' time, if not ten years, then 20 years' time. "Just wait and see," I would scream and shout in my mind.

The Boundary Point of Victory 2-23-75

30. Under persecution, every moment of my life was worse than death. Under piercing agony and difficulty, I had to bless the people who persecuted me. I prayed for those people, and I

consoled God's heart. I was even sympathetic with Him, knowing what He was like. I knew that God was the person of greatest patience. I knew that God was doing everything and anything for the sake of mankind. If we follow the example of God and the men of God's choice, I know that we cannot be failures.

Opportunity for Happiness or Unhappiness 3-2-75

31. Even to those people who try to kill me, when I love them, when I pray for them, I am showing them the heart of God, the heart of True parents. That's the love of any parents. Parents are like that; no matter how bad their sons and daughters are, they still pray for them.

On Approaching God 3-3-75

32. If Satan should accuse God, God will not fall prey to the accusation. God will not be immune to the accusation, but also, He will conquer the person accusing Him. Do you understand? Satan will surrender to God. When you are accused by someone when you did not sin or when severe accusation comes when you committed a small mistake and you get over that without falling prey to him, then you can occupy that person, or that person has to surrender to you. That is why we are even happier in the situation where we are persecuted by others. When we are under persecution, we are on the verge of falling to the satanic side or the godly side.

Human Relationships 3-9-75

33. The stronger people and the more courageous people will remain and survive persecution and difficulty. Those kinds of people would rise again after much oppression. As you all remember, Christianity was so strong that its people fought against oppressing powers in the face of difficulties and persecutions; they worked underground to survive and they prevailed.

Those Who Will Prevail 3-12-75

34. You can expect persecutions coming, but without persecution there's no challenge, no value. You must know and feel that you are born for that purpose.

Who Will Be Responsible for the Providence of God? 3-23-75

35. When you are persecuted, go through hardships and difficulties and have many battles to fight, and then you win over all those things, those are going to be the foundation for you to be welcomed in the spirit world.

Human Death 7-21-75

36. You will not retreat under persecution. To retreat would be the most shameful thing in the world for you. I want you to have this kind of courage when you go out.

Training For Victory 10-2-75

37. Each time we elevate ourselves to a new level, there is always additional attack, additional persecution. It is inevitable, and without it we cannot progress.

Untitled Address to Conference of U.S. and International Leaders 9-20-76

38. You must have mercy upon our enemies and pray for them. They are Cain and it is Abel's responsibility to love and unite with Cain. Until we are united with Cain, we are not in a position to survive and prosper.

The Day of the Victory of Heaven 10-4-76

39. Because persecution has come not only to me but to you, you can begin to experience the feeling of my position deep in your heart. We are being persecuted for following the truth, but if you continually rise above the persecution and become able to speak the truth under any circumstances, you will become a sailor that God can count on.

40. In its way persecution is a blessing. Only those who rise above persecution can be trusted by their fellow man and by God. The one who can be successful even under persecution is indeed a capable person.

41. I have no time to pay attention to persecution and I am not bothered by it. I pay as much attention to it as I would to neighbor's fly coming into my house for a visit. Eternal righteousness is on our side.

42. God is almighty, but He has been persecuted and cursed by people who insist that He is dead. Many champions of God have been murdered throughout history. Yet God has been silent, almost as though He were ineffective and weak. God must almost close His eyes to the reality of this world.

43. Do you know why God cannot show His wrath? If He were ever angry and decided to judge the entire world, not one human soul would remain on earth.

The Age of Judgment and Ourselves 11-21-76

44. The important thing is not whether we are persecuted, but whether we are receiving this persecution for the sake of God and humanity. If we are, then we are protected and nothing can destroy this movement or stop us.

The Benefit and Grace of This Time in History 12-19-76

45. They point finger at you and say, "You are of the devil; we are God." But we are the ones going forward and becoming prosperous. They were becoming smaller and smaller all the time. God has already left them.

46. Don't be disturbed by these people. Pity them. Do you know why? They will have to pay the full penalty of their actions. Blessing will finally come to us equal to the persecution they gave us. Actually, they are losing by cursing us.

47. Think of it. We've been accused, but we are buying up their seminaries, their colleges, their convents and monasteries. In history the true religion has always been accused by the established religion, but in the meantime it prospered. That is the way religious history has been, and we are no exception. The fact that we are being accused by all the established religions around is one sign that we really are the true religion.

God's Day 19977

48. Any religious movement will face the possibility of persecution if it is determined to deal with the reality of human sin and misery at the bottom of hell, while at the same time proclaiming to the world the highest possible goal of the building of the Kingdom of God here on earth.

49. If you follow me then you will receive the same scornful treatment I receive. Even with your youthful vitality this road is not an easy one. Maybe the newcomers here are shocked by hearing these things, but we are honest and say that this is not an easy way. You should pack up if you don't want to face this life. Perhaps then you would not feel any pressure, but if you think about it there is no hope outside this Church. At least one thing is sure; if we stay here, then at least we have hope. To stay in the Unification Church, you need a lot of faith, both in me and in the Principle.

50. Persecution is the most ideal situation in which to demonstrate to God and to ourselves we really are.

The Spirit World and the Physical World 2-6-77

51. As our attackers advance to strike us, we will not retreat but ready ourselves to take beating after beating. As we advance, they will prepare a second and third wave. Ultimately, we will reach the goal and they will have to yield the world to us.

52. If we absorb Satan's initial blow then he has to move backward or forward before hitting us again. Satan cannot attack us twice from the same position. Therefore, we must survive that one blow and go on. That is our tactic.

53. Satan always initiates the attack but he is always the loser.

The Ideal World of Subject and Object 2-13-77

54. God's people are always being attacked, but they endure, persist and move on. That's the characteristic of God's people. Always under attack, they take the beating but never give up. It is a universal law that you become a winner by being attacked. The aggressor has to pay the damage plus a penalty. You must endure and survive and the attack on the individual level, then on the family level, national level and the worldwide level. You must withstand, survive and persevere. In the end, you will receive the entire universe because Satan and evil have to pay you the damage plus the penalty. That's how God's side will win.

55. The entire universe attacks you even though righteousness and justice are on your side. As long as you withstand, you can survive and the entire universe will come to you.

56. Should I be diplomatic, or should we go out and shake the world? Let's get that attention of the world focused upon us. Let them hit me; let them hit us. Let them do it! By doing so, they owe us a debt.

57. You must know my secret, the secret of the Unification Church. From the very beginning of my ministry, I was attacked and attacked and attacked, but I never faltered, never completely gave up, and in the end, I always won and prospered. This has been the history of God and the history of the Unification Church. The Bible says that the ones who are patient to the last shall be victorious. Not just one person came against me; not just one nation came against me; not just this world came against me. In the course of my ministry, the entire spirit world has come against me, and at one point even God came against me and said, "I don't know you."

58. This is why I let you suffer. If you go through similar hardships, then you can be recognized together with me, and the blessings I receive will also become yours. That is the only way you can receive them. Then you are going to distribute these blessings to the world. If people refuse to receive them, then they will become yours. God will say, "You just go

ahead and keep it.” So, you have no way to lose. Then would you like to receive some persecution?

Today in the Light of Dispensational History 2-23-77

59. Any accusation or opposition is matched by equal blessing.

60. You yourself are your worst enemy. All these negative forces surrounding you are helping you to remove your fallen nature. In that way, they are assisting in your ministry. If you are strong, bold and faithful, then anyone who opposes you will be a loser. The greater the intensity of their opposition, the greater will be your victory.

The Will of God and Individual Perfection 2-27-77

61. To love your enemy is a most wonderful thing.

62. Did Jesus want God to curse the Roman soldiers who were crucifying him? No. Instead Jesus asked God’s forgiveness for his enemies. He knew that God’s way of life would eventually blossom and bring down the blessing of the Kingdom of Heaven here on earth. That ideology of unselfish love can fulfill God’s ideal and Jesus had the power to live it.

Our Family in the Light of the Dispensation (II) 3-6-77

63. We are the focal point of much controversy, but if we turn around and fight back, there will be chaos in this country and all over the world. Revenge is not my way. Go ahead and take the beating. Love and embrace those who come against us and serve them. Eventually you will win because that is universal law.

Who Was I? 3-13-77

64. When an adversary comes to attack and slander you or falsely accuse, the general human tendency is to fight back and seek revenge. But the moment that you feel anger and the urgent impulse to attack your opponent, think of God, “God, what do You think in such a moment? I know; You forgive, and if I cannot forgive this enemy, then I am eliminating all the hope of mankind. If I do as ordinary people have done, I am eliminating the hope of God. I cannot do that.” God thinks this way.

65. If God becomes really angry, then would He say, “No more! I am finished with you and done with it!” If God quits, then there is no more hope for mankind. For the same reason you

must feel that if you explode in anger, then the hope of mankind will vanish. We cannot have that kind of heart.

The Dignity of God and Man 4-1-77

66. Heavenly law dictates that if you are persecuted and attacked by others, even though you are not at fault, then much blessing will come to you. Since God knows your true situation, when the time of persecution is over, He will be free to give all the blessings of your opponents to you. If your conscience is clear then persecution will never bother you.

67. You must believe that persecution is a beautiful way of going through many things. We each are filled with our own individual sin, but when you are persecuted unjustly by other people and can persevere instead of fighting back, then you have discovered the quickest way to have your sinfulness forgiven by God. In the midst of the worst persecution, not only your own sins are forgiven, but also the sins of the person who persecutes you may be forgiven in a certain way, and you can further receive blessings for that. This principle is universal; being persecuted brings all manner of results everywhere.

How to Witness: To State Leaders 4-1-77

68. When Jesus said to love your enemy, he was talking about people who have become the victims of Satan. Satanic men are merely victims of God's enemy and you must love them and try to restore them, but He did not teach us to love Satan himself.

The Resurrection of Jesus and Ourselves 4-10-77

69. Suppose someone suddenly attacked you without any reason. The usual human reaction would be to yell, "Why did you hit me?" and try to hit back. But you must be patient, not because you are weak, but because in the name of God you are becoming different. Jesus Christ waged this different battle when he blessed his enemies. Jesus was thinking about his mission for God 24 hours a day, looking at everything from God's point of view. Before seeking revenge against the world, he remembered how God persevered and had been patient while waiting. Knowing that God's will was ultimately the restoration of mankind, Jesus did not wage his battle as Satan does. Because Jesus prayed for his own enemies, especially at the moment he was being destroyed, he transcended all satanic realms, and totally liberated himself from accusation by Satan. From then on, he was free to go to the throne of God and exercise the grace and power of salvation.

True Parents' Day from the Historical Point of View 4-18-77

70. Whatever persecution and ridicule we may encounter, we will be like Noah; when we have a vision of tomorrow then nobody can stop us.

The Road of Religion and the Will of God 4-24-77

71. I have been unreasonably treated by the people and persecuted. There was no personal reason for going through that suffering. I never had to put myself in that position. But I know God's position, and instead of trying to be respected and admired by other people, I wanted to side with that lonely God.

The 23rd Anniversary of the Unification Church and the History of God's Dispensation 5-1-77

72. Opposition is like an elixir to me; it always stimulates and spurs me on to accomplish more courageous things. Anyone on the side of justice grows stronger with opposition and difficulty and therefore we are bound to be successful.

Men of Justice, Rise UP 5-21-77

73. My pledge to Him is that even in the midst of persecution, I have confidence in my point of view and in my action and I will overcome everything. We are responsible in this way and must be able to surpass persecution. We are the only people who are able to do this heavenly task. We have to give constant stimulus to heaven by our actions so that God can have hope for the future.

74. By being tested through persecution you can bear more fruit, and then in the future your descendants will inherit the wealth of your accomplishments.

75. Through persecution you will become perfect. If Satan attacks and you survive, or even if Heavenly Father or I persecute you and you survive, then everywhere you go you will be victorious in everything. From then on you can control Satan as you like. You will become the channel through whom the 6,000-year war between Satan and God is finally concluded. I always imagine that I will be the prosecutor of Satan in heaven's court and I will testify against him.

God Depends on Us Alone 6-1-77

76. I want you to go through the worst kind of experiences and receive all kinds of persecution before you are blessed. I want you to be willing to embrace all of that because when two individuals are married after going through these experiences, they will truly

understand each other and be able to deeply share in love. You can be truly intoxicated in this love.

The Desire of All Things 6-17-77

77. Persecution should not drag you down or discourage you, but should make your determination rise.

The Desire of God 6-19-77

78. We may force more criticism and persecution than Jesus did, yet nothing will stop us. We expect opposition, but in spite of opposition we can go over the individual, family, society, national, and world peaks of suffering. We will stand on the pinnacle of the suffering of God and go beyond to the realm of resurrection.

The Pinnacle of Suffering 6-26-77

79. I want to trust that as strong men and women, nothing will deter you. If people slap you and sneer, "Are you a prince or princess of God? Don't be ridiculous," could you seriously maintain your certainty? I am in the image of God. I may not be handsome like God, but you know that at least my heart absolutely resembles God's.

It is my pride that I have total unity with the love of God. God is my Father and no one can sever that relationship. Even if you behead me you will not separate me from God's love. Are you like that? You must be dignified men and women, standing as the backbone of God's love. You are a tower of strength, the visible form of God's love. As you achieve this, nothing can deter you.

Good Day 7-3-77

80. You must withstand God's frustrations and anger always try to vindicate God, not yourself. I have had to withstand beatings and character assassination for thirty years and I want you to be patient also.

81. If you never lose sight of your ultimate goal when you are falsely slandered and criticized, then that will become your ultimate value. When you do not lose sight of your own king then you are a loyal subject, and when you do not lose sight of God then you are a saint. Outside of such devotion there is no real value and nothing really precious existing in the world. Having such heart gives us the most precious value we can possess.

82. How could you not expect persecution and suffering for following such a high goal? Being a man of God, you are not persecuted as one man but as a son of God, as the

representative of God. By receiving persecution and suffering, you are paying indemnity for all those in the past who suffered here on earth. Had you ever thought that you were doing them the favor? God is giving you the chance to win over all facets of human relationships—political, religious, physical, economic, sexual—and clear them in the spirit world. Actually, you are setting a condition to liberate yourself in all those areas and then no one can accuse you because there will be nothing left for Satan to manipulate.

The Ones Who Can Receive God's Love 10-1-77

83. Persecution is almost an indispensable ingredient in growing spiritually.

84. Your five percent is to go the road of persecution and you must welcome it. You will be persecuted by all kinds of people on all levels. You must face and conquer all of people's scornful attitudes, but your struggle with persecution is never in vain.

Core of Unification 10-9-77

85. You can search after misery and welcome it. You overcome it by holding onto God and shedding tears as God did Himself, looking at misery from God's point of view. When you overcome those tears, then you have indeed expanded God's territory. It is the cosmic rule that whenever a true religion emerges it is always accompanied by persecution. Persecution is not a difficulty from which to run away, but a blessing to plunge into. Persecution is a blessing because it will bring you to the realm of tears.

86. Every kind of persecution gives us the priceless opportunity to shed tears for the purpose of God. The day that God sheds no more tears is the day that we will no longer shed tears or mankind shed tears. We can completely conquer sorrow. Who shall truly cry out for God and truly agonize for humanity? We are chosen to be champions of tears and sorrow for the sake of God and humanity.

The Return to Tears 10-6-77

87. Do not be afraid of persecution; worry instead about being victorious over it. Without persecution you have no way to prove yourself.

Our Newborn Selves 11-4-77

88. When you receive persecution and negativity, your eyes shine more brightly, your muscles tense and you are ready to go straight forward.

Our Destined Relationship 11-6-77

89. In the long run Satan's evil forces did a great favor for our movement by opposing us. In that sense, we have a very strange doctrine: persecution is welcome! If an enemy attacks us for no reason then we will receive an equal amount of blessing. This is the law of indemnity and restoration. Any true religion must receive rejection first and then receive benefit. All the saints and sages in the past were attacked and then in turn God's forces could operate. Truth is the shining light in the darkness of persecution. All of God's plans will go forward according to its formula. I am the first religious person in history to receive so much persecution in his lifetime; not just nationally but worldwide. Even the communist countries speak against me.

Let Us March Forward to Our Heavenly Father 11-13-77

90. Why will the world hit you and persecute you? You have to prove yourself superior to them and without this confrontation you have no way to show yourself. Unless a fighter gets into the ring, he cannot prove how good he is. If people oppose the Unification Church and then surrender then that's a real surrender, but if in the very beginning they accept us they will soon complain if God doesn't love them equally. God lets the world persecute you so He can give you the key to the Kingdom of Heaven and not have anyone accuse you of not deserving it.

The Tradition of the Unification Church 12-11-77

91. The one who is persecuted can only get nearer and nearer to God. In other words, there is nothing to lose and inevitably you can be the closest of all to God. This is exactly what happens when anyone perseveres to his real breaking point. Then God Himself appears to teach him in detail. Anyone can experience His miracles 24 hours a day.

The Participants in Celebrating Christmas 12-25-77

92. Being oppressed and persecuted is not necessarily a regrettable position to be in. Under those circumstances you can spur yourself on and manifest your brilliant ability.

The Dividing Peak of Restoration 1-15-78

93. Have you ever thought that you were the yeast which would make things happen in the dough, and that you could willingly continue for your entire life without one word of

complaint? Whoever lives his entire life like that will have God with him for eternity; God will permeate every part of his body and will take responsibility to restore him into His own. If someone knocks him flat, then God will gather him together and stand him up again.

If you become godly men and women in that fashion, then anyone who comes against you is not persecuting you, but persecuting God. Therefore, they will eventually be punished. Of course, you will not encourage persecution in order to see them be crushed by God. You must pray for them with tears; it is our heart as godly men and women that no one be punished for doing evil toward us and we will pray for them, but it is a universal law that anyone who comes against the power of God will be punished.

94. I will never ask God to cast my opponents down into hell. I have always had compassion for my own enemies and prayed for their well-being because I know that they are the ones who will be ashamed, even when they are in hell. No one can claim that I am responsible for their situation and that I should have worked harder to bring them up to heaven. I don't want that kind of blame in the spirit world, and by working hard my entire life, I have left no stone unturned to save the people, including my own enemies.

95. Receiving rejection is not necessarily a losing game because it will give God the opportunity to withdraw His blessing and give it to the people who deserve it. Opposition will never daunt us or deter our advance. The Washington Monument Rally was held in order to receive worldwide rejection so that the providence would proceed faster. Unless I had let the entire world know about me, everyone in spirit world would have protested to me that I didn't let them know about what I was doing on earth and would have held me responsible. But now I have done my best, and since they did not listen, it becomes their responsibility, not mine.

The Course of Life and Restoration by Indemnification 2-26-78

96. If we are the religious group that grows with persecution then the more persecution we get, the greater we will become. Is there any power under the sun which can stop us? By persecuting us the world things that they are getting rid of us, but in reality, they are only making us more perfect. Once perfection is achieved, we will look so attractive that everyone will forget themselves in admiration and will create a museum to put us on display.

Sorrow and Tears 3-1-78

97. Is receiving persecution a good or bad thing? Unless we are hardened by persecution, when the day of rejoicing comes to heaven, we will not be part of it. All the great people will take their seats but we will never be involved. However, since God wants us to be there, He devised a special eliminating process by which all the self-righteous person will be weeded out.

98. Satan must think, “Let’s not persecute Reverend Moon anymore.” Then I will say, “That’s all right too. I don’t mind. Persecution is fine and no persecution is fine too.” Either way we will smile. No one can make us mad. Are you like that? Logically, we understand why the persecution comes and how it will help, so we aren’t irritated by persecution. It is our daily diet. Wonderful.

99. Persecution will be your proud point if you have the attitude, “I have a capacity for pain, and if you curse me, I will become like a locomotive.” Envision carrying a big bag where you

can store persecution when it comes. In the end, this is the bag that will be filled with blessings. The people who get the most persecution will have the most bulging bags.

Resurrected Kingdom of God 3-26-78

100. Why can I receive so much incredible persecution without it bothering me or slowing me down? There is no other force strong enough to bother me because I have the ultimate stimulation from God. Everything fell apart because of the fall of man, yet nothing this world will do can bother me because love is the source of all.

Time and Our Destined Relationship 4-2-78

101. Whoever is persecuted in the name of God is always Abel, no matter where he is.

The Age of New Dispensation 5-14-78

102. If something is persecuted and unwelcomed when it first appears, it lasts longer and later will be welcomed, but if everyone likes it right away it never lasts very long.

The Glorious Sortie 8-1-78

103. Why did Jesus teach his people to love their enemies? At that time no foundation had been laid and no one had the ability to stand up to unrighteous enemies, but once the necessary foundation is laid you can exercise full power and give them love. Jesus did not mean to tolerate sin and not get involved. To love your enemy means to try to save him by bringing him to the truth, by force if necessary. That is loving him, and that was the true meaning of Jesus’ words.

104. Would a parent allow his child to slap one cheek and then turn the other for him? Would God say those were good parents? We must deeply know the principle of endurance. Jesus meant that you need to endure until you have a strong foundation; he never meant for you just to be slapped around by people. Will someone with a strong foundation allow his parents to kidnap him? No, he will kidnap them back and teach the truth instead.

105. Whenever you meet persecution, you must feel that God is sending you a message to work faster to make your own foundation. You have to know that God will relieve you from suffering only after you make an adequate foundation; until then you must work harder when you are persecuted.

106. You know that through persecution God is helping make your foundation faster and bring the time when you will be free from persecution. If you continue thinking deeply through this experience then you will have some idea what to teach other people. Many people don't think for themselves and are at the mercy of other people. Even though things are difficult, when you are crying out, you have to be figuring out something else. The person who does not think is deprived of an opportunity.

Perseverance and Contemplation 8-27-78

107. When you are persecuted do you redouble your energy, thinking that you need to be persecuted? Do you think, "I would probably do the same thing if I were you?" Or do you think it is unfair for people to oppose you when you only want to do God's work? Are you happy if they persecute you or are you disappointed? Have you ever felt happy for persecution because it would lead you in God's direction? Can you feel you have enough grounds for repentance after you are persecuted by ten homes in one day? Do you reason this way? Do you feel that at this rate, you will only have to work three years, or do you come back all discouraged?

108. Some people oppose you in a small way while others stab you from behind with a sharp weapon. In receiving great persecution, you will actually be inheriting much treasure, but if you don't realize what you are receiving, then when you are opposed, you will sage with disappointment. When a member is proud of the persecution he received, then his leader will welcome him with both hands, but if a member comes back disappointed, that leader should shake that person to wake him up.

109. When you survive persecution it becomes your treasure, not the Church's treasure. After a hard day's work, do you want to come back and be warmly received by your brothers and sisters and then have to give your treasure to them? If they are cold to you then you keep that treasure all to yourself.

110. When someone persecutes you, rather than pushing it away, think that there is something in yourself that needs persecution. This is a wise attitude. So far, you may have thought you were right and the other person wrong, but now it is clear that each person here still has to repent and that's why you are persecuted. Then it becomes a welcome thing without which you will never survive.

The Age of Repentance 9-1-78

111. Religious people have always been persecuted but no one understood why it had to be that way. Now we clearly know that we are persecuted in order to be separated from the world. In that sense, they are helping us. People are saying, "Get out of here and be successful. Then come back and save us too." Are you now able to have a new view about the same old persecution? You are different because ordinarily if someone tried to persecute us, you would be so discouraged that you might do something drastic. But now you don't mind that at all. When there is more persecution, you say, "Alright, even if you don't persecute me, I'm not going to stay here. I'm going far away because this will perish, but before it perishes, I will jump over and then come back and save you." You must have the confidence to do that.

For the Future 9-10-78

112. The more you are persecuted, the more blessing will come, so you can be eager to be opposed. That is our deepest pride.

25th Anniversary of the Unification Church 5-1-79

POSITION

1. If I were you, I would choose the lowest position, because the lower you go, you will be able to conquer the region in which you have set your foot. If you have set a standard in that way, God, the whole spirit world, this physical world, and you off-spring will applaud you. Because I know this principle, I have never complained to God or anyone else when I stood in the lowest situation. We have to learn how to appreciate even though we may be in the dungeon of hell, so that hell itself will turn into heaven, because heaven is in our hearts.

Leaders' Address 3-1-65

2. If you want a vital assignment, a really crucial one, in order to qualify you must know your Father's heart more. Know His secret. This qualifies you. You can't just cry, "I'll go to Russia, to Vietnam, anywhere dangerous." No, you must become a person, a real person to whom God can trust His secret. You must be like a safe, in which God can deposit His secret. This qualifies you. You can't just cry, "I'll go to Russia, to Vietnam, anywhere dangerous." No, you must become a person, a real person to whom God can trust His secret. You must be like a safe, in which God can deposit His secret then forget it. He knows He can trust you, He don'ts have to worry. When you cry for an important assignment, you must consider all this.

3. It is possible that the Negroes in Africa will like me best, then the Orientals, and America third. Do you like that position? Your position depends upon the intensity of your love.

4. If the brothers in the Family want to be loved by the Father, they must love the unfortunate little brother first, as parents love the injured, crippled child most.

Leaders' Address 5-1-65

5. Today most people want glory without accumulating merits. Many people on earth hope for victorious results without endeavor. If one possesses the glory of a victorious position which is a merit in this satanic world, heaven and earth cannot recognize or authorize such glory because the regular plan of the principle of restitution has not been followed.

Leaders' Address 7-17-65

6. Everything goes in cycles. After spring, summer comes; after summer, autumn comes, then winter; then spring; then summer; and then autumn. If you go up, you must come down.
Man

cannot go up and up and up and up. Everything, everything is coming around. So, when one goes to the top, one must know how to come down again.

The Ideal World 12-11-71

7. Position doesn't matter in love.

One God—One World religion 3-20-72

8. If you want to put yourself in the higher position, you must be able to return all glory, all praise, to God. Do you understand that? As to the blessed couples, until you have restored the whole nation under God, you are not really qualified to be served to others. You must be able to interpret anything and everything in view of the Divine Principle. Everything taking place in our group will be done in the light of Divine Principle. If you have a hole in the wall of such size and shape you must fix it with the same size and shape. That's why Jesus said, "I came not to be served, but to serve." In fact, he came to be served, but in order to teach the people, he said that. Is that clear to you? Father, too, is in the position to serve you and to help the world be restored. Until he has restored the whole world, he will not be able to enjoy his glory. But you are still in the stage lower than the Father. You must never want to be served but to serve.

Change of Blood Lineage (III) 1-21-73

9. You must have multiple-aspect functions and motions. Sometimes you cannot say, "I don't like it." Now you have to sometimes like it. Sometimes you feel like this. So, if you don't like this way, you will not be happy when the time comes that you will have to do this. You have to accept every position.

10. Our Father, he says, is multi-oriented. If need be, he will go to a labor camp—he will do that, right now. He has done everything in human society, every occupation. If we are going to save the person in the dungeon, we have to go to the dungeon—to sense it, be with them, know it; otherwise, you cannot save that kind of person. You have to think that there is a high mountain there; that means there is also a deep valley somewhere around the mountain. Is that clear? You have to train this way, before you get old, within, you must know this before 30 years of age.

First Directors' Conference 3-5-73

11. On the way, we need knowledge, we need position, we need power, wealth and everything—but the value of those things must be entirely different from what we used to think. All those things have been used for self-centered purposes. We have been thinking, “This belongs to me,” and we hold tight to that and don’t want to ever let it go. But from now on we want to use all those things and all that we are for a greater cause—and our aim or purpose is of a higher dimension.

Our Advancement and Retreat 3-22-73

12. One most important thing is that we must never be arrogant in thinking of ourselves. You may be prosperous now, but there is no guarantee that you can keep that position. On the contrary, it is advisable, therefore, when you are up, you must be prepared to go down.

13. When you are up, you must be doing something for those less well situated. Even though you are high up, if you are not supported by the people below you, you cannot really keep such a position. If you fail, that’s the end of it. Everything moves, not in a straight line, but making waves. This is inevitable.

14. We can safely define that those who live self-centered lives are doomed to hell, and those who live unselfish lives for the sake of other people are destined for the kingdom of Heaven.

The Whole and Myself 5-26-74

15. If there be anyone at all in our movement whom I can love through eternity, that one must be the person who is ready to deny himself and even to be killed for the sake of God’s will.

The Way 6-30-74

16. My motto has been, “I must be in the position of the most miserable being in the whole world in place of the whole mankind, so that God’s grief and resentment may be cleared away through me.

Day of Resolution of Victory 7-1-74

17. In love there is nothing like high or low positions.

Those Who Are Left 8-4-74

18. If you want to be successful, I will make you into successful persons. But my way of making such persons is unique. If you are going to win the highest place, you must go down to the bottom and start from there. If you are not situated low enough, then you must dig a hole to go to the very dungeon and soar up to touch heaven. Then everything in between will belong to you. If you really want that kind of success, don't complain. You must be as obedient as a prisoner in jail.

The World Age and Our Mission 11-3-74

19. At your immature stage of growth, you want to be treated like an important person. You want to be living luxuriously. It is not right. From God's point of view, you are wrong and stupid if you think that way.

Directives to Foreign Missionaries 3-20-75

20. In the name of God, nothing matters, whatever the work that needs to be done. Nothing bothers me. I can fundraise, I can clean, I can witness, I can labor with my hands; I can do anything and go anywhere. There is nothing I cannot do.

The Final Warning Concerning Good and Evil 12-26-76

21. In the world of love, anyone who tries to raise himself up to the highest point receives the worst mark. In the world of love, that standard doesn't work.

Word and Deed 1-30-77

22. Since our ancestral origins are so different, our positions as their fruit cannot be identical. Not only does everyone have different individual characteristics, but we all have varied spiritual heritages. God is a God of justice, equality and fairness. From God's point of view, since each individual has different ancestry, can God really say, "All men are equal. In my sight everyone is absolutely equal." Is that a correct concept?

23. If there had been no fall of man, then certainly the value of every person would have been equal from one person to another. But because of the fall every man has gone through an entirely different course in his life of wandering. As a result of man's widely varied behavior, two drastic consequences came into being: one is called heaven, and the other hell. Between heaven and hell there are thousands of different levels of accomplishment, like different ranks.

24. The accumulated goodness of a particular ancestral line places a person here on earth somewhere between heaven and hell. The consequences of your own life as well as your ancestors' lives accumulate good or evil. We have thousands of different levels of

accomplishment here on earth which will be reflected in the spirit world. There are as many levels or different ranks existing in spirit world as there are here on earth.

The Will of God and Individual Perfection 2-27-77

25. Do not worry about who recognizes you. Even if you remain completely hidden, do not be concerned. Suppose the entire world acclaimed you as a hero but you turn out to be a fraud. What good would that do you? But as long as you remain genuine gold, you will have no anxiety because you shall remain genuine wherever you may be, whether before the throne of God or at the bottom of hell.

26. Does anyone like someone who exploits others, speaking harshly and parading himself around as though he were the boss? Such a person would soon lose whatever position he had because he is not following God's way of life.

Our Family in the Light of the Dispensation (II) 3-6-77

27. If you really know your own position you know you have nothing to say about God, no complaint to make. That has been man's position. All men have been living in the dungeon of hell in complete darkness, but a ray of light is coming down from heaven so that we can be restored into the highest part of heaven. It is indeed the most unbelievable grace that we can imagine. We must grab it at any price.

28. We have been thinking on a very trivial level, "I'm a member of the Unification Church and I have my position and my rights and dignity." We know now that we must shatter that type of thinking.

The Dignity of God and Man 4-1-77

29. The dispensation of restoration does not begin at the highest position in heaven, but must always start from the lowest possible human situation.

30. The best way for you to safely journey through this period is to put yourself down on the lowest possible level, where you can even envy the beggars, where even sitting down at a table to eat becomes a luxury. Servants do not have the luxury of sitting down to eat at a big table

with napkins and wines and so forth. We must put ourselves in the position of servant of servants. With that attitude you can leap forward and then you can understand humanity.

The 23rd Anniversary of the Unification Church and the History of God's Dispensation 5-1-77

31. It is far more dramatic and beautiful to God to bring yourself down to the humble way of life, having done nothing but truly give for the sake of the world and humanity. The more you suffer for the highest position, the greater will be your honor and greater will be the divine purpose you accomplish.

32. When people spurn you, you can think, "Alright, while you are sleeping, I will work and because of me you shall be liberated. I am a mediator, and even though you misunderstand me today, I will pray for you and work harder to prove to you how truthful we are. Someday you will know.

33. There is not much time. Even when people attack you there is no time to spend in arguing with them because you are too busy. No matter what persecution comes there is too much to do to spend time defending yourself. There is no time to fool around with these people.

Our Pride 6-5-77

34. The important thing is that the value of whatever job you, even if it seems trivial and menial, depends on your heart.

The Pinnacle of Suffering 6-26-77

35. On Fifth Avenue you can see many people proudly displaying their wealth, but the pride will not last. With the money we earn, we are going to produce something that will last for a long time. You may not wear makeup, and sometime you have very rough lips because you work hard, but that is your pride and your nobility. Now people treat us scornfully because we are Moonies, but ten years from now we will have a showdown. Have you though how much we will have changed in ten years from now and how much we can accomplish?

The Burden of Destiny 2-19-78

36. In the Unification Church, title and external appearance don't matter. A church leader who is not totally devoted to the cause of the people is far less important than a factory worker who knew nothing about the Bible but who served the people.

Sorrow and Tears 3-1-78

37. When I see the leaders of our Church come to conferences wearing nice clothes, I sometimes worry, “What if God plunged you down to the bottom to see how you would respond. Would you make it?” God does that, sometimes lifting you up high and dropping you down to the deepest valley. If you are still grateful and keep going straight then He will lift you up again and He will never drop you down anymore.

I Proclaim That I Know 4-1-78

38. Do you think it was fortunate that you joined the Unification Church earlier than others, or would it have been better to join in the future with most other people? Maturity in terms of days or months actually doesn't matter. It is possible that someone who just joined could do more in one month than someone who joined ten or twenty years ago, but who is just dozing. Everyone starts equally. Don't be proud if you are wise, or feel bad if you are not smart because it doesn't matter. If you are willing to serve others and do more for the sake of the goal, then you are the one who can be proud later on.

When Are We Satisfied? 4-9-78

39. As time goes on, the older members may expect to be given special consideration over younger members, but then they become Cain instead of Abel. That's the worst kind of man imaginable. We can compare how God has been working far more than any individual in the Unification Church, every day for 6,000 years. There are many families who have been working harder than you have and no one has given them recognition yet. It does not stand to reason that anyone can be discontent at not receiving recognition after ten years. It is easier for older members to commit this simple mistake than the new ones. The old members should be more powerful because they have more knowledge and experience, but instead they often get run-down, while the new members are fresh.

Yesterdays and Today 4-30-78

40. No matter how much learning he may acquire, the self-centered person cannot be a central figure in our society. Only the person who really wants to serve others and live for the sake of others will harmonize and be elevated to the central position.

41. In front of this God, we can only bow down and submit ourselves to His mercy.

Breaking the Barrier 12-10-78

42. You will confirm your position when you give ample love to your own children and brothers and sisters. To determine your position, you need a horizontal line, which is love of your brothers, and a vertical line, which is love of your own children. Then you yourself become a teacher and patriot. Then you become like a saint yourself so you can introduce God to others.

43. Those entitled to inherit the love of God are those who suffer in the lowest possible position, but with the heart of gratitude. They shall win the highest possible position in the love of God. Would you welcome having me push you down to the lowest possible position? Would you accept it without complaint?

Reflection Upon Life 6-1-79

JUDGMENT

1. Judgment is the measurement of the standard on which all our acts are judged. If our acts cannot come in accordance with the original rule or measurement then we must be judged or punished.

Significance of the Training Session 5-17-73

2. In coming before God, if you feel that you deserve God's praise and deserve God's love, you are a failure.

Day of Restoration of Victory 7-1-74

3. Final judgment is based on a single, simple formula: whether or not a person is motivated by selfish or unselfish desires.

4. The criterion that determines whether you are going to hell or heaven is whether you are living for the sake of God and humanity or willing to sacrifice others for your own glory. The greater your unselfishness and public-minded activity, the higher you will be in heaven. The greater your self-centeredness the more terrible your hell will be.

5. The person who thinks, "I don't care about God or His suffering or humanity. I just have time to worry about myself," will find himself in the deepest dungeon of hell. On the other hand, those who suffer in service to mankind and are willing to sacrifice themselves for others will constantly move toward the highest heaven.

Perfection and Gratitude 10-3-76

6. There is always a test to pass at each level before you can advance further. Who is testing you? It is not God but Satan and the satanic world who test you. Satan is in the position of prosecutor while God is in the position of judge and you are the defendant. Jesus Christ is your lawyer. There is a court of judgment on every level of your advancement and finally God, the universal sovereign, has His own court. No one can escape from defending himself there.

7. What kind of person must you become to rise above God's judgment? Become a savior by adopting the savior's way of life as your way of life. You can be a person who can give salvation to the world and who can say, "I will be responsible for the world and all of humanity; I will give my entire life and soul and energy for that purpose." Then you are indeed walking side by side with the Messiah.

8. My conscience is clear in the sight of God. I can stride boldly forward to meet God without shame. When I go to spirit world, I am indeed an attorney for the defense of suffering humanity. I have the power to truly prosecute the prosecutor, Satan. The day will come when we can all prosecute Satan, revealing his crimes and commanding that he not bother mankind anymore. That will be your day of victory.

9. If you become a person who can rise above judgment, then wherever you go and whatever the world will say to you, you will rise above it and God will recognize you as being righteous. You will never be destroyed.

The Age of Judgment and Ourselves 11-21-76

10. Now let me talk about you who are still in our movement. You are still here going towards the goal, but when you look back into your own past, maybe 5 or 10 years or more in this movement, you ask yourself, "What have I done during those years?" You know only too well how the Divine Principle is teaching you to do certain things, but you have not been able to put them into practice.

11. You do not grow spiritually by taking everything for granted, just repeating the same things every day. Maybe you don't have a burning desire or ambition to carry out your mission; maybe you are just lukewarm. If you go on like this for 10 years or more, when you look back into your past, then you will feel much repentance and regret.

12. How old you are in the movement will not count, only how many members you have brought to the movement. If you are old in the movement but have not been able to bring many members, you are a failure.

13. We also see another kind of person in our movement. These people always struggle to go ahead of others. On the road they fight hard and take responsibility on their shoulders. Among those there are also two types. Some are proud of themselves, and looking back they judge others and say, "I am doing this for those people; what are they doing?" But there is still one more kind of person. They do their utmost yet still are ashamed of not being able to do more. They think, "What has our Father gone through? I can't copy him; I can't follow him closely enough."

Out of all those types of people, I find that the only ones who survive to the end are the people who always do their utmost and then still think they are far from being dedicated. They struggle hard, always with self-reflection, always evaluating themselves.

14. There are four types of people. First, there are those who have already fallen away. Second, there are those who are in the movement, but who are still really somewhere between the outside world and the movement, who just go through the everyday routine taking everything for granted. The third kind are in the vanguard and struggle hard, but in a self-

centered way; they are always proud of themselves for having accomplished so much. Finally, there is the fourth kind, who struggle harder than anyone else in the movement, but still feel that their lives fall short of the standard. They repent and reflect and re-evaluate themselves all the way through. Both God and I would choose the last type.

15. I hope you are determined not to fall away. You are vulnerable to the temptation of the outside world if you remain lukewarm.

16. There are ups and downs and successes and failures in your life. But when do the failures come? You must understand this. Right after some excitement, right after a success you tend to become lax. It is at that very moment that Satan will attack and you will fail.

17. Those who have fallen away were those who did not have their spirits alert all the time.

18. You have to bring in at least three spiritual children as a base, then 12, 36, 72, and 84 going through the individual level, family and tribal levels. You are connected with me only after laying your foundation of 84 spiritual children. Starting from today you must be desperate to carry out that formula. If you fail to do that in this world, you will have violated God's regulation, and you will have to do that even in the spirit world.

Self-Reflection 12-1-76

19. The stubborn person who pursues his own selfish goals is actually a foolish person because he would be cast out of this circle and ultimately fall into the dungeons of hell.

20. The person who is only trying to be recognized by others will be rejected by society.

21. Once your motivation centers on yourself then you are in effect cutting off everything surrounding you and becoming an isolated, lonely person. Then you are not only a lonely person, but you become an enemy of the world.

22. Anyone who seeks honor and recognition for himself is not truly a Unification Church member. The indicative point is that this member is complaining in his heart, "I feel left alone." That is self-centered motivation. If you are truly unselfish, then you don't care about being recognized by the church because you know that ultimately God in heaven will recognize you.

The Benefit and Grace of This Time in History 12-19-76

23. Those who pray only for their own chunk of God's blessing will end up in hell.

24. With all that experience I came to one ultimate truth; the more you seek after your own benefit, the more your future will be blocked and will finally crumble.

25. Judgment is the constructive work of God to see the fulfillment of the Kingdom of God here on earth.

God's Will and Christmas 12-25-76

26. Those who set up a boundary saying, "Oh, nobody can bother me; no one can disturb me," create their own satanic prison, satanic fence. You have to know out all barriers or fences from around you.

Kingdom of God on Earth and the Ideal Family 1-1-77

27. What about God? He does not lie, and does not hear lies because He knows they are lies. He sees through them. Often, we listen to lies without knowing it, but not God. We are exposed as we really are before God because our lies cannot hide anything from Him.

28. I remember back to those difficult days when so many people came and heard the Divine Principle and were so excited. But as soon as they realized that the road of the Divine Principle was not easy, those who were clever and ambitious in a secular way quietly dropped away. Particularly in the early days of the Unification Church, they would not stay. They thought that they were smart and those remaining inside were foolish.

Let Us Meet Opportunity Well 1-2-77

29. If you try all through your life to love yourself and do things only for yourself, your greediness will make you ugly and unhappy. Whatever you do, wherever you are placed, there will be no protection around you. Instead, you will be accused by Satan and taken away.

To Whom Do I Belong 1-16-77

30. You already know the truth. Now if you do not act according to the truth and live the truth then the rest of the world will accuse you. You cannot excuse yourself, saying that you did not know the truth. You knew the center, but still you lazed around and were idle. The entire world, all of humanity, even the spirit world, and your surroundings will accuse you. You will become the target of accusation.

Who Am I? 1-23-77

31. Those who say, “I don’t care about God or the world, my country or my family only about me,” will end up in the dungeon of hell.

The Spirit World and the Physical World 2-6-77

32. A man who thinks about good things but does not do good deeds is not a true man.

33. There are people who claim that there is no such thing as God, that they can be a god and mold this world as they desire. Although they want to become God themselves, in reality they are colliding with the true universal plus. Such people become the worst kind of dictators.

34. The person whose ambition is to subjugate the world for his own purpose will end up in the deepest part of hell.

35. I am warning those blessed couples who only consider how long they have been in the Unification Church. Some of those people are destined for the trash can because they know that truth but never live it. Because they never make themselves a dwelling place of the love of God, there is no magnetic power or burning zeal radiating from them. If older members only eat good food and sleep long hours while the younger members are desperately trying to win people, they will never be admitted to God’s kingdom, regardless of how long they have been in the Unification Church. Who is more of an old timer than I am? Yet I do not relax even one second. Anyone who shuns my way of life can never win my sympathy, and I will not give any mercy to him. This has to be made very clear.

The Ideal World of Subject and Object 2-13-77

36. “I don’t need my parents; I don’t need my nation. I have my freedom and I can do anything I want.” Where does that person’s value lie? Such a man is useless to the world and to God.

The Blessing 2-20-77

37. By centering upon the “self” a person can only lose parents, family and friends. The “self” may be trying to survive, but it can never endure alone.

38. A life-style of greediness will only bring this world into despair and destruction.

39. The person who is trying to live for himself with the attitude that he is all-important is a destructive person who understands nothing about the universal law. Eventually he will become a victim of his own selfishness.

Our Family in the Light of the Dispensation (II) 3-6-77

40. Why did our ancestors not leave us a clean, pure heritage? Why did they leave us an evil history? The answer can only be that they did not obey the universal law of service, that they violated the divine law of the universe, desiring to make everything serve them: "The world is mine and must come to serve me." That basic attitude is the worst violation of universal law.

41. Young people today simply think, "Why should I be foolish and worry about serving others; I'm going to live my own life." That seems to be very clever thinking but actually it is violating universal law and is not clever at all.

Who Was I? 3-13-77

42. Man brought the fall upon himself, and as long as he continues in self-centeredness, he has no way to restore himself to the side of God.

43. Adam and Eve brought themselves into hell because they were self-centered. You must be different unless you want to go to the same place.

44. If you keep that Satan-centered body and way of life, then you become entangled by the satanic family, society, nation and world, caught by many different ropes and chains and unable to separate yourself. If you are determined to become the most important and influential leader of this world, would we say that you are a heavenly leader or satanic leader? With that way of life, you are still within the boundary of Satan's realm. You must really understand this. The most critical question concerns what position you are in. Have you already crossed the boundary completely and become situated 100 percent on God's side? Are you still in the process of crossing the boundary, or is your weight still on the satanic side, with your right foot just barely touching the ground of heaven? Many of you are still in this process and not even touching the ground of heaven yet. You are still mulling over whether you should even go. I want you to know absolutely, clearly what hell and heaven are, and what is the true way of good and evil. You should know clearly the definition of good and evil. If you can look at yourself and know that you are absolutely God-centered and that you absolutely love God more than anybody else then you are indeed in heaven, and are a good man in the sight of God. If you are the other way around, you are in the satanic world and destined to hell. Man is always fluid, constantly moving back and forth, back and forth.

The Realm of Resurrection 4-3-77

45. If a person leads the worst possible immoral life in this physical world, then that person will find himself in the depth of hell in the spirit world.

The Resurrection of Jesus and Ourselves 4-10-77

46. Christianity prospered for 2,000 years, but in the two decades since 1960, it began a steep decline. I want to clearly declare that the reason for that decline is the Christian Opposition of the new sovereignty, the new power and truth of God. If the Christian cultural sphere continues such a trend then it will be caught in an unavoidable decline. On the other hand, if Christianity will accept me and repent, and if America will accept me and repent, then there is a ray of hope. There is no other way for either America or Christianity to find hope. Many people think this declaration is boastful and blasphemous, but I have declared this with the authority of the entire spirit world, which already supports it. I merely bear testimony to the truth.

47. Some people exclaim that I am a heretic for saying such things, but let us wait and see who God believes is the heretic.

True Parents' Day from the Historical Point of View 4-18-78

48. God cannot abandon this country upon which His will is so directly resting; you at least have a chance to do something to help God's providence here so that you can receive eternal credit in spirit world for your accomplishment. If you have no strong desire to dedicate yourself for the salvation of this country, then do not even mention that you are a Unification Church member. If your goal is not parallel with mine then you are no longer a member of the Unification Church. Are you fully aware of what you are expected to do? You have no right to call me Father unless your purpose is parallel with mine. Before you call me Father, you must become worthy to be my child. Before I speak about anything, I live through the situation and fulfill it. Will you do that too?

49. Many people who were not following me have since become tired and left the movement, but the movement still continues. Those who were self-centered just could not stay but had to leave sooner or later. Only those people who can give up their lives for the sake of the mission will remain.

The 23rd Anniversary of the Unification Church and the History of God's Dispensation 5-1-77

50. Spiritually, I have heard Christian ministers prying to God to destroy my work and throw me into hell. Many Christians think I am their enemy but does the Bible say to hate or kill your enemy? If only on this point, they are greatly removed from the teaching of the Bible. Have I ever instructed you to disrupt worship in other churches? Of Course not. In contrast, some Christians have tried many times to disrupt our endeavors. Is that God's way or the teaching of Jesus?

The Things That Belong to God and the Things That Belong to Man 5-15-77

51. Wherever a law is needed, judgment becomes necessary. Basically, judgment is always given according to the degree of selfishness of an act.

52. Ultimately, you are destined to stand before the judgment of God. If you have become a person who can live totally for the sake of God, then you have already transcended any need for judgment. But if you live your life for your own selfish purpose, then in the sight of God you need to be judged. The person who is above the law will be the one to pass judgment. Christians who pursue small selfish benefits, acting and working only for their own denomination, will be judged by Jesus, the very person they claim to follow.

53. If you truly dedicate yourself for the sake of God and humanity, there is nothing to be afraid of and no place that can confine you. God will never judge you and there will be no place you cannot go.

Let Us Think Once More 6-12-77

54. The one thing that God can never forgive is the destruction of His love. If anyone abandons God and pushes love aside, that person cannot be forgiven. If God could just freely forgive that then He would never have needed to work for restoration these many thousands of years. If God could allow man to do anything at all, then there would be nothing unique, absolute or eternal remaining. God has forgiven man much, but He cannot compromise on this point. God wants to create the eternal, absolute and unique love between Himself and man at any cost.

The Desire of All Things 6-17-77

55. Are you really a perfect member who meets God's standard 100 percent of the time, or are you not yet perfect? Are you sincere or are you a phony? Some of you are imposters, but even imposters do not want to be treated like imposters. That in itself is dishonest, and if you are an imposter you should be treated like one.

The Pinnacle of Suffering 6-26-77

56. The truth is that no matter how many years you have spent in the Unification Church, if you don't know the love of God then you are destined to hell instead of heaven. That is an honest evaluation; you don't deserve heaven yet. If you don't make yourself a total object then automatically the subject-object relationship will become more and more hazy and will finally disappear in our life.

Basic Formula for the Realization of the Kingdom of God on Earth 1-1-78

57. Anyone who is seeking his own selfish interest and honor cannot stand it here. This is the best strategy of elimination God could devise because selfish people will eliminate themselves.

All Things Depend on Us 1-8-78

58. When you go to the spirit world, you will see that the harshest judgment is given for three things: first is the misuse of public funds; second is the slander of a public or righteous person; third is violation of the Principle. That's the order in which judgment is given, and you will find that this is so when you get there. Public funds, particularly Church funds, are a fearsome thing. Because I know this is true, I would much rather use my own money instead. Whatever money the Unification Church has, whether it is in Korea, Japan, or here in the United States, I do not claim ownership for even one penny of it. Everything belongs to the Korean, Japanese and American churches. I do not want to violate public funds.

Public people are precious people. I love the leaders of our Church from various countries of the world; I treat them well and buy them clothes and so forth, but I never spend that kind of money on myself. I spend all kinds of money for them because they are public people. There is no forgiveness for slandering public people or for violating the Principle.

59. The worst judgment comes to those who misuse public funds. When you go to the spirit world, this is the first things you will find.

60. The second most severe judgment is for criticism of a public figure or public mission. You should not have a private love or go dating or any of these silly things because you are a public person.

61. When you go to the spirit world, you will know that the words I have spoken are not given on my behalf but on heaven's behalf. Any violation you commit against me will exact a certain price in spirit world. No matter how great a responsibility you had on earth, or how good a job you did here on earth, when you violate certain principles, you are stuck and have to be retrained. That retraining in spirit world is a hundred, a million times more difficult than what we do here on earth.

My Life 3-12-78

62. Jesus was indignant and used strong language, calling the Jewish leaders a brood of vipers. He was justified in saying that because they were just thinking about themselves and their own denominations. It was the same kind of thinking as Satan's, for they shared the same blood. To be truly religious, the Jews should have been thinking about the world and God and

not so much about their own religion; they should have had stronger love for God and mankind and all things. If all of you are not that way but think about yourself and your own denomination more than the world, then certainly you are a brood of vipers. That's why Jesus spoke to the Jews the way he did.

I Proclaim That I know 4-1-78

63. Without the fall, love would have been consummated first and then judgment given, not in the sense of condemnation, but evaluation. That original kind of judgment is not detrimental, but because of the fall, judgment has become uncomfortable. We have to judge the world first and then give heavenly love. Without the fall, love would have come first.

Time and Our Destined Relationship 4-1-78

64. What God doesn't like is the person who is lukewarm and has no determination. That person seems dead twelve months out of the year. This is why Revelations says to be either hot or cold but not lukewarm, for that is the hopeless state.

Critical Turning Point of the Dispensation of God 12-31-78

65. Do you know how many words you have spoken in your life up to this point? Can you count them? Can you determine what portion have been dedicated to speaking gratitude or complaint? There is a general tendency in our world to complain, so most people deserve a sign saying, "I am a complainer." That's the kind of life most people are leading. But when you complain then everything in the universe is repelled by you and even your parents and friends don't like it. Would God be happy to hear it? Have you always been thankful? When your body and mind are full of complaint, who will welcome you? Your husband or fiancée? There is no exception—no one likes it.

66. When you weigh the bags holding your complaint and appreciation, which outweighs the other? Are complainers usually good or bad people? You don't like to hear this do you? But even the evil-minded men or women like to hear kind words from others.

Reflection Upon Life 6-1-79

TRAINING IN LIFE

1. You must become a steel ply—the strongest. The ply must be so strong and so thick that when you pierce something with it, anything and everything must be penetrated; and when you beat it against something, you must be able to break that thing apart. Do you want to be steel or soft iron? (Is there any soft iron?) Which do you want? Steel? (STEEL!) Then, we must heat up and pound on you as a blacksmith would, in order for you to become really strong. Are you ready to receive that kind of training and discipline? (YES!) The more love I have, the harsher I must be on you. I will do that only when I find the quality of steel in you—so, will you welcome that? (YES!) Once you enter this movement, you are destined for that.

True Faith 4-1-73

2. In reading books or in listening to music or in speaking, we must train ourselves in order to surpass others. For us to act naturally in accordance with the environment, we must have rich experiences. The same thing applies to the way we think about things. In order for us to train ourselves, we must be able to enrich our minds through meditation and prayer.

3. In order to become an important person, you must reach the standard of an expert in many fields by going through repeated training. That is, we cannot become such people unless we go beyond others in doing many things. After repeated practice, we become confident and capable. Practice alone can make us capable; then each one can become expert.

4. In our daily life we must always be trained to look at things, talk about things, and act on things in a constructive way.

5. Our life is, after all, an arena of training. Whether or not a man's life is full of things helpful to humanity in accordance with the purpose of life God has set before us, will decide the position of this man in comparison to others. To help humanity takes practice and training. Therefore, we must be able to see things which ordinary people can't see, hear things which ordinary people can't hear, act on things which ordinary people can't act upon, and think about things which never enter the minds of ordinary people.

6. If you cannot put into practice what you have been taught, you are going to be a failure.

7. You are going through this training in a good environment where you can learn to see things, hear things, think of things, and say things in the new and best way. What we learn here is complicated. So, the way we think is complicated too. Is it bad to be complicated? If complexity has well-organized consistency, it is precious. Whenever we look at all things, the more complicated their structures are the more beautiful or valuable we regard them to be. An important person must have the capability of manipulating complicated organizations and

complicated personnel. In order for us to become important persons, we must be capable of digesting complex environment and putting it into proper order. Therefore, I must train you in as many ways as possible by putting you in complicated environments. What we learn through our five senses becomes our knowledge. When we gain knowledge, we want to put it into practice.

8. You must know that in order to become important persons, you must be able to inspire people with God's love, and help them to harmonize with each other, with you as the bridge between them.

9. In order for you to carry out God's will, you may have to stay awake many nights in prayer.

10. Now that you are here for training, you have a little leisure time for yourselves, but I will not allow you to have such time in the front-line. If you want to be a great and important person, you must not draw a line of limitation for yourselves around how much you carry out. You must do your best, never thinking there is a limit to your capabilities.

11. You must train yourself in such a way that you can resist seeing things that you so badly want to see, hearing things when you really want to hear them, or sleeping when you are badly in need of it.

12. You must train yourself to be a good listener, twelve hours, twenty hours, or even a year. But then you must have the confidence that as soon as a speaker stops speaking, he will be yours and you can occupy his mind.

13. When you are studying, I want you to study all through the night; but when you have the time to play do it thoroughly. Even though a person may love to play, I would play so enthusiastically with him and wish such boundless energy that in the end, he would give up and beg me to let him sleep.

14. It is common practice for me to stay up the whole night doing things.

15. It is hot now, but in only a few months it will become so cold that you will miss this warm weather. Imagine that you must be trained now to endure the heat, and after some months training you will be rewarded with cold weather.

16. You need training in many aspects and in many ways. You must train yourself to give up and forget the person you love, at the very moment that person betrays you.

17. You must so train yourself that at the time of failure, you can immediately go back to the starting point again.

18. Your once beloved one can betray you and become your enemy. In that case, you must be able to part from him without shedding even a single tear.

19. Who can decide that what you have done is a success? There is always room for greater success, or a higher standard of accomplishment. Don't ever be satisfied with what you have gained. You must be everlastingly ambitious. Until we crush the last Satan of the evil world, fight on with high morale, while always training ourselves as I have explained. You must go through training with this attitude, with great concern for many aspects of many things. You must be grateful every moment—all through the training course, gladly assuming your share of the responsibilities. Then you will become a great and important person.

Important Person 6-10-73

20. Training all the time, training, training, training.

21. Before you reach your thirties...our Family should receive intensive training in many, many areas. Even Father planned his own life: with preparation up to 33 years of age; up to 45, he was practicing; the rest of his life, after 45 years of age, he planned for his accomplishments—consummation of his mission. So, he lives his life according to the schedule. The preparation period takes a certain amount of time, and if you miss that kind of second realization period, or practicing period, it is too late, too late to do God's will. You haven't planned your life. With all this preparation and practicing, you can be successful. Success does not come in an instant without any labor—like a miracle. You have to do it by yourself.

22. Sometimes you have to sleep sitting up. So, when Father goes somewhere in the car, he is sleeping while sitting up.

23. 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.

24. You are perspiring. This fatigue will be going away—so suddenly you become fresh as if you had slept eight hours. In five or ten minutes, Father is perspiring, and then he is relaxed and his fatigue is gone. So, this is give and take—exhaust pipe and then you are filling up with gas—and give and take is important within your physical body.

25. Some of the joints in your legs are very important when you are becoming old; you have to take care of them.

26. 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. When you get married, blessed, and have children—you have no time to train yourself. While you are single and have precious time—you have got to have this kind of training.

27. In three hours, he can look 300 suits and know which to buy and which to wear because he was trained in this area while he was young, when he was in his thirties. So he already

trained himself. When he sees something, he thinks, “What is the center, what is the main theme of it, what are its contents?” He is trained to suddenly visualize what is the subject, where is the subject position? He reasons that way—subject-object relationship. Where is the four-directional existence? He sees it like that—he was trained in that way. Horizontally or vertically, he sees through it, and he knows if it is harmonized or not harmonized or anything like that—anything (human relations, etc.) object, anything, any being. So when he looks at a person’s face, his body is the center. What are this man’s characteristics? Right there—he sees that. He sees not only the external appearance—he sees more. Sometimes the center of the person is the hips, too wide; sometimes the legs are too long. Sometimes they are balanced or unbalanced—is it beautiful there or ugly there? So when he looks at the face, is it harmonized or not? Location of the eyebrows or nose—how is it situated, how is it located? He sees that. When he looks at the mouth, he sees the arrangement of the teeth. He sees the characteristics of this guy or this girl—right there. When he looks at someone’s hairstyle—he feels bad, he just doesn’t like it—suddenly, he sees why he doesn’t like it, he finds some error there. If that face becomes a looking-down face, and if you are all the time gloomy, then the gloominess becomes ugly. Even when you laugh or smile, your smile will be sinking down while it should be lifted up; because of this kind of facial expression, you have the wrong expression. Sometimes laughing or smiling helps somebody to climb up—it is giving an uplifting feeling—sometimes the smiling will come up. This kind of thing, he sees this in you people. Subject-object relationship based on Principle, he sees this way; he principally sees and talks and lives it.

28. If you have this kind of talent (perceiving subject-object relationships) you have got to be based on the Principle, then automatically, you will train yourself to see this way, to have a deep perception.

29. Even if he sits by himself, he does not feel lonely. Everything—many things to look at—this way he is enjoying it, even when he is alone. He creates another curiosity, another interest. All day, by himself, he is doing something else. Somebody may say, “Why is he sitting all day here?” But he is doing something else, internally.

30. We all see the trees, the highway, all the grasses—why is his planted here? He is criticizing and trying to relocate it. He has his own hobby, heavenly hobby, even when he is alone. For this, he needed training. It did not come about overnight.

31. When you confront hardship, trouble and suffering, this is a symbol that goodness or happiness shall come through this hardship. You have to indoctrinate yourself.

32. How serious have you been? How serious have you felt when eating? Have you thought about it? There is a seriousness in everything. Even at this moment, many people are dying—for this serious aspect—because of the food problem. How seriously have your eyes been looking at the people? Have you thought how seriously you wanted to see those persons—seriously wanted to see somebody through your eyes? How seriously have you wanted to

listen through the physical part of your ear? How seriously are you trying to touch with your sense of touch? How serious have you become? How seriously have you felt within yourself—your feelings, inside, how much you have become? So this degree of seriousness in these five senses must be different in everybody to a different degree. We cannot see this. Always, when you look at this, there is a difference in seriousness of these five senses—you never started there. When you are working, how seriously have you though while you are working. “Why am I working; why am I walking on the street?” Have you seriously thought about that? Even your sleeping: instead of just sleeping biologically, how much have you been sleeping with a meaningful seriousness? How seriously have you ever thought about something coming from your mouth—the word of God?

During your 30 years of age (using this as an example), when and during which years have you seriously spent your life? How much of that time have you spent seriously? When (in relation to this question), you are not absolutely serious, you are just casually passing by. When you look at this kind of thing, when you look at your body, your person as a person, this means you did not think seriously of God’s will. Naturally, we can reach safely...your body, your self, was not becoming seriously centered on God’s will. If you become serious with your five senses in everything, then naturally your being, your self, will be fitting to God’s overall plan, dispensation or will.

Opening Talk-Morning Session 7-4-73

33. By being followers, you pave your own way and by mastering whatever assignments come to you, you gain more experience for qualification as a future leader.

God’s Day Eve 12-31-73

34. While you are having one bowl of rice, the whole cycle of the principle will go through your mind. Every day, every moment, that mind, that faith, that beauty, that love—really creates the beautiful entity that you are. Then you are really shining and glowing like the sun, elevated into heaven. That is heaven, and you are creating heaven right now, in your own self.

35. At every meal, let one cycle of the Divine Principle keep going through your mind: “Father, I will absolutely stay with you. I will never betray you. I will never disappoint you. I am with you now. And I also have hope that I am going to be blessed with a certain absolute partner. Then I will become united with another to created a God-centered family. I will give birth to your own off-spring, your own sinless sons and daughters. They will bring your kingdom upon the face of the earth, and I will become a proud, God-centered, good parent.

Parents’ Day 3-24-74

36. I want you to be awakened to the fact that you must readily receive any kind of command or training that is required of you here, not unwillingly but willingly, from the bottom of your heart, and you must not think of your not being able to do that. You have the ability for that.

Becoming a Responsible Person 7-14-74

37. Father asks you to feel as though you were just born right now. Feel young. If you feel your assignment belongs to a fifteen-year-old, then you will 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

38. You must study how to sleep, so erase from your thoughts that you have slept only two or three hours. Don't ever calculate the number of hours you have slept. Just forget about how many hours you have slept. You can do that by training yourself.

Let Us Go Over the Boundary Line 9-1-74

39. When an individual is in depression, he must deny that feeling of difficulty and make a breakthrough in order to develop new strength in himself.

Let Us Establish the Kingdom of Heaven 1-1-75

40. In the course of restoration, we must be able to become one with all the races, with brothers and sisters in any group.

Boundary Point of Victory 2-23-75

41. When you attain your goal, you feel real happiness and find yourself a victor. You must overcome all the difficulties which you encounter on the way, and when you attain your goal and look back to your past, you feel real happiness. Our conclusion is that our happiness can be felt only after winning the victory.

42. Your way of thinking determines whether you are happy or whether you are miserable.

43. Don't allow yourself to be made unhappy by another person. Be determined not to think of things in that way. Always think of yourself as being the cause, not other people.

44. Another thing: even though you may have come into a situation which other people would define as unhappy, you make yourself happy and feel the value of being in that position so that you can be trained to create joy.

45. You must know clearly where the goal is. The question is where to go: from right to left, or from left to right? In between? You might fall into a low atmosphere or come under a lot of pressure. But always take advantage of the bad moments and through that experience, you can train yourself to be unaffected.

46. When you feel unhappy, don't ever think that you are headed for unhappiness. Rather, keep open the possibility for you to shift the direction of one of happiness. If you have had experience steering a ship along a different course, you know that the ship will go very swiftly to the different angle set. So, whenever you are in a difficult situation, you must think deeply about how to get to the right side.

47. When you are sunk in despair, it means that you have been self-centered. Then it is natural for you to be disappointed. At that moment, you must remind yourself of your parents, who are always praying for your success. And think of the fact that there are friends, relatives, and your own country praying for you to be successful, for the sake of the nation and themselves. If there be a God at all, God is blessing you with happiness every moment. If you are not apart from God, you will always be successful.

48. You are not an orphan. You have your parents. You are not nationless; you have your own nation. You have God. You cannot fail when you think of God, your nation, and your parents watching for your success.

49. I've experienced many things in my own life. There are so many things, hard to enumerate. My philosophy is that, despite the enemies, I could not fail in this movement. There have been many enemies always praying for my frustration and failure. So, in the face of those enemies, I was always determined not to be defeated in this battle. I must win at all costs. If I'm defeated, my enemies would laugh at me. I must never fail. Then come what may, and however bitter the difficulty may be, and however bumpy the road may be, I will dash on the road to gain success. Even though I may have to die on the road, I will never be defeated, because I will never surrender to them. So, whenever I am faced with rebuffs, I feel more challenged. In the face of enemies, I feel a greater challenge. There is always God and the spirit world cheering me, while there is Satan always wanting me to be a failure.

50. Even in your family life, when your brothers and sisters are all against you, and you become well-poised, cool and collected, they will surrender before you. That's the way to occupy their hearts. Then let's be patient for the sake of ourselves, let's utter good words for the sake of other people. When other people are under difficulties, let us speak out for their sake.

51. These are the secrets of success. First patience: positive words or action for other people's benefit. In the Orient we have a saying that, "The man of patience is the victor." Second comes the notion of being for the sake of other people. "I exist or I live for the sake of other people." That's the only philosophy we have to entertain. That means to become humble and to place yourself in a more lowly place than other people.

52. When you serve other people, you can win either the other people, or the environment, if not the person you serve. If you sacrifice yourself, many people can be on your side.

53. Because Jesus was crucified for the sake of the sin of all mankind, he won the hearts of all humanity. There have been many saints and prophets who have gone through difficulties, but we cannot imagine anything more difficult than to be crucified on the cross. When we know that he was crucified on the cross for the sake of mankind, we take him as the highest prophet and saint of all. His patience, in the face of difficulties and rebellion, was valuable, as well as his love for other people at the sacrifice of himself. With those two elements, there will be peace, love, happiness and all ideals.

54. Men were separated from God in the beginning due to the fall, but that kind of love, service and sacrifice would restore the link between God and man, and man and Jesus Christ. That is the principle that Jesus taught us with his own action: patience and living for the other people. You have inner and outer struggles. You must win the inner struggle. Whenever there are enemies coming against you, you must be able to win over them by being patient and carrying them.

55. Again, I must say that the secret of Jesus; success in God's sight is that he was ever patient, and he was sacrificial for humanity. Even, praying in Gethsemane Jesus said, "If it be possible, let this cup pass from me. But not as I will, but as Thou wilt." That's the point. If he kept saying, "Let this cup pass from me. I will not receive this cup, I will have nothing to do with it," he could have been a failure. But his idea was, "Not as I will, but as God wills." That's what makes Jesus a sacred person. Even at the moment of death, he blessed his enemy.

56. Be ready to utilize the moment of difficulty to train yourself to win over evil. There are two secrets. One, be patient. And the other, be sacrificial in service to others. With those two ingredients you will be a success.

57. Unhappy and miserable things are not necessarily going to lead you to unhappiness and misery. If you turn them the other way around, you can bring victory and happiness.

Opportunity for Happiness or Unhappiness 3-2-75

58. The Satan that you will be confronting is the very same Satan that attacked Father many years ago. The sadness that you feel should be exactly the same sadness Father experienced years ago. Just how much we have to fight spiritually, only those few people who have fought

spiritually can understand. You have to understand he had to go through many, many trials and errors before he finally found out the secret how to fight the battle spiritually. He won a complete victory against these spiritual enemies and this is the basis on which he could launch the all-out attack physically.

59. Perseverance can be the secret way to repel or even to prevent hardship from coming. When it becomes apparent that you're going to fail, but you persevere, then there is a way for you to win! God has been using this tactic, and we ought to adopt it and make it part of ourselves.

60. God has been persevering, not only one time, but several thousand times. He will keep on persevering. We have to learn that, and follow that pattern.

61. The most fearful thing for us is the possibility that we may lose God.

On Approaching God 3-3-75

62. If I cling to something because I like it, then that becomes mine, really. You also want to be occupied by those who you really like, don't you? (Yes!) Especially so when the man is handsome and good. Then this can be really true. And a man, in the same way, would like to have such a woman and a woman would like to have such a man. When they get together, that's true happiness. Now we know the secret.

63. No matter how difficult it is, once you like your job or work, then how do you feel about any difficulty? When you like something, you really don't mind putting all your waking hours into it; even if you put in 20 hours you can still be happy.

64. Now we find out that liking what you do can be a dynamic source of power. When you like something does that something become good or bad? (Good!)

65. If we want to succeed in something in the very shortest period of time, what can we do about it? It is a very rational and reasonable conclusion that, in attempting something, when you like it you can always succeed.

66. When you like something and it is worth liking, and if God likes it too, He gives you every kind of support. That's another reason why you can achieve that so easily, and so much better. It's the very principle of man's being, that man wants to be intoxicated, crazy about something. Don't you feel that? (Yes!) If you were overjoyed until you became insane, would you be a happy man or an unhappy man? (Happy!)

67. Just watch the people of the world. They are crazy about money, sometimes sex, and sometimes even other things; they become really involved and become insane. Since everybody's getting crazy over something, what are we going to be crazy about? (God!) Yes,

and only because we like Him. And when we really become like that, then that world is Heaven. Now you know the secret of success, how you can best achieve Heaven.

68. If I like a person and he likes me, there is no room for indebtedness. Apply this principle everywhere, and you'll be a successful man. If you like everyone so much that when a person is leaving, you wish that he would stay longer, then you will find, all of the sudden the whole world will like you in turn. When someone visits us, or we visit somebody else, if we want to stay with them for a long time, they will come to like us, and so will anybody else who is close to them. This is a rule of life.

69. 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 okay 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? So, he persevered, and he never got sick.

70. Once you begin a certain task, then whoever and whatever turns your mind from it is your enemy.

71. What is the most fearful thing? When we really like something, if that includes God, even God cannot escape.

72. Father has heard many comments in the past that Father is a man of iron. He doesn't believe in that. The only thing he knows is that, whatever he undertakes, whatever he puts his hands to, whatever he starts, he likes it and he does it because he likes it. When he starts doing something, then instantly, it's as though he's born to do that. He feels that way.

73. When Father does some difficult thing, he doesn't think, "Oh, I wish that this would go by very quickly!" He doesn't do that. Rather, he would always like to continue some more. So how can he get tired? Now you know the secrets of success.

74. Now that you are doing it, you might as well be happy and do it. And when you do something happily and you accomplish it, then even for the rest of your life you can never forget it. It can be a beautiful memory.

The Way of True Happiness 3-5-75

75. Without joy or love, like has no significance. Joy and happiness is what you want, and both of them are derived only from love. So, you think more highly of love than the value of one's life.

The True Pattern of Family Life 3-7-75

76. If you think of things in terms of yourself, then, centering on yourself with arrogance and pride, looking down on others, you are going away, farther and farther from God. You must be humble, you must be ready to sacrifice yourself, and you must do things for the good of others. If you teach other people the same things, that you must be ready to forgive others, and take responsibility for others, and be sympathetic to others, then you must practice it or it would not convince them or move their hearts.

Human Relationships 3-9-75

77. I have been thinking of tactics for confronting difficulties. When oppression comes, you must grow sideways on the horizontal base; you become tougher and tougher under oppression, smaller but harder. Or, you can dig into the ground, and grow there. Then after the preparation period underground, you can sprout again with more dynamic power. You must have surplus power or excess power which will let you grow again with renewed strength. I myself am a good example. During almost 30 years of oppression by other people, I learned how to grow in a vital way. As greater oppression was heaped on me, I pretended to become small, but I hardened myself and made myself stronger. When I dug into the ground, I prepared to spring up later on when the oppression was gone.

78. If you are always ready to receive what may come to you, even though the situation is unspeakable hard, you will have excess power to survive the situation.

79. We are wrestlers in the arena of life; if we win over the enemies, the majority of the people will follow the winners. You must realize how miserable the defeated are. Are you prepared to be victors or the defeated? Are you going to survive all the hardships, or dwindle and die away?

80. I'm going to tell you a story of my life in prison. I went through much torture. But before the torture came, I was rather anxious to go through that kind of thing, to experience it, to know what it really is. At each glance of a bat, with each jab, I was ready for it, and I accepted the challenge. You must study everything.

81. In the face of torture before it comes, you must know how to prepare yourself. If you are scared, the pain will be greater, but if you are prepared to fight against it, then you'll feel less pain. When it comes if you are all tensed up to fight back, then you can survive the torture. In my mind I always thought, "I'm fighting back spiritually," when the physical blasts came.

82. However severely they beat me, it was they who got exhausted, because every moment I thought I could never be defeated by them. My spiritual sword would pierce through their hearts. So, rumors spread in the prison that Reverend Moon is formidable, he just cannot be defeated.

83. I thought, “However hard they may drive me, I will survive the situation at all costs. Come what may, even if you torture me more severely, I can survive.” Then I experience how much coming to my knees before the situation, under those conditions I was more courageous to fight back.

84. However bitter and wretched prison life may be, you must know how to make the breakthrough. You must be able to overcome the situation.

85. The next thing is how to overcome under heat or cold. It is easier to overcome heat. To overcome sleeplessness is a most horrible thing. But I could overcome it. I thought, even though I might have to die there, my spirit would survive the situation, and I did not die in the real sense. If I could not survive the situation even on the spiritual level, my mission could not be accomplished even by my successors.

86. You must be determined not to allow your eyes to be scared by the sight of evil things, and don’t let your ears hear evil things that will scare you. Don’t let your mouth speak weak things, so that you are a failure there. Use your whole being to fight against evil power there.

87. For those people united with the will of God, difficult situations and rebuffs are a greater challenge; you can survive and you can utilize bad situations like fertilizer, to nourish a plant. Our movement is like a root coming from Father, spread out so that you feel the same power. You are in that way one with me; you are related to me, you are interested in whatever I’m doing, and you choose to act and think and speak as I do.

88. Use your arms and every tactic you’ve prepared, but in case those are not enough, bit the person, and don’t ever let them go until they are defeated. If you let them go before being able to do that, then they will become enemies. When they come to kill you, they will have more people on their side. So, once you get hold of him or bite him, don’t let him go unless he surrenders to you, or admires you and begs you to let him go, or until he comes to his knees before you.

89. You must be able to love even your enemies. That’s the tactic for survival.

90. When you are only a handful of people, you are apt to los if you fight, so try to steer the way without fighting, without making any enemies. Let them know that you are doing things for the sake of those people; you are serving the people at the sacrifice of yourself. There are many ways to do the job. You must be able to love them, serve them, educate them, survive difficulties, and be the example to others.

91. We are training ourselves to be strong so as not to die under persecution in unknown soil when you are planted in that land. Any organization, any group where they educate people to adapt themselves to any situation will be successful.

92. You must be prepared to adapt to any kind of situation and surrounding. You must be able to enjoy nights as you would days, and glorify in whatever experience you are going through.

93. If you train yourself to think of the tunnel or cliff as if you were on level land, then you will not fear any difficulties. In the army, you are severely trained in order for you to be able to survive any situation or difficulty. We don't know what kind of surroundings or circumstances you are going to be put under, so I want you to be trained in such a way that you will suit yourself to any situation.

94. You must be able to survive any and every situation. Before going there, I want you to have the notion of your having to use all your sense organs to survive.

Those Who Will Prevail 3-12-75

95. In fighting against an individual, you must choose the most vicious person; when you want to restore a family, your target must be the strongest enemy on the satanic side: the nation you want to choose is the one which is most malignant and vicious; and in the whole world, your target must be communism, which is the ultimate target and strongest enemy of God.

Cain-Abel Relationships 3-15-75

96. For anyone and everyone, it is important for him or her to set up the goal, get trained, and then work towards the goal. That is decisively important.

97. Thus, we come to the conclusion that once a goal is set, you must have someone who will drive you harshly toward that goal or else you will become lazy.

98. For instance, you have the schoolmaster or the class advisor who is always poking at you and pinching you, saying that you must work harder than you have been. You know deep in your heart that he loves you, he is concerned for your success. If he does not want you to be successful, he would not do that. You must be grateful for that kind of person.

99. I want your eyes straight ahead on the goal. There is the goal, and if you are going to the bathroom, still your spiritual eyes must be set in the right direction.

100. Human thought is a wonderful thing. With one thought, you can think of the same thing in an evil way, and be headed for hell. But with another thought you can think of it the other way around, and you are positive in your thinking. You are all glad, and with that happiness you are entitled to heaven. Every moment you must be thinking of how to swallow the bad things and digest them. Your way of thinking will decide whether you are heaven-bound or hell-bound.

The Mission We Are Undertaking 3-16-75

101. You have to train yourself how to suffer, how to overcome everything.

102. Cry for mankind. Pray for it, shed tears for it, and blood for Heaven. Practice this method in the shoes of a servant. Serve others; you will be good mothers and good fathers to them. There will be no defeat, there will be no setback. Only advancement, only success. This is the only weapon I can give you, this spiritual weapon. Children, good children want to have qualified mothers and fathers like you.

Directives to Foreign Missionaries 3-20-75

103. If I give you a blow on your head, you will say, “Oh! That Unification Church minister, he just slapped me, I must escape from him!” You are apt to say that. Isn’t that true? (No!) Why do you say “no”? Well, that’s too simple a question, and you will not get any grade on that. Your answer must be, “Since there is such a strong attack coming from the satanic world, I must be trained by you.” That must be your attitude. You must train.

104. However difficult and bitter the satanic attack may be, if you are well-trained, disciplined and toughened up, then you are qualified enough to fight back the satanic power; also, you are likely to win over them. Otherwise, there’s no hope for you to win over satanic power. You must be so determined as to become like a bullet yourself, and you must penetrate Satan and threaten God. You must be determined to pierce the heart of Satan and return to God.

Restoration Through Indemnity and America’s Role 3-23-75

105. If you are hungry, and you don’t have any money to buy bread, you can stop by the baker’s place after looking and looking at the bread, you will scream, “Oh! This is quite different from ordinary bread! Oh! What a delightful smell! Can I taste a bit of this?” You can go ahead and eat it! You have every right to do that if you are hungry. Then the person will have no idea that you don’t have a penny and then he will say, “Go ahead and eat as much as you like.” And you can say “Thank you!” And after eating, you thank him again and leave. You cannot be blamed because you ate with the permission of the shopkeeper. But if he insists on your having to pay, you grope in your pocket, and say you don’t happen to have a penny, “I can pay it back a few days later.” After earning the money, you can pay it back. The person will come to like you, and love you, and whenever you stop by the place, he will let you eat freely. When God’s sons and daughters are penniless like that, you have every right to do that, because without friends in that country, you cannot occupy or conquer the people to God’s side. I have an endless supply of such stories. All through my life I’ve experienced many such things, when I was helpless in the satanic world. I have used many such tactics, with permission from God.

106. Without power enough to hit people's hearts, they cannot come. Until you get trained to break through the hearts of the people, you must train yourself again and again until you attain the goal.

Who Will Be Responsible for the Providence of God? 3-23-75

107. Everything begins and ends without your knowing whether or not you are missing what is important and valuable. You may think, "If there is a God, why doesn't He let us know?" We want to know every minute of our life what is going to happen to us. But if you know that, you would go crazy because so many things happen to you. And most people are somewhat afraid of their fate. If you could predict what was coming, you would always be thinking of what was coming at each moment and worry about.

108. What is the Unification Church? The Unification Church is the place where you are taught how to return to God. Our motto is, "Return to God on the absolute basis."

Speech to Los Angeles Family 3-24-75

109. Every moment I'm studying how to invest more of myself, my whole being, every cell of mine.

Restoration Through Indemnity 4-19-75

110. Don't ever take anyone as an enemy. Even though he or she is an enemy to you, if you trust the person, that person cannot but help you. They meant to harm you, but that cannot harm your heart, rather it can benefit you and cultivate your heart. When you talk with a person whose heart is good, you hate to leave him, you don't feel the passing of time. You would sit up the whole night talking and talking, and still you wouldn't want to let him go. Even though you are almost starving, you want to share whatever you have with him; you care for him more than you would yourself. If he has to leave, you want to go with him.

To Foreign Missionaries 4-19-75

111. Unless you win over the evil power working in yourselves, unless you have your spiritual side win over the physical side when both powers are at war with each other, unless you do that, you cannot dream of fighting the fiercer battle. That's why in the past I have chosen to go through more difficult ways, to experience a bit of everything that people of the world have experienced. Unless I experience the same thing, I cannot be confident to win the battle. Have you tested yourselves by putting yourselves under those conditions?

112. Our philosophy must be doing the work with happiness.

113. Human thought and spiritual power are formidable.

The Significance of Victory in Korea 7-1-75

114. You have to determine how to make your life happy. What can one do? Do not follow your own will; do not follow your own desire. That's the secret.

115. The best way to overcome any trouble is to go to your parents if they are living, or to your best teachers, or your best friend. In this sinful world there is nobody we can trust except the most loving parents, the most loving teachers, the most loving friends. There is no other person you can trust.

116. In the long run, the person going through ups and downs and having lots of experiences will be an experienced leader of others. In the past all righteous saints and prophets trod the road going through ups and downs, hardship and persecution, they are the ones who belong to this category. In the worldly sense, we might say this is ridiculous, "This foolish person!" But in the long run, he is the happiest, most successful person. Most religious people, most conscientious people belong in that category.

The Law of Indemnity 7-3-75

117. However hard you may struggle in educating yourselves, if you don't practice living for other people, you will have been educated in vain.

118. When you are trained here, you don't dream of a flowery future, but rather of a life of sacrifice for the sake of other people.

119. Why am I training you? For you to find God. Where can you find God? You can find God by knowing His work, how He has proceeded with His providence in the world. We must know how God has been successful or sometimes unsuccessful, and we must be joyful or sorrowful because of the success or failures of our forefathers.

120. If you feel the obstacle is too much for you, you must talk to yourself, saying that you have not gone through many difficult experiences in your past life, so you must be prepared for more.

121. Sometimes you are discouraged and say, "Oh, I think I am not for the Unification Church." In that case I want you to feel more challenge and step over the obstacles to win the victory.

A Needed Man 7-16-75

122. Life is temporal, life is short, so you must be thinking of what to leave behind you after your physical death. You must hope to live in the eternal world well prepared. If you do as I have instructed, you are sure to inhabit the heavenly kingdom.

123. The horror of death is not that you end your physical life but the horror is that you are doomed to hell without having lived for others. We must overcome the way of life in which people live in vain without doing anything for others.

124. As soon as you arrive in spirit world, you will be asked by God, “What way of life have you lived?” Can you boldly answer Him, “I lived to earn money for my livelihood, and I lived for my children; at best I have educated them. That’s all I have done in my earthly life.” Would God like that? Any animal can do the same thing. What do you have that excels animals? Of course you have to eat and live and educate your children, but in addition you must do something—at least as many things as possible—for the sake of other people.

125. I’m always sensitive about death, so I want to be prepared for death. I want to put everything in order—what I have done or what I have. Otherwise one cannot be at ease.

126. You must welcome other people and do things for other people. If you want to be prepared for death, always closely examine yourselves whether or not you are like that.

127. I have struggled hard to bring the truth into life and I’ve done that my whole life. I seriously wanted to find out what life really means, and above all what death really means and what comes after death. So, I want you to be prepared for death to know that after death there is a more glorious life awaiting you.

Human Death 7-21-75

128. The question is always your attitude, what you think about something. You must first digest every situation in your mind, in your thinking.

129. When I ask you to be united with each other, what I mean is that you must become one, heart to heart, bone to bone, flesh to flesh; every particle of you, including your inner selves, must become one.

130. When I was tortured in the prison camp, I would make jokes to the person torturing me. “You are a human being, too; how can you torture me like this? Do you want to test me? I can enjoy it, and I can survive, so go ahead. How can you kick me like this? How can you poke me?” I could even joke at that moment. And they would become appalled, and finally they would be touched in their hearts and I could make friends with them. Then the torture would be lessened and we would be friends forever.

131. Wherever I may be, whatever I may be doing, I always think of you people, and the spiritual bond goes straight to you, always linking you and me. It is the principle of principles that if you give out love and truth to other people, their hearts, without their being conscious of it, are moved because God operates there. God moves your heart, and in that way you are linked to me and miss me.

132. If you want to resemble me, you must have the same ideology I have and use the methods I employ. In action, too, you must be foremost and capable in putting your ideas into practice.

133. My philosophy is that in the face of difficulties I feel more challenged, and I take the rebuffs as greater and greater challenges, and I feel thrilled in the face of difficulties.

134. If you can overcome three things, (hunger, shelter, and sleep), you can overcome almost anything.

135. If you can survive hunger, then you won't fear starving or being poor.

136. Everything is always the same. What you think about is always the question. When there is some difficulty you must think of something opposite.

137. How you view the situation is always the key. You must learn the knack of digesting and grabbing hold of the situation, not let the situation manipulate you. The problem lies in you, your attitude, not in the environment.

138. I want you to be well-rounded in your thinking.

139. I'm not afraid of starvation. But on the other hand, 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. Whenever I am hungry, I know the tactic of how to win the hearts of the people so that they will give me something to eat. I've passed the test. I don't have any fear of starvation and I don't worry about what to eat.

140. Up until the age of thirty, I went through many periods of starvation.

141. I put myself through trials to learn to transcend starvation.

142. Second is the problem of shelter. 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. Even in the winter, if you have trained yourself you can survive the cold. Even in the snow, if you can find a piece of wood you can survive. If you train yourself like that, you cannot complain about a poor place to shelter yourself, or worry about where to sleep. If you can't find any shelter at all, you can go to some corner and snuggle yourself up against the wall and rub against the wall. Since I have trained myself in that way, I can sleep soundly in the car sitting up straight like this. You must never waste the time when you are riding in a vehicle. Utilize the time. If you know

how to use the time when you are in the vehicle to sleep, then you will save more time. So a place to sleep is no problem at all. If you cannot find a place to sleep, some times you can find a tree outdoors and you can climb up and fasten yourself with your belt in the branches and sleep. So there is no question about where to sleep.

143. You must know how to win over beautiful clothing. Even though you may be clad in rags, you don't mind. That kind of attitude is necessary. Even though I am a man, I know how to sew. When my shirt wears out, I can patch it. I can knit my own socks. I can do almost everything to clothe myself. You cannot believe it, can you? In my childhood days, I would teach my younger sister how to knit.

144. With those main needs, food, shelter and clothing solved, you won't have to worry about your living situation.

Why Father Goes to Sea 8-23-75

145. Suppose that you have been defeated 10 times; you must be determined to win on the 11th try. That kind of person will be sure to win over the others. After many failures you must stand firm and feel even more challenged, and you would say to yourself, "After such failures I have experienced many things and learned many lessons, so this time I will not be defeated." You must resolve to have that kind of determination.

Youth Must Have Hope 9-11-75

146. When I was imprisoned and tortured, I was even more determined and I would tell myself, "This is the best chance to test myself to find out whether or not I'm going to be the greatest leader of the world in the future, come what may." This was my attitude.

147. You must voluntarily go ahead, winning the hearts of the people, winning members, winning finances, and setting up tradition by educating people. You are doing those things for your own sake, so do not ever complain saying your leader doesn't understand you, he won't give you time to sleep—all those things. You are doing your own work, and so much lies ahead of you. In proportion to the work you do, more things or men will belong to you. What you do here will be magnified and praised many thousands of times in spirit world.

148. Those who train themselves and prepare for the days to come will be successful.

Training for Victory 10-2-75

149. The well-being of the family should come before that of the individual; the nation should come before the family; the world before the nation, and God before the world. This is the philosophy of a selfless way of life.

God's Hope for America 6-1-76

150. Gigantic accomplishments are composed of success in millions of little tasks. You must be a most thorough person in everything you do.

Untitled Address to Conference of U.S. and International Leaders 9-20-76

151. There is one secret to victory and that is to be cray to fulfill God's will.

Perfection and Gratitude 10-3-76

152. You cannot just ignore some mistake without apologizing to the other person.

153. If you just bury some anger in your heart without apologizing or speaking out to resolve it, then it will multiply as resentment and remain within you forever. In every area of human relationships, you must not try to cover everything over and persevere with resentment still growing in your heart. You must take it out and analyze it and one of the two must apologize to the other or make some compensation.

The Responsibility of Cain and Abel 11-1-76

154. My strategy is not an ordinary one. Man's strategy usually considers only the reality of this world, but my strategy depends upon the realities of two worlds. This is why I do not plan my tactics in an office but out on the high sea. There I am dealing with the unseen world. The present power of humans is truly limited. If you depend only on what you see, you are exceedingly limited in what you can do. Knowing that principle has kept me alive this far. By all normal calculations I would have been dead a long time ago.

155. My philosophy is this: I have no enemy. People come against me now because they don't know me, so I will be patient. It will take a longer time, but through education people I will turn them around. That is my method. That is our way of life and our work. Even the worst kind of enemy shall be made our best friend. We fear nothing.

156. Life experience is what counts. No matter how much knowledge a person claims to have, if he has not lived through a particular part of life, his knowledge is worth nothing. For thirty years I have been living under constant criticism. Society has come against me; nations have come against me and the entire world is worried about me. You will never understand the loneliness of persecution until you are standing in that position.

157. When we human beings face utmost difficulty they develop tremendous capability to conquer any situation. In an emergency the experience a flash of courage and wisdom that gives them some direction for handling the situation. This is the tremendous potential of human nature.

158. A promise is cheap, but a deed holds great value.

The Age of Judgment and Ourselves 11-21-76

159. We can safely say that everyone needs training. Somehow suffering is necessary and struggling hard is the way to train and discipline yourself.

160. Through self-reflection you must be encouraged to do more than you did in the past.

Self-Reflection 12-1-76

161. We sometimes do not have such a clear understanding of the boundary line between Satan's side and god's side, but we must be serious about this boundary line from this time on. In many cases we lack concentration. We decide to go one place but listen to something somewhere else, and our attention becomes divided. That kind of moment is the most vulnerable time for man. Then instead of having a straight boundary line, we have a very complicated one.

162. There are narrow-minded people with so many different boundaries, so many dislikes and likes. They say, "I don't like that kind of man; I don't like that kind of woman. I don't like that kind of child." They don't like anybody. But there are also people who are open-minded and who welcome everybody. These people can comfortably go either to the top or come under foot. They have no boundaries.

Boundary Line 12-5-76

163. Unselfish love won the heart of the past, wins the heart of the future because no one will disagree with it. I proclaim today that no power can destroy unselfish love. Someone may take a weapon and try to destroy it, but when they confront unselfish love they will completely melt.

164. Anyone in this world will surrender before unselfish love. However adamant or stubborn a person may be, he or she will be subjugated by unselfish love. It is truly an historic conclusion that unselfish love is the supreme love.

The Benefit and Grace of This Time in History 12-19-76

165. Our mission is the final “mission impossible” in the sight of God. To accomplish it we need discipline and training.

166. You have to practice that quality and concentrate your sights on the goal. Always look at the particular goal you are going toward and practice day and night. You have to make a mock-up situation to practice in.

The Final Warning Concerning Good and Evil 12-26-76

167. Think of yourself. In your mind, you have been thinking, hiding someone. “I don’t like that brother. Even though he is my own brother, I don’t like him so much.” Or “I am not that close with my own sister.” If you have animosity in your heart for some person, you must go to a similar person and serve her, serv him, and try to make up. We have to learn how to live together in human relationships. How can we serve each other? Unless you can be a harmonizing, unifying family person, you will not be admitted into the Kingdom of God as a good citizen. You will not be qualified.

The Kingdom of God on Earth and the Ideal Family 1-1-77

168. Why do I keep pushing you? For your own sake, for your own children, your own country. Whoever defies my teaching is actually defying his own self, his own posterity, his own country, and the benefit of the world and God. He is not defying me at all. He is defying himself.

169. The secret of my success is simple. All I am doing is listening to God and absolutely trying to enforce His will. That’s all I do. As the Bible says, “He who seeks to lose his life for my sake will find it.” That’s the creed I have been living.

170. The person who wins has absolute concentration. His whole body is focused on the goal. He thinks, “Nothing but victory, nothing but victory. I may die, but I don’t care. I will go to the end.” That person will win.

Let Us Meet Opportunity Well 1-2-77

171. Only when your dream is parallel to the dream of God and the dream of the Messiah, will you be fulfilled. When you reach your pinnacle, you have such a completely consummated feeling in your life that you feel utterly rich and full of hope and blessing.

172. The person who truly recognizes God and the Messiah's ideal, the ultimate purpose of this world, will never end up in despair. However, without that ideal, even though you go higher and higher, your despair will grow deeper and your life darker.

Who Am I 1-23-77

173. We have to determine the secret of success in human life. Which is better, to have more words and fewer deeds, or to have fewer words and more deeds? The combination of words and deeds that a person has determines his value and defines his personality and character.

174. Heavenly conquest is accomplished by love, by melting people's hearts with the power of love. Your parents, humanity, the nation, even God, all their hearts can be melted by the power of love. You can conquer God and make Him helpless toward you. When this love just whispers, even just exists, God wants to be there. Just ask Him to come; He will dash to that place.

175. This is my advice to you: do not speak if your heart is silent, and do not act unless your heart is sincerely moved. We have so much to say and do in this world that once we know the value of it we can throw ourselves wholeheartedly into our task.

176. Go out witnessing; go out fundraising; go out for whatever your mission may be, but do not do it passively; do it willingly. Gather your motivation first. Without motivation you will fall into a passive pattern, and it will not benefit you. You will not be happy. Your words and deeds must register in the memory of God. I want you to do something that God can remember. Volunteer; be the willing one, the one willing got participate with bubbling enthusiasm. A teacher cannot make you study; you are the one who must study. You must qualify for your own heaven. The way is open and everything is waiting, but unless you take advantage of it, it will not be yours.

Word and Deed 1-30-77

177. When I was imprisoned and tortured in indescribable ways, I looked a thousand times more miserable than you do. But I was a winner; I am a winner; I will be a winner continuously. That must be the pattern of your lives as well.

178. There is one universal force which can bring every conceivable creation into oneness, allowing the entire universe to join in common goodness and common purpose. This is the power of true love. Do you agree? A person can become completely intoxicated in love. No

other force has such attraction. For example, within true love our bodies and minds melt together in elation for eternity; money cannot do that, nor anything like knowledge or power. 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.

179. Idle time or time having no purpose is your enemy because that is when your thoughts usually become self-centered. If you look back in your life then you know how true this is. I do not allow myself an idle moment but I schedule my time in such a way that my whole attention is needed at every moment right where I am.

180. Because I have liberated every kind of human misery by participating in every walk of life, I have a friend everywhere. I have talked with murderers and given them hope; I have suffered together with people in prison camps and labored with dock workers and miners and old mountain people.

181. Absolutely no one knows more about human misery on all levels than I. No one has ever visited more kinds of places around the world than I have. I specialize in keen observation of human misery and human sin because that is the area I am going to liquidate. I have many friends, even those who have committed crimes, but who have become new people and their lives for God's cause. There are many beautiful stories that you would be moved by because you have also felt something touch you.

182. 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 and the Physical World 2-6-77

183. The secret of life is to be a good object. In contrast, an arrogant person clings to his own ego and desires, claiming that repel each other. Thus, there is no way that two subjects can have a reciprocal relationship.

184. Human life was not supposed to be lived at random, by arbitrary whim. No, there must be a principle direction or goal, and self-discipline.

The Ideal World of Subject and Object 2-13-77

185. You must realize that your thoughts are like bullets and you are actually firing them every day. Most people fire them in many different directions, but the true person fires them in only one direction.

The Blessing 2-20-77

186. In the sight of God each individual is like a cell of that giant human. Each one of you is a cell, yet however small you are, every other cell is still connected to your life. When you look at a little cell on the tip of your finger you are a giant in comparison to it, yet you still deal with that one cell on a one-to-one basis. Each cell has a right to claim, “However small I may be, I have one vote, and you, big man, you have only one vote too.” You are like one tiny cell, only one portion of the entire universal body, yet when you deal with the universe you are on a one-to-one basis and you can claim your rightful vote.

187. Think of it. You can productively employ your life here on earth for only 60 years. How can you waste even one second out of those 60 years? This is your only opportunity. The world is wide and billions of people are waiting. How can you waste even one split second?

188. To bring some hope and happiness to this unhappy, chaotic world, you have to conquer misery and unhappiness. That means you have to taste the bottom of human misery; you have to lead an even more miserable life for the sake of happiness, for the sake of God. That is the only way you can liberate the misery of the world. If that does not work, then you do not have to worry any more—in that case there is no God, no future, no hope, no spirit world, no nothing.

The Will of God and Individual Perfection 2-27-77

189. My feelings are just like those of any other individual; I would like to lead my own life having some enjoyment and free time like anyone else in the world, but I have not had one single moment of time to myself. My mind is always occupied with this immense task; it is like sitting on the point of a needle 24 hours a day.

190. A marathon runner does not stop training just because he has accumulated precious experience. If you are experienced then you will practice even more in order to stay ahead of all your competition. For the same reason, you have to work harder to keep in the forefront of the enthusiastic new members.

191. You must be strong in every sense. You have to learn to live without food for many days, how to stay alert without much sleep, and 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 (1) 3-1-77

192. There is no power in this universe which can overthrow a true love, life and ideal. The power to create the beauty of true life, true love and the true ideal is the greatest power of the universe and it can only come from God.

Our Family in the Light of the Dispensation (II) 3-6-77

193. To become a person who is recognized worldwide you must become a person who lives and breathes the worldwide situation every day.

194. Think of it, when you have bread in your mouth, whose bread are you eating—your own bread or the bread of the world? If your food represents the entire world, which is more precious, you or that bread? If you are existing solely for your own selfish and egoistic purpose while your bread is representing the entire world, which is more precious? At every breakfast you should say, “Mr. Bread, sir, I salute you.”

195. Compare that kind of relationship to your relationship with the universe. 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.

196. Think of the air that you breathe; it belongs to the universe and is in a universal position. Did you buy this air? Is it yours? When you breathe this air, do you ever think about whether you are even qualified to breathe it? Have you ever thought of air in this way, “I’m breathing somebody else’s air. Do I have the right to breathe it?”

197. Think of a glass of water; does it belong to you? Have you ever had the power to create one drop of water? The water belongs to the universe. The water and the air do not belong to evil or self-centered persons; they belong to the universe and to those of universal purpose.

198. What about sunlight? Are the sun rays yours? They are in a universal position. If you are centered only upon yourself and you breathe this air and dominate nature for your own enjoyment, all these things will abhor being subjugated by you.

199. Sometimes we see people outside protesting against us. Have you ever thought of the water demonstrating, saying, “I belong to God and to the universe; I don’t want to go into the body of this self-centered, egoistic individual. I protest! I’m not going!” Do you think water has sufficient reason to protest against evil people? How about grains of wheat, sunshine, and air? Do they have cause to demonstrate?

200. Are all these natural things individualistic or universal? Even one bird or small animal belongs to the universe and is a universal being. Have you ever thought about things in this way, about whether you even deserve to have all these things? Do you serve as a subject of these things? Do you have the right to possess and enjoy them?

Who Was I 3-13-77

201. A slow starter can prove to be the fastest runner. I only consider a person after he has had a chance to improve himself.

202. I can make friends with all of nature, even with insects. If I go out to a field and find some insect, then I quickly become friends with it. Can you understand what that means? I know you are amazed to realize how much closer you feel to nature after a few minutes of my talking like this. Without knowing these things, you will never get close to God, man or nature, no matter how many thousands of years you try. This is why the Bible clearly promises that you shall know the truth and the truth shall make you free.

Leadership: To MFT Captains 3-16-77

203. What may cause you to cry? You may feel sorrowful after some great loss, or when your expectations have not been fulfilled, but the deepest sadness arises when you become separated from your object, your partner. At the bottom of all sorrow is losing your connection to your object so that you can neither give out nor receive.

204. The definition of great unhappiness is the loss of anyone to whom you can give and from whom you can receive. You are most unhappy when you have no one to love and be loved by.

205. The most unhappy person is the one who has lost the person he loved and who loved him, so that he has no one with whom he can share his love.

The Greatest of All Is Love 3-20-77

206. When you open your eyes in the morning, the first thing you should think about is offering greetings to heaven. Report to God about what you are going to do that day. When you can accomplish during the day all the things that you promised in the morning, then you will feel a great sense of victory. Only through experience can you deeply understand that. When you experience the pleasure that comes from this victory, you really do not want anything else in life. This is what will keep you going even when you are tired and overworked.

207. If you are so tired from your efforts that you just do not bother to take your clothes off 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, and the longer you continue, the more you want of it. God will also find joy in continuing to help you.

208. A summary of my life would say that I really tried more than anyone to understand people. All my life I have been trying to understand my position and relationship to other people. This is how I can lead the Unification Church. Since God has watched all this and helped me do everything, step by step, God cannot help but assist whatever I do. This is one reason why I am assured of God's help.

209. My basic philosophy is never be indebted to any living soul. I will always at least be even, or if possible, return more than is given to me, but I will never be indebted. I do not like to receive something from a person without also returning something.

How To Witness: To State Leaders 4-1-77

210. Men and women would never get together if they only observed each other's difficulties. Harmony between men and women would be impossible. However, there is a magic power which more than offsets the shortcomings of men and women, a kind of veil that can make men and women completely blind to each other's shortcomings. Such a power is needed not only between men and women, but between God and man. If God were just looking at man from an analytical point of view, He would soon be fed up. God has no more interest in looking at ugly men and women than you do, so there must be something between God and men that even blinds the eyes of God, making everything look sweet. Without such a mystic power in this universe, nothing could be held together. What is this magic power? It is what we call love. When that veil covers men and women, they become blind and everything becomes sweet and fragrant. Even God is completely melted and cannot see any shortcomings but only the sweetness of men. It can truly be called the disease of love. The beautiful thing about this disease is that once you catch it you do not want to cure it!

The Resurrection of Jesus and Ourselves 4-10-77

211. Your personal relationships are the key to everything. You do not understand how much I am training and disciplining you, molding your character according to the path that I have gone. I am taking you along that same path.

The 23rd Anniversary of the Unification Church and the History of God's Dispensation 5-1-77

212. When you find God and humanity, then you will find yourself.

213. You need to make up your minds that for a certain number of years no enjoyments like movies or restaurants can tempt you. I set up such a period during which I was never even slightly affected by passing in front of a theater or a beautiful restaurant.

214. Restoration does not mean just restoration of man, but the restoration of everything, even food and clothes. The time will come to have all 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. Your Western-style toilets are very high-class, but the kind of bathroom I am talking about is the kind that most of the world uses, just a plain “honey-bucket”, which has to be emptied by hand.

215. I started the path of restoration at the very bottom, always in the same kind of miserable situation you have heard about over and over again in restoration history. Now I can eat at a table with very nice silverware and enjoy my meals, but that was only after certain conditions were met. For many years I had no chair or even silverware. My hands were my God-given silverware and I ate my meals near the honey-bucket, just like the worst beggar.

216. You celebrate your birthdays, but for many years I marked my birthdays by fasting. Since I have set the tradition, can you Unification Church members eat good meals on your birthdays? I decided that for three years my birthday would be celebrated by fasting. You should do the same in restoration.

217. I wear good suits now, and many people assume they are custom-made and cost hundreds of dollars. But this suit I am wearing cost only \$49! Until I was 30, I never bought one humble dress suit. Instead, I went to a second-hand store or thrift shop and always wore second-hand or old military clothes. Why should I do such a thing? I started out at the bottom for the sake of restoration.

218. At one time or another in our lifetime we must go over an impossible hill. It is a steep challenge but once you conquer the obstacle then you can make a great leap forward to great glory and achievement. After crossing over the hill, you have to be the one who can embrace the territory on the other side.

The Things That Belong to God and Things That Belong to Man 5-15-77

219. Do you want me to trust you? In order to trust you, I must train and discipline you and push you out.

220. The person willing to take up the worst kind of responsibility with enthusiasm shall control the world.

Men of Justice, Rise Up 5-21-77

221. Because everything I do is for the sake of God, everything I touch is successful.

222. When you give love it always returns with a plus. When you give a certain amount of love it is never lost, but will ultimately return increased. Through give and take, love will multiply and prosper for eternity.

223. When you search after supreme love, do not expect an easy road. You must do your utmost to reach that goal of the greatest love of God. When you pursue that goal single-mindedly you establish yourself as a host and hostess of the nation, the world, and the universe.

224. Unhappiness is the condition in which a person has no way to freely have give and take. The amount of give and take you can have will determine your happiness or unhappiness.

Happy Unification Church Members 5-22-77

225. Why was man born? Someone planned ahead of time that man would be the supreme creature in all creation, having the supreme purpose, direction and goal in all the universe. In studying our own lives, it becomes evident that everything we do is for the purpose of receiving some benefit.

226. Everyone of you sitting here has the built-in nature to want to reach higher levels and higher value by pursuing higher goals. Each day you want to be more righteous than the day before. In addition, you feel, "I want to succeed and become a center of attention. I want to be respected for giving much benefit to the world." Where did you get such an idea? If everyone happens to feel that way, then the theory of evolution might be correct. However, that particular ideal will never "evolve" into something else.

Nothing can change that constant ideal. If you received electric shocks, would it be possible to move that thought out of you? Would an atomic bomb change that human idea? Why not? No matter what happens to you, you will always return to that same direction and purpose. If you are whirled around until you are completely dizzy, you will still resume that direction. Even if you are pushed down or beaten, some power within you will always bring you back to that certain posture.

Let Us Thank God 5-29-77

227. God may trust your thinking and your ideals but not depend on your actions. It is very easy to talk about big things like restoration of the world and of perfected mankind, but the actual practice from day to day is very tough. God trusts that you are thinking of noble goals, but where did those big ideas originate—from within you or from the True Parents? These are not even your ideas. To make these concepts a part of your life is a different matter altogether.

228. You people do not know when or where you might need to go, but when the time comes you must be ready to go anywhere without complaint, even to Africa or the communist world.

229. Always you must think about whether you are dedicated enough to risk your life for this cause; then you are ready. Gamblers risk money, but you have to be ready to risk your lives to fulfill God's will.

230. If you are a solid person with convictions such as these, then if Satan or even God spins you around, you will always come back to your original position. If you habitually act on your thinking then you will not be influenced by other forces, even if you have no food to eat. This is the kind of daily routine you have to adopt in order to become an unchangeable person. In your mind you have to be always mobile, ready at any time to pack up and leave. Our critics say that I live in luxury, but Mother and I have no attachment to anything. 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. I am ready to go wherever God instructs me to be.

God Depends on Us Alone 6-1-77

231. The most unhappy memories are not born of gigantic events; most frequently it is a trivial matter that opens the door to great unhappiness. One's life or death destiny can be changed by one little mistake, a failure to think and evaluate one more time. Such a failure is always the result of self-centered thinking.

232. If you are a person who can live above the law then in any situation you can immediately determine the good and evil of a conflict. The accuracy of your insight will depend on how unselfish you are in your own life.

233. The Chinese character for "patience" is a combination of two characters, with the top portion symbolizing "sword" and the lower portion symbolizing "mind". The idea conveyed is to keep the sword planted in your mind instead of rashly pulling it out to attack somebody or something. That is patience. Keeping the sword planted in your mind is most painful at times, but the person who can endure and be patient time after time is the person who will win one thousand battles.

234. You had better think once more at every decision-making occasion; even concerning little things do not decide anything until you have considered it with patience and perseverance. Let us be patient one more time. Let us endure one more time. Before you take action, think about it one more time.

Let Us Think Once More 6-12-77

235. Have you ever had the experience of apologizing to the earth for having to step on it? If you have such a loving heart to want to step softly on the ground, the ground will eagerly respond to you and even push your feet up. When you go to the bathroom, you are just giving dirty things to nature, but if you feel sorry than nature will say, “Don’t worry. I will receive it and use it as fertilizer to grow many good things.”

The Desire of All Things 6-1-77

236. Your vision is broad because you have a blueprint; no matter how difficult each day may be, you must cover new territory and move toward the actual realization of that blueprint. That is our way of life.

237. The Important thing is that we have a masterplan, and every day we are advancing toward the ultimate goal. Do not be shortsighted.

238. Everything has meaning and a reason, and there is no such thing as a total failure. Tears roll down your face when you cry, but if your mind falls down with your tears, there is no hope. However, if you are determined and your mind rises, then you can utilize every situation for the best.

239. The person who is capable of going deep down into the valley is also capable of jumping to the pinnacle of the mountain. The pinnacle is never linked to another pinnacle but to the valley, and together they have a common destiny. This is a universal principle. Those in the valley can one day come to the pinnacle of the mountain.

The Desire of God 6-19-77

240. Why did God give man his five senses? They are God’s gift for perceiving joy and relating ourselves to everything around us

Good Day 7-3-77

241. When the distance between two parts is extreme there is always greater joy, emotion and drama involved in their reunion than if they had not experienced such extreme separation.

242. By gathering together people from all races and cultures we are trying to exchange each other’s indestructible elements in order to arm ourselves to overcome any circumstances. We can never be destroyed if we are trained for survival.

243. Anyone who is strongly connected to God can become a life-giving object, even though that life is not visible to the human eye. You may not become a sun, but you can at least become a lighthouse in the dark.

The Heart of Reunion 9-11-77

244. My power comes from the fact that no matter what I start to do, I just hang on tenaciously until the end. Nothing can stop me, not even the curses and persecution of the whole world. I want to take the worst and the best, but having only the in-between is not enough for me. If I hang on long enough, I will be victorious.

245. If you were asked if you would rather be flesh or bone, what would you answer? Maybe some of the women would want to be flesh in order to be seen and appreciated. A bone is ugly looking and very tough and if it is struck it makes a sound, but thinking people who appreciate value would want to be bone, not flesh. Bone forms the framework, the structure. Bone is like the principle out of which everything starts. Without a frame nothing else can stand.

What actually makes a man handsome? Bone is subject and flesh is object, yet no one thinks of that essential bone. When people say you are handsome, they are noticing your face and body. No one says that your bones are very handsome.

246. If a bone becomes soft and rots then everything else will die. Your bones must be tough yet flexible so that they cannot be broken. You must not allow yourself to be broken.

247. We don't just react emotionally; when something happens, we analyze and appreciate it.

248. The sea is the best place to train men and women to be tough.

249. I want you to think of everything in reverse. I see that everyone else's nose faces downward, but I think of my nose as being upside down and my eyes as seeing backwards. I even train myself in the reverse process of things happening. I want to be a person who receives abuse instead of praise, not for doing evil things but for doing good things. I have trained myself to endure hunger and go without sleep. I even forget to eat sometimes. Who said you must sleep eight 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. Who said it is abnormal to go three nights without rest and then just sleep a little the third night?

250. I always feel like I'm a marksman on the front line, always aiming at the enemy. I am always intent and take a great interest in everything.

251. Internal discipline is such that you can force yourself to do something even when you don't want to. Particularly in the beginning of your spiritual growth that is necessary. Sometimes I am super stubborn and don't want to listen to anyone. God knew that if He sent me out in that condition that I would run into lots of trouble, not just getting fines for speeding,

but something serious. God trained me every day giving me all kinds of discipline, and after He finished, the whole direction of my life was different. In this way God has opened up new opportunities, giving me instructions Himself and telling me what to do. I have conquered myself and become God's pride. This is the way a son of God should behave.

252. What kind of person will you become? There are two ways to go. All of us will go to the spirit world, but if you can live the way I have been describing then God Himself will prepare a dwelling place to welcome you. Otherwise you can live a dirty and untruthful life on earth and end up in a trashcan in heaven. There are two ways to live, and it is obvious which destiny you would rather have.

253. Freedom does not mean giving license to your body to do anything. Freedom means liberty within the law of God; God is giving us the freedom to actualize goodness.

254. The concept of equality is also important and means that everyone is equally valuable in the sight of God and for the purpose and will of God. In that respect we are all equal. This is not blind equality where you can claim you are equal to everyone and have a right to do anything anyone else does.

The Ones Who Can Receive God's Love 10-1-77

255. What is the fastest way to advance along the path of restoration? Put yourself in the position of Adam and Noah and shed tears for them and for the other central figures in history. Put yourself in the position of Jesus and cry for his sake. By doing this you link together the individual level, the tribal, national and worldwide levels.

Go one step further and put yourself in God's position during the time of Noah and understand how He suffered waiting through the 120 years it took Now to get ready, only to see that particular dispensation of God fail at the most critical moment. Then put yourself in the position of God looking down at Abraham wandering like a gypsy and meeting all kinds of persecution. How tense and anguished God was while He waited! Then go through the time of Moses and the suffering of the Israelites and later the time of Jesus. Put yourself in every level representing God and try to share His aching heart.

The Return to Tears 10-16-77

256. Imagine two types of people gathered together. One type doesn't know much about society and has had little experience, but the other is deeply experienced in life, having gone through suffering and tasted both sorrow and joy. Which would naturally become the center of attention? Whoever has had more and deeper experiences and hardships has more to tell. We know that in order to really shine in history, a person must have some experience of which to be deeply proud.

Our Destined Relationship 11-6-77

257. Good parents should teach their own children in this fashion: “My son, you must love your neighbors more than you love me. Love your country and the world more than you love me. Serve God and humanity.” If any parent teaches his children in that fashion then he is certainly a good parent. Children of such parents will become greater, more universal beings of eternal goodness and they will secure true prosperity. By using this one formula you can evaluate the goodness of parents.

The Children’s Day We Have Been Longing For 11-11-77

258. You need to really be experienced and toughened by training so that you can tackle any kind of extraordinary mission. Hearing this, you may be trembling inside, thinking, “What kind of religion are you teaching? I just want to pray and meditate and go to heaven. Now you are pushing me not only into fundraising but into confronting prostitutes. How could we liberate people like that who are at the bottom of human misery?” Someone has to liberate them and reach out for their salvation. They are also lost daughters of God and His heart is broken because of them. If you are in the likeness of God’s heart, then in order to liberate God you must get down to liberate your own brothers and sisters. Fundraising and witnessing are only kindergarten training; the really tough training is still ahead of you!

The Tradition of the Unification Church 12-11-77

259. What you are actually going to do is make your world. If you become an absolute plus to the world then you can expand your world of absolute minus wider and wider. In other words, when you give more and you create a part of the world which is minus to you, then both you and that world together as a plus, more of the world as minus will gather around you. In this extraordinary way all of plus and minus will ultimately become one.

Basic Formula for the Realization of the Kingdom of God on Earth 1-1-78

260. Everyone wants to have hope, but does harboring hope in itself automatically engender joy? The significant thing is this—when you have hope and want to accomplish it, you don’t feel joy first, but pain and suffering. Only attempting to accomplish that hope is not going to bring joy to anyone. If all you had to do was sit down and wait for hope to become a reality, life would be very easy.

261. The greater the hope or sunshine, the greater are the obstacles or darkness to overcome.

All Things Depend on Us 1-8-78

262. When you love someone, do you need to have them nearby all the time or doesn't distance matter? There is a principle in this universe which says that the greater the distance between two lovers, the greater the intensity of their love. Have you ever felt a longing for your loved one? Normally when two lovers are with each other all the time they don't feel an intense yearning for one another, but when they are separated their longing for each other becomes intense.

The Dividing Peak of Restoration 1-15-78

263. To succeed, a person needs the necessary willpower and internal direction to command himself coupled with a particular know-how. People know the method but still they can't succeed. The problem is only that people cannot handle or take command of themselves. It is a deficiency common to people throughout the world.

264. It's very difficult for most people to handle themselves, and only the unusual, extraordinary person can command and conquer himself. That's why most people need leadership, someone to inspire and supervise them. However, many people feel that they would rather not have a leader because they want to live in their own way and have freedom. But what happens? Soon they cannot handle themselves and their life goes downhill, becoming dull and promiscuous and without purpose.

265. Let's face it. It's human nature to not really want to get down to work, but there is a big load and if you leave it alone no one will move it to its destination. Each of you is human and what you need is a leader with an iron will who will push you toward that goal. You want to take a rest, but then you see me coming and you try to look busy! You know what your ultimate goal is and you know that you are on the right track, but someone has to manage you and keep you from becoming derailed.

Would you like a manager who always invites you to a party, or a manager who says, "You must finish this mission. This is the deadline." You know which manager would make you work and fulfill your responsibility. That is the way of life and destiny of the Unification Church members. You cannot get out of it because whether you like it or not, you are already involved in that destiny.

266. I'll tell you one thing very clearly—if there is a place to escape to and hide from this life, one clever person would have already done it, and that is me. I packed many times and tried to find a place to go and hide, but I found no place to go so I unpacked again. You and I have a common destiny. Do not think you are in one group and I in another. No, we are in the same boat. However you think is precisely the way I have been thinking. I have done

everything you are doing. I once was a beggar and I have tasted the misery of human life. I know the bottom line of human life, even the world of gangsters. From these experiences I can deal with people in any walk of life and converse with them; I know and understand the other side. This is why I can do things that the average person normally cannot do. No matter what type of person I meet, I know how his mind works.

267. Do you daydream sometimes, empty dreams? Daydream about the mission instead. There's no room for nostalgic thinking about your past romances and vague memories. There's no room for that type of thing.

268. Because of God's will, your eyesight becomes straight and you look at the goal, nothing else. Your ears, nose, arms and mind all become straight because you cannot direct them anywhere except toward the one common goal. Do you ever think, "I wish I could fly. Then I could just shoot myself straight to the goal." Whether consciously or unconsciously, keep moving toward that goal.

269. When you go to the bathroom, do it for the mission. Sometimes it takes time to go to the bathroom; then you can say to your body, "Hurry up body. I need to get going." Yell at your own system. Are you that eager? When God hears you yelling at yourself in the bathroom will He say, "Boy, aren't you unreasonable!" or will He say, "You are even complaining at the system I created, but I'll take the blame and hurry things up."

270. Sometimes a person has to go to the bathroom every two hours. "Why do I have to go to the bathroom all the time? I'm going to wait four hours or six hours instead." It is very painful to hold things inside yourself, but it will make God think, and He will say, "You are really crazy about the mission, crazy about me. I admire you; I'm for you 100 percent."

271. When you are really crazy and enthused about the mission in that fashion, will you become the trash of mankind or become the savior and champion of mankind? The more you do and the crazier you are about the mission, the more attention people will pay to you and the more praise and recognition you will receive.

272. Most of all, I am the champion in the area of suffering. I can take more pain and suffering than anybody, I have suffered more than anyone else in history, but I don't look beaten or miserable. Instead I look dignified, with shining eyes and enthusiasm for the future. Sometimes young members think I am some kind of man of iron because of my tremendous energy; they can't keep up with me.

273. You don't necessarily have to have a giant body to have concentration of power. Even if you have a small body, your total concentration is what can make you strong.

274. Once I slept three days and nights and I told people not to wake me up. Everyone thinks that they would like to sleep a long time, but in my experience sleeping three days was hell!

275. Many times conferences last very late at East Garden and as the people leave they ask me to rest. I may go upstairs and sit on a chair, but I cannot go to bed. Sometimes I sit there all night dozing just a little bit, and if Mother wakes up in the night and finds me sitting there she is alarmed and says, “Is something wrong? Why do you sit there?” I think sometimes that I may not be a very “tasty” husband because there have been many times like that. There is no such thing as total relaxation in my life, however; I always feel the burden on my shoulders.

276. Good things do not come easily; you have to survive hardship.

277. Is Mother beautiful or not? If I had been expecting a beautiful bride when the time came for my marriage, then God never would have given Mother to me. Instead I told God, “I don’t care about beauty. Even if my wife is a cripple, that’s okay. I want to do Your will, whatever it is. Whatever woman will do Your will is the one I want.” Then God picked a most beautiful woman for me. If that had not happened, I would still have no regret because the blessing would be given to the generations to come. Don’t try to harvest all the goodness of your actions in one generation. You have eternity to live and the fruits will go to many generations.

The Course of Life and Restoration by Indemnification 2-26-78

278. The world is so big that the consequences of even a small deviation from this ideology would be very great on the worldwide scale. If I were not a religious leader but a scientist, I still would have studied this subject, computing all these relationships and explaining them scientifically. You have all been random thinkers, but now since hearing me you know you have to focus your thinking on that one dot.

279. I would like to share one episode from the Hung Nam prison camp in North Korea. Men were given the hardest forced labor and weren’t even given breaks to go to the bathroom. There weren’t even any bathrooms around, so the men just went to the bathroom as they worked. They would improvise by digging a hole in the pile of lime fertilizer they were working with, but even then they could only spend a few seconds; otherwise a beating would come. When they had a bowel movement they had to push it out fast like cannon fire, and be finished. I might push you harder than those soldiers who guarded the prisoners in North Korea, and you men might not even have time to go to the bathroom. Do you still agree to go this way? If your yes is a sincere one, then the consummation of human history will be finished quickly.

Sorrow and Tears 3-1-78

280. All men want to be happy, and every day they live in pursuit of joy; nevertheless, one can never be happy alone. Happiness comes from a reciprocal relationship rather than from living by oneself. No one can ever feel good if he is alone all the time. We all know that God is a good being, but can we say that God is good all by Himself? Can He be happy all by Himself? God is no exception; He needs to have someone as an object for his happiness just as we do.

Where God Resides and His Course 3-19-78

281. In the rest of the world, people live differently everyday, today like this, tomorrow like that, but when you become a Moonie you look at one goal and one direction. People say we are brainwashed because we go in only one direction toward the goal, but if this is making you into an ideal man, is it a good thing or a bad thing? There is no hope for achievement in the rest of the world, but we have hope and a clear direction and goal.

282. You must know this concept very clearly—we must make the mind unite into oneness. The mind is like an advance party of love. Wherever the mind is united the love of God is always dwelling. I would like to create a new English word that represents shim jung because the American language doesn't have shim jung yet. I want to create a new word representing heart and love so I borrowed one from love. In Korean the "tul" sound means some mode of transportation; for instance, in Korean we call airplane "nul tul." I have been experimenting and I have decided upon "heartle." When we say "heartle", people outside our church will say, "What are you talking about?" They understand heart, but among us we understand something deeper that means heart and love together. The adjective form should be heartlistic. We've been using the word heartistic in Unification Church terminology, such as a heartistic relationship, but now I am inventing a new word, so it's going to be heartlistic.

Resurrected Kingdom of God 3-26-78

283. Time is definitely needed in order to reach a certain goal and, like a container, that time should be filled with effort. Time becomes purposeful when you fill it with energy and effort, truly investing your heart and soul. Where do you find the motivation and energy to put your heart and soul into that time? There are two sources of motivation and energy; either external pressure will inspire you to do certain things, or internal, burning zeal and realization will push you to the goal. Which one is the most effective? Indeed, the internal realization is the most important. Once you have this zeal inside then you don't need anything else; you will move toward the goal regardless.

284. What is at the heart of motivation? Money can be a central motivation, and honor another. The genuine central motivation, however, should be a heartfelt awareness which

comes from the spiritual center of your being. Where can we find this divine, noble power of love and soul which thrusts us into action? A reciprocal relationship will always motivate you—for example, the relationship between parents and children, or husband and wife. The power of love can always be seen when there is a circuit. Even in speaking of love, there are different circumstances and atmospheres, sometimes good and sometimes bad.

285. God is goal-oriented and wants to go straight ahead without wasting any time, taking the shortest possible way. Often there are two ways to reach a target, but the shortest way involves going over more difficulties. You know that reaching the goal will be difficult, yet when you are motivated and your anxiety to reach the goal is unbearably strong, it will push you through like a tidal wave.

286. From childhood my life was filled with one hectic event after another; whenever I went to another village there was always some unexpected, surprising event, like a horse dying or a house collapsing or a big fire sweeping the town. This was my destiny because wherever I go, Satan is always after me.

287. I keep very late hours, staying up until 2 or 3 o'clock conferring with Church leaders, and then I go upstairs. Do I just take off my clothes and go to bed? No, I sit in a chair, thinking about the people who left, praying. Sometimes Mother comes to shake me saying, "Why don't you get undressed and go to bed?" You may wonder how I can live like that, but I feel better that way than if I have all the sleep I want. When I sleep longer than usual, after waking up, I feel sorry that I slept. You may think I am unbeatable and invincible, someone whom no one can compete with, but that is not so. I am the same as each of you.

288. I am a strong, unyielding man. I am so sensitive about right or wrong, justice or injustice, that it's almost like uncontrollable fire. When I see many unjust things directed at me or at someone else, I want to just wipe it all out. But I control myself because God, who is the same way, is controlling Himself.

289. If you are in a desperate situation then God can help, but unless you reach this point, He cannot help. You must remember this.

290. The more difficult life is, the more valuable it is.

291. Are you going to expand your territory to preserve yourself, or are you going to retreat and be pushed around? Do you feel that the world's ways are so insurmountable that all you can do is sit down and do nothing? Please understand that if you feel that way then I have felt it a hundred times stronger than you or anyone else. I have been met by opposition on the nation scale, even without good reason. You have to experience that. People don't understand why you should be different from them and so they oppose you.

292. Whether or not there is much opposition, you have to have the confidence to not let that opposition bother you.

293. All human affairs can be reduced to simple terms: you come and go and eat and sleep and are happy or unhappy. IS anything left out? We come and go to do God's work. We eat and sleep in order to do God's work. How can we be happy and unhappy? When we do God's work well we feel happy, and when things don't go so well we feel unhappy. There are six kinds of human affairs then—come and go, eat and sleep, being happy and unhappy. All phases of man's living are included in these. After you eat you go out and then you come back and sleep. While you are out you are either happy or unhappy. If you find a good person when you go out then you are fruitful and are happy; if you meet opposition and your work is not so fruitful that day, then you are unhappy. Man's affairs are not complicated really.

I Proclaim That I Know 4-1-78

294. The most important thing is that you are the one to conquer time instead of time conquering you.

Time and Our Destined Relationship 4-2-78

295. You can be a conductor of love, but only according to your capacity. A thin wire cannot carry 1,000 volts. That is why you are growing into a heavier wire which will finally become so gigantic that all the power of the love of God can flow through you. When God sees from the spirit world that you are capable of carrying billions of watts at one time, He will push the big switch in His power plant. Through you, power will flow to all of the world and all of a sudden, this dark, sick continent will become flooded with bright daylight.

296. The family is the training ground for experiencing the three basic aspects of the love of God—parental love, conjugal love, and children's love. The ideal world is the expansion of the pattern of those three loves. That is the ideal Kingdom of Heaven on earth.

Parents' Day 4-8-78

297. Only those who have suffered from hunger can truly know the taste of food. There is no such thing as bad food for those who know real hunger. For those people, tasting a hard biscuit like those made thousands of years ago brings more contentment than tasting a steak does for an ordinary person. Both are quite real situations, not imaginary.

298. Who is the happier, the man who eats steak so often that he grumbles at the sight of it, or the person who knows the genuine taste of food? The one who eats the biscuit knows greater happiness at that particular moment.

Why can we say he is happier? The man who enjoys the biscuit so much is only beginning to taste food. If he eats something better then he is happier still. If he eats steak, he is the happiest and his mouth water in anticipation. There is no limit to the extent of his happiness compared to the other person, who doesn't have anything better to look forward to. If someone gives him a biscuit, he would most likely spit it out because he has no taste for it. It is painful for him to eat biscuits.

299. Who is happier, the one who is full with nothing better to expect, or the one who still has something to appreciate in the future as more and more comes to him? If you really understand the meaning of this then the logical conclusion is that no matter how many years you have lived, your living has been in vain, for you've been living life without knowing what life is. Does anyone really want to knowingly pursue hunger? Yet some day you may have the opportunity to experience it. The person who thinks he will never be hungry because he isn't hungry now is a fool.

300. Which moment would you prefer—the hunger or the satisfaction? Man has intelligence, yet there are two kinds of men; one finds more meaning in being hungry and the other finds more meaning in being full. When they are about to die, one will say he is content to die hungry, but the one who values having a full stomach will insist, "I have to eat something before I die." Who actually loves food more, the hungry or the full man? All things in life are like that, and it is the awareness that brings contentment and satisfaction, not the full stomach.

301. No one has looked into the face of death more seriously than I have. In thinking about life my conclusion is that true happiness comes from the awareness that suffering is for the sake of the future; happiness comes in knowing that we will rise higher one day because of suffering. This is not my imagination but reality. Therefore, I never felt desperate or depressed when I went to prison but rather accepted it as a matter of fact, another experience in my life. Those who seek happiness and meaning in life will treasure the suffering way and be nourished by it. They will take my life as an example and never feel alone. With those feelings, I have been able to go on.

302. Who will be saluted in civilian life? Who can be saluted in the position of a general? It is the man who has gone through the bitterness of life, who has penetrated through this hell on earth and won every battle, to be freed later from this hell on earth. After leaving much for people to be inspired by, he will be saluted by everyone, even those who already have various degrees of success. Instead of remaining in hell, he will go to the top of heaven. To reach the peak of heaven, this man will not evade hell, but even seek hell out.

303. The conclusion is that there is no way to go from one heaven to another heaven. In order to go to heaven, one must go through hell and win victory over it; then he goes to heaven. This is the only way. This person is not inclined to either place: he can pass through hell just as easily as he can pass through heaven. If he balances these in his life then he is the

one who finds himself in heaven. Does this stand to reason, or is it stretching the imagination too much?

304. Which is more reasonable, going straight to heaven in one jump, or having to go through these steps of suffering first? When you think deeply about it you will realize that this is the only way. Once you go through it, you can acknowledge that this is the only way to save all people, not just one segment or layer of society.

305. We must realize that heaven is only attained thorough surmounting the most difficulty; by knowing what hell is like we become aware of heaven.

306. Only the man who searches and undertakes the most miserable situation to reach God will be really happy to find Him. When he kisses God, he will even bite His cheek and hug him passionately because he is so happy and loves Him so much. He won't let go because he has waited so long for this meeting with God. God loves that man and would bite him back. That is what you would do, so why not God?

307. Those people who experience great satisfaction and contentment here on earth now will find themselves in hell when they go to the spirit world because they will be incapable of being aware of heaven. But when you suffer here on earth and go through difficulties, you will find yourself in heaven in the spirit world because you are being trained to be aware of heaven. That is the simple explanation of life and our relationship to the universe itself. Even if you do not have a real understanding of what I am saying now, at least you can know that it is reasonable, not imaginary. This is absolutely true and valid.

308. Then who is the satisfied person? Who is the satisfiable person? He is the man who goes along with the wave or flow of the universe. Someone who goes crashing into the wave, struggling to get to the other side, is foolish. But if he rides with the wave, seeing poetry in his suffering, he is indeed a worthy person. Go along with the wave as it develops naturally because God is there. From my own experience I know that this willingness to unite and endure is the yardstick of happiness in the world.

309. When a person goes through difficulties but doesn't mind because he knows how the wave goes, then although externally he is living in hell, he is actually living above heaven. His heaven is under his hip; he's sitting on it. Anyone who wants to get on board the train going to heaven has to have a ticket. Where do you buy a ticket? Satan in hell is the one who gives you the ticket to heaven, but he won't easily give it to you. "you have to pay more," he will say. Because that's the purpose of your life, you will do even more to purchase the ticket from Satan.

310. When things are difficult and life brings suffering, there is much more stimulation. The problem is how to be sensitive to their stimulation and not be overwhelmed but survive it. We must have hope.

311. Without having experience, you are afraid of difficulty and don't know what to do when you feel down. Because of my experience, I know how to turn around and rise up again. I am a master of that skill. Cosmic power will always give assistance. This is why there is more growth when there is more persecution. This is nothing new but is true of all religious movements.

312. When we eat it is not just for some vague purpose but to be able to go out and digest the misery of God and mankind. Misery is a part of our lives, so accept it as a matter of fact. In order to do that you must be able to assimilate both a high style of living and a low style of living, even digesting hell itself on behalf of God. We are drilling a tunnel into hell, and at the same time making a highway out of hell for everyone. We know that no tunnel continues indefinitely. We don't know how long this tunnel will be but some day we will finish boring through. Once this tunnel is completed everyone will want to pass through to get to heaven. History will be witness to that, and nothing you do will go to waste.

313. Once you know the real meaning of suffering, if I were to call a halt and tell you to stop, you would reply, "Father, we have more time left, let's work a little more." If you do that, then you won't have to be taught any further. Your ambition and hope is burning within you, and you feel most satisfied when you are at the peak of tiredness. Then you are on the right path.

314. Actually, all men should learn to feel content even when externally they are not. They should learn to experience satisfaction. That is the moment where hope is really magnified and where concentration actually takes place. When your stomach is full and your desire is satisfied, there is no need for hope or concentration. Then which moment is happier—the time when the desire is satisfied or, the moment when we have an intense desire and all of our senses are concentrated on fulfilling it? Are you happier when you are hungry and looking forward to eating, or when you are always full and satisfied day after day?

315. According to our experience, life is no different, either in theory or in practice. It is good to be extremely happy, but at the same time each person must have the experience of unhappiness. Whoever desires to experience ecstatic happiness must be capable of accepting both happiness and unhappiness.

316. You can easily distinguish a good singer from a bad one because the good singer knows the art of harmonizing. Everyone likes a vocalist to sing in a high, difficult register, but doesn't want his voice to keep ascending. When he skillfully lowers his voice you feel relieved. A soprano who knows how to lower her voice at the right time is a good singer.

Life is no different. It is reasonable to say, therefore, that taking the path to the summit is happiness, and it is also happiness to come down again. How can you say I am a happy person? If I only know how to go up but not how to come down, am I a happy person? I have a dream of ascending higher than anyone else, but I also know the meaning of coming down. When I mount the platform to speak, I feel that I have no equal and I am elated, but having to

go out to sea in all kinds of weather is almost hell. Fishing takes a lot of effort but I don't mind because once I am at sea I feel I am destined to be there for the rest of my life. I never think about an easier situation once I get out there.

317. The king who lived a fantastic, luxurious life may be forgotten, but if anyone has lived on both the peak of happiness and in the deepest dungeons of difficulty, becoming capable of digesting both fully and accepting them as part of life, people will find more meaning in knowing his life.

318. Even when you face a miserable time in the present, you know that you are going toward happiness and not toward a miserable situation. The more miserable we feel, the higher we are bound to go, and once we reach a higher point, everything will double and triple as a source of happiness. This is the law.

319. When I go up to my bedroom at night I don't go right to bed, but sit and think about all the members who are working hard, being persecuted and treated unjustly and really feeling frustrated. I remember them and give a moment of prayer for them. I never knowingly sleep, but often Mother comes and wakes me up, saying, "Father, why do you sleep here? Please sleep in bed," Many times mother tells me, "Father, why do you push yourself so hard? For your own sake and the sake of others, rest awhile."

320. You women should always carry a mirror in your pocket or in your purse. You can even tuck a small mirror in your bra and when you get mad at yourself or mad at other people, take the mirror out and look at yourself. Is your face attractive to other people when you are mad, or is there an awesome and fearful look on your face? Make sure. If your eyelids are drooping and your mouth is down, you have to be stern with yourself and liven yourself up. Just slap your own face and say, "You bad girl. You're not worth." If no one disciplines you, then it has to be you who pushes. Become like that, no matter what you have to do. That is the key to happiness. That means you will get the blessing, and that's what this is all about.

321. You men also should carry a mirror and when you feel all depressed, take it out. Then strike yourself with your fist, not with your flat hand like the women do. Do that, and see later if you decline or if you get abundant blessings. IF you decline, then I guarantee I will pay for it myself. There is no mistake in this. These are not mere words but an important instruction for you.

When Are We Satisfied? 4-9-78

322. Through my own experience, I can see that money has almost nothing to do with anything meaningful inside a man.

Yesterdays and Today 4-30-78

323. When we are hungry, we are tempted to eat, for to deny ourselves food goes against one's natural tendency. Even when we are needed to fulfill something it is very difficult to deny ourselves sleep and play. We have to admit, however, that this willingness is necessary for the country to prosper. It is the people who willingly sacrifice something they want who will determine the degree of their country's prosperity.

324. Now when you look for a teacher, expecting him to teach you everything, you will have to go to a strict teacher, not an easy one.

325. The true parents are the strict parents and the true teachers are the strict teachers. Would you like one teacher or many teachers? If you have only one teacher, you can be outstanding in his specialty, but when you are willing to learn from many teachers and regard everyone as your teacher, you will be able to lead in all different fields. You are suffering because you are carrying heavy burdens and reaching out in every direction to do your work. However, I not only teach religious subjects but also how to run businesses and be diplomats and many other things.

Heavy Burden 5-7-78

326. We have to be humble to do our best to know God's will and take care of it. The best time for this training is your young age. You are training yourself for the purpose of your own survival; if you only become like everyone else in the wicked world you will be washed away.

327. At the time of Washington Monument, I was tuna fishing in preparation. I was utterly tired because I was serious and involved. I was so tired that on the boat I would intend to get to the bathroom but all of a sudden realize that I was in my bedroom instead. This happened many times. When I am that serious, I know that God will take care of the outcome. When I walked to the platform at the Washington Monument Rally to deliver the speech I felt like a criminal on his way to the electric chair. I was deeply serious. As I walked to the platform, my legs were heavy because I felt my speech would mean life or death for many people. I felt that if something was wrong and people did not accept it then serious consequences would result.

The members followed in faith but they never expected so many people to come. The people who opposed us thought that maybe a few thousand would come, but when I was working in much seriousness, there was a big tornado in spirit world. All the spirit men because deeply serious and people just flowed to the Washington Monument Rally in spite of themselves. Otherwise, they could not have filled up that huge field. You have to be equally as serious.

The Age of New Dispensation 5-14-78

328. You must shed more tears for the public reason than for yourself.

329. Even though the members don't want the strict teacher, when God looks down He knows it is necessary. Then it doesn't make any difference whether the students like him or not; God will have that teacher reinstated. If you accept that training for your benefit and one day you become like that teacher, so much the better. If a teacher tells you to just go at your own pace and not work too hard, God and the school won't be happy with that teacher.

330. Here you have to persevere under a strict father and mother in the person of your leaders and by doing so you can prove that you will not run away from a strict father and mother. If you work hard and suffer while you are young, you will find life easier in your old age.

331. I want you to be brave and audacious. Don't meet the small people; meet the tough people and tell them what you believe in. make it your hobby to meet people in high positions to talk and even argue with them. If they throw you out then walk ack into the room.

332. When you visit the presidents of companies, walk in and use any excuse to start a conversation. You have to initiate the work; you can't just wait for it to fall on top of you. Go meet the people and talk to them.

333. When I was in high school, I ate one meal a day. I was always hungry but I just put up with it. Hunger is very real to me. Have you ever experienced that? If you can even forget that you are hungry in missing God's love then you have a chance to receive it. I have gone without sleep for as long as one week, but the whole time I felt I would like most of all to find God's love. Sleep can never be greater than God's love. In the early years of my mission I tossed and turned and my skin bled because of my strong prayer hour after hour. I tried everything in search of the solution to have God's love.

334. I have never had a decorous life of religion. In a life of faith, you have to close in on a problem area and just push through to the solution. Once you collide with a barrier, make it break into pieces and just march right ahead. Otherwise, you can never get anywhere close to applying the law of indemnity. Think this over and gradually train yourself and one day you will do it.

The Age of New Dispensation 5-14-78

335. Your parents were the first to be concerned about how you looked, and once your mother was satisfied that everything was all right, she prayed and hoped and did everything for you. Now that you are fully grown, what right do you have to complain about the way you look? It is unjust to complain about the way you look. If you keep your mind beautiful as you grow older, then always the appearance of your face and body will improve, become more and more beautiful.

336. You may feel you don't have any particular talent but don't ever envy another person who you consider gifted. Being born without an obvious talent can in itself be called a gift. Many people have a difficult time in life because of their so-called talent. You must really take hold of everything in your life like that. This is not just a way of coping; it is a better attitude and way of life than the man has who was born tall or talented and has all kinds of problems.

337. If you don't like yourself, do you think someone else will like you? No one will like you if you don't like yourself. The person who hates himself will be hated by everyone. There is no way that people can like him because he is his own best friend and if he doesn't like himself, who could he expect to like.

338. It is also natural that if I love myself so much, I love my father and mother in turn. Since I like myself, someone else can come to like me as well. If I like myself then at the same time, I can come to like other people too. You have to think like that. If you consistently feel like that and practice it then you can be loved by other people. If you are really liked by other people that means you like yourself and you like other people.

339. Everyone must also learn at one time or another that if you eat food you don't particularly care for, you should eat it just as though it were the tastiest thing in the world. Then it can taste good. It is nice to eat tasty food, but what we ought to do is what we usually don't do. If you chew a slice of bread enough then it tastes very sweet. That simple food can be so tasty and sweet that you will never want to get butter or cheese to eat with the simple taste of bread. Hard work can be even more enjoyable than leisure because after we get the hard work done, resting is even more satisfying than usual.

340. You will find out that you always have to protect the openings in your body; you have seven of them in your face. When you hear something, you must listen to it in a positive way and feel that it is doing something good for you. Feel that it is meant to be good for you. Even if you hear someone complaining, think that he is getting rid of his own problems; never let it shake you.

341. When your eyes see something, look at it always in a positive way. If you see someone who doesn't do anything right, then think, "He is trying to get rid of his own problems that way." Turn everything into something positive. Then you can look with generous eyes. Feel that a person will or will not do a certain thing as a result of whether or not you look at him with generous eyes.

342. Sometimes people don't like bad smells, but you have to teach your nose a lesson. Give a sermon to your own nose about how it likes nice smells but it should also like unpleasant smells. When you talk, speak as though you were singing. When you have some hard things to do, accept the fact that once in a while you have to do hard work also.

343. When you feel contented within yourself then you will become very generous. From early morning to evening see everyone in a positive and never resent people.

344. Even though God shows man precisely the right direction, do you think man will automatically go the right way? Even though He is pointed in the right direction, he wants to go his own different way every moment. His old customs will drag him this way and that, in directions that are completely different from the way and that, in directions that are completely different from the way God showed. In order to make sure he stays on the right way, he has to deny himself the things he is accustomed to, like sleep and familiar food; he has to make himself overcome many obstacles before he can maintain his course, but once he can do this all kinds of things will begin to happen in his life. A certain amount of time is needed before he can continue on this way without great effort.

Let Us Be Grateful 6-18-78

345. Nothing was built without reason; there is always a law and explanation behind everything.

346. The ideal has nothing to do with just being comfortable; it has to do with fulfilling a purpose.

347. While we are still training ourselves, however, we have to be very rigid and precise in what we do. When God created all things, He had to work according to a rigid law. For instance, water never flows from a low place to a high place. God has to uphold every law initially, but once the creation is complete God is not bound by the law anymore; He can go anywhere and do as He likes.

The Path of the Chosen 7-9-78

348. We must discover the sweet taste in all bitter things.

349. This 20th century civilization has an artificial sweetness, however, and people today talk sweetly and make false promises. In your own experience, for instance, you sometimes smile even when you don't feel like it and say nice things that you don't feel. You know that other people are the same, talking about things which they don't mean at all. Diplomats must speak very nicely, as though they were thinking mostly for the sake of other countries, but everyone knows that inside they are trying to take care of their own nation's best interests.

350. We can safely say that those who appreciate bitter things can produce any amount of sweetness, but not the other way around.

351. Until now, I have worn the worst suits of any man on earth but even so people called me the richest man on earth. I have lived the most difficult life by people accuse me of living like a millionaire. I bought an \$8 pair of vinyl shoes in Japan and wore them for five years, and in People magazine in America they wrote that those shoes were made in England and cost me

several hundred dollars. I have never worn a ring on my finger because I felt I had not accomplished my responsibility. The man who has not fulfilled his responsibility is like a sinner. My philosophy has always been that until I fulfilled one-third of my responsibility, I would have meal-less days and sleepless nights. That is how I have been living.

The Glorious Sortie 8-1-78

352. Whatever mistakes were made in dispensational history usually resulted from a lack of perseverance and deep thinking.

353. The weak man may be righteous but because he is in a powerless position, he follows the tradition of perseverance and contemplation. Such men know it is wise not to speak, so they endure. Why do they not act? They refrain in order to become better than whoever is in power and make sure by long tolerance that they are superior. They persevere for the future, regardless of the present.

354. When things become difficult, the man who thinks deeply will continue doing so, without acting impulsively, but he will resolve to start acting and speaking as soon as his foundation is built up.

355. This is not a deep philosophical question; it is a matter of daily living. We must understand how important it is to persevere and tolerate. It may feel good to speak out constantly, but in the long run it is not wise. The brave person can win a victory in the first battle, but not even the bravest man will win battles continuously without ever losing. The man who persevere may lose initially, but in the second and third conflict his chances of winning are greater.

356. If you become serious, think about which person you would want to be; do you want to be the early winner, or the one who loses yet perseveres and wins the final battle? After hearing what I said this morning, you may conclude that you want to be the second kind of person who can tolerate and persevere even if you don't win all the time, but ordinarily ten out of ten people will want to be the instant winner. If it is principled to think that perseverance is best, this applies not only to individual matters, but to nation and world level affairs.

357. One most important thing to think deeply about is how to overcome the difficulty of an enemy taking something precious from you and still love him. You may not have an enemy now, but imagine that you do. It is difficult to love him, but even more so when he does something vicious. Because of your hate you may feel the urge inside to kill him. You must have such love that you want to bring the child of such a person into your household, not just putting up with him but loving him more than your own children. When you can do that, you have perfected yourself.

358. We endure in order to make a better foundation. We contemplate so that at the end of long endurance, it is we who will be able to provide leadership. This is the straight road to victory. Once you go through this process to victory, you will find no enemies at the end. With this attitude we don't mind if people act superior toward us, but ultimately, we must really love them. They will respect you because usually a victor retaliates against his opponent, but you do not.

359. Endurance itself is never the goal. Endurance is only necessary to elevate God and bring Cain's side to its proper position. Even though you suffer and suffer some more, your bones must be strong inside.

360. Now you know about endurance and contemplation. What would result from your doing this? How much effect would this have on the world? If Adam and Eve had endured, would they have fallen? If they had though one or two steps ahead, would they have yielded to the fall? If Eve had had second thoughts, she would never have tried to tempt Adam into falling as well. She would have contained it within herself and never passed it to Adam. IF they had though longer and more deeply, they would never have fallen in the first place.

361. We can say that the failure of every providential mission resulted from failing to think deeply. If Noah had persevered in his vigilance a little longer, instead of becoming intoxicated and lying naked, his mission would not have been invaded. We can definitely say his mission would have succeeded if he had continued and thought a little more. Why would Abraham have cut all of his offering in half except the two birds? If he had only though a little more about what he was doing and whether it was right, then he would not have been negligent and brought failure. If John the Baptist had only persevered and thought a little more about Jesus and about all the revelations he received, he would have acted differently.

362. Endurance and contemplation go hand in hand. If you just endure without thinking, it is meaningless. While you are enduring you must think what to do next. Then you not only survive, but have a solid foundation to be the center of future world leadership. People will come to ask your guidance.

363. If you heard something that really isn't worthwhile, don't pass it on but just forget about it. You live this way so you can lay a good foundation. If you abuse these things then your foundation is gone.

364. If you speak all the time, you can never endure. Lock up your mouth and open it only when necessary. Lock up your ears too; hearing many bad things is discouraging and makes endurance very difficult. Sometimes you have to close your eyes to keep from seeing unwholesome things. Forget them because they have nothing to do with you. Continual silence is not good, but when you speak you should do so most meaningfully. You should also be able to keep silence for months and years. If he keeps his mouth closed, he actually carries more authority. God is the king of the universe, but have you ever heard God has many secrets

which He has never told anyone. I am the same, and since God and I are never apart, I have as many secrets as God Himself. That's how I have lived all my life.

365. For many months in communist prison I never spoke one word about my mission. The other prisoners had no idea that in the future I would wipe communism from the face of the earth. None of my friends in school ever knew that I would one day be famous because I never said anything. My own brothers and sisters didn't know what I would become because I never spoke about it. I determined that I would talk to them only after I built a foundation. Until you do so, you will not speak either. If you win the hearts of your family then you can tell them Divine Principle.

366. Never be careless about your ears or eyes.

367. I may see a mistake, but if that person is not ready to correct it, I never say anything.

368. Even in daily life, endurance and contemplation are necessary. When you meet the person who opposes you, don't get angry but concentrate on showing him an even higher way. IF you heed these things, you will be welcome wherever you go, no matter where in the world. If you become like that, then without your saying anything others will try to be the same. This example of goodness will hold tremendous authority, bending together even tens of thousands of people.

Perseverance and Contemplation 8-27-78

369. If someone has prayed tears for a person, then it might be excusable for him to offhandedly say that a person deserves retribution, but if he has never shed tears, then he must never denounce even an evil person. Otherwise he will be racing straight down to the lowest realm of spirit world. Do not condemn anyone. Man's fallen history has been prolonged because of that attitude. When we have a good and loving mind towards even an evil man, God will certainly bring a positive result. You are distributing God's blessing to everyone, and if an evil man makes even a small condition of goodness, you want to give him much blessing as well.

370. If you meet one person full of hearty laughter but another who is sadly crying, who will attract your attention most? Only a few people are drawn to ask why a person is laughing, but when you really cry many people will come to inquire. Many people have something inside to cry about, too, and they will come to you as a friend in sorrow. Everyone has something in common with the person who cries and will feel close to him. When a righteous person is opposed and leaves with tears for the next place then heaven must follow him wherever he goes.

371. Before finding the deeper knowledge, which leads to God, mankind left the search for knowledge to seek for money. The philosophy and theology which form the backbone of

human society have come to the point of extolling materialism and saying that God doesn't exist. It is as though the head were cut off from the body, even though the arms and legs are strong. Man is reduced to concluding that he is inseparable from the material world. Instead of saying that man is descended from God, he now says that mankind is descended from the apes. Will that make God happy? Because of ideas like that, God would sometimes like to smash the walls of the universities.

372. Individualism has nothing to do with God; likewise, nationalism has nothing to do with God.

373. Knowledge does not belong to a college or institution; it is everyone's because it is God's.

The Age of Repentance 9-1-78

374. If you gather your unique characteristics and try to perfect them then you will last and last and never change, even when you go to spirit world. If you are like this, you've got it made.

375. You are born to love. We clearly have responsibility for love and we spend even half of our lives educating ourselves in order to be able to bear that responsibility.

376. Why is everyone in the Unification Church chased out? It is so that each of you can develop your uniqueness to the point where you can go on and on without changing. To insure this, I give you internal persecution and you are chased out. In order to be unchanging, you must confront a situation where you can easily be changed. If you go through that without changing then it will be because you have become like forged iron that has become steel.

One Age, One Generation 9-3-78

377. In order to live today we must have a purpose and objective. You must live each day to train yourselves and prepare for tomorrow.

378. Do not concentrate on clever or devious ways of doing things. In the long run, these are not effective. Acquire a genuine feeling of love and don't lose it.

For the Future 9-10-78

379. My attitude is to forgive and forget.

Where Do We Go? 9-17-78

380. We classify religions according to their achievements. Certain religions are in the position of servant or of adopted son, while another is on the level of son or parent, and their levels of progress toward the final goal are entirely different. Even though each religion may feel it is the true one, if it cannot embrace the religion of the adopted son, true son, or parent, then it won't have the capacity to embrace any other. A religion of parental caliber must ultimately emerge, one which can elevate all mankind to the level of parent. It cannot emerge as the parent all at once, however. First it must go through the spheres of servant, adopted son, son and then parent.

This religion will be able ultimately to embrace all religions on every level. The servant religion represents the Old Testament era, and it must be linked with the New Testament era, or adopted son's religion. The Age of the second messiah is that of true son and parent. He brings the religion of the true son which will mature into the parent's religion of the true son which will mature into the parent's religion and bring the new age of ultimate perfection, the Completed Testament era.

The Completion Period for the Dispensation 11-12-78

381. Who is going to be a remnant? Those who have an easy and opulent life, or those who really suffer and are disciplined by hardship? The men and women of patience who are really tough are the kind of people who shall remain.

Mainstream of the Dispensation of God 11-19-78

382. Who is responsible for you and your life? Not your neighbor or the person beside you, but you yourself. You are solely responsible for your own destiny. You must think that you have to be absolutely serious when you move in a direction, either to the front, rear, left, or right. Every move will have certain consequences on your life. Grave consequences are not normally the result of gigantic occurrences, but often derive from seemingly trivial matters. In passing, you may hear and misunderstand some small comment, but the content may cause you to take a completely different or wrong course of action, causing life-and-death events to be swayed. Hearing something good may lift you up and move you forward, while something else may cause you to stumble and go backwards, leading you from hope to despair, life to death. That one small event could be a turning point in your life.

383. Just make up your mind and set a goal. Don't be wishy-washy about it. You have to discipline and train yourself, and even if it takes five or ten years, it doesn't make any difference. Be determined to do it.

384. Since your goal is already set very high, you always know when you don't reach it. Repent on those days, saying, "God, I'm sorry about today. I really wanted to come much closer to the goal today but I failed you. Please forgive me. I will do it tomorrow." That's the way you should pray.

Crossroads of Life and Death 12-17-78

385. God is hot and cold, gigantic and calm, rough and smooth. Work is also like that. If you work 24 hours, that doesn't mean you should do things mechanically. I would like to see rhythm in your work. Some days are calm and quiet, while other times there is a very tense moment when you have a tough discussion about Divine Principle. But all that is followed by coming home, singing and enjoying a gay moment. Sometimes you feel so intoxicated by the love of God that you walk like a drunk person. People will say, "I didn't know the Moonies drank so much."

Critical Turning Point of the Dispensation of God 12-31-78

386. In order to fulfill bigger things, you need an adventurous mind willing to take risks. Then God will tell you not to worry, that He is right behind you. If you throw yourself into overcoming the stone walls and persecution before you, God will take up your battle for He knows who is just and who is unjust. But first God will watch, giving you a chance to knock your opponent down with your own capability. If you come running to God to ask for help before you even confront your enemy, He, like any parent, will be ashamed to hear you and will send you back out again. Create a good problem: be a heavenly troublemaker.

The Importance of Prayer 4-15-79

387. You should realize that when you take care of yourself, combing your hair and putting on make-up, you are actually loving the world because you are a microcosm of the world. You are the world and the world is you, so when you smile, the world smiles; when you walk the world walks. There is an echo relationship between the world and you; when you laugh the world would laugh. When you realize that, would you still think independently?

388. We are supposed to lead poetic lives, and when the birds are singing you are making conversation with them. We are supposed to have lives rich in emotion and heart.

389. Pain and sickness result if the give and take relationship is impaired. That is the universe telling you that give and take is not going smoothly in your body. If you don't take care of it, the universe will pressure you even more and finally you may even die, which means the universe has let you go. No one can exist if they contradict the rules of the universe.

390. You feel sad and discouraged when you cross purposes with the universe. Heartbreak is the punishment of the universe.

391. When you fight with brothers and sisters, do you feel good? What makes you feel uncomfortable? It is the universal, public law chastising you.

392. When you become a dynamo of true love, you can melt everything into true love without limit. You can be surprised at yourself when you realize you can embrace the universe and wonder when you became such a person of love. You should be surprised at yourself some time and realize you are different.

Mission of Our Life 4-22-79

393. If you see something wrong, you cannot just sit aside. If you are wrong then you should feel shame, but if you are right then you should never be defeated by any big guy. We should never compromise in the name of righteousness.

25th Anniversary of the Unification Church 5-1-79

394. Thinking makes things happen.

395. There are two kinds of men, one thinking of divine and spiritual things, and another preoccupied with cheap, everyday earthly things. What kind of man would you become? It is the quality of a person's thinking that describes his nobility or lack of nobility.

396. If you make up your mind that you will win then you have to plan your tactics and think how to go about it.

397. God gave us the ability to think and each person has a thought bag which goes everywhere with him. If you think a great deal then your thought bag will constantly get bigger. A balloon pops after a certain point, but your thought bag will constantly get bigger, even after it covers the entire earth. It will become so big and light that it will even lift you up in the air and carry you around. IF you looked in your thought bag right now would you find a ragged mixture of different items, or genuine gold and beautiful crystal? Which kind do you have?

398. You commonly encounter garbage trucks; how does your thought bag compare with the contents of those trucks? Is there some resemblance, or none at all? Is your bag full of fragrance and color? If you sprinkle garbage on the streets, the entire city is made unhealthy, but if your thought bag is healthy and fragrant then if you sprinkle its contents around the world the entire globe will be perfumed. What kind of thought bag do you have? This is a morning to think about it. If God wanted to inspect the bags of everyone here, would anyone

clamor to have God look at his or hers first? Would you be at the beginning or the end of the line?

399. God is interested in your thought bag. When you open up your thought bag you are really confessing what you are thinking, and God will remark either at how noble you are or how filthy and smelly you are. Would you rather have God embrace you with happiness or push you away with disgust? Are you free of shame, with nothing to hide, or can't you be absolutely open? Are you ready for God's inspection? Could God pass you in all areas?

400. You know whether God will be happy or unhappy with your thoughts. You are lying if you say you are not sure whether you would pass God's inspection. You can't claim that you aren't clever enough to know God's criteria. You don't even belong to the human race if you really don't know! Even in the Unification Church your mind wanders, wondering whether you are in the right place or not, and in the meantime one-year passes, two years, then three years. Look into your thoughts right now. Could you rate yourself 100 percent, or 50 percent, or 0 capability before God? How many of you have confidence God would give you 100 points? If you raised your hand, you have something wrong with your head.

401. God will tell me to show Him my thought bag and there's a real showdown. The public may think it is an incredibly awful, smelly bag, but God may think it is the most fragrant, delightful bag He has ever seen. God would be intoxicated and unable to put it down. He will think I am truly a wonderful person. Have you seen my thoughts? Maybe I am only thinking how to exploit you. No? Who said no? The important thing is what is inside your thought bag.

402. Your evaluation by the everyday world is as important as what is truly inside you. If you have a right thought bag then you are seeking right things, and if you are thinking right things, you are acting right things. Right thinking must be expressed in words and actions.

403. In the beginning, God had thought, or the Word, and God created by the Word. When supported by logic, your thought becomes philosophy. If your thought is totally concerned with God and you express that thought, you will become a great minister. Before there was ever a Reverend Moon in the world, there was an ideal, invisible Reverend Moon. When thoughts were translated into words and they were acted upon, the invisible Reverend Moon became the reality the world sees today.

404. There are two kinds of thinking—the kind that has to do with the family, nation and God, or nothing to do with the family, nation and God. There are the thoughts God likes and the thoughts that Satan likes, the thoughts of a good man, or an evil man, and you must make a choice between them.

405. It would be impossible if you blacks were trying to be white, even after a millennium, no matter who you prayed to. So instead of trying to be something else, take what you have and be proud of it. Whites, be proud. Blacks, be proud. Orientals, be proud.

406. Have you black members carried some kind of hidden grudge against white people? Black people can have two thoughts—one, that some day they will get revenge for injustice done them, or two, that they want to win the respect of white people by serving them and becoming one with them in love. For hundreds of years black people have been oppressed and enslaved, but can you forgive and forget that, and tell God you want to serve others regardless? Do you think you are superior or inferior to whites? You are not different; you have two eyes and a nose and two ears, and so do white people. The two races are just a different shade of color, one happening to be darker than the other.

407. Good thoughts are universally liked by people of the present, past and future.

408. The universe exists through order, and law exists in order to maintain order. Is God's thinking all mixed up and random? No, God follows a standard and has order and logic.

Does God look at all people the same way, or does He see them in different categories and levels? Equality in the true sense does not mean that everyone is the same. Does God think everyone is on the same level? A poor-thinking man can be nourished with noble thoughts and this is why we need schools and universities. No matter how much you study here on earth, however can you follow the level of God's thinking? We are pursuing the highest education in the way that God thinks. God's thinking is exactly the opposite of Satan's thinking.

Let Us Think 5-6-79

409. I have seen women whose fingernails are very long and painted vivid red, and I used to wonder why, but now I think that they grow them that way to bite or scratch the universe. You may not have long fingernails, but what about your heart? A dissatisfied person has nails everywhere—on his ears, his nose, all over his body—ready for action.

410. You are going forward step by step, trying to reach higher goals, ultimately focusing on the supreme teachers of love. At each level the capacity of love is different. As a child you learn to receive parental love, and when in school you learn to love teachers. At the national level you learn love of the patriots and in sainthood you learn the love of the saints. On the world level you learn love of the world, and finally above that you learn the love of God. Then ultimately the universe is yours.

Through love you know your parents and through love you know your teachers. Through love you find your nation and world, and through love you find God. That is the kind of education we are talking about. That kind of man and woman will be able to go anywhere and harmonize with anything. You, therefore, must be a recipient of the love of parents, love of teachers, love of head of state, love of the saints and of the world, and finally of God. Until age of 18 parental love predominates. After that age your attention is shifted to education and the love of teachers predominates until you have finished the Ph. D. level at age 36. Then you come into society. The society. The society and nation are the paramount target in these years

until age 54. Until the age of 72 the world is your stage, the universe and God are your stage. Actually, you start your life at that point; all this time before then is devoted to education, and the subject is love.

Most important of all in this period is getting the right start so that you receive this love from your parents and show ample appreciation. Then in the same frame of mind you can move on to each stage and be formed in the right way. The subject of education is love, and the attitude of education should be gratitude. There are two things to inscribe in your heart—love and gratitude. In all this time there is nothing that is yours. You are completely indebted to someone else.

Reflected Upon Life 6-1-79

411. There are central principles in the universe which no one can change. In each solar system there is a fixed center and all the planets revolve around it. Each day has order, with the morning coming first, then noon, then evening. An animal's tail cannot be its head at times, nor can the tail and head argue over who does what. There must be order in relationships between men and women, not confrontation over who is subject. If everyone is constantly leaving his own position then there can only be chaos.

412. There should be consistent order and discipline in life, but when they are ignored, nothing but chaos can result.

The Trust Placed in Us 6-3-79

413. When you are in the dominion of love, sunlight and darkness are both fine because you can relate everything to love. Both daytime and nighttime are wonderful. Night is the time when God isolates you from the rest of the world so you love only one object. That is God's mandate. During the day you embrace all things of creation in love, but at night God wants you to love Him alone.

414. A horizontal relationship begins with a meeting or encounter, but a vertical relationship is one that is born into and which no one can change, even after death.

415. A perfect plus comes whenever there is a perfected minus, just as a high-pressure area is automatically attracted to a low-pressure area and generates thunder and lightning. Anyone living in this Principle, regardless of how they look, is sending out beautiful vibrations, and everyone who comes near won't be able to help but love them.

416. Carving yourself out of stone is painful with all kinds of hardships coming to you as the chips fall away.

417. After many years of tumbling around in running water, gravel has smooth edges, but imagine how harsh an experience it was to become nicely rounded. We are going out to the

world, which is like the running water, to smooth off our rough edges. Through your experiences you will get harder and stronger, but the water will round you off and make you into a beautiful shape.

What Kind of Thought Do You Have? 6-10-79

418. In order to become the greatest champion, you begin as a small competitor, starting in local competitions, then state, then regional before you enter national competition. That is the way champions are selected. I can draw an important conclusion here, that our lives and careers are always exposed to some kind of competition. That's life. We eat and sleep and handle mundane things every day, but in addition we are each engaged in some kind of competition. Your eating and sleeping is for the purpose of maintaining your well-being so that you can be a winner.

419. Where can we truly find human freedom? Freedom can only come after the requirements are fulfilled. Freedom comes within discipline, within the law. It is not abuse or license. There is law everywhere. If you disregard nature's laws, you will die; this nation is governed by law; the world is under law. Therefore, you will be triumphant in freedom when you triumph within that law, not outside of it.

420. Our life is already a competition, so we must learn how best to engage in that art. First, we must acknowledge the past and its tradition. Also, we must recognize the necessity of the present time and recognize a certain vision that can be welcomed by the future. These three conditions must be met.

421. When a person occupies love, he occupies all other authority and dignity as well. The record-setter is the kind of person God and history are looking at. God is expecting you to become one who sets the record, so this is a one-in-a-million opportunity.

Record-Setter of History 7-1-79

CHURCH LIFE

1. In practical life, three types of problems may arise; clothing, eating, and living quarters. There are not so many materials to support all the needs of the group. Someone wants to eat his favorite food; that is not right in this type of organization. You have set your mind to eating the worst kind of food. If you are going to dress better than others, you will be in trouble. If you think you are the one to have a better room, better bedding, etc. that is not right. If you can get over these problems, you will be the model family member in this kind of group living. So, on these things we have to have a cautious attitude when we are living in this kind of way. One more key to such group living—trying to do one more extra service for the group every day.

On Witnessing 1-3-72

2. If we, the Unification members, are ready to give to the people of the world so such an extent that we are ready to give our lives, the whole world will be stirred up and the people will be in our favor. We will be the victors. We will have gained the whole world in order to return it to God.

Master Speaks on Opening Day 1-16-73

3. If you have 70 members that means you have to organize seven teams. Also, appoint seven team captains. Ten members make one team. Under one team captain nine people form three trinity units. This is the Principle organization. Three units of three members must become one. Those three units must form the four-position foundation.

4. All churches must be operated not only for your church or center but for America.

Untitled-San Francisco, CA 2-9-73

5. The purpose of our church is to make the kind of family in which three types of love are practiced. Are we quarrelling with each other? Have there been such people here? Have there? We are not here to fight each other. We are here to love each other. We are not here to receive love, but we are here to give out love! I can allow you to fight each other in giving love—giving more love. In giving out your love, you compete with each other and fight with each other and almost kill each other and I will not punish you. I would rather have you fight each other in giving out more love to each other. No law can prohibit that. So, you must know again that you are here to give love.

6. We are brothers and sisters.

The Brothers and I 4-8-73

7. Then what is the mission of the Unification Church? We of the Unification Church are preparing the landing pad of the Lord of the Second Advent.

Christmas in Heart 12-25-73

8. Whether or not the Unification Church will prosper will solely depend on whether or not we become one with each other.

God's Day Eve 12-31-73

9. The eventual strength of the organization is determined by the organizational pattern and how well unified and harmonized it is. This is the real strength.

Instructions to IOWC Commanders and Team Members 1-31-74

10. We must come to the conclusion that each member of this church must act in accordance with the will and guidance of his leader. In turn, each leader must be under the guidance of his leader. In turn, each leader must be under the guidance of those above him, above his level.

Central Figure 2-13-74

11. Self-centeredness is absolutely against the way of life of the Unification Church. We are going to live the selfless existence.

Parents' Day 3-24-74

12. The Unification Church is like a body, and some play the role of the eyes, some of the ears, the nose, mouth, the members, limbs, or legs. But they have one thing in common. The eyes are not for the eyes themselves, but for the whole. The nose is not for the nose itself, but for the whole. You must realize that.

13. We must realize that the Unification Church as a whole exists for the sake of the world, and not for itself alone.

14. The unification members should not live for the sake of themselves, but for the sake of all humanity. Are you that way? If each member is really like that, our church can never perish.

The Whole and Myself 5-26-24

15. You must invest your whole being, and I must invest the whole membership of the Unification Church to reap the prices paid by the predecessors. You must think that so many hundreds of thousands of people have sacrificed their lives for the sake of your own selves. When you think of that, when you really realize that, can you idle away your time without doing anything in God's will? What we are going through here in the Unification Church is paying the price for them.

16. What is the Unification Church? What are we going to do? First of all, our ideology is to unite the religions of the world, not only Christian denominations. Then after that, what are we going to do, after being able to unite the world religions. Our purpose is to have the world population to receive the Messiah and live in the Kingdom. In order for them to receive the Messiah, what should they do? Prepare to receive him, and then meet God through the Messiah. Then people will find the same quality in God as in the Messiah. God will be in the center of the individual, family, tribes, nations, and the whole world.

The Price of the Dispensation 6-9-74

17. Then how strong will that nation be, under God's ideology? (The strongest) God is always anxious to have one nation restored like that. God can rely only on our movement, our people to do the job for Him. We are not fighting against the world, or against a nation, with weapons. Faith, knowledge, truth, personality, and love are our only weapons. We must have more love, more truth, and more personality than worldly people. With these people put together, we are going to restore the whole world back to God's bosom, after going through the stages of family, nation and world.

Day of All Things 6-20-74

18. When our church has problems or difficulties and you just look at it like bystanders, then you are in the position of neighbors or onlookers, but not in the position of a member. Our way must be trodden in the collective way, however difficult and bumpy the road may be. Unless you are like that, you cannot call yourselves members, or brothers and sisters.

The Way 6-30-74

19. The Unification Church was created on this earth with that mission, to liberate God's heart. The most important question or problem is how to relieve His heart by restoring ourselves on the individual, family, nationwide and worldwide levels.

20. The mission of the Unification Church is to restore our love towards God, then restore God's love for us. In our movement we are not advocating liberating ourselves first, but liberating God's heart and winning His love towards us. When you join the movement, at the very beginning, God's sentiment or sense toward you must be that towards Satan. You are not different from Satan at the beginning. God would want out of you the love which would be more than your love over anyone else, and by that alone His resentment can be cleared away.

Day of Resolution of Victory 7-1-74

21. Please simplify yourself, carry very simple luggage. Your gear should be ready to go any time. So, be ready under any circumstances. Keep a simple physical environment.

22. The church is for the nation. This means that only the church is able to save or form the nation. The Unification Church has a movement to form God's nation.

Address to Prayer and Fast Participants (II) 7-31-74

23. In our movement we have this as our goal. It is a most wonderful thing. Before our being able to build such a true home, we must build our own characters. And when our characters or personalities are perfected, then alone we can really build a true home. Then our ultimate ideal is nowhere else than in our own family.

24. In the Unification Church, the idea of being blessed is the most precious thing of all.

Those Who Are Left 8-4-74

25. Until 1960, for fourteen years, Christianity set up an opposite camp. I'm creating from scratch the very base of my brand of Christianity which can serve as the foundation of faith for the Messiah. For fourteen years I've been struggling to create this foundation, so you know how tough the battle and how adverse the conditions were at that time. All circumstances were hostile. Under those circumstances I had to struggle step by step to create the Unification Church and expand the church foundation into the level upon which the Messiah can truly land and can truly manifest himself.

26. There is only one ideology that has a clear-cut pattern all the way through eternity: that of the Unification Church. We not only have the spiritual path, the clear-cut goal, but we also have our physical goal all the way up to the Kingdom of God on earth.

Children's Day 8-4-74

27. Something has to be done based on the Principle, so that the whole world can be helped by this approach. It must be successful. That is why we need extensive research on the family system and societal system to correct the situation. Eventually we have to reform society anyway. This is one mission of the Unification Church. We must work to bring about reform based on logic, based on correct research.

Our Hope 8-20-74

28. The Unification Church members did not come for comfort, did not come for the relaxation, did not come here for games, We are here to give ourselves, to be summoned for this cause of sacrifice, so that we shall be used on the altar of God, so that God might save this world. This is the place.

A New Breed of People 9-15-74

29. Our Unification Church is here to proclaim God's love and His way of life. We do not want to become just an organization. We do not want to become an institution. We want to be a movement that will live God's way—not with out lips, but with our hearts and in our deeds.

God's Way of Life Day of Hope Banquet 9-17-74

30. Our Unification Church members must not have any ideology except God's. your way of thinking, your way of saying things, and your way of acting must be in accordance with God's will.

31. In the Unification movement it is our privilege and our duty to turn upside down or annihilate the free sex idea.

The Seven Day Fast 10-20-74

32. In the Unification Church, we must be awakened to the fact that we are not living the limited life-span of sixty years or seventy or 100 at most, but our life is a totalization of the

past. Our life is for eternity, and we must be aware of this fact. On each one of you as an individual lies that burden of the past and the future, and it has to be paid off in our own generation. You are in the position to resurrect yourself and resurrect others.

33. On the battlefield, there is no such thing as freedom claimed by you. No freedom is recognized on the part of the forces. Victory is the only goal for you. That is the attitude of living in the Unification Church.

Human Life 12-1-74

34. When I want to eat something delicious in a good restaurant, I do not eat alone. I cannot eat alone I invite those who have been hungry and have missed good food for a long time, and we eat together. Then I can be satisfied. I go sight-seeing with other people, not alone. This is the principle formula of the original mind. The original mind tells us to be humble and to enjoy all things together. When you have food, you must think first of the one for whom you eat.

35. We need Unification Church members in every corner of the world. If we gather together from all over the world, we might make a nation.

Let Us Establish the Kingdom of Heaven 1-1-75

36. You must realize that your being frustrated will influence other members of our group and in that way, it will ripple and spread out, so your being frustrated or complaining is powerful.

The Boundary Point of Victory 2-23-75

37. Then what is the Unification Church? God wants a group ~ churches or a group of people who can inherit what Christian churches have accomplished and work from there for the further fulfillment of God's will. The Unification Church is derived from that need.

38. The Unification Church started in a very serious and severe situation when we knew only that God exists, and that the God we know is the historical God. The God that is with us now is the same God that will be with us in the future. We have to know what God is now, the God that exists in this country, in this era. We also have to know God's overall plan to a certain extent. Before we know that, we cannot really progress successfully.

On Approaching God 3-3-75

39. If we are a questionable group in this evil world, it is a good sign, because it is the noise of the collapse of evil powers. We can never be defeated. When the established order of the world collapses, it will make noise.

Those Who Will Prevail 3-12-75

40. In the Unification Church, once we set the goal, we prepare, train well and win the goal at all costs.

41. The name Unification Church means that united we will become strong, the strongest in the world.

42. Our ultimate goal is the actual building of the Kingdom of Heaven on earth.

The Mission We Are Undertaking 3-16-75

43. In the Unification Church we talk about saving all of mankind. We transcend nationality, we transcend faith, we transcend color and every form of discrimination.

The Third Seven-Year Course—The Perfection Period 7-6-75

44. Sometimes even Unification Church members become skeptical about God's existence and don't act in accordance with God's will, but if you go ahead like that and die a physical death, the place you will go to is hell.

Human Death 7-21-75

45. In the Unification Church we pioneer in every field and those pioneer workers must never get exhausted, whatever difficulties they face.

Why Father Goes To Sea 8-23-75

46. One thing you have to keep in mind: do not abuse the heavenly dignity and prestige when are bestowed on you. You have to be careful in your language and actions, as if you were a bride or bridegroom in the wedding march. Be cautious, thankful, and keep a heavenly expression.

Training for Victory 10-2-75

47. What does the Unification Church stand for? Our moral standard is very high because it is God-centered; we do not use drugs; we do not smoke or drink, and we do not tolerate free sex. These are all the weapons of Satan.

The Day of the Victory of Heaven 10-4-76

48. The Unification Church is making new history. We are not just pursuing the age-old Christian doctrine of spiritual salvation. We are laying down the cornerstone of the physical Kingdom of God.

Children's Day 11-22-76

49. The path and direction of the Unification Church is parallel with the direction of God and we are living a God-centered way of life.

The Age of Judgment and Ourselves 11-21-76

50. In the Unification Church you must go through three years of public ministry on the individual level, then three years more for the family level foundation, and one more year as fruition, the Sabbath. The seven-year course is the primary course you must go. If you complete the six year course in a wholesome way, the final year will be no problem at all.

Self-Reflection 12-1-76

51. Our Unification Church is a very ambitious religion.

Boundary Line 121-5-76

52. In the Unification Church our ultimate goal is the erection of the Kingdom of God right here on earth: the family of God.

The Kingdom of God on Earth and the Ideal Family 1-1-77

53. In the Unification Church you must go to at least three countries in your lifetime and help the people there. Why is this so? The ideal number is three; there were three sons in Adam's family, in Noah's family and also Abraham, Isaac and Jacob indicate the number three. You have to go through at least three nations bringing God's message.

To Whom Do I Belong 1-16-77

54. There are two ways to go in the Unification Church. One way is to go along passively and reluctantly, without any stamina or enthusiasm. The person going that way will never make it to the end. The other way is to go ahead of everybody with bubbling enthusiasm, burning with zeal and ambition, possessing a perfect understanding of the will of God.

Who Am I 1-23-77

55. Just being Unification Church members is not a guarantee of heaven; it depends on how much you live the truth.

Word and Deed 1-30-77

56. On earth, the Unification Church is bringing the two culture of East and West into one, intermingling them by international marriage and international gatherings of members working together. In our Unification Church there is no boundary between East and West.

57. The wisest way for you to go in the Unification Church is to become a person who is single-mindedly focused on one goal, not looking from side to side. Only then can you take up the worst possible sacrifice and accomplish the most difficult task. God will accept that person first.

58. The Unification Church member is a good diver or jumper. In order to jump we must crouch all the way down and then plunge down to other bottom of hell in this world, deep amidst the sin of mankind to bring everything back all the way to heaven.

The Spirit World and the Physical World 2-6-77

59. The goal of our life in the Unification Church is to empty ourselves and become minuses. In this dark world we make ourselves into complete minuses, which will always attract the true plus of God. The magnetic power between the plus and minus can pull the minus up.

60. The Unification Church must be totally balanced. We have the most noble, most powerful ideal, and we are not just a church of words—we are a church of action as well. Our ideal of unification must be substantiated with action.

The Ideal World of Subject and Object 2-13-77

61. What we need in the Unification Church today are true men and women, not wishy-washy people who make halfhearted commitments.

62. This is not like other churches. I want you to think deeply before you join because once you come in, I want you to become a true unchanging person. Our way of life is not easy. You should anticipate hardship and suffering, and you should willingly discipline yourself. As you begin to run, do you want to gain momentum or lose power and relax? It is a law of nature that running becomes easier and requires less energy as you gain momentum. That is why I have been running quickly, gaining momentum and speed all the time.

The Blessing 2-20-77

63. What is so different in the Unification Church? Our philosophy of marriage and our value of love are what is completely different. We are not contented with some small love, but we are always reaching for what we were originally designed to be; we want to occupy this great big love of God with our own pure gold love.

Our Family in the Light of the Dispensation (I) 3-1-77

64. In the Unification Church arrogance is the worst enemy. People think, “I am a member of the Unification Church. I know the truth. I belong to reverend Moon. I will work for three years and then have a blessed family, and then the world should come and bow down to me. I should be seated on a throne.” If you think that way, how poor and miserable you are; what a poor standing you have as a member of the Unification Church.

65. Right here in our church there are two ways of life. If you are an arrogant person, then regardless of how many years you are in the Unification Church, you will end up in hell, while the humble person will end up in heaven.

Who Was I 3-13-77

66. The Unification Church is pursuing that goal of liberation, gathering together such beautiful young people from all races and all the six continents. We want to become a sacrifice

for the sake of the world salvation and the fulfillment of God's will, and once we achieve that goal we shall never be forgotten.

The Greatest of All is Love 3-20-77

67. The Unification Church is the way to achieve the perfection of love, the perfection of men and the perfection of the heavenly kingdom.

The Resurrection of Jesus and Ourselves 4-10-77

68. Some people think that when I die the Unification Church will collapse, but that is nonsense. Communism did not collapse after the death of Marx.

God and the Building of the Kingdom of God 4-17-77

69. The Unification Church must walk the messianic road, the road of suffering and beatings. It is the road that commences at the very bottom of mankind's misery and rises all the way up to the very throne of God. That is the road that we in the Unification Church are undertaking.

70. The Unification Church exists solely to serve God and mankind because that is the way God thinks, and that is the way we must think.

71. I am declaring the absolute standard for you Unification Church members: unless you find three spiritual children in three years you are not entitled to the blessing.

True Parents' Day from the Historical Point of View 4-18-77

72. The Unification Church is rising sun and has a vision of the future; it will grow and eventually embrace the world. We have to persevere and be patient.

73. We in the Unification Church cannot be aloof of the world situation. We must feel totally responsible as if this world belonged to use for nobody else will take care of it. "I must take up responsibility because the Christian churches are crumbling today. The young people are morally corrupted so I must take up the responsibility. I can see the world crumbling because of the infiltration of communism, and so I must be responsible for communism." We each have to think in this way.

Living Sacrifice 5-8-77

74. What are we trying to do as the Unification Church? Our concept is that we must return to God in order to embrace and liberate the people of the world. We must even liberate those who suffer under communism.

The Things That Belong to God and the Things That Belong to Man 5-15-77

75. In the Unification Church, historical enemies have become united as one body and are trying to save another enemy. There is no parallel to this outside the Unification Church. The Bible says to love your enemy and Christianity has emphasized that you should love your personal enemy, but we in the Unification Church go beyond loving personal enemies to the level of not only loving national enemies, but working to save them. That is the messianic ideology.

Happy Unification Church Members 5-22-77

76. In Korea, the sound “moonie” means dialogue or discussion between a superior and subordinate, as distinct from a conversation between equals. This is similar in meaning to a discussion between man and God, subject and object. A second meaning of the sound “moonie” is that of a fabric, like silk, but not just of one color, which would be dull. Fabric with some beautiful design and many colors is more meaningful and this we call “Moonie.” All of this means two things. We are influencing the world the same way beautiful embroidery enhances clothing. We are consulting with Heavenly Father in order to enhance this fallen world with heavenly beauty.

God Depends on Us Alone 6-1-77

77. What is the greatness of our Unification Church? You may look like slaves to our critics, and you may work even harder than slaves, but unlike the slavery of the black people of the past, your hard work is freely given for the sake of God. In this new way of life, a revolution of mankind will take place. This is why we have the gut conviction that what we do is different from anything else in history. This is our pride.

78. We in the Unification Church are proud of our tradition, proud of our love of unity, our love for the world and our love for one another.

Our Pride 6-5-77

79. In the Unification Church our goal is simple and clear: to become a member of the church, to meet the Messiah, and then to go forward to fulfill and perfect the love of God.

The Desire of all Things 6-17-77

80. The Unification Church is in a position to be persecuted and misunderstood, so this is your opportunity to develop strong determination and become an invincible force.

The Desire of God 6-19-77

81. The purpose of the Unification Church is to liberate God from His suffering. That is the ideology of both God and Jesus.

The Pinnacle of Suffering 6-26-77

82. The person who says he loves the Unification Church and the Unification ideology but does not want to live and practice it is only a swindler. I must love the world as much as I love God; otherwise I am not worthy to stand in the sight of God.

Good Day 7-3-77

83. The real members of the Unification Church are the members with tears.

The Return to Tears 10-16-77

84. Unification Church members all start out like the stones on the mountainside, with lots of sharp edges, but each time the waves and rocks beat against the stones a little more wear away, making them smoother and smoother. Those tribulations break off parts of you and its very painful, but inside you still say, "I want to persevere and go on."

The Tradition of the Unification Church 12-11-77

85. We chose the same way Jesus did and in that way, we can understand and participate in the friendship of God. In that process each person will be chased away by his own physical family and society, but still he must follow God and Christ the same way Jesus did. This is the only true religious way and the Unification Church finds itself in that very situation.

The Participants in Celebrating Christmas 12-25-77

86. We are here in the Unification Church to digest the worst kind of ingredient: hell.

All Things Depend on Us 1-8-78

87. In Korean language the word “moonie” has two meanings. First of all, it describes a cloth with a beautiful pattern, like silk or brocade. Second, it refers to discussing or consulting with one another. Because we are Moonies, we are great counselors, and we are making a beautiful spiritual embroidery to give to the world. I think God must have designed that word a long time ago. We discuss the Kingdom of God on earth and the Divine Principle. Just as the moon directly reflects the sun’s light, we reflect God’s light. God is shining upon the Moonies so that we can shine brightly to the world.

88. Go out and say, “I’m from the Unification Church, a follower of the Reverend Moon.” If you cannot say that with conviction then you are no good to God or me, no matter how many Ph.D.’s you have. There are already many Ph.D.’s who want to help. No one can compete with what I have done for the world and you can be proud of that.

The Dividing Pead of Restoration 1-15-78

89. The Unification Church, therefore, is here to truly champion God and His agonized heart and after truly understanding this heart we will have the power to comfort the world. We are here to experience the pain and broken heartedness of God when He saw Adam and Even depart from Him. When we feel that pain of seeing Adam and Eve unite with Satan and fall, of Adam losing his bride when she united with Satan, the pain of God seeing only satanic children here on earth, we can have hope for restoration.

The New Morning of Glory 1-22-78

90. As a member of the Unification Church, you shouldn’t be indebted to the Church but should make the Church indebted to you, becoming a productive person rather than a burden.

The Burden of Destiny 2-19-78

91. Do you know what kind of cross we have to bear in the Unification Church? The cross of heart and love.

92. We can restore a physical heaven, literally establishing God’s own kingdom here on earth. This is our job. The Unification Church has received many accusations and much physical persecution because we are dealing with physical Satan as we work to win physical people and

establish a physical kingdom in the free world. After we restore the free world we will go to the communist world and later even worry about spirit world.

93. There are two kinds of hippies in this world—one on the satanic side and the other on the heavenly side. The satanic hippies have thrown everything away, even the good virtues and traditions, and they live like wandering gypsies, leading carnal lives. That's how the Garden of Eden was destroyed; the fall came with that kind of sexual sin and brought the entire world down to the dungeons of hell. But heavenly hippies have a strict moral code. Sometimes when we have shortage of space, men and women even have to sleep in the same room, but because of this tradition I don't have to worry. If there is some concern, then while everyone else is asleep one person should stay up all night and pray.

Resurrected Kingdom of God 3-26-78

94. What about the Unification Church? Are we truly a religious entity, or just another social group? You may think we are religious, but do other people agree? We have to have clear idea of the difference between a true religion and a false religion. The simple criterion is the fact that the true religion exists for God and His love and for all mankind, whereas all religions that are not are false. It's as simple as that. Truly religious people are willing to sacrifice even their own denomination for the love of God and mankind.

95. The Unification Church is willing to sacrifice itself for the sake of God and His love. When I think that the Unification Church is the highest level of religion, then I think of how to throw even that away for the sake of all mankind and God and His love.

I Proclaim That I Know 4-1-78

96. The Unification Church is a three-generation home and our goal is to create three-generation homes on earth, with grandparents, parents, and children all living together.

97. Because man was born in love, he wants to live in love and die in love. We want to leave this world in love. In the Unification Church we are looking forward to building this home of love.

98. When you come into the Unification Church you are like a new-born baby. You recognize your mother, your father, and you recognize your brothers and sisters. You should look at each other as brothers and sisters, not as potential wives or husbands.

Parents' Day 4-8-78

99. You have to think that our Unification family represents not only nation but the whole world and the spirit world in the past, present and future. We have to live by the heavenly constitution, which is the law of the Garden of Eden that God planned for Adam and Eve.

The 25th Year of the Unification Church 5-1-78

100. Then what is a chosen people? They are not privileged people as many worldly people think, but they are the people who are to be sacrificed for the sake of the world. The chosen people are not sacrificed for their own sake but rather for the universe and for God. The chief priest in this case is God. As His people satisfy basic conditions within their religion, it goes on to higher and higher levels.

The Day of All Things 6-6-78

101. The Unification Church is like root of the great big tree which is the world. When people first come, they are fascinated because they find kindness and love in our members but when they stay a few months they find that this is a bitter life and they think twice about staying. All of these different nutriments—bitter, sour, hot, cold—are necessary for our health. All our members go through many different experiences and become healthy. Only a few people really come to like the Unification Church life.

The Glorious Sortie 8-1-78

102. In the Unification Church we want to go God's way. We embrace and encircle the world in order to one day save it. Our movement is trying to save our opponents and lift the world up in salvation.

Where Do We Go? 9-17-78

103. Why don't other people, such as our friends and relatives, do as we do, rather than always going along with the circumstances, continuing school, and associating with the same people all the time? Why do we give up all these things if they are not doing it? We leave that area because it is going to be destroyed and we know that if we stay there will perish along with it. Since we want to live eternally, we must leave that area and keep a distance from it.

104. Even though we retreat by our own will, we must clearly know why we do so, or else we won't be able to continue for a long period of time. When we leave, we don't want to look back and think maybe we are wrong, as Lot's wife did at the destruction of Sodom and Gomorrah. We are retreating because we don't want to perish along with the people who

remain. Once we retreat, we will overcome the obstacle and go beyond it and find ourselves in a an advanced position.

105. Are we going to fly over the obstacle for our own sake and forget about the rest of the world? No. When we cross over, we will bring along all the people who need to be saved as we do. We will have many ropes attached to us and once we arrive, many people can cross after us. Don't worry if the rope is too loose or not tight enough; as long as the ropes are attached to the other side people can cross over in various ways. Our object is to cross safely with the rope and then make full use of it to bring the other people across with much less effort. Then we will show the world a new view of culture, technology, diplomacy, politics, economy and the arts.

106. All Unification Church members must work in and love three different countries and learn three languages. After that we must conquer three continents in order to wide our love before we go to God. Did you ever imagine that you would go to three countries and then three continents to witness deeply before going to heaven? Do you have that far-reaching vision and the determination to carry it out? No matter how difficult the situation, we will go over it and become better and better prepared to go soon to three other countries and then three continents. We will unsparingly give our tears, our sweat and our love, and later reach out to more distant areas to serve people. IF we don't do that, a later generation must continue to do it. Therefore, we must try our best as long as we live so that the next generation won't have to work so hard.

For the Future 9-10-78

107. In the Unification Church, young people want to give their first love vertically to God. In the secular world, the first occurs at the time of physical blossoming and first love is given horizontally, but here in the Unification church, you want to make that first love pure. You want to sanctify it and become a new man and woman.

Mainstream of the Dispensation of God 11-9-78

108. Our Unification Society is not perfect yet. There are fights going on, and members feel resentment and complain. In order to forgive you, God has to let our enemies survive and give them a chance to be saved. Never pray for God to come down and crush your enemy. IF God hears that prayer three times from you, He will say, "What kind of Unification Church member are you? Maybe I'll think about your neck!"

For decades there have been many enemies who were determined to kill me or defame me in all kinds of vicious ways, but I never remembered them in my heart. God has a great sense of humor. Sometimes He tells me, "You know, my son, the pastors in this church prayed last night telling me that you should be killed." God has a sense of humor in telling about such a

prayer. I never pay attention to such enemies or think about revenge, but they eventually destroy themselves by their own action. This is the rule of the universe.

109. The Unification Church is the training center where all members can train to rebuild society. The words “True Parents” are the central point of that workshop. When the True Parents are here, what is your position? True children. You practice the true way of life as true children and then you can become true parents yourselves and have true children.

Breaking the Barrier 12-10-78

110. The Unification Church is the very movement which will install true parenthood here on earth, starting from the level, clan, tribe, society, nation, and world level. We can help people of all five colors of skin become brothers under one parenthood of God. Your first step is to become true children, and then later the True Parents will elevate you into the position of parent. You must set the right condition and prove yourself worthy and qualified to inherit parenthood. Each one of you is a small-scale messiah and you must show to the world that you love God and mankind more than anyone else in history. You must create your own world microcosm because the entire world is too gigantic to deal with. God makes restoration easier by creating a small world of home church in which you will find your true individual, family, tribe, clan and everything. By loving that small world, you can say you have loved the entire world.

The Birth of Jesus and the Consummation of God’s Will 12-24-78

111. When members first come to the Unification Church, they are burning with ambition to become teachers and teach the world about the love of God. They want to teach the world how to liberate God and mankind. Day and night, I am looking for this kind of man and woman. The world is looking for that kind of person and God is also looking for that kind of man and woman.

112. You are gathered together here and you need to become great teachers because you now know the incredible truth about the universe and God. Everyone must become teachers who can teach the world how to liberate God and serve mankind. That is the very task God has been doing all this time, so we are taking over God’s job. Do you worry about leaving God unemployed? Because God is without form, He will say to any champion who comes to take up His role, “You go right ahead and I’ll be working with you.” That’s the way God works. This is the Unification Church ideology and it is my conviction that we will make the Unification Church the ambassador and representative of God. We will go in place of God to do the work that God wants to be doing. We are going to educate the world for the liberation

of God and mankind, demonstrating to the world the love of God centering upon the family, nation, and world, teaching the world how we can love our fellow man.

113. The Unification Church is like a workshop where you can be trained to be a lover of mankind and God, and I am the one who will sign your graduation certificate.

Home Church and the Completion of the Kingdom of Heaven 1-1-79

114. In the Unification Church we have a common rule about who is the true member of the Church; he is the one who truly loves his brothers and sisters.

The Importance of Prayer 4-15-79

115. When Unification Church members are really burning red with love that melts spirits and body together, no power under the sun can separate us or stop us, even the power of God.

The Trust Placed in Us 6-3-79

116. The Unification Church is like a workshop. For three years you recognize the True Parents and put yourself in the true son's position, trying to be truthful to this relationship. Here we have a tradition that we are joyfully obedient to the vertical mandate, not forced or doing so only out of duty. That is the key. Yes, you have physical life given by your natural parents, but true life begins with the True Parents because this is the first time the true vertical tradition of God has been brought down to earth. Our lives must conform to this eternal tradition and life. By being part of it you will be resurrected and receive that eternal life.

117. The Unification Church teaches what God is and what ideal men and women are, and as a result we are learning the foremost essential elements of the universe. In many cases men and women see no reason for God to be part of their private love lives, but no matter how much fun they try to have in life, they always need an axis to turn around. Without an axis no one can turn. If you are not stable then you will be self-destructive. When you are in a right relationship, however, all you have to do is hold each other and the universe will turn you, just like riding a merry-go-round.

118. Why did you come to the Unification Church? You came to receive the inheritance of true love and to learn from the living example, to love our Heavenly Father as True Parents do, so that you will set that vertical tradition. As I love God, you love me. As God loves me, I love you. This example will set the eternal vertical tradition and no one can alter or sever this relationship.

119. It has never been my philosophy that the Church should prosper; it is my philosophy that the Church should sacrifice for the sake of the nation.

120. You must not be a burden to the Church or to me, or to the nation and world. You must not be indebted, but give grace so the world will be indebted to you.

What Kind of Thought Do You Have? 6-10-79

MATERIAL POSSESSIONS

1. When you deal with material, even food, dress, shelter, or whatever material thing you are dealing with, you must be serious enough to say that this is God's, just like this is something elevated as a sacrifice, just as the Levites did during the Exodus. The Levites were chosen as the priests. These people handled all things that could be used at the altar in the temple of God. You must have the same feeling when you deal with your food, shelter, and dress.

2. Look at Jacob—after he completed his sojourn of duty in Haran and as he returned to Canaan, you know the formation of his caravan. He put all his belongings or possessions first. He put his children next. He placed himself at the rear, pushing all these things toward his goal. Before God claims His possessions how can anyone claim ownership or right to his possessions. Whatever you have you possess. God is waiting for His children to say, "This is not for me, this is for You. This is Your possession, Your ownership, You are the owner and Master of all things." So, it is with your shelter, your belongings, your dress, and whatever you have before you think, "This is mine," you must say, "This is God's." Also, you must present yourself so that God can claim that you are His son. Do you know what God will do when you return everything to His possession including your own life? God will return all to you. I will get the lordship over you so that you will become the true lord in this manner. It is not satisfactory to give just a portion of your possessions and yourself to God. You give everything including your own body to God. Then God will return it to you and give you even greater lordship over the things of creation. This is the heavenly life. When this occurs on a world-wide scale, then the ideal kingdom shall have begun. We are in that process, so when that stage comes and the world belongs to Him, He will give you the lordship and the master over all things. Until that time you are in the position of a sacrifice; what you have, what you are what you earn is just for God and is a sacrifice.

3. Those who are selfishly hoarding wealth for their own use are the great enemies of God. What is the conclusion here? Such wealthy people have the least chance to come to the Kingdom of Heaven. This is as Jesus said. This is why those who do not possess anything and are in the misery of poverty have a better chance to be truly united with God.

Leaders' Address 5-31-65

4. When you are asked if you have the love of God, love of True Parents, the love of children and love of all things, and you can answer the questions in the affirmative, then you are qualified to hold all things under your dominion. IF you can really love God and love the True Parents who love God, and love the true children who love the True Parents, and love all things which love the true children of God, then you are indeed the incarnation of God's love

and the True Parent's love. Only with this qualification are you entitled to have dominion over all things. Love alone can dominate the world. If you are with this heart of love, all things will be connected to you; that is, you will have to be blessed with material wealth. This is how the Principle goes.

5. Again, I must say that all the things of creation belong to those who love them most.

6. You must take good care of your car, giving it due respect and love. We, as members of the Unification Church, should ourselves feel injured when our cars are dented and scarred.

7. When you really love your car and become one with it, even at the point of danger, other cars cannot collide with yours, though you had been going at full speed.

8. Every day before leaving your home, wouldn't you comb your hair, dress yourself neatly, and look in the mirror to see if you look alright? Likewise, when you want to use your car, you must see if you have enough gas, if the brakes and other things are working well, if the engine sounds proper, et. Are you doing this every day? If you are not, you are apt to have an accident.

9. If your car is damaged, it means that you will be injured.

10. If you don't take good care of the car when you are using it all the time, you are like a thief, because you are not entitled to the care when you don't love it. You are using it as if it is yours; so, you are a thief. If you don't give your car loving care when it demands it, you are like a thief because you are exploiting the car when you are not entitled to its services. Then, it serves you aright when you have a car accident.

11. If you cannot connect yourself with material things in heart and love centering on the Principle, you can never connect yourself with God or be united in one with Him. IF you clearly know this, then you can automatically love the material things, and take good care of them loving them whether or not people tell you to do this.

12. You blessed couples; do you love your spouse? You must love your wife dearly, but when you go to work you must love your work as you love your wife. You must put your work in the position of your external wife or in the position of your own children. When you leave your home for work, you must go with the feeling of great anticipation as though you miss your work. When you leave work for home, you must feel joyful anticipation and longing to see your wife and children. That is, in face of anything and everything, you must love your work as you would love people. That kind of person will never perish.

13. In proportion to the ardor you have for you work, you will be blessed with greater material wealth. That's the Principle.

14. Anything and everything has its past history, its present situation and its future hope. Seen from this viewpoint, any plant, no matter how trivial it may look, and any animal, however

insignificant it seems, must be treated with love and heart as part of God's creation. For the person with this attitude of heart, every material thing will be his friend and will be ready to be used by him.

15. What must be the desire of all things? Their desire must be to be used by the people who love them most, just as woman's desire would be to have the husband who would love her most. Without love, life will be meaningless. What is the purpose of our being here today? We are not here just celebrating World Day, but to learn to love all things. Have you come with that in mind? We must know that all creation exists for the sake of love.

16. Everything in God's creation is important. So, you must love all things as though they have a spirit. Even when you are moving a thing to another place you can talk to it and say, "Wouldn't it be better for you to move over here?" Then it will respond to your tenderness. You must do things with this love.

17. We come to the conclusion that we are entitled to enjoy all things only when we are in love with them.

World Day 6-1-73

18. The staff members of our church would come to me weeping and begging me to permit them to buy a house for me, and I told them to give me the money, that I had places to use the money. But God did not scold me or punish me for that. God's blessing over me would be doubled or tripled or more. All through my life, I have never thought of building my own house, or buying one. When I bought the Yoido site (in Seoul), I was penniless. And now the price of the land has risen to \$2,500,000. We made the design, blueprint for the world headquarters. After that, my intention was to buy or building a school and training center and resort for the members to go on furloughs; and then I will do something for my own self.

On Leadership 11-9-73

19. If someone has much money and someone else doesn't have much money, and if the one who has a lot of money keeps it all to himself, he will be unhappy, himself as well as others. When he learns to give this all to the ones who don't have much, then he will be worthy of being the center of that money.

The Hope of Youth 5-26-74

20. Our shelter, food, clothing and everything we are using is for the benefit of the nation.

Human Life 12-1-74

21. All things and materials that you have belong to God before they belong to you. Before they are yours, they must be God's.

22. Because Adam and Eve lost all things belonging to God, they must be returned to God by hands of the True Parents. This is principle of "unification of material things." All things will be returned to God, and from Him they will be distributed again to all men according to the standard of give and take action between God and men.

Let Us Establish the Kingdom of Heaven 1-1-75

23. The ideal is to be rich and wealthy spiritually, and then to enjoy material wealth.

Youth Must Have Hope 9-11-75

24. When you take a meal you should pray, "This meal is for the sake of God and the sake of Humanity. In taking this food let me be of greater service to God and man.

Perfection and Gratitude 10-3-76

25. If you make yourself into a public-minded, totally selfless person, it's fine to think more about money, knowledge or power because they will all benefit humanity.

Boundary Line 12-5-76

26. Do all things belong to you or to the universe? Before anything belongs to you it belongs to the whole universe. Before you can claim that things belong to you, you must have the perfect universal character. We have not known this because of the fall, but now we will elevate ourselves to become real children of God. Then God will say, "Yes, the universe is yours." God's children have the privilege of inheriting their Father's belongings. We have to understand clearly why we should do these things. Do all the people belong to you or to the universe? We cannot think lightly of anyone because we do not yet have a universal character. With such a character we can have all of creation with us, and all people with us, and we can even possess God.

27. Do you feel confident that you have that universal character? We have money here that you can spend freely, but when you are hungry what do you think about first? Do you think first about eating, or about all the creation, all people and God?

Leadership: To MFT Captains 3-16-77

28. Everything that you have must be returned to God and to mankind. Then after turning everything you have over to God, you can receive everything brand new from God and it shall remain with you forever, belonging to you as well as to God. No one will challenge your ownership. I am not talking about receiving just a chunk of land like belvedere, but about receiving God's entire Kingdom, and even inheriting God Himself.

29. When you do all things for God then you share ownership of all things with God.

The Things That Belong to God and the Things That Belong to Man 5-15-77

30. The Desire of all things surrounding mankind is to see the day when they can receive true love from the true men who are recipients of God's true love. All things of creation exist to receive true love from man, while man exists to receive true love from God.

31. The desire of all things is to receive the love of men who have that kind of ideal relationship with God.

32. In gratitude for the blessing of receiving all kinds of love, the creation will want to return glory to God by giving the very best in the universe to man. That is why all things provide you with food, themselves become your flesh and blood.

33. The service of all things is to become the physical form of God's love, and by becoming your flesh, blood and bone, letting you grow and develop a noble character so you can live in heaven for eternity.

34. Everything in nature will take great pride in becoming the flesh and blood of men who are children of God. Through man's spiritual quality, all things can influence the center of God's love. That is the pride of all things.

The Desire of All Things 6-17-77

35. Until you are given the blessing you should have no concept of personal ownership, thinking that you own this or that. Until you reach this state you are even wearing your clothes which belong to mankind and which you have borrowed. After the blessing God will bestow upon you the right of stewardship. You have the wrong idea if you think of have some special savings account for your own enjoyment.

36. When you possess the love of God you can do all things, and on behalf of God you can be given ownership of all things.

Core of Unification 10-9-77

37. Once you become the owner of the love of God there is nothing to envy in this world. The world is yours because nothing exists without a relationship with God and whatever God possess becomes yours.

The Tradition of the Unification Church 12-11-77

38. All things of creation are waiting for their day of redemption and vindication, the day when they can see their true masters appear. In understanding God with true love, you shall become their true masters, appreciating them and guiding them with the hand of God. That's your role. You should hand this down to your children and grandchildren, taking pride in the tradition you are setting today and allowing them to feel proud. They will need to be educated about how to be thrifty with creation and not be wasteful.

39. What is the deep sorrow of all things? It lies in not having seen the day of the true love of God and man, the true love of God, parents, couples and sons and daughters. Nothing has seen that day of fulfillment. All these years creation has sighed for not having seen true gladness centered upon God in families of grandparents, parents and children rejoicing together in love.

Day of All Things 5-26-79

40. When God looks down and sees man's very self-centered behavior, He feels that He certainly did not create this entire world just to serve man's greed. Do your clothes belong to you? You wear jewelry and ornaments, but who do those things belong to? When you are proud and boastful and think that you can be independent, nature laughs when it looks at you, knowing that you can never exist all by yourself.

Reflection Upon Life 6-1-79

PUBLIC MONEY

1. Your members are pouring out their energy, sweat, blood, and everything in making money by selling flowers and other things. If you use the money taking it for granted, it is a sin.

2. Always be conscious that the money is not for you, but for the public, for all the family. So, if you have money, you must first of all use the money for the public purpose. In using money for myself, I am very stingy. I have never entered one of the tea rooms. I have never eaten lunch for myself. In order to take my members to the restaurants, I would go; but otherwise, I wouldn't. But when I use money for the public purpose, I am not stingy, I am generous. I am ready to use many times as much money as needed.

On Leadership 11-9-73

3. If you have some money in your pocket, you must first of all think of the money as belonging to the world. So, you must live in the Principle, not otherwise.

One World 10-13-74

4. If you have money here, you must think of the money not being your own, and the money must be used for the greater purpose, as directed by the central figure.

Human Life 12-1-74

5. Even the pocket money you can spend at will must first belong to the universe. The universe would want you to spend it for the larger purpose first. If you do not do that then you are violating a strict heavenly law.

6. Can you keep any of that money for yourself? That is just as dreadful as cutting your own head in half.

7. I ask the money in my pocket, "How would you like to be spent—on the New Yorker Hotel or on shoes for me?" A person should apologize to his money when he has to spend it on himself. I really think that when I buy things. As I give the money in payment I say, "I will see you again when I buy greater things." Since this follows heavenly law, don't you think the money would feel good?"

Leadership: To MFT Captains 3-16-77

8. Whose money is in your pocket, yours or God's? In the name of mankind, you must return that money to God.

The Things That Belong to God and the Things That Belong to Man 5-15-77

9. Money manipulates everything in this world, but our money is entirely different because it has nothing to do with our own power. I am winning money for God's purpose and spending it for humanity, not for myself. You have to go beyond loving your own race and nationality and make yourself a person who loves God. Then you are a world citizen, a universal man.

The Ones Who Can Receive God's Love 10-1-77

10. The worst judgement comes to those who misuse public funds. When you go to the spirit world, this is the very first thing you will find.

My Life 3-12-78

11. If you spend more money for others than for yourself, you will see me in spirit world. If not, you will never see me.

The Age of New Dispensation 5-14-78

HOLY SALT

1. In our movement we must elevate ourselves to such a standard and in doing that we use holy salt to sanctify ourselves. And when was that holy salt created? The holy salt was produced on the day of my holy matrimony in 1960. In fact, with the coming of True Parents all old things should have been burned up and we must produce new things, brand new things to be used by the children of God. It is not God's intention to have His children use things and eat things stained by satanic control. God would have burned up all those things and created or produced new things to be used for His children. But since we cannot do it all at once, God permitted me to create holy salt to sanctify all those things, to bring them into the condition where they are pure enough to be used by His children. So, whenever we buy anything from the grocery stores or any stores of the world, we bring hem home and sanctify those things before using them, with our holy salt of course. And that means we are going to use sanctified things and live in sanctified places—for instance, when we move into a new house, we sanctify the whole place. So, we are using sanctified things and eating sanctified things and living in a sanctified environment.

Those who are assembled here may not have known the importance and the value of the holy salt. From now on you must feel that you must always have holy salt with you. Up to the present you have not had such a notion, I'm afraid.

The value and significance of the holy salt is to eradicate or annihilate or exterminate what is satanic, and if you use the holy salt you are always sanctified. You must know the value of holy salt from now on.

The Seven Day Fast 10-20-74

HOLY GROUND

1. Pray there often. Meditate there often. Love it more than anyone would love their own land.

Leaders' Address 3-1-65

STUDY

1. I would like to advise you who are studying the Principle. I have shed so many tears in discovering the Principle, particularly with such historical figures as Adam, Cain, Abel, Noah, Abraham, Jacob, Moses, Jesus, and so on. In finding those events and the persons who played roles in the fulfillment of God's dispensations and failed, in finding the history of the providence of God's restoration, I shed so many tears. I not only understood the Principle, but lived it. When I came to the fall of Adam and Eve, I felt as if it were my own business. I felt the sorrow of God to see Adam's fall. I felt Adam's sorrow in himself. It was not Adam's story, but mine. I felt the story of Cain and Abel as my own. Through their mistake, God felt so much sorrow, and I felt the same. So, with Noah, Abraham, Jacob, Moses, Jesus. In each event, I put myself in the position of those involved and felt with them, and with God, all through the history. It is not someone else's history, but my own life.

Master Speaks 3-1-65

2. In studying, you should not study for your own benefit, or for your own sake, but you should study to save the whole world for God.

The Formula for God's Providence 12-14-71

3. For every one of the Divine Principle members, it is very urgent to become a good lecturer on the Divine Principle. You must, first of all, know the skeleton, an outline of the truth. And you must know the Divine Principle in such depth that you can freely apply this to your everyday life in the front-line.

Our Leader's Talk 3-5-73

4. You must not be studying with your brain, your reason, alone, but you must learn God's heart from that. You must feel those things which you are studying. You must go through all those things, by putting yourself in the position of these central figures of God's choice; and feel the same grief God would have felt in their failure after the fall.

Our Shame (Instead of Honor) 3-11-73

5. As you go along, hearing the Divine Principle repeatedly, then you can understand the depth, height and breadth of it. I never get tired of hearing the lectures.

6. In case I cannot give you a detailed speech, then I will have to give an examination with questions like: “Do you know what heart is, what love is in the truest sense?” and have to ask you for the answer. In the future, only those who study everything Father says can pass everything. Every political and economic situation in every field can be solved based on the Divine Principle. Can you solve other problems without knowledge of the Divine Principle? So, without even eating, you are going to study the Divine Principle hard. Would you want me to be harsh and to drive you to study? You will be a failure without hard study.

Significance of the Training Session 5-17-73

7. When you want to study, first your will tells you to study and then you move about it. Without your thinking how to study, you cannot start.

8. You are studying, but for what? To know how to live for God and others.

Human Death 7-21-75

9. When you study do you just sit down and relax, or do you wrap your head up with a towel like the Japanese do and really commit yourself.

The Course of Life and Restoration by Indemnification 2-26-78

10. Sometimes instead of analyzing everything, just try it blindly; you will not be ruined by it. Don't try to chew the truth; just swallow it whole. True love sometimes means swallowing the whole thing without chewing. If you have been swallowed by love then you are the luckiest person; even if you drown and die in love, you are the happiest person.

My Life 3-12-78