

Completing the Change of Blood Lineage



The Five Steps

1. Holy Wine
2. Blessing Ceremony
3. Chastening Ceremony (Indemnity Stick)
4. 40-Day Holy Separation Period/Condition
5. Three-Day Ceremony



How to Guide through the 5 Steps

Prayer and communication: Pray for and talk with your couples regularly to understand their situation and how to best guide them. You are their spiritual parents.

How to Guide through the 5 Steps

Education for yourself: Read and understand the guidelines yourself. The more you understand, the easier it is for you to teach.

How to Guide through the 5 Steps

Education for the couple: Have a plan for continuous education, the more understanding of Principle they have, the easier it is to understand the value and heart behind the Blessing and the 5 Steps.

Continuous Education Ideas

1. National Family Service (click share!)
2. HTM Course
3. Divine Principle: Chosen online
4. Godible
5. Peace Messages, True Families Gateway to Heaven

After the Blessing Ceremony: Register the couple on *blessingamerica.org*

BLESSING AMERICA

HOME MARRIAGE BLESSING RESOURCES BLOG REGISTER



WE'RE BLESSING ONE MILLION MARRIAGES

Why Have Thousands Already Chosen To Bless Theirs?

Discover *The Blessing Movement*

→ DISCOVER IT FOR YOURSELF

In just 15 seconds, learn how the Blessing can transform your life, your marriage, and your community.

Starting the 40-Day Holy Separation (Checklist)

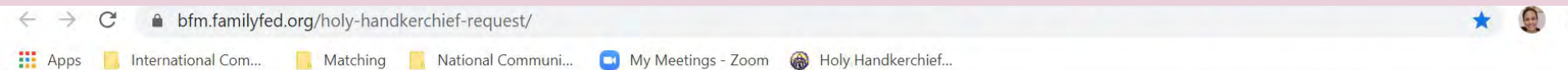
1. Must have completed the Chastening Ceremony
2. Meet with the couple (Zoom is fine) and **pray** with them to start 40-Day Holy Separation
3. Make plan for how you will consistently communicate with each other throughout. Ideally checking in every 3 days.
4. For example: reading HDH together

40-Day Holy Separation

Some Pointers

1. They are brother and sister, no romance at this time—
reversing and going back to God
The couple should set boundaries together such as:
 - a. No kissing, No caressing etc
 - b. No sexual intercourse
2. It's a period to prepare for God's partnership in the marriage.
3. Renewal time: Time to set course for new beginning.

During the 40 days, order the Holy Handkerchiefs for them:



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MARRIAGE BLESSING

MATCHING

COUPLE CARE

FAMILY CARE

COMMUNITY CARE



This window is secured by 256 bit encryption on a PCI compliant network. [Click here](#) to view this window in its own page.



Holy Handkerchief Request Form

Your Information

Name *

Email *

Select One *

- Local Pastor
- District Pastor



Starting the 3 Day Ceremony (checklist)

1. Ordered Holy Handkerchief
2. Explain the 3 Day Ceremony process and the meaning behind
3. Meet at end of 40 days and pray together before 3 Day Ceremony
4. Report to BFM after the couple has completed the 3 Day Ceremony



Congratulate them and Celebrate!!!
They are now officially a Blessed Couple

5 Steps

	Required	Recommended	Comments
Guidelines	✓		Spiritual parents need to read both “ Blessed Couple Foundation Course ” (TribeNet) and 3-Day Ceremony manuals (BFM)
Indemnity Stick	✓		If they haven’t done it yet, it will mark the official start of the 40-day separation
40-day Separation	✓		Go over the “Blessed Couple Foundation Course” (TribeNet) with each couple at the beginning of the 40-Day Separation

5 Steps

	Required	Recommended	Comments
3-Day Ceremony	✓		Order HH before the couple completes the ceremony. Go over the 3-Day Ceremony portion of the Blessed Couple Foundation” Course” (TribeNet) with the couple and pray with them.
Holy Handkerchief	✓		Ceremony not valid if HH not used.
True Parents’ Photo		✓	It’s best to set up an altar with TP photo and candle
Holy Salt		✓	Needed to holy salt the rooms & items

5 Steps

	Required	Recommended	Comments
Holy Candle		✓	
Holy Robes		✓	Or they can use white clothes or their Sunday best
New Sheets		✓	Or they can use clean ones (recently washed)
Intercourse	✓		Positions must be respected.
Report of Three-Day Completion	✓		HTM email bfmadmin@unification.org with the date of 3 Day Ceremony completion.

Links to Resources

1. [Blessed Couple Foundation Course](#) (TribeNet)
2. [Three-Day Ceremony Instructions Manual](#)
3. [Three-Day Ceremony Pastor Instructions](#)
4. [Spanish Version of Three-Day Ceremony Instructions](#)
5. [Holy Handkerchiefs Order Form](#)
6. [40-Day Holy Separation Period Guidance](#)
7. <https://www.blessingamerica.org/>

From www.blessingamerica.org/

STORIES FROM THE MARRIAGE BLESSING



Cliff & Tiff Gaines from Atlanta share their story.

“We were trying to figure out a way to connect our relationship to God. Finally, I felt Jesus’ words about peace come to fruition in my life. It’s something that gives us an eternal roadmap to perfect our couple. The Blessing takes away the whole idea that marriage is for myself. It centers the marriage on God. I think that is what Christians are yearning for.”

– CLIFF AND TIFF GAINES

Q & A



bfmadmin@unification.org

THE
BLESSED
COUPLE
FOUNDATION
COURSE

DEAR NEWLY BLESSED COUPLE

This is a 43-day course for couples whose marriage received God's Blessing through the Family Federation for World Peace. We designed this course to help couples build a foundation through knowing and applying the principles of true love. You will achieve strength, resiliency and happiness through love, including sexual love, in a relationship with God.

We are grateful that you allowed a blessed couple to give you the marriage Blessing. You reversed the mistake made by Adam and Eve. That mistake has been—in biblical terms—a curse upon sex and marriage. The Blessing removed it.

Now what? We want to give you something of great value to us. These are basic principles that help blessed marriages achieve what we call, “absolute sex.”

You affirmed that world peace comes through ideal families and shared a cup of holy juice or holy wine. A prayer together represented your commitment to each other and your renewal as a blessed couple.

What are the next steps? How do we deepen our love, resist temptation, and become true spouses and true parents?

The first element is **Selflessness**, to live for the sake of our spouse.

Selflessness is something we should have learned when we were growing up, but we really didn't. (Well, if you really DID, this course will be a breeze!)

To learn selflessness, we go back to being kids and teens. We relate as siblings, friends, partners and, for the purposes of this course, as mother and son.

It means that the second element is—**Celibacy**.

Yep, no sex, for forty days. Like Noah's Ark, Moses on Mount Sinai, Jesus in the desert. Self-discipline is good for the spirit, and what's good for the spirit is good for the marriage.

To make it through 40 days of celibacy requires mind over body. It requires a shared marriage promise. For a guy, it requires relating to your wife as your mom. For a woman, it means to care for—and discipline—your husband as your son. (We know, you already do anyway, but here at least he admits it!)

Above all, it requires faith in God, putting Him at the center of your relationship.

On the foundation of selflessness and celibacy, the third element is **Sex**.

Actually, sex—absolute sex—is a goal of the course. Our goal is sex that is so pure, powerful and ecstatic that it makes God want to dive into bed with you. It is sex to which the world and all its riches pales, sex that makes you the pulse of creation, the yang and the yin, the origin of the universe.

This is not a simple accomplishment. You are taking 40 days to prepare for it. Its purpose is to re-create you as a couple perfectly in tune with each other in lovemaking. Your spiritual love and physical love is the foundation for your interactions in everyday life, your care for a household and children, your care for the community, your professional life, and so forth. Ultimately, you will learn to become one flesh as a couple. God's dwelling place is with us.

THE COURSE METHOD

Each week will begin with a get-together with your mentor couple. It could be at their house, yours, or a chapel or coffee shop, and could include other newly blessed couples. You will talk over the course outline for the week. You can share about your experiences in the previous week and prepare for the coming week's exercises.

In the Bible, the number forty connects with purification and offering. Psychologically, forty days is a good start to shed old habits and develop new ones.

Even the greatest marriage can get better, and that's a good thing, because it means that marriage is about love, and love is infinite.

So, for a few weeks you will step back and relate as friends, as brother and sister. See if you can relate as mother and son. Let the husband trim the sails and set the anchor and the wife steer the boat.

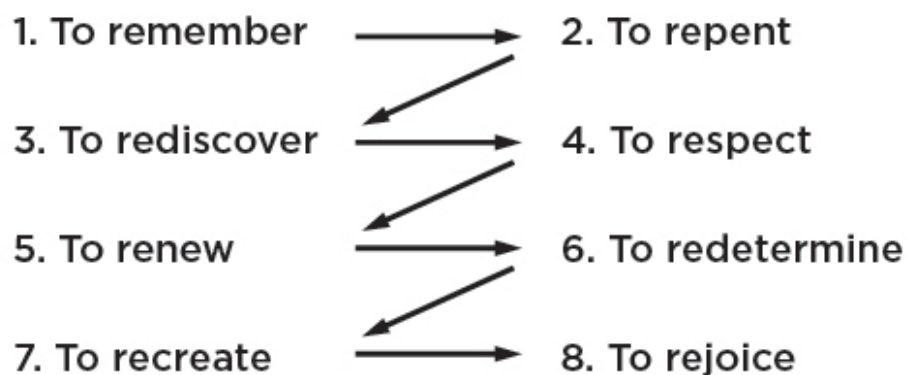
In terms of your abstinence from sex during this period, think of it as reliving your time of ideal engagement, of courtship, and of preparation for marriage. Free from sexual issues for a while, you can work on your relationship as independent individuals getting to know each other, trying to impress and please the other, researching how the other thinks, what they like and don't like.

In this way, you can work on things you've been putting aside. And you will find sexual love enhanced as you make an amazing new beginning as you "come down from the Ark" in week seven.

THE WORK LOAD

We offer a series of themes for daily and weekly reflection and relationship-building. The questions will get you to talk together and share as you work through your relationship. It is designed for you to learn from each other, work through some troubles and clear out cobwebs and sob-webs.

The 43-days are designed around eight purposes:



We build simple exercises by which you can fulfill those purposes. You will have time to think on your own, to share what you are thinking about, and to gain realizations that will add God's love to your own, the vertical love coming down to your horizontal love in perfect balance.

In sum, it will be your relationship rebirth.

When Noah, Moses and Jesus began their 40-day periods, God was behind it. It was only with God that they could succeed.

TRIP ADVISORIES

STAY FLEXIBLE: As written in this book, this course is pretty intensive. It's for people who have time to write a lot and sort things out. Your couple might prefer just to read the book and talk about it, or just to write a little here and there. Please adapt the course to your learning style. But, with your mentor couple, don't lose focus on the main points.

STAY BUSY: Forty days of celibacy may be challenging. You'll meet once a week (more if you like) with a mentor couple, but otherwise, you're on your own. Therefore, another purpose of this course is to give you stuff to do during the week. Stuff that keeps your mind on heaven, your eyes on the prize.

BUILD A SPIRITUAL RHYTHM: It really helps if you schedule the same time everyday to do the reflections, conversations and meditations of the course work. Probably twenty minutes is enough each day. It could be first thing in the morning, getting up a little early. It could be at the end of the day, or just after dinner. Whatever works for you.

GO OVER THE BUMPS, AVOID THE POTHOLES: Every relationship goes through difficult moments. These are like bumps on a road. On a trip, you hit bumps and potholes, and what do you do? You learn that, hmmm, this is a bit of a bumpy road, there are potholes out there. So you keep your eyes out for them, slow down a bit, learn how to avoid them. Most important, you stay on the journey.

FOCUS ON THE SPIRIT: Marriage is for couples of all faiths and spiritual paths, and so is this course. We include passages from the Bible and all scriptures. We offer prayers as something to include according to your heart and faith.

WEEK 1: TO REMEMBER

INTRODUCTION

The mentor couple's testimony, centering on how you became part of the Family Federation, and how you were blessed in marriage.

TO GET STARTED

Recall how your relationship started and turned into a marriage. Share about this with each other. Then, during this week, reflect upon it, write some things down and compare notes.

MEMORY LANE LIST

Memories of the first time you met

Memories of what it was that attracted you to your spouse

Memories of how your relationship evolved from acquaintance to friendship, love, and life-long commitment?

Memories of the points of decision, and what led to those decisions

GOAL FOR THE COMING WEEK: VISION, BEAUTY AND APOLOGY

Tomorrow, Day 1, _____, think about your **VISION** for your marriage. What was your vision when you began? Perhaps it was very clear to you. Perhaps it was more subconscious, and so you might have to reflect on the vision you had inside, even if you didn't express it then.

Describing a vision is like describing a dream—it's all in the present tense. For example:

“I'm walking across a bridge and see my wife in the distance. We walk together into a garden of roses and butterflies.”

“My husband is bringing me my favorite pastry and coffee in bed. The sun is shining through the curtains as our children and puppy jump onto the bed with a present—and it isn't even my birthday!”

“We are living in a Hawaiian beach house. I'm teaching history at a university and my spouse is running a ceramics studio.”

“We are in our eighties and our children and their families are successful and we get together often.”

You get the picture. You can make a list—write the visions you had for your marriage, great and small.

It may include number of children and grandchildren, where you will live, what your employment will be, externals like that.

But even more important is your vision for your relationship, your love and care for each other, your emotional attachment.

The next day, Day 2, _____, think about what in your partner and your new relationship was good and beautiful. The principle here is that to seek the good and beautiful makes one good and beautiful.

Make a **BEAUTIFUL LIST.**

BEAUTIFUL LIST

This week closes with a prayer or meditation on Jesus' words about marriage:

From the beginning of creation, "God made them male and female." For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh." So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder.¹

WEEK 2: TO REPENT

INTRODUCTION

The mentor couple will talk about the struggles they've gone through, and how they overcame them.

GOAL FOR THE COMING WEEK

Begin by making a commitment to love your spouse through any painful memories.

Then open your heart to repent for what was bad and unhealthy. Allow yourself to feel remorse and receive forgiveness for having caused grief and pain by any failings and insensitivity toward your spouse. Discover the heart to forgive your spouse in turn.

Now, pull up last week's **APOLOGY LIST**. In man-woman relations, we all have erred, as did our ancestors and as does the culture around us. But we need to take personal responsibility and not blame anyone. Don't even blame yourself. Just name the mistakes and get ready to kiss them goodbye.

Take three minutes to look through your **APOLOGY LIST**, see if you want to change anything, and prepare to talk about it.

(Take three minutes.)

It is for sure that the topic of sex will be on your list, probably somewhere near the top. Sex makes one flush and one flesh. But it also can tear you apart at the seams.

Be aware: all men and all women, now and in the past, have this

problem. As Paul says in 1 Corinthians 10:13, “No temptation has overtaken you except what is common to mankind.”

As Adam and Eve did, all people use their sex organ selfishly and feel shame about it. We strive to live completely and unreservedly for the sake of our spouse, but in the area of sex, this is impossible. That’s why we feel shame. It’s time to remove the fig leaf.

This may not be the only thing on your list. Share your list of what was bad and unhealthy. You can get into details or not. Answer each other’s questions, if there are any.

Now, share with your spouse the pain that they may have caused you.

Listen to your spouse share about this and, if necessary, go back and add them to your **APOLOGY LIST**.

The main point is that you are going to bring this to an end.

Jesus told us that if we even look at a woman lustfully, we have already committed adultery, and that we should cast out our eye. We’re not going to be casting out our eyes, but we should be sincere about our repentance. Jesus did not describe the sin of the adulterous woman; he just said, go and sin no more. Tell your spouse that you want to make amends.

If there is an issue of sexual addiction, or addiction of any kind, those who are suffering with it should commit to receiving help. We’ve got to get out of the shadows. One great resource to achieve “a life without shadows” is found at highnoon.org.

The principle is that when we do something selfish, we hurt ourself and others, and we hurt God. We feel conscience-stricken and tend to suppress it, where it does us even more harm. We can remove it by naming it, reporting it to God and our spouse, asking for

forgiveness from God and spouse, and making a condition for that forgiveness to take hold.

This is leading up to what we call the Indemnity Ceremony that will begin our next week's meeting. It will be a chance to wipe the slate clean.

ASSIGNMENT THIS WEEK

Everyday, express to your spouse repentance and forgiveness for the points on your **APOLOGY LIST**.

Check in with your mentor couple at least three times.

This week closes with a prayer or meditation on the Lord's Prayer:

*Our Father who art in heaven, Hallowed be thy name.
Thy kingdom come, Thy will be done, On earth as it is in heaven.
Give us this day our daily bread; And forgive us our debts, As we also
have forgiven our debtors;
And lead us not into temptation, But deliver us from evil.
For if you forgive men their trespasses, your heavenly Father also will
forgive you; but if you do not forgive men their trespasses, neither
will your Father forgive your trespasses.²*

WEEK 3: TO REDISCOVER

INTRODUCTION

The mentor couple will share about their experience with the indemnity ceremony and other acts of repentance and forgiveness.

FIRST STEP: THE INDEMNITY CEREMONY

The first step this week is to clear away our mistakes and misbehaviors. We call this the Indemnity Ceremony. To “indemnify” means to reverse wrong actions and mistakes. We indemnify a wrong turn by getting back on the right track. It might be to turn around and get back to where we took the wrong turn. Or it might be to take a longer route to get to the same destination.

The root of husband-wife mistakes and misbehaviors has to do with sex. We cannot free ourselves from it in one moment, but we can draw a line in the sand. We can confess to each other and repent and forgive, and promise that our hearts are with each other forever and we will support each other through the process of healing until we fulfill our Creator’s purpose, which we call “absolute sex.”

The Blessing protects our children from this sin. It stops here with us; we do not pass it on to our children.

Here’s how we symbolize this. With a prayerful spirit, we ceremonially strike each other’s buttocks, three times, with a stick. As you deliver the three strikes, feel grateful for your spouse’s humility, and repent for your own unworthiness before God.

Receive your spouse’s striking as a gift, the opportunity to repent, receive forgiveness, and go and sin no more.

Three times each, husband to wife, then wife to husband.

Having done this, husband and wife accept God's and each other's forgiveness and promise never to hit each other again, and to support the sexual abstinence of our children.

GOAL FOR THE COMING WEEK

This week you will rediscover what is good and beautiful in each other and in your relationship.

Think of how virtue, truth and beauty come from God, and how the good, the true, and the beautiful represent God's love for you and your couple. God is the source of all that for which you are grateful. To be grateful to your spouse is to be grateful to God.

Tomorrow, Day 1, _____, you will look at your **MEMORY LANE LIST** from the first week. You can add more memories and elaborate on them. Then share that list with your spouse.

On the next day, Day 2 _____, develop your gratitude for your spouse by rediscovering what it was that he or she did, that you saw in him or her, that moved you so much that you gave your life to her or him. Write down words to describe your gratitude.

REDISCOVER LIST

The day after that, Day 3 _____, share what you wrote with your spouse.

The next day, Day 4 _____, write a letter to God about this. One paragraph. Read it to your spouse as God's representative.

LETTER TO GOD

Your expression of gratitude to God for giving you your spouse.

On the following days, tell someone else about what is good and beautiful in your spouse.

Here's a list of people to tell; check at least one:

___ Tell your children

___ Tell your parents

___ Tell your friends

Before we finish our meeting, think up how, without touching your spouse, you can express your gratitude to him or her. It could be through a song, a poem, a present, a special meal, an evening with friends, a time of recreation or retreat, any gesture of appreciation. Make your plan now and write it here:

The principle here is that we need to always focus on the good and beautiful in our spouse, and when we focus and tell them about what we find, we discover more. They become more good and beautiful to us, and to everyone.

As a result of this week, take what is good and beautiful in your spouse and etch it into your heart.

FOR THOSE WHO MAKE PLANS

After the 40-days, you and your spouse are going to share a unique experience of love with each other over a period of three days. It is wonderful to share these three days at home, in familiar surroundings. It is also an option, if practical, to take a 4-day, 3-night vacation. If you want to do so, you can start thinking about that and planning now.

Close with a prayer or meditation on this passage from the Song of Solomon:

*O that you would kiss me with the kisses of your mouth!
For your love is better than wine,
your anointing oils are fragrant,
your name is oil poured out.³*

WEEK 4: TO RESPECT

INTRODUCTION

Share about your most meaningful experiences in relation to God and True Parents.

GOAL FOR THE COMING WEEK

On the foundation of gratitude, develop a greater respect for your spouse. Respect your spouse as the most noble and cherished person in the world. Learn how to give ownership of your life to this person you respect and trust absolutely.

Tomorrow, Day 2, _____, list what you have learned from your spouse. (Fill in this week's blanks with your spouse's name.)

What I have learned from _____.

The next day, Day 3, _____, add how your spouse has made you a better person. These may connect with the points that you have learned from your spouse.

How _____ has made me a better person.

The day after that, Day 4, _____, add what you respect most in your spouse.

What I respect most in _____.

TEACHING MOMENT

When we respect, we trust, and when we trust, we give ourselves. We give ownership of ourselves to our spouse. What do we mean by ownership? We own ourselves when we give ourselves to others. Ownership derives from selflessness. It means to be completely in charge of your actions AND to devote them completely to the security, comfort, well-being and happiness of your spouse.

The principle here is that God is love, and love is a verb. Love means to give oneself completely to your spouse. By the principle of love, your spouse will return that love to you, plus more.

Giving love is the foundation for existence (your marriage vows), action (living for each other) and multiplication (children).

Ownership derives from selfless love. It means your spouse has total ownership of your attention, your energy, your time and space. She or he has ownership of YOU and YOUR LOVE. You don't belong to yourself anymore. St. Paul wrote that your body does not belong to you, but to your spouse.⁴

This applies most of all to your most precious part—your sex organ. This part of your body is the most difficult to surrender—for good reason. We surrender it ONLY in marriage. And it is what marriage is all about. We protect our sex organ for that one person.

So on Day 5, _____, put into words your voluntary gift of yourself and your love, including your sex organ, to your spouse's total ownership. It's your love offering.

These words express my gift of myself and my love, including my sex organ, to _____'s loving ownership.

Then on Day 6, first, share all you have written on Days 2 - 5 with your spouse. Then sign the "love offering." You will sign this in your spouse's book, and your spouse will sign it in yours.

Love Offering

I, _____, as the owner of _____'s love, I pledge that you will honor, cherish and protect that over which _____ has given me ownership, that I will never misuse it or abuse my responsibility and the trust that _____ has in me.

SIGNED: _____ DATE: _____

Together, on Day 7, _____, along with a gift of yourself and all you have to your spouse, we encourage you together to make an offering to God. God has worked through the Family Federation to give you the marriage Blessing. We encourage you to send a gift to the “HSA Family Federation for World Peace and Unification.” Doing so will multiply blessings for you and others manyfold.

It’s not mandatory; it’s voluntary. You can decide the amount, or ask your mentor couple for the suggested amount. If you feel it right to do so, you can give it to your mentor couple when you meet next.

Close with a prayer or meditation on a passage from the Holy Qur’an about marriage.

Among His signs is that He created spouses for you among yourselves that you may console yourselves with them. He has planted affection and mercy between you.⁵

WEEK 5: TO RENEW

INTRODUCTION

The mentor couple will share about their hopes for the future, based on the vision of True Parents and true families.

GOAL FOR THE COMING WEEK

Identify your marital successes and strengths. Use these to renew your vision for your marriage.

As to your marriage's successes, each of you right now make a list of successes. They can be large or small, brief or longterm. They are whatever YOU consider successes from YOUR perspective. Be positive!

The principle is that we are here to bring comfort and joy to God, and God is inspired by our successes, and He knows what we went through to achieve them. We all have baggage from our own life and from our ancestors. What may come natural to one person takes a huge effort for another. Whatever we achieve that grows our spirit and serves others is a good result, a success that we can report.

On Day 6, _____, sit down together and ask God to restore that idealism in you and your spouse. It could be at home, on a walk, in the sanctuary of a congregation you are part of, even in a coffee shop. God will listen anywhere.

NOTE: If you are elderly, include the eternal love you will share in the next world on your list.

Right after that, in the same place, go back in this booklet to your **VISION LIST** from **week 1**. Based on the last three weeks, check that vision and revise it if necessary. If it has to be revised—for example, in areas that might be impossible, such as child-bearing or career-choice—do so. Turn your double-vision into a doable vision.

Together, mark or highlight

...visions that are pretty much the same.

...visions that are different, but we agree to unite and support each other on.

...and visions that we can't unite on and agree to set aside.

On Day 7, _____, write up your **ONE VISION LIST.**

Our ONE VISION LIST

Talk about it, and in prayer, offer all this to God and meditate on it or pray over it for 3 - 7 minutes.

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”⁶

WEEK 6 (THREE DAYS): TO RE-DETERMINE

INTRODUCTION

The ideal of home church—that families fellowship together in homes, and the idea of tribal messiahship.

GOAL FOR THE COMING WEEK

Look at your **ONE VISION LIST**, and set up activities or projects that will help you fulfill them, based upon your successes and strengths from last week.

Tomorrow, Day 1, _____, each of you separately come up with some activities that would align with your vision. Physical fitness? The culinary arts? House restoration? Music and dance? Travel and tourism? Financial planning? How about spiritual activities?

LIST OF ACTIVITIES

On the next day, Day 2, _____, compare your lists. You will check activities that are the same, activities that are different, but you agree to unite on or permit each other for the sake of her or his growth and happiness, and activities that you can't unite on and agree to set aside.

The principle is that one God-centered vision unites two into one, and when two become one, energy is produced and the universe bends in your direction. Then to realize a vision, we need to invest that energy in concert with the universe, persevere in faith, enjoy the journey, and offer the results to others.

Promise each other...

...to work from this point of one vision forward

...to avoid the mistakes which you committed before, and

...to build upon the successes and strengths of your marriage.

Activities that are the same

Activities that are different, but we agree to unite on

Activities that we can't unite on and agree to set aside

The ONE SET OF ACTIVITIES LIST

On Day 3, _____, put all this together and come up with a one-sentence mission statement for your marriage.

Here are some examples:

- Our marriage will serve our community and comfort and support each other.
- Our marriage will serve God and be a witness for our faith.
- Our marriage will produce love that inspires our parents and children.
- We will care for each other and our family and friends, every day.
- We will get closer every day, and never give in to forces that separate.

Our one-sentence mission statement for our marriage

Close with a prayer or meditation on this passage on marriage from the Vedas:

*I am He, You are She;
I am Song, you are Verse,
I am Heaven, you are Earth.
We two shall here together dwell,
becoming parents of children.⁷*

WEEK 7 (THREE DAYS): TO RECREATE

INTRODUCTION

The mentor couple will mention the ideal of family church—that the family is the true place where we live with God.

THE COMING WEEK

You are about the complete 40 days of working on your relationship and your self. Congratulations!

A great marriage enjoys, honors and cares for sexual love. You now will spend three days devoted to this deepest bond. To prepare, your mentor couple will walk you through the following steps.

Time: the three days following your forty days, beginning day after tomorrow.

Place: Jesus said, "When you pray, go into your room and shut the door and pray to your Father." For three consecutive days, at a time most convenient for you, you will meet in the privacy of your bedroom or other place you have prepared.

Holy Handkerchiefs and Holy Candle: The mentor couple will give to the newly blessed couple two handkerchiefs, meant for this time alone. They are color-coded with a pink spot for the wife and a blue spot for the husband. Each is infused with a drop of holy wine. They represent God's blessing and protection of sex.

On each of the three days, husband and wife will shower or bathe separately before lovemaking, each using his or her holy handkerchief. Use it to cleanse your sex organ with the heart to welcome God home in your union that is about to take place.

Start in the spirit: Greet each other humbly in remembrance of the great commandments given by all religious and ethical teachers, to "love the Lord your God with all your heart" and "love your neighbor as yourself."

Offer a prayer or positive statement of love—your own and / or one of those that was provided at the end of each meeting.

Reverently light the holy candle and bow to each other.

Then offer personal prayers of gratitude and determination to live as an eternal family centered on God's ideal for husband and wife.

Thank God for His gift of sex, which enables you to become one body with your beloved. Through your children, your sex organ is physically eternal. More than any other part of your body, its purpose is to bring joy and life. That is why it belongs to your spouse, parents and children, and you are its caretaker.

Above all, your sex organ belongs to the Creator, God, who is love.

Invite God to be with you.

Recreate through love: Now is the time to enter into the most intimate and precious relationship that only a husband and wife blessed by God may experience. The union of man and woman is sacred and joyful. Renew the purity of love by joining together in the true love of God.

DAY

Recreate the husband: The husband should humbly encourage his wife to take a leadership role in the prayer and in your sexual relationship on the first two days. He can help his wife experience a new sense of pride as God's daughter and a heavenly wife. Most importantly, he can learn her heart about sexual love, which, as a woman, may be different from his.

A husband's identity as a man is strengthened by a true wife. For this reason, on the first two days of the ceremony, the husband should be beneath the wife at the consummation of the act of love.

This represents ending the pattern of men misusing women and using his strength to take advantage of women. By teaching him how to be a true husband, a true man, and a true lover, the wife is giving birth to her husband. The husband must be patient and sensitive to his wife's cues, her tempo, her readiness.

The principle is exactly what Jesus said to Nicodemus, a teacher of Israel: that we must be born again. Nicodemus responded, does that mean I must enter my mother's womb? Knowing that Nicodemus was not getting it, Jesus asked, "you are a teacher of Israel and you do not understand this?" The answer to Nicodemus's question is, yes, the wife is Heaven's bride, and she is in the position of your mother, and you do return to your mother's womb, through sexual intercourse—to be reborn.

On the first day, the husband is reborn as a new Adam, a boy-child.

After your holy union, offer a prayer of thanksgiving that by your total self-giving and self sacrifice in sexual love, you have given God ownership of your heavenly love.

DAY 2

On the second day, the husband is reborn as a new Jesus, a bridegroom ready to become a true husband.

John the Baptist referred to Jesus as the bridegroom, and Jesus referred to himself in the same way. But Jesus had no bride, because the people—beginning with John himself, and continuing to Jesus' family and religious community, did not recognize who he was. His mother was concerned about others' marriages, but not her own son's.

So, in the Book of Revelation, Jesus tells us why he will return, and that is to hold the Marriage Supper of the Lamb. It says that the Holy City will come down from Heaven adorned as a Bride, and those who attend the Marriage Supper will be blessed.

Our True Parents, Reverend and Mrs. Moon, were called by Jesus and led by the Holy Spirit to fulfill this vision. Their Blessing upon all marriages engrafts us into the Tree of Life, and qualifies us to enter the city by the gates.⁸

In the second day, the husband is reborn as a true bridegroom, like Jesus, prepared to become a true husband.

How Your Wife Is Your Lord

Keep in mind, the first two days recreate the wife to occupy the position of the Lord before her husband, for, as Rev. Moon once said, "The woman's love organ is the subject partner of all subject partners, for it controls the life of man."⁹

Once again, after your holy union, offer a prayer of thanksgiving that by your total self-giving and self sacrifice in sexual love, you have given God ownership of this most intimate of relationships.

DAY 3

Re-create the wife: The third day sees the husband reach the maturity appropriate to his responsibility as the loving head of the family. In the first two days, he has learned his wife's heart about sexual love. To recreate her husband as a Son of God and a true husband, the wife now supports him and respectfully follows his leadership in both the prayer and the act of love. To represent this, you consummate the act of love with the husband above the wife. This recreates the husband, and also, by the power of God's love, recreates the wife as a true wife.

On the third day, true husband-wife love is restored. From this day forward, love each other with no inhibition, freely in terms of position, and with all respect, tenderness and passion.

CONCLUSION

At the conclusion on the third day, cleanse your sexual parts with your holy handkerchiefs. Do not wash the handkerchiefs, but store them safely to represent your eternal love. They will be interred with you at the end of your life on earth, a precious token of the husband-wife love that your couple will take into eternity.

Reflect and build upon the meaning of this ceremony of love, and follow your heart and wisdom to make sexual love a most sacred and powerful experience in your marriage.

Close with a prayer or meditation on these Buddhist words about marriage:

*Representing heaven and earth, I have created husband and wife. This is the beginning of the world.*¹⁰

CLOSING CELEBRATION: TO REJOICE

INTRODUCTION

A new start for the family and the world. The number 8 represents a new start, a new beginning. So we will have a celebration to honor your new beginning.

As a blessed couple, you are the owners of love before God and each other. Let's take some time to share about our experiences over this period of 43 days, as a blessed couple or mentor couple.

(Take time to share.)

Please ponder these words from Father Moon concerning marriage:

"God was the first Creator; Adam and Eve were to be the second creators; and the children of Adam and Eve were to be the third creators."

This means that by our power to create our children, we are like God, who created us as His children. It means that as parents we experience and inherit God's heart of parental love—through both our father and our mother.

"The foundation of God, true Adam and Eve and their children achieves the unity of God and human beings through love."

This means that in marriage and family, we become one with God. A three-generation family of grandparents, parents and children is the model. The grandparents represent God, and the parents and children represent Adam and Eve and their children. Each family manifests the ideal of creation.

"It was God's ideal of creation that this model expand not just to the level of country and world but to the entire cosmos. A country can become a family-patterned unit that is larger than the family; the world can become a family-patterned unit that is larger than a

country and the cosmos can become a family-patterned unit larger than the world.”¹¹

This means that God created the nation, world and cosmos to operate like a family, based on the realms of heart in the family between parents and children, husband and wife, and brother and sister.

This is why the marriage Blessing from True Parents is the path to a world of peace rooted in true love.

OUR NEXT STEPS

Now we have some gifts for you. The mentor couple will give the blessed couple a small picture of True Parents, Father and Mother Moon. And they will give something for you to read for further learning and growing.¹²

The holy candle and holy handkerchief from the three day ceremony are yours to keep. They represent your eternal love, life and lineage, on the earth and in the next world.

The mentor couple may invite you to continue your relationship with them and with other newly blessed couples (if any) who also went through this course. You can get together every week, as you have been, to support and enjoy each other.

They can introduce you to other materials that you can share in your meetings.

Most important is to share the Blessing with others, and to strive to create a true family culture that transcends race, nation and religion—one family under God.

Because world peace comes from ideal families.

Close with a prayer or meditation on Reverend Moon's words about marriage:

"What is the purpose of marriage? It is for man and woman to center on God's love, possess God's love and unite. Such a union is the origin of peace and of the universe itself. Because God's eternal love dwells where people live for others, such a family will endure forever." ¹³

FOOTER

¹Mark 10:6-9 (Christianity)

²Matthew 6:9-15 (Christianity)

³Song of Solomon 1:2 (Judaism, Christianity)

⁴1 Corinthians 7:4

⁵Qur'an 30.21 (Islam)

⁶Jeremiah 29:11

⁷Atharva Veda 14.2.17 (Hinduism)

⁸Revelation 22:14

⁹Second Cheon Seong Gyeong, p. 1182

¹⁰Mikagura-uta (Tenrikyo)

¹¹Pyeong Hwa Gyeong

¹²Publisher's note: We recommend True Families: Gateway to Heaven, or Peace-Loving Global Citizen, or The Peace Messages.

¹³Second Cheon Seong Gyeong, p.1055 #4



Three-Day Ceremony Instruction Manual

Three-Day Ceremony

General Overview

The Three-Day Ceremony was established by the True Parents to allow First Generation couples, matched or married, to engraft to God's lineage established by the True Parents of Heaven, Earth and Humankind. On this foundation, they will give birth to Blessed Children—children who are born without original sin.

Blessed Children do not need to do the Three-Day Ceremony. However, any Blessed Child who has received the Blessing with a person who does not belong to a blessed lineage will have to do a Three-Day Ceremony. This is to engraft the spouse of the Blessed Child and their union to God's lineage.

The Three-Day Ceremony is a very significant ceremony and asks for dedication and attention to details. Any Blessed Child participating in it is advised to take a parental attitude. In general, anybody who is participating in this ceremony should have an attitude of gratitude for the rebirth that is to take place.

Please, follow all the instructions gratefully and faithfully. Remember that this is the final step in changing the blood lineage. Hence, it is a solemn ceremony. It is a serious and monumental step that is to be conducted with an attitude of gratitude to Heaven for allowing the participants to become a Blessed Couple.

Please maintain an attitude of prayer throughout the ceremony. Last but not least, review these instructions before you begin the ceremony and each day during the period of the ceremony. Make sure that you have the contact information of your pastor or local Blessing and Family Ministry's volunteer ready. Just in case.

The Spiritual Basis for the Three-Day Ceremony

The Three-Day Ceremony completes the five-step process of the Change of Blood Lineage, and the children born from this couple will not have Original Sin. They will be born pure and sinless like Adam and Eve as second generation.

Significance - Reversing the Misuse of Love

The Three-day Ceremony is an indemnity condition for people to be reborn through the True Parents of Heaven, Earth, and Humankind. The woman is restored first and then the man is born again through this external condition. (The Holy Wine Ceremony is the internal condition.)

To reverse the misuse of love, most religious traditions teach absolute fidelity in marriage or celibacy for those who are called to it. The Blessing fulfills these religious traditions. **It is the complete reversal of the selfishness which often accompanies love.** Everyone who has received the Blessing



and fulfills all the stages of the Change of Blood Lineage, can separate from humanity's fallen history and begin anew. **It is in the sexual relationship itself that this new beginning is achieved.**

The Path of the Three Days of Love

The three days represent the **historical path of re-creation**. During the first two days of the Three-Day Ceremony, the wife is in the position of the "Bride of the Messiah" and she is the "mother" to her spouse, giving him rebirth. Therefore, **she initiates each part of the ceremony**. Through the Holy Wine Ceremony and the Blessing, the wife has already been symbolically restored as the Bride of the Messiah. God works through her and her love to bring her husband into a full relationship with Him as a true husband. From God's point of view, the wife becomes the channel for her husband to be reborn into a new relationship as God's son.

Through the ceremony of the **first day**, the husband is transformed from the position of archangel, into the **position of sinless Adam in the formation stage**. The first day symbolically restores the Old Testament Era.

Through the ceremony of the **second day**, the husband is transformed from the position of "Newborn Adam" up to the **position of "Adam before the Fall"**. This symbolically restores the position of Jesus and the New Testament Age.

On the **third day**, the husband is in the **position of a "Restored Adam"** and he initiates the ceremony. Now the husband becomes the channel God uses to bring new life to his wife as God's daughter. Through this ceremony, they become one as an eternal Blessed Couple.

Each day of the Three-Day Ceremony should be carried out with a prayerful heart and sincere attention to the details of each step. **There is no room for mistakes as every step is an essential part of the reversal of your entire fallen lineage. If a mistake is made, the couple should immediately stop the Three-Day Ceremony and report to their local pastor for guidance.**

Once again, any mistake must be reported to the pastor immediately. For example, if a spouse uses a Holy Handkerchief of the other spouse, the incident must be reported to the pastor right away. If full penetration cannot be achieved, the incident should be reported immediately. Do not wait until the next day. During your meeting with your pastor, ask for their phone number so that you have it just in case you need it.

Preparation

Selection of the Place:

Select a place that feels holy and where you can freely use the bathtub or shower. For example, one might use a Unification Church center, a house which belongs to a member, the house of physical parents if they have accepted the Principle, or some other place with a good spiritual atmosphere. If



you choose to use a hotel, make sure to use Holy Salt and give clear instructions to the housekeeping staff.

Items You Must Have:

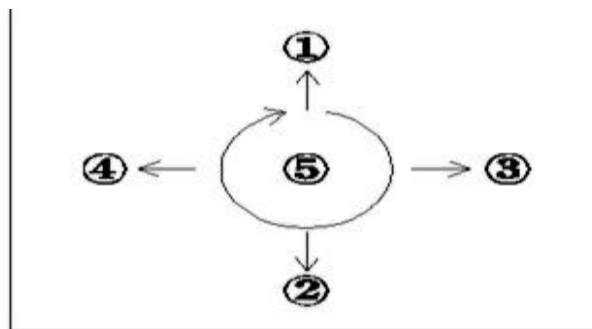
- Picture of True Parents
- Cheon Il Guk Holy Candle and matches
- Cheon Il Guk Holy Salt
- Holy Handkerchiefs (one each for husband and wife, clearly labeled)
- Holy Clothes (white robes if possible, or Blessing suit and gown, minimum church clothes)
- 2 basins or bowls
- Mineral Water (sanctified with Holy Salt)
- Instructions for the Ceremony
- Family Pledge and Holy Song Book
- New bedding, night clothes and underwear is recommended but not necessary

Sanctifying the Room:

Sanctify with Holy Salt everything to be used in the ceremony, such as the bed, bed sheets, pillows, etc. Then sanctify the room itself. Both the bedroom and the bathroom must be sanctified with Holy Salt for the ceremony. To do so, begin by standing in the middle of the room and facing north. Offer a prayer something like the following:

"We are going to carry out the Three-Day Ceremony in this room. Please sanctify this room so that this place may become a holy place." Continue with a prayer of gratitude, etc. Conclude the prayer with "I pray that this is sanctified and made God's. This I report in the names of the True Parents of Heaven, Earth, and Humankind and in my name [your couple's name] as an owner of the Cheon Il Guk"

Remain standing in the same spot. Sprinkle Holy Salt three times in a northerly direction. Then sprinkle Holy Salt three times in a southerly direction. Then sprinkle Holy Salt three times in an easterly direction. Then sprinkle Holy Salt three times in a westerly direction. Conclude by starting in the northerly direction and sprinkling Holy Salt in a clockwise circle with a 360-degree rotation. Offer a prayer of gratitude.





Once again, sanctify all other things used in the ceremony, such as the bed, bed sheets, blankets, pillows, bowls, clothing, etc.

The Altar

Prepare an altar and place the picture of True Parents in the center, Cheon Il Guk Holy Candle and matches

Since the Fall took place out of the sight of God, the photo of True Parents plays the role of our Heavenly Parent watching over the couple during the Three-Day Ceremony.

Creating a Holy Atmosphere

You may use other items to further enhance an atmosphere of holiness and love. For example, you may want a bouquet of flowers or Holy Songs playing in the background.

As you begin your ceremony you will want to create a heavenly atmosphere and invite God to be with you. You can light your Holy Candle at this time.

The Holy Handkerchief Ceremony

The wife goes first during the first two days while the husband remains in prayer. On the third day, this is reversed.

Using the Holy Handkerchief

She begins by taking a bath or shower and, after washing her whole body, she puts a small amount of sanctified mineral water in one bowl **that is clearly labeled for her**. The amount of water should be just enough to soak her Holy Handkerchief. It is best if there is not any water left after using, but if there is, it should be kept until the next day (not thrown away). Put the Holy Handkerchief in the bowl of water.

She should offer a prayer for sanctifying her body externally with the holy water, while giving gratitude that she has been internally sanctified through the Holy Wine Ceremony.

Next, she should wipe her entire body with the Holy Handkerchief, starting with the head and working down to the feet. Wipe every part, especially the sexual organs. After wiping with the Holy Handkerchief, **do not rinse off**. You can dry yourself with a clean towel if necessary.

Do not wash the holy handkerchief but let it dry as it is.



The Holy Handkerchiefs must not be mistakenly exchanged. You must absolutely keep the handkerchiefs separated and use them separately the entire three days.

Cleansing yourself with it symbolizes making your physical body a holy temple of true love. It means **you are dedicating your conjugal love completely to God** for the sake of your partner's happiness, your family, your community, your nation and the world. The Holy Wine on the Holy Handkerchief represents the Blood of Christ and this purification ceremony represents being "washed by the Blood of Christ". This separates you from any connection to the fallen lineage and gives you "physical redemption".

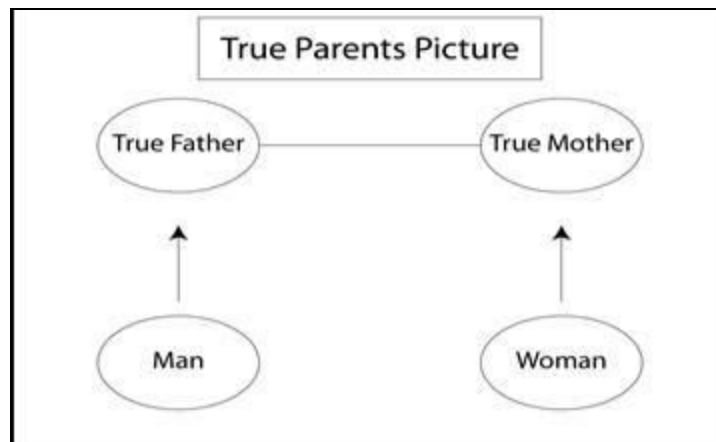
When the wife is finished using the Holy Handkerchief, she should dress in her holy clothes and prepare prayerfully while her husband bathes. The husband bathes and uses his Holy Handkerchief. When he is done, he dresses in his holy clothes, and they prepare to begin the actual ceremony.

Three-Day Ceremony Contents

Day 1

Bows and Prayers

Dressed in their holy clothes, the husband and wife should stand facing the altar with the **wife on the right** (symbolizing the subject position). See Figure B.



Sing together one or more Holy Songs according to your desire.

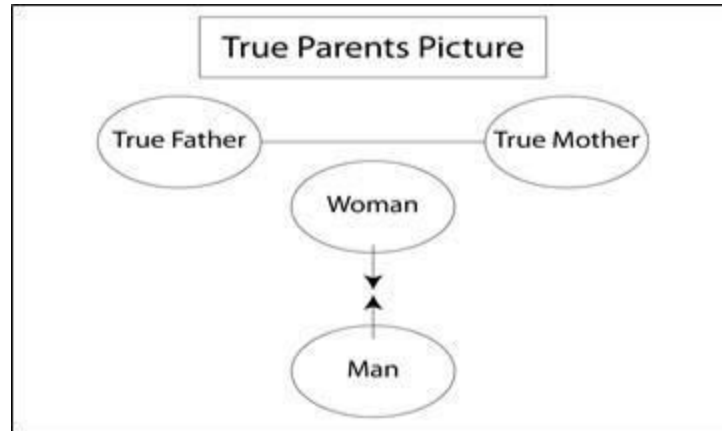
Offer one full bow to God and True Parents.

Note that a full bow is required. However, if offering a full bow is not possible due to physical limitations or health issues, offering a half bow is permitted.

Recite the **Family Pledge** together.



Husband Bows and Wife Prays. Next, the wife sits in the space in front of the positions of True Father and True Mother. The wife has her back toward a picture of the True Parents and faces her husband. (See Figure C.)



The wife sits on the floor with dignity as the Messiah's wife and the mother of the husband who is going to be born. The husband offers three full bows to her. As the wife is in the mother's position, the husband says, "Mother, please give rebirth to me as a true son of God", as he bows. Her position is the source of life for him.

If sitting on the floor is not possible due to physical limitations or health issues, using a pillow or a chair is permitted. Furthermore, for intergenerational couples, the attitude of the blessed child should be one of humility, sacrifice, and offering.

Then the husband kneels and prays silently.

The wife stands and puts her right hand on his head.

She prays in the position of the mother.

Contents of the prayer: Expression of gratitude for the Blessing and for having been forgiven and redeemed of sin. Prayer of thanks for having been given the position of "new bride" of the Messiah. Praying from the mother's position, "Please help my husband to have rebirth and resurrection into the position of a sinless Adam at the Formation Stage through this ceremony." She desires that her husband be reborn as a son who inherits God and True Parent's heart and tradition.

Act of Love

We recommend that both husband and wife change out of their holy clothes and into nightclothes in preparation for the act of love. The wife takes the initiative in the position of subject. The husband cooperates so that both can succeed in fulfilling the act of love. They can proceed lovemaking naturally and can caress and stimulate each other. However, at the time of intercourse, **the wife must be on top.**



The couple should continue the act of love until ejaculation, but if ejaculation is not possible the ceremony is still valid. However, **insertion itself must be accomplished**. If insertion is not possible because the husband cannot have an erection, the wife must guide her husband's sexual organ into her sexual organ to the best of her ability in order to successfully complete the ceremony.

Contraception is not permitted during the Three-Day Ceremony, and onset of menstruation necessitates beginning the ceremony over from the beginning. Therefore, the wife should be aware of her cycle and plan the time of the ceremony accordingly.

After the Act of Love

On the first and second days, wash your love organ with a towel after lovemaking. However, on the third day, you must wipe it with your Holy Handkerchief and dry the Holy Handkerchief without washing it.

Get dressed in your holy clothes and return to the positions in Figure C. The husband offers one full bow to the wife. The husband says, "Mother, thank you for giving birth to me," as he bows to his wife. The wife, representing the couple, reports to God and offers a prayer of gratitude. **Content of Prayer:** "Thank you for having made my husband reborn as Adam in the Formation Stage and for the end of the first day's ceremony."

This concludes the first day. Go to sleep in peace. Sleep in pajamas and nightgown. **Do not have a physical relationship outside of the content of the ceremony.**

Day 2

It is desirable to keep the same starting time on the 2nd and 3rd days as on Day 1. The time that the ceremony ends may vary according to the length of the steps of that day.

The second day is almost the same as the first day. Follow the same procedures for washing, Holy Handkerchiefs, bows, and prayers, changing only the contents of the prayers slightly.

Internally, the first and second days have a different meaning. Day 2 restores the number two when the Fall occurred and restores the position of Jesus and the New Testament.

Changes to the Content of the Prayers

In the prayer before the act of love, the wife should pray that her husband receives rebirth as a sinless Adam at the Growth Stage level.

After the act of love, the wife should offer a prayer of thanks for giving rebirth to her husband as a sinless Adam at the Growth Stage level.



Day 3

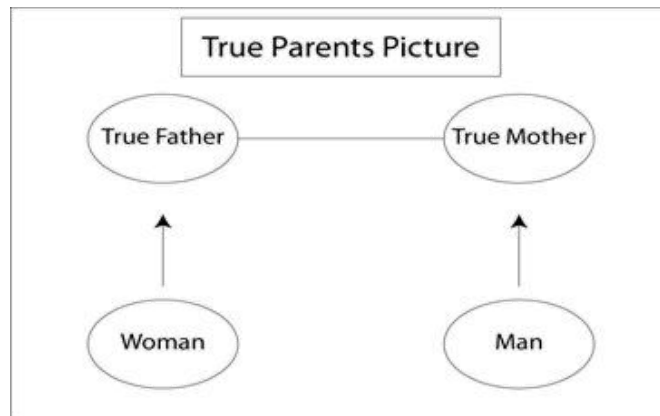
Significance of the Third Day

On the third day, the husband is in the position of a “restored Adam” and **he initiates the ceremony**. This day’s ceremony represents the perfection of the love relationship between husband and wife. In it, the husband now becomes the channel for God to bring the wife to new life. Therefore, the positions and roles are now reversed and the husband takes the lead responsibilities.

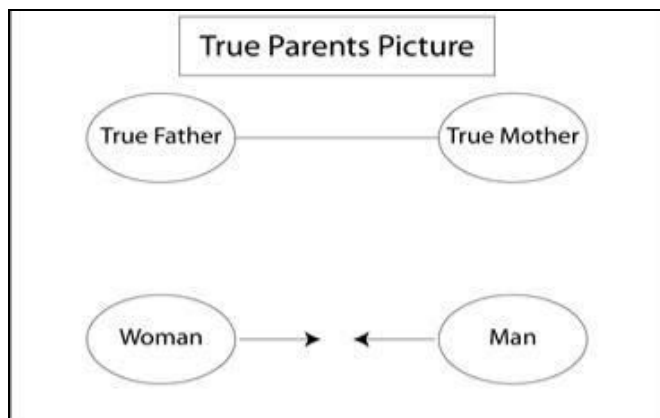
The husband goes first for bathing and in the Holy Handkerchief Ceremony, while his wife remains in prayer. When he is finished, the wife bathes and uses her Holy Handkerchief.

After putting on their holy clothes, the husband and wife stand before the altar with the **husband on the right** and the wife on the left as in Figure D. He is now taking the subject position.

Together, they offer one full bow in front of the altar to God and True Parents.



Next husband and wife turn and face each other and do three full bows to each other simultaneously. This represents the equality of value and dignity of husband and wife.





Husband's Prayer

The husband prays in the position of a restored husband and the wife offers a prayer in response.

Content of the husband's prayer: Express gratitude to be able to restore man's dominion of true love. "Thank you for having me reborn as sinless Adam through the first two ceremonies. I pray that through the ceremony today we may become an eternal couple and that each of us can have the triple objective relationship of love with each other and our Heavenly Parent. I pray that I may restore all the conditions that the first Adam lost."

Wife's Prayer

The wife is no longer in the mother's position. She offers a response to her husband's prayer.

She prays in gratitude for her husband as a true father, husband, brother and son.

Act of Love

On the third day, the husband is in the position of subject and takes the initiative. The wife cooperates and responds to her husband. The couple performs the act of love with the same freedom as on the first two days. The only difference is that at the time of intercourse, **the husband is on top.** This represents his being the channel that God is using to give new life to his wife as her father, and to recreate her as a true daughter, sister, wife and mother.

Conclusion of the Third Day

After the act of love on the third day, each person wipes their own sexual part with their own Holy Handkerchief. **Do not launder the Holy Handkerchief but let it air dry as it is.**

It is very important to carefully protect the Holy Handkerchiefs. They represent our passing over the last barrier to true eternal love in the realm of God's heart. Therefore, after they are dry, carefully store them in a safe place.

Concluding Bow and Prayer

After dressing, the couple returns to their positions in front of the altar as in Figure D with the husband on the right. They then face each other. The husband sits and the wife offers one full bow to him. **Together they have restored the original order of love.**

They both stand facing each other and hold hands for the prayer by the husband. **Contents of his prayer:** He reports the successful completion of the entire Three-Day Ceremony. He offers thanks for having been able to be reborn as the original Adam and Eve and for having been able to have the relationship as an eternal husband and wife. The couple pledges to absolutely never fall, to be eternally faithful to each other and to do their utmost to realize a true ideal family. They express a thankful heart that the Three-Day Ceremony was successful.



The Three-Day Ceremony is finished. **Be certain to report to your pastor when you have completed the ceremony which automatically registers you as a Blessed Couple.**

You now have complete freedom to express your love for each other with our Heavenly Parents' total blessing.

Key Points:

- The Holy Handkerchiefs should be used properly
- The positions during prayer and the act of love must be respected as instructed
- Full sexual penetration must take place. If not at all possible, some penetration must take place.
- The Three-Day Ceremony must not be started without first doing the Holy Handkerchief ceremony.
- The couple must receive the benediction from an authorized person before beginning the Three-Day Ceremony.



Three-Day Ceremony Pastor Instructions

Dear Pastors and BFM Volunteers,

I would like to thank you for your partnership and continuous support for our Blessed couples throughout the process of receiving the Hyojeong Cosmic Blessing. I especially appreciate your support in this final step of preparing the couples for the Three-Day Ceremony.

We, at the Blessing and Family Ministry, have assembled the Three-Day Ceremony Pastor Instructions and the accompanying Three-Day Ceremony Instruction Manual in order to equip you with the information you need as you help these couples prepare for their Three-Day Ceremony.

Thank you for being a part of making this possible. All of your time, dedication, and care for each person is so invaluable. I truly appreciate your care, support, and collaboration in spiritually guiding these couples.

Sincerely,

Yun-A Johnson
Blessing and Family Ministry Director



General Guidelines

The instructions herein are for pastors and BFM volunteers who are tasked to guide couples who are preparing to do a Three-Day Ceremony. You are encouraged to read this document and the Three-Day Ceremony Instruction Manual document in their entirety before you meet with a couple preparing for the Three-Day Ceremony. The meeting to discuss the Three-Day Ceremony should happen near the end of the 40-Day Separation Condition in order to set a Three-Day Ceremony start date that is as close as possible to the end of the 40-Day Separation Condition. Even though designated BFM volunteers can lead instructional meetings, only pastors are supposed to pray for the couples to mark the conclusion of the 40-Day Separation Condition and the start of the Three-Day Ceremony.

The vertical relationship is very important to the entire process of the 3-Day Ceremony. The ceremony is not valid without the pastor's prayer. This ceremony is much like Abraham's offering. It is a small offering that indemnifies huge things, so meticulous attention to small details is critical for success.

Right after the Blessing Ceremony, complete the Holy Handkerchief Request Form, which can be found at bfm.familyfed.org/holy-handkerchief-request/. This form must be submitted by either the Local Pastor, District Pastor, or Blessing Officiator. Once the name list has been received by the BFM, the local pastor will be sent a set of Holy Handkerchiefs for each couple on the list. Obtain the detailed instructions and internal explanation for the 3-Day Ceremony from the Ministry Leaders Resources section of the BFM website.

During the 40-Day Holy Separation Period, meet with each couple to give them the instructions and internal explanation for the 3-Day Ceremony, and to give them their Holy Handkerchiefs. Take care to cover each part of the ceremony thoroughly, especially areas where possible mistakes could be made. If you have more than one couple, the instructions can be given in a group. However, you will need to meet with each couple individually to pray with them and to go over any personal concerns or questions they may have.

Take note of the date on which each couple will be starting their 3-Day Ceremony in order to prayerfully support them. Also, it may be helpful for you to check in with the couple after each day of their ceremony. This can simply be a phone call to ask if they completed their day successfully and to check if they have any questions. If there are any concerns, try to obtain as many details as possible, in order to fully address the concern. When a couple has completed their third day, the couple should report this to you. When you report a couple's successful completion of the 3-Day Ceremony to the national BFM, the couple will be officially registered as a Blessed Couple.

If you or a couple have any questions, or if a couple makes a mistake, contact the BFM for help right away. Be sure to remind couples that any type of mistake or challenge needs to be reported to you. The indemnity conditions for major mistakes are clearly spelled out in this document.



Please know the exact dates of the Three-Day Ceremony and the location so that you can better assist the couples. It might also be helpful to provide your phone number to the couples just in case they need to reach you before, during, or after the ceremony.

Important Steps

Following the Holy Wine, the Blessing, and the Chastening Ceremonies, a couple starts their 40-Day Separation Condition. The local pastor should pray together with them and give them guidance regarding the Three-Day Ceremony during this separation time.

Each pastor needs to request the number of Holy Handkerchiefs that they will need from the Blessing and Family Ministry (BFM) and provide the BFM with the names of those in their area who are beginning their 40-Day Separation. Please make sure that the couples you are requesting the Holy Handkerchiefs for have received the Blessing and are registered either with the BFM (for Hyojeong Cosmic Blessing) or BlessingAmerica.org (for HTM Blessing).

When a couple is ready to start their Three-Day Ceremony, they report to their local pastor. The pastor verifies their qualifications to begin the Three-Day Ceremony, either by personal knowledge or through an interview process. Be sure that they have completed the 40-Day Separation Period successfully and **maintained their purity**. The pastor should meet with each couple in order to give them complete instructions and answer all their questions regarding the Three-Day Ceremony. After the guidance is given, then pray over the new couple. After the prayer, the couple can receive their Holy Handkerchiefs.

The pastor should then report the names of the couple to the BFM via email (bfmadmin@unification.org) once they have completed their ceremony,

Areas for Special Attention

1. The Three-Day Ceremony should be done on three consecutive nights. **The time in between should be kept free of any other physical relationship.**

The Three-Day Ceremony must **not** be finished in just one or two days. For example, do not do Day 1 in the morning and Day 2 in the evening. Also, it should not be prolonged for more than four days. Unless there is some unavoidable reason, the three days should be consecutive. If due to age, health problems, or other circumstances the ceremony cannot be completed in three consecutive days, **report to your pastor to work out an acceptable alternative**. A few days may be skipped between the days of the Ceremony. Keep the days as close together as possible. Discuss any difficulties with your pastor.

2. **Mistakes with the Holy Handkerchiefs**



Each spouse of the couple **must have and use their own Holy Handkerchief**. Husband and wife **must not use each other's Holy Handkerchief**. It is recommended to identify each with indelible ink or a colored thread in the corner. They should also not use the **same** handkerchief.

Consequences for Mistakes with Holy Handkerchiefs

- A. Any mistake must be reported immediately to the pastor. The pastor should report to the National BFM and request a new set of Holy Handkerchiefs. After their condition is completed, then the pastor should meet with the couple and pray over them to start their Three-Day Ceremony again and give them a new set of Holy Handkerchiefs.
 - B. If a couple loses their Holy Handkerchiefs, they must do a 7-day fast and receive new ones. In addition, a financial offering should be made to HSA-UWC and sent to the BFM.
 - C. If the Holy Handkerchiefs are accidentally exchanged, they must do a 40-Day separation condition, receive new handkerchiefs, and re-do the entire Three-Day Ceremony.
3. After the ceremony on the third day, the sexual parts must absolutely be wiped with the Holy Handkerchief. The Holy Handkerchiefs are left to dry. After they are dry, they should be carefully stored.
 4. Mistakes regarding the Act of Love - the following examples are regarded as failures.
 - A. Performed the act of love on the first or second day with the husband on top.
 - B. Performed the act of love on the third day with the wife on top.
 - C. Used artificial contraception. The usage of artificial contraception is prohibited.
 - D. Insertion not achieved. **Insertion must be accomplished** during the act of love.
 5. **Touching sexual parts outside of the Act of Love requires a 40-Day separation condition.**
 6. Once the ceremony has started, that day's ceremony must be completed within 24 hours.
 7. The Three-Day Ceremony may only be done **after** receiving the prayer from your pastor.

Note that in case full insertion is not possible during the act of love due to age, physical limitations or health issues, the wife should help guide the husband's organ in order to achieve some penetration.

Indemnifying Other Mistakes

If mistakes are made and the ceremony cannot be fulfilled properly according to the original instructions, the couple **must consult with their pastor**. Mistakes require a 40-Day separation condition. In all cases after the indemnity condition is completed, the couple must receive a benediction prayer from their pastor, and then do the Three-Day Ceremony again with new Holy Handkerchiefs.

If a couple has a sexual relationship after the Blessing but prior to the Three-Day Ceremony, this is not the Fall, but a mistake of the 40 Day Separation. The couple must consult with their pastor and do a 40-Day separation condition.



Couples should not carry out this ceremony during the time of the month in which the wife is fertile or near the onset of her menstrual cycle. Children should not be conceived during the Three-Day Ceremony because it is an historical restoration process. Only after the completion of the ceremony is the Change of Blood Lineage complete and their children conceived without Original Sin. Also, the onset of menstruation necessitates reporting to your pastor and doing the ceremony again from the beginning.

After the couple has successfully completed the Three-Day Ceremony, the pastor should report this, including the names of the couple and date of completion, to the BFM via email (bfmadmin@unification.org) so that they can be registered as a Blessed Couple.



MARRIAGE BLESSING

MATCHING

COUPLE CARE

FAMILY CARE

COMMUNITY CARE



Holy Handkerchief Request

In order to request a set of Holy Handkerchiefs for a couple that will be completing the Three-Day Ceremony, please submit the following request form.

Note: This form must be submitted by either the Local Pastor, District Pastor, Blessing Officiator, or Local BFM Staff.

Once the name list has been submitted to the BFM, the local pastor will be sent a set of Holy Handkerchiefs for each couple listed.

There is a \$10 fee for each set.

This window is secured by 256 bit encryption on a PCI compliant network. [Click here](#) to view this window in its own page.



Holy Handkerchief Request Form

Your Information

Name *

Email *

Select One *

- Local Pastor
- District Pastor
- Blessing Officiator
- Local BFM Staff

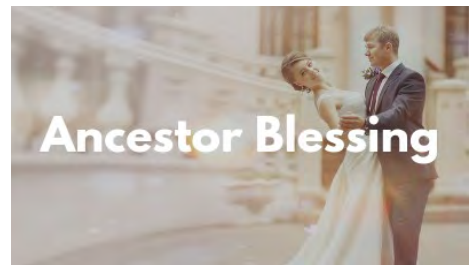
Your District (State) *



Blessing & Family Ministry
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Holy Handkerchiefs Request

How many sets (max 10 sets per submission) of Holy Handkerchiefs are you requesting (one set per couple)?

Holy Handkerchiefs (\$10/set) *

Total
\$0.00

Pastor's Mailing Address for Holy Handkerchiefs

Country *

Street *

City, State, and ZIP *

Couple's Information

1. Husband's Full Name *

1. Wife's Full Name *

1. Couple's Blessing Date *

1. Couple's Blessing Location *

Billing Information

Name *

Card Number *

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COMMUNITY NEWS

In Memory of Manolito Uy

Manolito Uy was born on August 28, 1962 in Manticao, Misamis Oriental, Philippines. He married Jeanette G. Rivera, the love of his life, in...

In Memory of Yukiko Washino

Yukiko started feeling unwell on March 31, 2020, before finally feeling better two days later. On Thursday, April 2, she woke up at 6:30...

Card Number



Expiration Date *

Exp. Month

Exp. Year

CVV

Country *

United States

Address *

Street Address

City, State, and ZIP *

City

State

ZIP/Postal Code

Email *

Email Address

Confirm Email *

Confirm Email Address

Phone Number *

(###) ###-####

SUBMIT



Secure Online Registration Powered by RegFox

In Memory of Nathaniel Stewart

Nathaniel Stewart was born December 1, 1953 to the Rev. Babers and Doretha Stewart in Centreville, MS. On Saturday, January 11, 2020, Nathaniel departed...

In Memory of Theophilus Chibuisi

Theophilus Chibuisi was born on January 25, 1961 in Nigeria. He passed away from a stroke on March 5, 2020. He is survived by...

In Memory of Rosa Monroy

After she came to USA, she had a lot of difficult times, but God gave her a daughter, Elaine. While she was raising Elaine...

In Memory of Charles Connelly

Charles "Chuck" Connelly was born to Gerard and Marie in Peterborough, Ontario Canada. Raised Catholic, he always had a generous, compassionate heart.



40-days Holy Separation Period Guidance

True Father's Words

After this ceremony, your couple needs to complete the 40-day holy separation period. This period is equivalent to 40 years. It is worth 40 years of True Father's lifetime. You must conquer the number 40.

You have received the Messiah after 4,000 years in the course of restoration. You have received the Second Coming Messiah after 4,000 years from Jacob. It must get over the number of 4,000 years. Therefore, we must get over the number of 40 in a flying jump from now. Jesus must be married at the age of 40. It is right, based on the Divine Principle.

You must indemnify everything from here. You must indemnify centering on True Love. After you go beyond the number 40, you can inherit the true love of God. Then you can freely love each other as husband and wife. It is to indemnify the history of 4,000 years.

The period of 4,000 years from Adam to Jesus was the recovery period of True Love. As was the period of 4,000 years from Jacob to the Second Coming Messiah.

These periods were to find an ideal couple. Therefore, the 40 days is to make a condition of indemnity. Your couple (husband and wife) must not have sexual relations during the 40 days. You will start your sexual relations after the 40 days.

During this period, your couple must pray for the will of God and the nation of God. You can discover your true self, separate evil spirits that are constantly trying to bring you pain and misfortune, and improve your relationship with your spouse.

Significance of the 40-Days Holy Separation Period

- a) The 40-days period is to indemnify the 40-years of public life before the holy wedding of Jesus and True Parents
- b) The period is to indemnify the 4,000-years after Jacob to Second Coming Messiah.
- c) The period is to pray for receiving the True Love of God before you can receive the True Love of your couple.
- d) The period is to pray while your couple (husband and wife) maintains the holy separation centering on the will of God for a public purpose.

WE'RE BLESSING ONE MILLION
MARRIAGES

Why Have Thousands Already Chosen To Bless
Theirs?

Discover The Blessing Movement

→ DISCOVER IT FOR YOURSELF

In just 15 seconds, learn how the Blessing can transform your
life, your marriage, and your community.



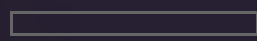
Blessing America

from **Blessing & Family Ministry**

WE SEE

MARRIAGE
DIFFERENTLY





WHAT'S THE MARRIAGE BLESSING?

It's a totally unprecedented initiative by Rev. and Mrs. Moon, who are working beyond races and religions to unite all people into God's family.

Rev. and Mrs. Moon began the tradition of the Marriage Blessing in 1960 with their own marriage. Based on their lifelong commitment to a world of strong marriages and empowered families, the Marriage Blessing has become a worldwide tradition where couples dedicate their marriage to a greater purpose and God. In response to the

breakdown of traditional marriage in our world, the Marriage Blessing offers a path to build a world of stronger marriages and healthier families. The Marriage Blessing takes traditional marriage to a higher level of purpose.

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BLOG



HEAR FROM CLIFF & TIFF ABOUT WHAT THE MARRIAGE BLESSING MEANS TO THEM

“We were trying to figure out a way to connect our relationship to God.”

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THE UNSUNG HERO IN EVERY GREAT MARRIAGE

Let's see some of that R-E-S-P-E-C-T.

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5 REASONS TO MAKE GOD A PRIORITY IN YOUR PARENTING

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