When repenting, you should not do it alone

Sun Myung Moon January 7, 1990

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What is God like? He is both masculine and feminine, like human beings. You cannot see your mind, can you? Do you want to see it or not? The same is true of God. (197-44, 1990.1.7)

Nothing can be achieved unless mind and body are united. This is what you should focus on. If something weighs on your mind during prayer, you should repent. When repenting, you should not do it alone. The four directions of north, south, east, and west need to be arranged first. You need to speak it aloud in front of those closest to you, such as your parents or your teacher. After doing so, you also need to make public what you have done wrong in front of your children and students. "I have done this thing; do you think I can be forgiven?" In this manner, you need to walk a path where those closest to you can support you with one heart. Do you understand what I am trying to say? (184-301, 1989.1.1)