

## Human perfection means mind-body unity (A)

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*Photo date and location unknown*

Emphasizes a mind-body unity that can only be achieved through true love. Delving deeper into the questions of concept and reality, you will find many stories behind them. Once you clarify all these stories, you will find out that this path toward unity is the correct one; it will be borne out by experience. (227-12, 1992.2.10)

What are a righteous conscience, righteous actions, and mind-body unity based on? Words alone are not enough. Actions alone are not enough. Where is the place where complete mind-body unity occurs? The answer lies first in achieving perpendicularity. To achieve that, establish a standard that can stand upright as the center of the worldwide horizontal plane. Become exemplary people who can be connected to the world wherever you go, be it the East or the West. You should set the standard that can be proclaimed as correct at any time in history, whether past, present or future. (205-49, 1990.7.7)

The precious value of a perfect score can be awarded to people only when they have attained oneness with true love. Mind-body unity refers to the state in which the body resonates in harmony with the conscience. When you strike one prong of a tuning fork, the other prong vibrates at the same frequency. In a similar manner, if you strike the conscience with true love, the body will resonate. Alternatively, when you strike the body with true love, the conscience will resonate. There is no need for you to be taught all this. Once you find yourself in the center of all this, you will know without being taught. (223-355, 1991.11.20)

The brave soldiers of the Unification Church must achieve mind-body unity in whatever circumstances. How can you achieve this unity during your lifetime? Those who cannot achieve it, and yet think of love and the ideal, should feel ashamed of themselves because it is contrary to God's will. The new path of hope opens only to those who wish for it after having achieved perfect mind-body unity. If you stagnate in your current position, the path leading to God's new kingdom of hope will not open up before you. (205-45, 1990.7.7)

How do you achieve mind-body unity? Throughout history, the mind and body have been in constant conflict. If God had intended it at the time of creation, such a god would be the enemy of humankind. Bearing in mind the fact that your own mind and body are in constant conflict, if you were to ask God, "Do Your mind and body also fight each other as ours do?" what would be His response? Is there anyone who ever considered such a situation? If you were to ask God if His conscience and body were not united but instead in constant battle, He would definitely answer that it is not so.

You have never attained such a state, and so there is no way for you to know, but as the founder of the Unification Church I have reached that state and can connect to Him whenever I so desire. Therefore, I can plainly answer on His behalf, that God's mind and body are completely united. (223-349, 1991.11.20)

Religious life involves having control over your body. You need to make it habitual within three to five years. If this is not the case, and after all those years you still find yourself uncomfortable, however much you desired it, you could never achieve perfect mind-body unity. My number one goal is, "Before desiring

to dominate the universe, first achieve dominion over the self!" If people cannot achieve total oneness within themselves, there is no way that they can relate to the universe, however much they may have gone around the world in their endeavors. (222-340, 1991.11.7)

The human body inherited Satan's lineage. Your conscience must attain the standard of God's conscience, developing to the top of the growth stage reached by Adam and Eve. That requires having faith. Our first ancestors were deceived by Satan, and strayed in the opposite direction due to a force stronger than their conscience, that is, the power of love. At that moment, the conscience had no choice but to follow where the body led it. It must become stronger.

Once you endow more power to the conscience than to the body, the latter, however strong, would have to obey the former. If you fail to do so, and the body remains stronger than the conscience, you will fall even lower than where you are currently situated. There are two paths lying before you.

Thus, people choose to fast, take cold showers, sacrifice, and engage in voluntary service. There is no other way. Those gathered here, do you perform these actions too? Are you following this path? Do you pledge to sacrifice and serve others even at the cost of your own lives? If so, you need to follow the path of subjugation at the risk of your lives. The path of religion is that of submission. It transcends the mind-body conflict. Unless you tread the sacrificial path, you will not be able to achieve mind-body unity. (222-333, 1991.11.7)

No matter how long you have been in the Unification Church, you should not leave your sins buried as they are. They need to be cleansed. You need to start afresh with a clean slate, be resurrected anew, and become men and women who can live in the Garden of Eden without sinning. You need the awareness of God's intention for the complete unity in love of your mind and body, as created by Him. Do you understand? Otherwise, you cannot return to the homeland.

You need to find the way back to your house in the homeland, where our original house is located, and where God, our original Parent, dwells. That is where the descendants of the nation who have the birthright of the firstborn should live and reign over all other nations based on the life of the imperial family. That place is your new home. How shall you go about finding your way back, not to your birthplace but your new homeland, the original home? First, you need to acquire the qualification to enter that homeland. In order to do so, you must achieve a realm of oneness through total mind-body unity. (233-168, 1992.8.1)

No matter how great your sin is, admit it frankly to God, saying, "Heavenly Father, I have committed such a wrong thing!" In confessing your sins to Him in your prayer, you can declare to Him, "Shouldn't the original mind, the heart of a father, the heart of a teacher, and the heart of the citizens of a nation be like this? With such a heart, I will be filial and loyal and be connected to Your love. My heart will never waver. Please take into consideration this resolution, and forgive me for all the wrongs that I have done as I have now made this resolution. Won't you forgive me?" Then God would reply, "Hmm. . . ." You need to know how to pray. Do you understand? (149-37, 1986.11.1)

Where on earth is God? Where would His dwelling place be? God settles in the most precious thing of all, namely love. Then if this love happened to be that between a man and a woman, where would He reside? He lives perpendicularly in the deepest part of the love that is completely united and unchanging. The central place of His residence would be the place where man and woman attain oneness.

When you reach a mystical state while praying, such that you undergo spiritual experiences, then if you call out to God, "Heavenly Father," you will hear the answer coming from inside you, "Why are you calling me? I am right here!" "Here" would be the center of your heart. He would be at the central point of love, in a perpendicular position, inside the person whose mind and body are completely united. If you consider God's point to be the intersection of two perpendicular lines, it would be a position of complete self-denial. (224-148, 1991.11.24)

When your mind and body have attained oneness, the force of the universe will protect you. In such a state, your parents, as well as your siblings, would also be protected. Everyone would be connected to each other in such a relationship. The race and the nation must also form a relationship. This is an excellent conclusion. Thus, if you were to go to another nation, having achieved mind-body unity, you would be connected to that nation also. It will work wherever you are.

In soccer, what happens when the ball just stops rolling? At the point of contact between the two surfaces, a perpendicular axis is necessary. Hence, a sphere is considered the most ideal existence. A perpendicular axis can reside at any point on the surface. That is how the ball can roll around on it. Therefore, once your mind and body are united on a perpendicular axis, you will fit in anywhere. Regardless of whether you are a Westerner, an Oriental, a person from the past, present, or future, you can harmonize anywhere. (205-53, 1990.7.7)