

INSTRUCTIONS: MAY 4, 1984.

- I) Exemplary personal life: eating and living.
- a) 3 meals per day; main food--just enough. No waste. Eat only at mealtime. Only drink water in between. The amount of food we waste each day is enough to feed the needy overseas.
- Secondary food: dessert, pie, etc. Your body doesn't need it. No snacks. It is not a good habit. Do not eat while walking. Even animals don't do that. Father always thinks of the people who are hungry, so he can't eat all the time, not even fruit. Drink only when you are thirsty. We could save 240 million dollars a day in the U.S. if we stopped drinking soft drinks.
- b) Always think of the world and your mission. Luxuries are not good for life. Just the necessities.
- c) Drinks: Think of the world first. Drink water. Don't drink soft drinks all day long. Save an unnecessary consumption and think of the world.
- d) Atmosphere: Clear up the environment inside and outside of your rooms. Even hanging clothes--go by Principle. Mens clothes on the top and womens on the bottom. Mens shoes on the right, womens shoes on the left.
- When dressing, put on your skirt first to hide what is precious. Western way of life is not up to Divine Principle standard. If you have to line up 2 objects, the larger one goes on the right, the smaller one on the left. The large one is always the centre piece.
- Women: wear the colourful part on the top, sober colour on the bottom. Stockings should be a light colour.
- e) Dwelling place: Do not use unnecessary light at night. Control electricity. Turn the light switch off when light is not needed. If light is necessary at night, use a dim light.
- f) Water: Don't let it run and waste it. Only turn it on when you need it. We waste too much everyday.
- g) Telephone: Do not make unnecessary calls. Don't call your wife or husband everyday. Tell her once a month that you love her. You have to use the word with meaning. We need true love, not cheap love. Don't waste your time

and money. Think about that.

- h) Furniture: It should last a long time. Take care of it. They should last a lifetime. Furniture is a living thing. Don't damage it. Keep it in a certain place. Don't move it around all the time. Furniture should be a piece of art, not a toy.
- i) Fixtures, frames, etc.: It is to accent the furniture. Very important. Doesn't have to be expensive. They should harmonize.
- g) Maintenance: Beautify your surroundings.
- h) Clothing: Dress with taste. Buttons have to be in the right place. The wife should advise the husband to wear the proper thing. Don't wear tight blue jeans. If you want to show your body, take them off. Moonies don't follow the fashion. For hemlines for women, don't fluctuate and wear them up and down according to the trend. Wear a mid-length hem and keep it there--not too long or short. We don't have time to waste on fashion. Father always looks for sales when he buys clothes. Buy clothes on sale for the next season. Buy for 2 years ahead. Mother bought a \$680 suit for \$150 on sale. Make use of the sales system. Father knows all the shops where you can buy cheap. Shopping is an art. Father picks his ties which are good for 4 seasons.
- i) Art of dressing: If you are going out of a place, put your right foot out first. When going into a place put your left foot in first.
 - 1) how to put on clothes.
 - 2) Form of clothes: Clothes worn to work, to a picnic, or to a formal should all be different. A thin person shouldn't expose her upper arm, only to the elbow. The same for a fat person. A fat person should wear dark colours to make her look slimmer. If the belly sticks out it doesn't look nice. Don't have a hairdo like an elephant. Shoes should not be too tight. Harmonize. Heavy women should not walk like a bear.
 - 3) Neat clothing: unbutton only one or two buttons. Men also. Sit down in a neat manner.
 - 4) Harmony of colour: particularly women.
 - 5) Men's ties: Many ways to tie a tie. Never unbutton a shirt while you are wearing a tie. A tie should always be in the same position. Don't put the tie-pin on too high. The top part of the tie should be 1/3 of a length longer than the lower part. Men should

walk in a dignified manner. Watch your weaknesses. Everything should be absolutely straight.

6) Accessories: Shoes are very important. Shouldn't be too long or wide. If you wear out the shoe on only one side this shows that that person is not educated. Shoes tell a lot about your personality. The face, hands and feet tell a lot. For a woman, hands and feet should be very small. With high heels you have to walk straight. Shine your shoes. You have to love your shoes. Colour and shape--harmony.

7) Wardrobe organization: In Jin Nim is absolutely organized. Father was very organized. But when he got married he left Mother some leeway. A woman shouldn't be sloppy. Japanese people are neat, clean and organized. Good spirits like to dwell in a clean place. Preservation.

8) Grooming of Body: Neat hair grooming. How your part and comb your hair.

Face grooming: Use your facial expression properly. If you have peculiar teeth, watch how you laugh. If a person has teeth sticking out, that's a talker. Discipline to close your mouth.

Laugh in the best manner that suits your face. Woman is like a flower, slowly opening. Your smile should be like that. Don't laugh with your shoulders. Father gave a lot of education to Mother. Oriental charm well blended with Western culture.

Fingernails: No long nails. Long nails--people don't want to work. Toe nails--maintain well.

9) Walking manner: Walk balanced, poised, stable. Stand stable.

10) Shoulders: should not have a bent, slumped shoulder. Sit straight. Don't sit against the wall.

11) Voice: should not be heard outside the house. Woman's voice is so important. It tells a lot.

12) Sleeping manner: Sleep artistically. Lift up your chin so you don't snore. Women should sleep like a baby. Don't stretch over the whole bed.

13) Condition of health: Don't look sick. Don't show that you are tired.

II) Church life

- 1) Life of prayer
- 2) You must regularly attend church events.
- 3) Always have a learning attitude, physically and spiritually. Spiritual knowledge is primary knowledge. Evaluate your knowledge and balance it. Without witnessing is like a woman who never reared a baby. Most important time for learning. Witnessing is the best way to learn about people. Jesus' 12 disciples were very unique.
- 4) Altruistic: Life for the sake of others.
- 5) Go the road of indemnity. Have a special prayer and fulfill the indemnity. If you don't pay willingly it will be taken. Serve other people.
- 6) Men and women of harmony. Bring peace to the members. Harmonious person becomes a son of God.
- 7) Life of experience: spiritual and religious. You can dream of Father's experience in spirit world. Tune into spirit world.
- 8) Spirit world and reality: You must feel spirit world. Have a deeper religious life. If you bring sadness to God, you feel it yourself.

III) Social Life

- 1) Time concept. Keep the time. Be punctual.
- 2) Be responsible to others and then you will become a leader.
- 3) Diplomacy and development: To move up, you have to have diplomacy and develop. Remember birthdays, etc.
- 4) Job and attitude: Have good performance and attitude in your job. A job is holy.
- 5) Subject and object relationship: Be a good president or worker. No complaints.
- 6) Mutual benefit: you and your company. Don't harm your company.
- 7) Connection with government: Your work, deed, and living

should be clean cut and moral. We have to have a proper church social life since we are dealing with many people.

Be constructive and productive in your mission. What you do well will show out. Satan cannot take it. Father becomes more prominent. Behave correctly. It reflects upon the church.