



*Matching &  
Blessing  
Preparation  
Handbook*

for Parents  
and Candidates



**BFD EUME 2019**

*"I consider the Blessing to have been the most precious gift in my life. For you also, the greatest gift in human history is the Blessing."*

*True Father*



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# Introduction



*"(...) I want you to understand that you are the pioneers of the tradition of the future. You are making the mould for others to fit into. I want you to prepare your home and clan for every eventuality. You must be ready to learn and take over the tradition."*

## Dear Blessed Families,

Our Heavenly Parent's original design is that children grow in the love of their parents, developing a strong sense of their identity, value and character, and learn to love in the context of their family. These are the foundations for healthy and lasting marriages. Seeking and finding an eternal partner should also be guided by the love and wisdom of supportive parents. The investment of parents is meant to invite God's presence more powerfully than the guidance of any distant authority, even True Parents. When Father matched the earliest Blessed Children in 1986, he told them he was only doing this on behalf of their parents, and that eventually parents would grow into that responsibility and role. Now is that time.

The purpose for this parent's matching tradition is to bring joy to our Heavenly Parent by realizing the ideal of love, and to bring happiness to our children. Our challenge is to find that heart and motivation, and to develop a process that will allow God to be present and to guide it.

We are pioneers of a new tradition of matching and Blessing, inherited from our True Parents. It is essential that candidates and their parents understand the heart of this process. We hope that this handbook, when read thoroughly and considered prayerfully, will help guide and inspire both parents and candidates.

## Your BFD team

# Overview of the Path to Matching & Blessing

We have outlined 10 basic steps to guide parents and children through the matching process:

## 1) PREPARATION

Parents and child prepare for matching

*Internal:*

- Focus on developing the parent–child relationship
- Discuss the concept of matching and Blessing, expectations and limitations
- Study blessing/marriage preparation literature (parents and children together if possible)
- Make conditions

*External:*

- Fulfill all the conditions for Blessing and complete the [online Blessing application form](#)
- Complete the [interview and confession](#) with the national BFD leader
- Resolve past issues
- Put together a matching plan

## 2) SEARCH

How will we find potential candidates?

- Suggestions from parents.
- [International Matching Websites](#): [www.blessing4u.org](http://www.blessing4u.org) / [www.bfmarch.org](http://www.bfmarch.org)
- Suggestions from the candidate, family and friends, matching supporters, BFD leaders, etc.
- Attend Parents Matching Convocation.

### 3) CONTACTING A FAMILY

When you find a candidate that you are interested in, you can contact the other family by email, by phone, in-person, through a matching supporter or the national BFD leader.

Discuss thoroughly with the other family, make conditions, TAKE YOUR TIME to do this.

### 4) INTRODUCTION OF CANDIDATES

We suggest timing be carefully considered and that the process not be rushed.

### 5) INITIAL COMMUNICATION PERIOD

We recommend a period of initial communication, approximately **21 days**, to consider whether to enter into a formal matching process.

### 6) 7-MONTH COMMUNICATION (Matching Process)

After communicating thoroughly, the candidates should decide if they wish to become a matched couple. We recommend a time period of **7 months** as a guideline.

### 7) COMMITMENT

Submit matching papers.

The two candidates can organize a [Commitment \(engagement\) ceremony](#) together with their families.

### 8) PREPARATION FOR BLESSING (internal & external)

Make conditions, prepare Blessing offering, travel etc. while living as brother and sister; developing a deeper understanding of one another and friendship.

### 9) COSMIC BLESSING

Attend the Blessing Ceremony and receive the Blessing.

### 10) LIFE AS A BLESSED COUPLE

Investing in your Blessed Marriage and starting your sexual relationship as Husband and Wife. We strongly recommend True Parents' guidance of having a minimum of 40 days separation period after the Blessing.



# Overview of the Blessing Application

All Blessed Children (BC\*) applicants must fulfill all points below and to be qualified to apply for the matching and blessing.

The Blessing Application should be completed online through our online application system: [www.blessingapplication.eu](http://www.blessingapplication.eu)

All required Information can be uploaded on the website mentioned above.

*Please note: The candidate must be **at least 17 years old** at the time of application!*

## Information to be submitted online:

- Personal Introduction and Family Form
- 2 full size photographs & 1 optional family picture
- Health Statement- including HIV Test
- Individual [interview / confession](#)

## Educational qualifications

- In depth understanding of Divine Principle (21 day workshop)
- Participation in a Blessing workshop (workshop cannot be older than 2 years old)
- Completion of a 3 day fast (recommended 7 days)

## Blessing Offering

The Blessing offering is considered one of the conditions for receiving the Blessing. This fee must be paid before the Blessing.

Please find more details about the Blessing Application in the section [The international Blessing Application](#).

\*In the Booklet we refer sometimes to BC which is short for Blessed Children

# True Parents' Guidance

## Ideal Family Ideal World (Excerpts)

**Sun Myung Moon**

**1982, Belvedere**

You must pay more attention to the true meaning of your marriage. I am speaking today to give you a reminder in preparation for your upcoming marriage. You have been receiving guidance and preparation for a long time.

You understand what I am saying very clearly, don't you? There is nothing ambiguous about it. I wish all of you very good fortune and I ask you to prepare yourselves very seriously during the next weeks. You must remember that all eyes in spirit world and even in this world because of the publicity, will be upon you. All your blessings in the future begin from your marriage. According to the maturity and genuineness of your love, the real blessings of life will come to you. Those couples who maintain their appreciation for the special age we have been born into, continuously praising the love of True Parents and feeling truly grateful for everything that comes to them will realize the deepest blessing in life. Even if you must endure great difficulties and work endlessly without any break, if you maintain your gratitude to God under every circumstance then where else would God want to give His blessing except to your family?"

Have you ever considered that when you newly blessed couples go out into the world, all the attention of the world will follow you? I have already told you that blessed families are the focus of God's love. Is that just a concept? No, it is a reality. Even though you may not see it, the attention of the spirit world is always upon you. This is the awareness I have whenever I do anything or go anywhere. I know that I am always under an invisible limelight from spirit world...

You can never just evaluate others, including your spouse, according to superficial qualities or physical appearances. The ideal is much deeper than such things. Do you understand? Are you already thinking about kissing each other? Yet according to Heavenly standards, your mouth is that of a thief's. Can your hand caress your bride's hair and have the hair exclaim, "Oh, my husband's hand is an ideal hand."? Can you look at your bride with ideal eyes? Do you have a genuine, pure and spiritually elevated feeling toward your spouse?

[Continue reading the full speech](#)

## Heart

**Sun Myung Moon**

**1973**

If you can love one person, God's love will be there in proportion to the depth and size of that love. If you can love many people like this, God's love will come in proportion to the greatness of that love, to the depth of that love. Good people must be able to win others, not in such a way as to conquer them, but to love them, and to bring them into greater harmony and unity. Unity is the first thing you should desire. And if you love anyone at all, you should want to love him with your whole heart, even at the cost of your life. Then you can overcome hell. If you are not united, if there is disharmony, hell is there in your mind.

When you love someone, you always find that person is sacrificial toward you. There is already unity between you and that person. To bring that about requires sacrifice of individuality. Our purpose in uniting with others is to receive God's love. Then God's ideal will be realized.

Suppose there is a married couple, and they have some differences and distance between them. Would it be all right for the wife to take her position and call to her husband, "Come to me and you can become one with me," while the husband insists on his wife coming closer to him to be united with him while he stands solidly in his own position? That will never do. When you hold selfish love, then true oneness in God's love can never come about.

Then what is true love at all? This person does not have to go to the other to unite with him or vice versa, but both, when they come closer and closer can meet at one point between them. This can be true love. In other words, by both of them denying themselves, they can really unite with each other. And that is the standard of true love. Just one harmonious wholeness will be there. Love alone can make things round, harmonious, circular or spherical. In true love nothing can invade or interfere. Both parties must be obedient to each other, both must be willing to be united with each other. Together they will enjoy harmony and beauty. You may say, "Oh, no, I hate the word obedience. Why do I have to obey my husband or wife? I want to be freed from that bondage, and I want to be a free person." But in true love, obedience, loyalty, surrender – everything is possible, and you are not humiliated by it. You want to be controlled by your love.

[Continue reading the full speech](#)

## Love Comes from Your Partner

**Sun Myung Moon**

**2009**

Love cannot be realized by oneself. Where does love come from? Love does not come from me but from my spouse. Since love comes from my spouse, I must bow my head and serve her. This is where the heavenly principle of living for the sake of others originates. We must practice the philosophy which teaches that when something highly noble comes

to me, I must honor and serve it in order to receive it. Human beings have love. However, when we are alone, love cannot manifest itself. Love does not appear when man is alone, but only when woman is there as his object partner in love. Only when an object partner in love appears, does love finally spring forth. We say that parental love is good and conjugal love is good, because genuine love is not something self-centered. Love does not start from me; it starts from my partner. It is important for you to know this. Love comes from your husband and from your wife, and from your sons and daughters and from your brothers and sisters. Love does not start from your own self but from your spouse. Therefore, who is the owner of love? Your spouse is the owner of love. Where did we say love comes from? It comes from your partner. If your partner is homely or ugly, love recedes; if your partner is pretty and lovely, love advances more quickly. The way love functions is determined according to your partner's attributes: her speech, her beauty, her scent, and her taste. Where is the base of love? The base of love is not me. The word love must be used in reciprocal terms. No matter how handsome a man may be, he cannot love if he loses his partner and is alone. "Love comes from me" are words that Satan has been exploring. I am not the base of love. You may think that you are the base of love, but there will be no progress in the future unless such a mindset is totally dismantled and transformed. Until now, wives have put themselves at the center, and husbands have put themselves at the center, with both wanting to be served. This has been destroying relationships. Since the basis of love does not come from me, but from my spouse, then if I am to possess that love, I must sacrifice myself for its sake. Love always demands sacrifice. Also, love requires that we overcome. From this perspective, this is the only place in all heaven and earth where we can find the content to overcome the satanic world. God is holding tightly onto love, because it can be found only in accordance with the principle of love that places God at the center. The word "compassion" (jabi) cannot be expressed in the absence of love. The word "benevolence" (in) also cannot stand on its own. The words "jabi" and "in" are all used only in reciprocal terms.

[Read the original speech](#)

## Words to CIG Matching Couples

**Hak Ja Han Moon**

**February 2014**

Why did you all come here today? Yes? Why are you here? Did you come to receive the blessing? [Yes] If you receive the blessing, you must take responsibility for it. What do you think? Responsibility.... Are you confident you can do it? [Yes!] Those who are not confident might give up.

I heard that all of you here came for the absolute matching. Experiences until now and history show that these matchings have not been all 100 percent put into practice. Surveys backing this up have also come out. At this point of the Cheon Il Guk era, when the new us must weave history, I particularly do not want to match those who lightly think of the

blessing issue. Since Adam and Eve fell, how is the world still today? What is happening to the world? When each one of you here receives the blessing, you should be able to show the world what the blessing is like. You should be able to boast about it. We have been bestowed with the grace of the blessing thanks to True Parents because it is a term that cannot come from fallen people. Simply put, all families that have partaken in this blessing are indebted to Heaven and to True Parents.

Unfortunately, blessed families have not been able to fulfill their responsibility and duty and have been self-centered. Originally, we were to expand the way to the kingdom of God on earth, the ideal world that Heaven wants and humanity hopes for, but we are becoming obstacles instead.

After True Father ascended, regarding the blessing issue.... True Father allowed parents to conduct matchings. He allowed parents to match their children in accordance with the conditions set by the church or headquarters. That is why I allowed it too. Parents must take responsibility over this and ensure that blessed families can be established in front of Heaven for eternity.

I can no longer report to Heaven about those receiving the blessing in the name True Parents that later break up. Do you understand what I am saying?

You all came here, desiring to receive the absolute matching. I will not force anything on you. Now, you... The couples that will be matched today are to go together for eternity. You should take responsibility and develop, grow. I am saying that you should be able to create a better environment centered on your family. Do you understand?

Please think of the flood during Noah's time. Is the ocean larger or is a mountain larger? [The ocean is larger.]

You will all probably want a partner who has a heart as wide as the ocean, right?" [Yes.] It is the same for your partner. This is the most important teaching among True Father's teachings – true love. In light of that, how did True Father say we should act for it to be true love? It is love for others, continuously giving and forgetting, a love that lives for the sake of others, a true love that exists for the sake of others. You must live this way and show the world. Last year and the year before that, news about second-generation children in England was reported across the nation. Several nations in Europe gave reports on our Blessing Ceremony. This year, the United States will pay attention to our Foundation Day Blessing Ceremony. Chairman Kim, did you say ABC? [Yes]

I heard that ABC, a famous broadcasting company in the United States, is scheduled to come to cover our Blessing Ceremony.

Until now, you grew up under the protection of your parents, church and surroundings; however, once you are in the position of having received the blessing, the two of you have the responsibility to become one and advance together. Do you understand?

All of you participating in this blessing must not lightly think of it; the decision you make now is to last for eternity – eternity. Do you understand? [Yes!]

# Parents' Part



*"When I am considering potential spouses for someone, I think about every aspect of each person. Once I approve of a particular marriage, I know that is the best available match for those people. I always think of the children that will come from such a union."*

# Internal Preparation for the Matching

The internal preparation for our children to go the way of the matching and “Holy Blessing” starts already in our home. Parents can be role models for their children through living a good married life and through their faith in Heavenly and True Parents.

True Father has said that parents are the substantial God for their children. The parents are the main person of reference for their children. Therefore, it is important that you build a trusting and honest relationship with your children from an early age.

This might sound idealistic, but the most natural way would be having a relationship of trust with our children as a starting point for deeper conversations with our children about the matching and Blessing. However, if this is difficult for us, we can at least begin by trying to better understand our children’s situation and how they see the world. We should set spiritual conditions with the goal of trust and honest communication with them, as well as to be prepared to find a good match.

We should make effort to achieve better communication with the child who wants to get matched and to develop a better understanding of his/her inner feelings, wishes and hopes and actual life situation (Refer to our [Parent Child Questionnaire](#)).

## **Internal Preparation as Husband and Wife**

- Set a good example by striving to become a Blessed couple who love and respect each other. This is the best way for your child to experience a loving relationship.
- Discuss the process with your spouse. Even if one parent takes a more active role, it is important that you agree with one another on how to approach the matching process before you begin. Keep each other informed about any updates.
- As parents it is important to set spiritual conditions together as preparation before matching your child. It is very important that you feel united during this process.
- Reflect and share about the strengths and weaknesses of your child and talk about what kind of person might fit as a partner for your child and why. Respect each other opinions and pray and reflect about those points.

## **Internal Preparation as Parents and Children**

First, our children should want to be matched. Then we can suggest to them, that they should start a spiritual condition, which they could do together with us. This will help

them to be internally prepared and also to realize a clearer vision for their future. For example they should reflect about what character their future partner should have in order for them to connect as a couple and grow their lives together both spiritually and physically.

After this, you can discuss their wishes and preferences, but do not be limited by them. As parents, we should also help them to be more open to God's viewpoint and not just their own desire.

Strive to find the right balance:

### **VERTICAL**

Restoration – How God would like to help us to become a well-rounded person through partnership.

### **HORIZONTAL**

What's good from your child's point of view? Talking about how you see their personality and find out how he/she sees himself.

## **A few points to keep in mind between parents and children**

- Parents should respect their **child's input** throughout the process and give them ownership over the final matching decision.
- Parents should understand their child's **goals and expectation** and be aware of their maturity and readiness. It's important that your child can trust you to find a partner for them. Don't push or force the process.
- In order to find the right partner, parents need to be aware of the **level of purity** of their own child. A big hindrance to a successful Blessing and marriage are unresolved purity issues (particularly such issues as masturbation, pornography, flirting tendencies)
- Other issues which can undermine the relationship are smoking, drinking alcohol or excessive (video) gaming. It's important to have an honest reflection on your child's lifestyle and habit ([Read more about it in our section Healthy Lifestyle](#)).
- Listen carefully to any comments and suggestions your child has to give. Try to be sensitive and take them seriously. If you feel the **communication** with your child is too difficult and you are not making any progress, please seek help from one of the matching supporters.
- In order to receive the Blessing and get ready for the matching, each candidate needs to complete their **Blessing application**. This is a condition to help the candidate prepare for the matching. As a parent, please be aware of the current status of your child's application ([check the overview of the condition to receive the Blessing](#)).
- Before starting with the matching process, make an appointment to **talk with your BFD leader** to get guidance and advice.
- Make it a priority to attend a "**Blessing Preparation Workshop**" together with your child. This shows your child that you have a sincere interest in the matching. By



attending this workshop, both you and your child will have a common understanding of the matching process.

### **Clarify roles and relationships**

The candidate and parents should decide how to cooperate together during the matching process. A few examples:

- Some candidates prefer to trust and receive their parent's recommendation faithfully.
- Some candidates want to discuss and agree with a candidate suggestion before their parents contact the other family. Other candidates do not want to be involved at this point.
- Some candidates have suggestions to offer for their parent's consideration.
- Some candidates hope for their parent's approval for a particular person. While children should respect their parent's vertical role, parents should also fully receive their candidate's inspiration and input, prioritize and consider it carefully.

# Parent and Child Questionnaire for a Better Understanding

This is a tool to help with building more trust in your parent-child relationship. The following questions are important to clarify before starting a matching process. As we mentioned before, regular communication and spending quality time together, in order to understand each other better, is really important as a basis for a successful matching process.

(In the children's section are is the same questionnaire, we added here a few comments for parents)

## ***What spiritual conditions do you want to do together as a family before starting the matching process?***

- Prayer Condition
- HDH
- Weekly meetings/ spending time together and sharing between parent and child
- Blessing Preparation Workshop

## ***How do you want to work substantially on a better relationship between parents and child?***

A few examples...

- Meeting once a week for a meal
- Doing an activity together regularly
- Doing a condition, studying HDH texts (that are related to the Blessing) together
- Meeting regularly to share expectations and preparation steps for the matching etc...

## ***What is the purity situation of your child and his/her lifestyle?***

This might be a difficult or sensitive topic to talk about, especially for your child. But it is very important that, before you start the matching, you as a parent are aware of your child's purity situation and lifestyle.

If you are unclear about the purity or lifestyle standard of your child, please read the [Interview and Confession](#) section or contact your national BFD leader.

## ***Ask your child if he or she has any "deal breakers" or absolute requirements?***

Ask about preferences concerning language, location, race, nationality, faith, physical appearance, or any challenges or complications your child is comfortable with and open for in a partner.

Is your child open to accept a person who made some mistakes in purity? Or someone who had been previously blessed? Or someone who had to receive forgiveness?

**What are the most important qualities you want to have in your partner?**

A few examples...

- Spiritual/ religious person
- Outgoing, social person
- Goal oriented person (someone with a clear plan for the future)
- Someone with strong values
- Family person
- Someone who loves nature, healthy lifestyle, sports, etc.
- Someone who likes to travel
- etc...

*Listen seriously to what your child wants in his or her future partner. But also try to help your child not to be too limited by expectations or have a too narrow concept of how the partner should be and look like.*

**What is important for your partner's family to understand and know about you?**

A few examples...

- I am a very spiritual person
- I kept my purity and that is very important for me and I would like to have someone in the same situation
- My career is very important to me
- I am an outdoor person, I love nature, I want to have a healthy lifestyle, I love playing sports, etc...

*It's important that your Child can reflect about him/herself and what they feel is important to share with the other family.*

**How will we find potential candidates?**

Websites, Parents Matching Convocation, suggestion from a Matching Supporter, family and friends...

*Clarify what your child is comfortable with and respect their opinion.*

**Your child has a suggestion for a matching candidate, what to do?**

Take it seriously but also challenge your child to ask why he or she thinks this is a good match for them. We recommend to take time to pray, reflect, and to include God in the decision.

[Read more about it in the next chapter](#)

# How to Get Started

After certain internal preparations and after receiving the permission of your child to look actively for a match, here are some ideas on how to get started.

It is recommended to contact a local BFD representative when you decide to start your search. It is also a good idea to work with a Matching supporter – a list of European Matching Supporters can be found at:

<https://bfedeu.org/about/matching-supporters/>

Read more about the role of a [Matching Supporter in the Appendix section](#).

There are several possibilities to find a suitable candidate for your child. It is important to discuss with your child the path he or she wants to go in order to find a future partner.

- You can register on the international matching website:
  - [www.blessing4u.org](http://www.blessing4u.org) or/ and
  - [www.bfmatch.org](http://www.bfmatch.org)
- Through your network – friends and acquaintances
- Parents Matching Convocation (European and International)
- Involving Matching-Supporters and the Blessed Family Department in each nation.

## Be pro-active

Be active in your search for possible candidates – do not wait for other families to contact you. If you are using the matching websites, check at least once a week for new profiles. Have faith in Heavenly Parents! Sometimes we have to be patient to be guided to the right person.

When you find a possible candidate, it is a good idea to find out more about him/her before approaching the other parents. To do so you can contact:

- The candidate's local church leader, matching supporter or BFD dept.
- Your network: friends and relatives
- Social media

## Matching your child with a candidate outside Europe:

If you are considering a candidate from another continent, it is strongly advised that you get support from one of the European Matching Supporters so that you can check the

situation of the other candidate. Other continents may have a different approach to the matching process and different requirements in order to become a matching candidate. You need to be clear about such things before starting a matching process with the other family.

### **When a candidate seeks parents' approval and Blessing for a particular person, what should you do?**

Consider your child's suggestion thoughtfully, do not give an immediate "No" or "Yes" response. Ask your child for time to reflect together and seek God's guidance. Some good reflection questions to ask your child are:

- Why they think this person is a good match for them?
- What are their reasons for wanting to be matched to that person?
- Do you feel God was part of this decision?
- Why did TP want that our children are matched through parents? What is the reason for it?

As a parent it's also important to reflect honestly if you would choose this person as a good match for your son or daughter. If you do not feel this candidate would be a good match than explain why to your child in a sensitive and respectful way.

The matching process is cooperation between parent and child. Both should feel good about the match before moving forward.

If you feel that this candidate could be a good match for your child, contact the other family and discuss deeply before coming to any decision. In this case it is a good idea for both candidates to create a profile so that the other family can have a better understanding of the situation of the candidate.

# Contacting Another Family

When you find a candidate that you are interested in, you can contact the other family by email, by phone, in-person, through a matching supporter or the national BFD leader. It is strongly advised that parents first communicate with the parents of potential matches, rather than approaching the match him/herself.

Be polite, honest and respectful.

We recommend contacting the parents of a potential match via email (a phone call can catch parents "off guard"). Be polite, say what you mean, keep it short and simple.

**Here is a typical letter that you could use:**

*Dear Mr./Mrs. .... ,*

*We have seen the profile of your son/daughter (NAME) on the website (bcmatching.org / bfmatch.org) and are contacting you to ask if you would consider a matching discussion with our daughter/son (NAME). Her/his profile is on bcmatching.org.*

*Please let us know what you feel. Thank you very much for your consideration and we look forward to hearing from you.*

***Then the 3 day rule: an email should be answered within 3 days, even if the answer is "sorry we are so busy at the moment, can you wait two weeks for us to write you an answer?"***

## Communication between parents

- If you find a family that is interested in communicating, you can make an appointment to meet weekly via Skype or other means.
- Discuss deeply with the other family. TAKE TIME to understand each other's child and their situation and expectations before introducing them to each other. This can take several weeks. Be polite, clear and honest.
- It's important to talk truthfully about the situation of the children.
- Share about your own situation and share your expectations for the future partner of your child.

- There should be full disclosure of unresolved problems concerning the candidate's situation and background (purity and health issues) both between the two families and also between the young couple. We need to be honest about any past problems, especially in the area of purity, although it is not necessary to go into detail.
- You can use the [Suggested Questions for Learning About a Matching Candidate](#)
- You may decide to make conditions together.
- In order to protect your own child's heart, we strongly recommend not to include your son or daughter too early in matching proposals.
- If both sets of parents agree to proceed, you can introduce the proposed candidate to your child – read more about it in the next section.

**IMPORTANT! Only be in contact with one family at the time.**

### Suggestion how to share about the purity level of your child

In the process of communication with the other family it is important to share honestly about the purity level of your child. For example, you could say: "My child was very strict in keeping his/her purity and wants us to search for a candidate with a similar level of purity".

In general, we do not recommend asking the other family about the purity level of their child. This is a rather rude question. However, it is OK to talk about your own child's situation and expectations regarding purity. In this way you are not offending anyone.

*Eg. My child was very strict in keeping her purity throughout her life; she has never had any experience with the other gender. Therefore, we are looking for a spouse who fulfilled the same.*

In that way you leave it up to the other family to share about their own child's level of purity and to decide if they want to continue with the process or not.

#### **IMPORTANT NOTE**

*Purity is also not just purity. It is very important to clearly convey what purity means to you. Some have the understanding that purity means "I did not fall", for others it means not dating, kissing, etc. So it is very crucial to express exactly what you mean.*

### Be honest and respectful

One important approach you should follow during the entire matching process is to be truthful and honest about your own child's situation. We are contacting another Blessed Family who loves their child just as much as you do.

Also, keep in mind that we are an international mix of Blessed Families all over the world. We have many different cultural backgrounds and ways of how to talk and behave. Consider this when communicating with another family. Please be respectful and behave

## *parents' part*

towards each other in a loving and honest way. And be confidential with each other's information.

Some examples:

- if your child has any health issues that need to be mentioned, bring it up in the beginning and don't try to hide it. If you do not want the health situation of your child to appear on the profile, you should mention that the parents can be contacted regarding the health situation of the candidate.
- When your child applies on the website, it is important to answer truthfully about their current status. For example: if he/she was Blessed before or their level of faith
- Be very sensitive when declining an offer, talk in a respectful and loving way towards each other and emphasize this to your son and daughter as well.



# How to End Communication

## **If you feel that this is not the right partner for my child:**

If you decide against a candidate (or family) – KEEP THE OTHER PARENTS INFORMED!  
Don't just stop interaction! Have respect, be polite, and be kind!

For example, you can answer: "As I know my child, it wouldn't work if these two persons come together".

## **How to end a communication process with the other parents**

If the matching process between two candidates comes to an end, the reasons should be clearly communicated so that both candidates and their families can have closure, learn important lessons for how to improve their plan, and be better prepared for the next opportunity.

If needed, Matching Supporters can facilitate this process, and at the right time, help the family update and improve their matching plan.

*Dear Mr and Mrs.....,*

*Thank you for communicating with us about the possibility of a match between our son/daughter and your daughter/son. After serious thought we have come to the conclusion that we do not feel that they would fit together as a couple. We wish you all the best in your search for a partner for your daughter/son.*

*Sincerely, Mr and Mrs.....*

# Introducing the Candidates

## **When to introduce a possible match to your child?**

- Make sure all parents are united and in agreement before introducing the candidate.
- Make sure that the two candidates receive the information about their recommended partner at the same time.
- We strongly recommend that both young people become qualified candidates, and that they have completed the Interview and Confession, before any communication begins.
- We suggest timing be carefully considered and that the process not be rushed. Waiting a little longer for the right time is usually wise.

## **How to talk to your child about the proposed candidate**

Introduce the proposed candidate to your child in a private setting, for example at home, with a prayerful attitude. Your child should take time to receive your suggestion and to reflect. Parents should be sensitive and not push or force the child to come to a decision. First impressions are important, be sure to present the proposed candidate in a positive way. It is probably best to introduce the character of the candidate before showing photos.

If your child is open to the candidate that you suggest, maybe you can suggest a period of three days to pray and reflect to see if they would like to start a communication process with this person.

Make sure to express to your child that the proposal is only a suggestion at this stage, and that it is possible that the other candidate might not accept the suggestion

## **What if my child says “No”:**

If your child is not positive to your suggestion, then you should inform the other family with respect, politeness, kindness and respect.

Both sets of parents should be prepared that the other candidate could say “no”.

Example email:

*Dear Mr and Mrs.....,*

*We have had a serious discussion with our son (daughter) about the possibility of a match with your daughter (son). As a result of this talk, we have come to the conclusion that, although both candidates have many good qualities, we do not feel that they would fit together as a couple.*

*We wish you all the best in your search for a partner for your daughter/son.*

*Sincerely,*

*Mr and Mrs.....*

## **Letting go - Given space to children to develop their relationship**

After introducing your child to another candidate, it is important for parents to let go and allow the children to develop their own way of communicating.

Our children need to take ownership of their parent's proposal. They should feel free to decide for themselves if they want to continue this relationship and commit themselves to each other, or not – it is their life!

At this point, parents may give advice if they are asked. Maybe help the child to find deeper content in their communication.

## **21 DAYS INITIAL COMMUNICATION**

- to decide if they want to consider each other as a possible spouse.
- time to get to know more about each other.
- priority is that the candidates inform each other about their lifestyle and that the other can accept it.

## **7 MONTHS COMMUNICATION (Matching Process)**

- Get to know each other and meet in person. At the end of this time, the two candidates should come to a decision if they wish to become a matched couple or not.
- During this time the parents should «step back» and give the candidates time to get to know each other.
- The parents can give advice if the candidates ask for it.
- We recommend the first meeting be well-planned, so it is not too long or intense: perhaps for 2 – 3 days at most; perhaps with support. Even long distance first visits should not be too long.

## **Commitment Ceremony and Cosmic Blessing**

After the Candidates decided that they want to accept the Matching they have to make their Matching official with a Matching or Commitment Ceremony. Please read details about the Commitment Ceremony and Cosmic Blessing in the [following section](#).

## **Ending a Matching Process**

If the matching process between two candidates comes to an end, the reasons should be clearly communicated so that both candidates and their families can have closure, learn important lessons for how to improve their plan, and be better prepared for the next opportunity.

If needed, Matching Supporters can facilitate this process, and at the right time, help the family update and improve their matching plan.

# Candidate's Part



*"You will all probably want a partner who has a heart as wide as the ocean right? It is the same for your partner. This is the most important teaching among True Father's teachings - true love."*

*True Mother*

# Internal Preparation for the Matching

It is very important, as a candidate, to have the right attitude before the matching and Blessing, to take enough time to prepare for it and not to rush into anything. The Matching should be approached from an internal perspective; ideally the process includes God and our parents and brings us closer to them.

We need to keep in mind that our goal is to be a mature husband or wife for someone else and in the long run a mature loving mother or father for your children. You want to create a Blessed family where God can dwell and where He can experience joy!

This means that we have to reflect on our own lifestyle and circumstances. We may need to set certain conditions and make changes in our lifestyle. By doing this we grow and mature ourselves for the sake of our future partner. Of course, we will not be perfect before receiving the Blessing but we should do our best to prepare properly for it and take responsibility for our own lives.

## **Reflect and pray about the points below**

It helps to write down the answers. This can help you to see for yourself how ready you are.

- What is my interest and intention to get matched and Blessed?
- How deeply do I understand the unique meaning and value of the Blessing?
- How do I want to invite God into the Matching Process? What effort can I make to feel God more closely?
- How is my relationship to my parents, can I trust them to find a fitting partner for me? Do I understand why True Parents emphasize the matching through parents?
- Am I ready to commit to somebody for eternity? Am I ready to love somebody with all my heart or am I just seeking to feel loved?
- What is my current lifestyle and spiritual lifestyle? What are the strengths and weaknesses of my character, what do I need to improve before committing to somebody else?
- Is there anything blocking me or making me feel unsure about the matching process? What can I do about this?
- What do I expect from my spouse? What do I have to offer?
- Are you ready to make the preparations for matching and Blessing a priority in your life?

- Can I have a loving heart toward everyone, such as the example shown by True Father to embrace everyone?
- What are your expectations in a partnership? If you are honest, do you feel they are influenced by friends or society/movies?
- Can I be open to see everything as a learning opportunity and as a chance to grow?

## Internal & External Preparations before the matching

It is important to clarify certain things and to lay conditions before starting with the actual matching. Below are a few suggestions we recommend based on our experience working with candidates.

Be honest with yourself and be open to get help if needed. We cannot do everything alone. Sometimes we need help and advice to get on the right track.

- **The Blessing Application**, as a whole, is a spiritual condition that helps the candidate prepare internally for the Matching and Blessing. It is important that the candidate understands this and takes the application process seriously. Ideally, the candidate should complete the Blessing Application before starting a matching process.
- Complete the interview and confession. The interview and confession is an important step for the matching of a candidate and should be done before the matching. You can find details below in the [Interview and Confession](#) section. Completing the Interview and Confession will help you to reflect on your own life and move forward.
- Try to have deeper conversations with your parents about the matching and Blessing. Share about expectations, future aspirations, etc... see next chapter
- Strive for a better relationship with God and True Parents and find ways to develop it. For example, read and discuss the Divine Principle, True Fathers words and the “Matching and Blessing Preparation Handbook” and practice serving others.
- Live a spiritual lifestyle – for example prayer, meditation or reading HDH
- Live a healthy and balanced lifestyle with focus on purity – for example, be diligent with studies (or with work), have some hobbies, keep a clear purity standard (avoid drinking alcohol, smoking, excessive computer gaming, refrain completely from masturbation or pornography).
- Participate in an international Workshop for Blessed Children. This will help you build a deeper connection to God and True parents and to other Blessed Children.
- Have a good relationship to the Blessed Children in the community.

## Matching through parents

Even though True Father established the matching condition, doing the matches himself, he often mentioned that God’s ideal desire is that parents match their own children. The matching tradition may not be very common in our Western culture but it is actually quite profound and universal. It’s a process that requires a lot of communication and cooperation which can deepen your relationship as parent and child.

It may not be easy to trust your parents with such a huge task that will change your life. However, it is important to make effort to open your heart and sincerely believe that God can and will work through them. Establishing this trust will not happen suddenly, it takes time and it requires effort from both sides.

Before the matching starts, it is good to talk together with your parents about expectations, future aspirations, fears, etc.. Simply put, you need to share honestly about your own situation and what's going on in your life. Your parents cannot read your mind so this is a very important step for the matching. Sharing about yourself will help you have a trusting relationship with your parents and this is the first step to a successful matching.



# Parent and Child Questionnaire for a Better Understanding

These questions are important clarify before starting a matching process. As mentioned before, regular communication, spending quality time together and trying to have a better understanding of each other, are all crucial for a successful parent and child matching and helps to build up trust.

***What spiritual conditions do you want to do together as a family before starting the matching process?***

- Prayer Condition
- HDH
- Weekly meetings/ spending time together and sharing between parent and child
- Blessing Prep Workshop

***How do you want to work substantially on a better relationship between parents and child? You should be able to trust your parents, to talk to them and to feel God can work through them in the matching.***

A few examples...

- Meeting once a week for a meal
- Doing an activity together regularly, spending time together
- Doing a condition, studying together HDH related to the blessing
- Meeting regularly to share expectations and preparation steps for the matching
- Etc...

***What is your purity situation and how does your lifestyle look like?***

This might be a difficult or sensitive topic to talk about, especially for you. But it's very important that you share with your parents about your purity situation but also lifestyle, before you start the matching. Your parents need to be aware of your limitations so that they can consider it in the matching process.

***Do you have any deal breakers or absolute requirements?***

Share about your preferences concerning language, location, race, nationality, faith, physical appearance, or any challenges or complications you are comfortable with and open for in a partner.

Are you open to accept a person who made some mistakes in purity? Or someone who had been previously blessed? Or someone who had to receive forgiveness?

***What are the most important qualities you want to have in your partner?***

A few examples...

- Spiritual/ religious person
- Outgoing, social person
- Goal oriented person (someone with a clear plan for the future)
- Someone with Strong values
- Family person
- Nature person, healthy lifestyle or sporty
- Someone who likes to travel
- Etc...

*Be honest about your expectations but on the other hand don't paint a too narrow picture. Our expectations in the matching can be our biggest limitations. Try to have an open heart and be curious to learn more about the person beyond the first impression.*

*It can be easy to judge or criticize, especially if someone seems very different from us. Try to see others from Gods perspective; God usually has a bigger picture in mind than we do. Read more about this in testimonies from candidates.*

***What is important for your partner's family to understand and know about you?***

A few examples...

- I am a very spiritual person
- I kept my purity and that is very important for me and I would like to have someone in the same situation
- My career is very important to me
- I like to be in nature a lot and to live healthy and doing sport is very important
- Etc...

*Reflect about yourself and what you feel is important to share with the other family*

***How will we find potential candidates?***

Website, Parents Matching Convocation (PMC), Suggestion from a Matching Supporter, Family and Friends...

*Share what you are comfortable with and explain why.*

***I have somebody in mind, what do I do now?***

It's important to talk to your parents about it and to reflect honestly if this is a good match for you. Your parents should help you to look from a different perspective. Be open to their input and guidance. Remember to keep focused on the vertical tradition and to include God in the decision.

# How to Get Started

You feel internally ready that your parents can start the matching and you took enough time to prepare your heart for it.

Please don't jump into the matching process without doing the internal preparation beforehand. For details refer to the chapter before.

Important points to keep in mind:

- Express to your parents clearly if they should start actively looking for a match
- Clarify with your parents beforehand in what way you comfortable to find a match (website, social media, Parents Matching Convocation, etc... )
- Stay in good communication with your parents. Clarify from what point on you want to be involved to receive a matching proposal
- Take enough time to prepare your personal profile for the matching
- Keep up with your spiritual conditions, they will be a support throughout the process

## **Present yourself well**

Whatever you decide with your parents about how to do the matching and what tools to use, you will need a way to introduce yourself properly to other parents. Either through the website, through an introduction on paper, etc...

For parents searching for a match, what they read about a candidate and how the candidate shows him or herself (pictures) is extremely important.

We strongly recommend that you take the self-introduction seriously and write about yourself properly. Take time and effort to share about yourself, your desires, your way of life, your relationship to God and TP, etc.. so that parents get an idea about your character.

## **Use the Website to find a match**

We have 2 international matching websites for Blessed children. Please read about in the [International Matching Websites](#) section.

## **Update your profile regularly**

It is crucial to update your profile regularly. Even though you might only make small changes, it appears to parents as updated and shows you are still interested in finding a

match. If a profile appears out of date for a long time, parents will not consider it seriously. It shows a lack of interest and sincerity.

### **Find a match without the Website**

If you don't feel comfortable to use the website, that is okay, there are many other ways your parents can find a match. We suggest creating an introduction about yourself that your parents can use to approach other parents. It can be a simple letter with your basic info on it and a written introduction about yourself (hobbies, character, goals, etc... ) and pictures of yourself. This will show your sincerity for other parents.

# Matching Process

In this part your parents will make you a suggestion of a candidate they feel would be suitable for you.

Please do not reject somebody immediately just because you do not feel love struck when you see the picture or hear the name. As has been mentioned several times – this is a spiritual process.

- Pray about any suggestions you receive and listen to your heart
- Ask your parents why they think this person would fit with you and talk with your parents about your feelings
- Take every suggestion seriously and include God in your decision
- Keep an open heart and mind but don't feel pressure to say yes if your heart tells you other ways

## **21 DAYS OF INITIAL COMMUNICATION**

The first period would be to communicate with your potential match for about 21 days. This would be through email, Skype or Whatsapp. In the next chapter we give you list of possible questions to ask each other.

In this communication period you want to...

- Decide if you want to consider each other as a possible spouse.
- Know more about each other.
- Inform each other about your lifestyle and find out if the other person can accept it

After this period of time decide together if you want to continue with the communication or stop.

## **7 MONTHS COMMUNICATION (Matching Process)**

We recommend a communication phase of around 7 months. This is a recommendation from our side to take enough time to deeply understand the other person but also not to drag or stall a process for too long if you cannot see a future with this person.

After this period of time it is important not to make quick or impulsive decisions based upon initial feeling, eternal appearance or your own concepts. True love grows out of respect, honesty, friendship, and establishing a genuine connection with someone. Invest in making this connection with someone.

You may have no idea what treasures lie within the heart and mind of another person unless you dig for them. You might be looking for someone who attracts you or makes you feel good. But what you may need is someone who balances or complements your character, someone patient, faithful and sincere enough to stand by you in the ups and downs of raising family and building a life. Give yourself enough time and be open to a process. Kind words, loving actions and time to build communication and trust will help genuine feelings grow.

- At the end of this time, the two candidates should come to a decision if they wish to become a matched couple or not.
- In case the candidates did not share about their level of purity yet, they should inform each other in this period before they commit to each other and before they confirm the matching
- It is important to update your parents how you are doing in the process
- During this period, you should meet in person. We recommend the first meeting be well-planned, so it is not too long or intense: perhaps for 2 - 3 days at most; perhaps with support. Even long distance first visits should not be too long.

# Suggested Questions for Learning about a Matching Candidate

Here are some recommended questions for candidates to think about and use when communicating with other families and considering a potential match.

First, parents can use some of these in their initial communication with other parents. They might also use some of these questions later in the exploration process when talking to the other candidate directly. Once parents recommend a match to their children, some of these can also be helpful as candidates learn about each other, and discuss their potential relationship and matching.

(In the parents' section is the same questionnaire, we added here a few comments for candidates)

## **About spirituality...**

1. What is your relationship with God like and when do you feel closest to God?
2. How much or what kind of Divine Principle Education have you had?
3. Which part of the Principle grabs/interests you the most?
4. What church activities have you been involved in?
5. How do you nurture your spiritual life? What spiritual activities do you do regularly?
6. Which workshops have you attended? Are you still going to workshops?
7. Are you involved in the community?

## **About lifestyle...**

8. What is your level of purity? Are you qualified to go to TP Matching? Have you ever dated or kissed? Have you ever given your heart to another person?
9. Have you ever experienced any addictive behavior? (Alcohol, Drugs, Gambling, Pornography) Is there any family history of addiction? With what activities is your daily life filled with?
10. Do you regularly or sometimes drink, smoke or gamble?

## **About marriage...**

11. Do you have any "Deal Breakers" (issues that make it impossible for you to consider a match with someone)? Examples of these could be language, location, race, purity level, education, vices, etc.
12. If you were to find yourself struggling in your marriage, who would you go to for help?
13. help?

14. What does commitment mean to you?
15. What do you do when you feel stressed or in conflict about something?
16. How do you manage your anger? Have you ever had a violent outburst?  
What does a happy marriage look like to you?

**17. About family...**

- How do you view the roles of husband and wife in the family? Is it important for you
18. to raise your family with the values of TP, purity, matching & blessing, etc..?
  19. What kind of community and environment would you like your future family to live in?
  20. How big a family would you like to have? When do you think you would want to start having children?
  21. How were you raised in your family? (were your parents strict or did they give you more freedom)  
Ask questions about how the candidate was raised and in which environment. Ask about the parents and siblings, grandparents and great-grandparents. People who were a big influence while he or she was growing up. These are precious questions about the possible joining of two lineages.
  - 22.

**23. About health...**

24. Do you have any health concerns?
25. Is there any reason to think having children could be a problem?  
Have there been any health concerns in your family history that are hereditary? Examples of these would be epilepsy or sickle cell anemia.  
Have there been mental health concerns in your family history? For example, bipolar condition or attempted suicide
- 26.

**27. About future dreams...**

28. What is your career path and what are your plans to support a family?  
What are your interests and aspirations?
29. Do you feel you know yourself well and what you want to do with your life or are you still searching?  
How do you envision your future family connecting to and participating in the church community and activities?
- 30.

**31. About Finances...**

32. Do you have any debts, such as college loans?  
How do you handle finances, is this easy for you...?  
How did your parents handle finances? How do you see finances working in your marriage?



# Commitment Ceremony

## Commitment Ceremony – confirmation of matching

As soon as the candidates have decided to become a matched couple and the parents of both applicants agree, they can organize a “Commitment Ceremony” where both families (candidates and parents) sign the official matching papers. We recommend that both families meet and conduct the ceremony together, if at all possible.

Feel free to create the Commitment Ceremony any way you like but one part should be to pray and sign the papers together.

Finalize your blessing application if you haven't yet

Please do not make the match official until all parties (both candidates and their parents) are completely sure and willing to commit to the matching.

**After this the matching papers should be submitted to the national BFD leader or directly to the BC Blessing Department the Application Website [www.blessingapplication.eu](http://www.blessingapplication.eu)**

You can find the [Matching Document here](#) or on the next page.

## Preparation for the Cosmic Blessing (internal and external)

The candidates can make conditions together as they prepare for the Blessing. During this time they can prepare Blessing donation, organize travel etc. Up until the Blessing the couple should behave as brother and sister. Read in [Guidance section](#) about the value of maintaining a brother and sister relationship as matched couple.

## Second Generation Matching Report

<b>Date and Place of the Matching Ceremony (Day/Month/Year)</b>					
<b>Male side</b>			<b>Female side</b>		
Candidate	First Name	Last Name	Candidate	First Name	Last Name
	Date of Birth (Day/ Month/ Year)			Date of Birth (Day/ Month/ Year)	
Father	First Name	Last Name	Father	First Name	Last Name
Mother	First Name	Last Name	Mother	First Name	Last Name
Country of Residency			Country of Residency		
Parents Phone			Parents Phone		
Parents Email			Parents Email		
Candidates Email			Candidates Email		
<b>Health Declaration</b>					
I declare that I am in good physical and mental health.					
Any health problems (including minor disorders) have been disclosed to the family of my future spouse.					
<b>Confirmation</b>					
1. We understand the formal requirements for attending the Blessing and will complete these in good time.					
2. We have completed our confession before Heavenly Father and we have fully disclosed all relevant information to our future spouse.					
3. We understand the meaning and value of the Blessing and we are responsible for our decision.					
<b>Our Promise</b>					
Trusting in Heaven's guidance and the recommendation and approval of our parents, we freely and gratefully accept that we are chosen for each other and are hereby engaged to be married. Together we promise before God and True Parents that we will prepare for and attend the Blessing Ceremony as the heaven-ordained beginning to our life together as an eternal Blessed couple. We promise to prepare our hearts and maintain a clear relationship of Brother and Sister towards each other until then. On this day we make the solemn commitment sincerely and wholeheartedly before Heaven and Earth.					
<b>Male side</b>			<b>Female side</b>		
Date:			Date:		
Signature of the Candidate			Signature of the Candidate		
Date:			Date:		
Signature of the Candidate's Father			Signature of the Candidate's Father		
Date:			Date:		
Signature of the Candidate's Mother			Signature of the Candidate's Mother		

Form Updated: 04-2017

Please fill in the application form digitally, then print it out to add the required signatures. After signing the printed form, please scan it and return by email to [bleasing@esgd.org](mailto:bleasing@esgd.org)

# The Cosmic Blessing

The Cosmic Blessing is an eternal commitment before God, True Parents and your partner.

The Holy Blessing is a Ceremony taking place usually in South Korea and is still given by True Mother in Person. All Blessed Children are expected to participate as Groom and Bride in person in the Cosmic Blessing in South Korea. Only official couples who received confirmation from the European BC Blessing Department will be eligible to participate in the Holy Blessing officiated by True Parents.

## **The Cosmic Blessing consists of:**

- Giving your promise (Saying YES) to the Blessing Vow
- Receiving the Holy Water
- Receiving the Blessing Prayer by True Parents
- Exchanging the Blessing Rings

Couples are expected to arrive a few days earlier than the Holy Blessing and stay a few days longer. So that there is enough time to prepare and receive guidance and to prepare properly.

## **Participation in the Blessing**

If you want to participate in a Holy Blessing you need to register for it separately. You need to wait for the official memo to follow the guidelines about it.

In general what you need:

- Your Blessing Application needs to be completed (if it's not complete you can NOT participate)
- You need to be approved by the BC Blessing Dep.
- You need to pay the Blessing Offering
- Brides need a white wedding dress, grooms need a dark blue suit
- You need Blessing rings (they can be purchased before the Blessing through the BC Blessing Department)

## **Starting Family Life**

True Parents recommended Blessed Children to wait 40 days after the Blessing before beginning a sexual relationship as couple. It is very important that we have a certain level of trust and connection towards each other before starting an intimate relationship.

Couples may decide to wait for longer than 40 days before beginning their life together, depending on their circumstances. It is very important to respect each other's space and to not push if someone doesn't feel ready to take the relationship to the next level.

*The International  
Blessing Application*



# CIG Standard

True Parents have established the Cheon-Il-Guk standard for receiving the Blessing. All Blessed Children should prepare, and be guided towards the Blessing, according to this standard.

- Blessing candidates should be pure
- Blessing candidates should be willing to cross cultural, national and racial boundaries.
- Blessing candidates must be committed to keeping the Blessing for eternity – to love his/her spouse and build a God-centered family together.
- They must be willing to lead a life of public service after the Blessing.

They must have received approval by the Blessed Children Blessing Department to go to the Blessing. (Candidates are qualified after completing their Blessing Application)

## **IMPORTANT NOTE**

***In case you do not fulfill the CIG Standard and you need to resolve any issues in the area of purity, please consult a BFD representative and be open to be guided in your spiritual path, to set the right conditions to be able to participate in the matching and Blessing process. On the following pages you can see details about the Interview and Confession.***

# Overview of the Blessing Application

The Blessing Application, as a whole, is a spiritual condition that helps the candidate prepare internally for the Blessing. It is important that the candidate understands this and takes the application process seriously. Ideally, the candidate should complete the Blessing Application before starting a matching process. All Blessed Children applicants must fulfill all points below to be qualified to apply and participate in the Blessing.

The Blessing Application should be completed online through our online application system: [www.blessingapplication.eu](http://www.blessingapplication.eu)

All required Information can be uploaded on the website mentioned above.

Please note: The candidate must be at least 17 years old at the time of application

## **Documents to be submitted online:**

- Personal Introduction and Family Form
- 2 full size photographs & 1 optional family picture
- Health Certificate (including AIDS Test)
- Individual interview / confession
- In depth understanding of Divine Principle (21 day workshop)
- Participation in a Blessing workshop (not older than 2 years old)
- Completion of a 3 day fast (recommended 7 days)

## **Blessing Offering**

The Blessing fee is considered one of the conditions for receiving the Blessing and is the same as for First Generation Blessing participants. This fee must be paid before the Blessing.

## **Details about the requirements**

### **1) Personal and Family Information**

The Personal and Family Information provides us with the basic information of the Candidate, his current studies and work and an overview of his family.

## **2) Interview and Confession**

It is important that we prepare well internally for the Blessing. Please contact your national Blessed Family Department (BFD) Leader to conduct the Blessing interview and Confession. Only an approved Person from the BFD can conduct the Interview and Confession.

Please read details about it in our next Section Interview and Confession

## **3) Blessing Preparation Workshop**

An official Blessing Preparation Workshop must be completed before attending the Blessing. The Workshop should have been completed within the last 2 years. In Europe we offer twice a year a Blessing preparation workshop. Please upload a scanned copy of the official certificate to the Blessing Application Website.

## **4) 21 Day Workshop**

A 21 Day Workshop must have been completed. We do not accept single days. The 21 day workshop helps you to get a deeper understanding of our education and can provide a deep spiritual experience. Please inform us which workshop you participated in, with approximate dates.

## **5) 3 Day Fast**

A 3 day Fast needs to be completed as a condition prior to receiving the Blessing. Once you have completed it, please inform us of the dates that it was carried out.

## **6) Photographs**

Please provide 2x coloured high quality photographs of the candidates' Head and Full body, according to the specifications below:

- One full body picture (candidate standing) and one portrait picture (Head until shoulders)
- Photos should be clear, taken indoors against a plain background
- Please dress nicely with proper shoes
- Please remember should represent you in front of God and True Parents. Thus please make sure that the pictures are of good quality.
- Please upload pictures in portrait format (not landscape!)

The pictures can be uploaded directly on our Blessing Application Website.

Further recommendations:

You may wish to provide one family picture. (Recommended, but not mandatory). To ensure that the photos are of a high quality, we also recommend that you take the pictures at a professional photo studio, where possible.

## **7) Health Statement**

This is a short statement about the health of the candidate, that can be found on the Blessing Application Website. If there are no major health problems,



please simply sign the health statement on the Blessing Application Website, declaring the absence of any health problems. If the candidate does have health problems, please state them on the Blessing Application Website and include a brief description.

**Health problems that need to be mentioned include:**

- Genetic diseases
- Mental illnesses
- Medication over a longer period of time
- Sexually Transmitted Diseases (STDS)
- HIV/AIDS infection
- Etc.

**Health problems that do not need to be mentioned:**

- Temporary diseases
- Broken bones
- Near or far-sightness

## 8) HIV Test

In addition to the health statement, an AIDS/HIV test needs to be submitted. This needs to be conducted by a doctor or at a hospital. Please make sure that it is clearly visible on the test, that the candidate is HIV negative.

We would like to assure candidates that the results of the test will remain confidential and will not be published .

### **Formal Application**

All European Blessed Children applicants should register on our Blessing Application Website to upload the information above and to complete the Blessing Application - [www.blessingapplication.eu](http://www.blessingapplication.eu)

# Overview of the Interview and Confession

The primary purpose of the Blessing Interview is to ensure that the Blessed Child is qualified to begin the matching process; or in the case that they are already matched, to ensure that they have the necessary qualifications for the Blessing.

The secondary purpose is to give Blessed Children who are intending to apply for the Blessing the opportunity to report honestly any past mistakes to God and True Parents.

**Please be aware that the Blessing Interview and Confession can only be conducted by someone who is approved by the National Blessed Family Department Leader, or the BC Blessing Department.**

For further questions on who can do an official interview, please contact the European Blessed Children Blessing Dep. at [blessing@esgd.org](mailto:blessing@esgd.org).

## **The Interview**

The purpose of the interview is to ensure the candidate understands the meaning and value of the Blessing. The candidate understands and commits to the Blessing Vow, and pledges that they have kept their sexual purity or restored their purity through a forgiveness ceremony.

## **The Confession**

The purpose of the confession is that the candidate may share anything that is weighing on their heart, so that they may be guided on a path to restore any mistakes they have made. The candidate must understand the importance of the confession and should share honestly and completely, especially on issues in the area of sexual purity.

The BFD representative will guide and help the candidate to restore any mistakes that happened in the past. The Interviewer will help as well in case there is the need to change certain aspect in the current lifestyle of the candidate.

Overview of the Confession:

- Sexual Issues
- Compulsive Behaviors and Addictions
- Relationship Issues
- Health Concerns

The Interviewer will sign the confession and interview form when they made sure the candidate is fulfilling the requirements of the Interview.

***IMPORTANT NOTE***

**Please keep in mind that the Interview and Confession should be done before starting a matching process.**

**European Blessed Children Blessing Interview Form**

Name of the Candidate: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (D/M/Y) Gender: \_\_\_\_\_ Country: \_\_\_\_\_

**Interview**

**Sexual Purity**

Do you pledge in front of Heavenly Parent and True Parents that you have kept your sexual purity? Yes  No

**Matching**

Do you understand and accept the meaning and value of the matching? Are you willing to accept the person whom Heavenly Parent has painstakingly prepared for you, whomever he/she may be? Yes  No

**Blessing Vow**

As families who are to realize the Heavenly Parent's ideal of creation, do you promise to become eternal couples who will inherit the tradition established by the True Parents of Heaven, Earth and Humankind and perfect ideal families who will strive to realize Cheon Il Guk? Yes  No

Do you understand the significance of and accept the Blessing Vows? Yes  No

**Confession**

I gave my full confession and explanation of circumstances where needed.

Candidates Signature: \_\_\_\_\_

**Recommendation by the Blessed Family Department leader**

- The Candidate has remained sexually pure
- In case the Candidate had any purity issues, he/she made necessary conditions to restore past mistakes and demonstrated purity lifestyle
- In case the Candidate had fallen, he/she made necessary conditions to restore past mistakes and participated in a forgiveness ceremony
- The Candidate understands the meaning and value of the Blessing and has shown to be mature to enter a matching process.
- The Candidate is ready to make an eternal commitment to a spouse and to invest extra efforts for at least one year, should difficulties arise.
- The interview has been completed and a full confession has been obtained from the candidate. The candidate is above the age of 18. As a BFD leader/ representative I hereby endorse with the signature the application of the Candidate above.

Date and place when Interview and Confession were conducted: \_\_\_\_\_

Name of the BFD representative who Conducted the Interview and Confession \_\_\_\_\_

Signature of the BFD representative who Conducted the Interview and Confession \_\_\_\_\_

Signature of the national BFD leader: \_\_\_\_\_

Please upload the scanned form to your personal account at [www.blessingapplication.eu](http://www.blessingapplication.eu)

# Forgiveness Ceremony

The Forgiveness Ceremony, also called Special Grace, is a special ceremony granted only by True Parents to free oneself from certain mistakes in the past. On special occasions True Parents granted this Special Grace a few times in the past. Participants could receive the Special Grace by fulfilling certain conditions.

There are certain mistakes in the area of purity that needs to be restored before receiving the Blessing and can only be restored through a Forgiveness Ceremony given from True Parents. It is uncertain when exactly the Special Grace will be offered again by True Parents.

That's why we are emphasizing it strongly to go through an Interview and Confession before starting a matching process. Our BFD representatives guide and help the candidate to resolve any issues from the past.

# Guidance



*"We were all created to be great men and women. God did not send us into this world without purpose. When God created us, He invested His complete love into each person. We are all created for greatness."*

*True Father*

# Healthy Lifestyle During Matching and Blessing Preparation

## What is a healthy lifestyle?

You take care of your physical body with a healthy diet, exercise and by avoiding what harms your body, like alcohol or drugs. You also take care of your spiritual growth by learning how to love. You have genuine relationships where you feel fulfilled because you are supporting others with your time and your abilities.

## What is an addiction?

An addiction is a frequently repeated tendency. It is a habit in everyday life, e.g. video games many hours daily, or e.g. every week the urge to masturbation or to see pornographic materials, like videos, magazines ....

Any areas where you find it harder to have self-control – whether it's eating, social media, gaming, masturbation, pornography etc. Any of these are habits you need to address NOW.

Isolation can often lead to addiction. Reflect on ways to connect with others (family, friends, church community etc.) more regularly.

If you think you may have addictive behaviors there are recommendations for how to get support in the [Sexual Integrity](#) section or contact a [matching supporter](#) or [BFD representative](#).

If you feel unsure about past addictive behaviors or situations that might come up when talking with a potential match please reach out to a BFD representative or matching advisor and talk with them first for guidance about how to approach, each individual case is unique.

## WHY is it important when preparing for the matching?

We don't automatically change the way we live just by getting blessed. All our habits continue unless we've actively worked to change them.

Now (during the matching process) is the best time to already start creating the kind of life you want to have with your future spouse and family. Building a happy and loving relationship as husband and wife takes time. It means having self-control and comprising

on personal desires out of love for your spouse. This is especially important for developing intimacy and a wonderful sexual relationship as a couple.

### Self Reflection Exercise

The matching process can take time, so it's important to be proactive in other areas of your life as well and use this time to develop healthy habits you can bring into your Blessing. Below is a list of 4 major areas of your life that are good to reflect on as you go through the matching process.

Take time for honest self-reflection to answer the questions. In the first column answer the questions based on how you live in your life now. Then in second column, answer the same questions but focus on how you'd like to live after being Blessed?

If the answers from the two columns are very different for each column that would be good to reflect further. What needs to change? What new habits would you like to develop? Don't try to do too many things, choose only 1-2 goals to start with. Reflect what habits you want to **continue**, which you want to Stop and which habits or actions you want to **start**.

**NOTE:** This is not about being perfect. It's about knowing yourself, being honest and being responsible to continue growing yourself.

	Life Now	Life with your Spouse
<p><b>Your Spiritual Lifestyle</b></p> <p>Am I happy with my current spiritual health?</p> <p>What's one area I'd like to grow?</p> <p>What helps me keep a healthy spiritual life?</p>		
<p><b>Your Physical Lifestyle</b></p> <p>Am I happy with my current physical health?</p> <p>Any habits that I don't feel good about?</p> <p>What could I do to change that?</p>		
<p><b>Your Relationships</b></p> <p>Who do I feel closest to? Why?</p> <p>One relationship that I'd like to deepen?</p> <p>One way I could serve/help my community more?</p>		



	Life Now	Life with your Spouse
<p><b>Your Personal Goals</b></p> <p>Who am I? What kind of life do I want?</p> <p>What motivates me, makes me excited?</p> <p>What talents do I have that are helpful to others?</p>		
<p><b>Your Sexual Integrity</b></p> <p>Am I clear about sex from God's point of view?</p> <p>What are my personal reasons for living a life of purity (and later fidelity)?</p> <p>Do I have a plan for how to react in unwanted situations?</p>		

# Sexual Integrity

## What it is:

A mindset and lifestyle for keeping sexual purity before marriage and fidelity in marriage.

## How to live a life of sexual integrity:

### 1) Be CLEAR - know the REAL purpose of sex from God's perspective.

The goal for keeping purity isn't to avoid sex. You're choosing to stay pure because you want to have the BEST sexual experience possible. God designed our bodies AND God designed sex. Understanding sex from God's perspective is the best path toward fulfilling sexual experiences with your spouse based on real joy and intimacy.

What is God-centered perspective of sex? It's rooted in true love, focused more on what you're giving to your spouse than what you're receiving from your spouse. This doesn't happen automatically in a relationship, takes growing and learning to love.

### 2) Be CONFIDENT - know why sexual integrity is important to YOU.

You need to have your own reasons for why you don't sext, masturbate, look at pornography etc. It's not enough just to follow what the church or others say. You should confidently tell people that "I choose not to \_\_\_\_\_ because I want \_\_\_\_\_".

When you're clear and confident about your sexual integrity. You will know how to react when confronted with unwanted situations.

### 3) Be RESPONSIBLE - focus on growing yourself to be a better spouse.

Be serious and realistic about how to live a life of sexual integrity.

Prepare yourself for:

- what to do in unwanted situations: peer pressure, sexting, pornography, etc.
- what to do in marriage: how to grow your heart

Remember sexual integrity is a mindset and lifestyle. All three points are important before and after receiving the Blessing.

#### The Problem with masturbation

The sexual thoughts often connected to masturbation aren't teaching you how to treat a sexual partner with love and respect, it's focused on your own pleasure. Consistent masturbation can 'imprint' on your sexual experience. This limits your ability to be aroused in real-life sexual experiences because your mind and body need to mimic the experiences from the past for sex to feel satisfying in the present.

The key to a happy sex life is based on knowing how to give more to your partner than seeking to receive or in True Father's words :

"A man or woman alone is only one half of the whole. For this reason, God interchanged the sexual organs, the love organs. The owner of the husband's sexual organ is the wife and the owner of the wife's sexual organ is the husband. Only when each is rooted in true love for the sake of the other are they in the position of the owner of their spouse."

#### The Problems with Pornography

**FAKE** - "Porn promises intimacy and satisfaction but leaves us empty and searching for more. Intimacy means being known inside and out and being loved for who you are. God created sex to be the deepest physical expression of intimacy between a man and woman."\*

Pornography is based on lies about what sex is, unreal expectations, illusion. It's not real but a false portrayal of what sex is.

**FALSE LOVE** - "The temptation of pornography is to bypass the effort involved in building a relationship. Porn gives us a chance to fantasize and forget about your own imperfections. Even if pornography provided accurate images of women (and it doesn't), it still only offers an image – not a real person. An image is easier to relate to than a person with a heart, mind and emotions. An image has no expectations. You don't have to deal with any of the awkwardness that comes with relating to a real person."\*

**LEAVES SCARS** - It doesn't magically go away once you're Blessed. Those images are

hard to erase from your mind. If your sexual thoughts are more connected with imaginary sexual 'objects' than your spouse, it's difficult to experience joy and intimacy in your sexual relationship with your spouse.

There are many other harmful effects that pornography has on your brain and life.

(Learn more at: [www.highnoon.org](http://www.highnoon.org) and [www.yourbrainonporn.com](http://www.yourbrainonporn.com))

## 5 Steps to Change a Pornography Habit

- 1.
- 2 Admit to yourself that you have a problem and want to change.
- Act NOW When you want to change, don't wait. TELL SOMEONE you trust about your
- 3 porn habit and ask if they can help you stay accountable.

Understand the science behind bad habits/addiction. Feeling guilty or just trying to use reason and logic is NOT ENOUGH to change a habit. Habits start from emotional side of the brain so you need to 're-wire' your brain with new habits. Luckily, our

4. brains are flexible and can learn new habits!

Make a plan for how to STOP and what to REPLACE your porn habit with (see below). Choose a time period. Most habits take between 90 days - 4 months to change but setting a long time period might be intimidating at first. Better to start somewhere, like 30 days, and then keep building on it. Share your plan with your accountability

5. person.

Connect Look for ways to build deeper relationships with others, in your family, church, or school. "I noticed that I was much less susceptible to lust when I was actively pursuing relationships with others. My emphasis shifted from myself to the people around me, and I began to care again." (Testimony from a Christian who overcame a porn addiction)\*

## How to MAKE A PLAN

- **STOP** watching porn, masturbating
- Get rid of materials AND prevent with ad block and protection system, install panic button app\*\*
- Know your 'triggers' and make a plan for how to avoid them.
- **REPLACE** porn with a habit and a hobby\*\*
- **Habit** - the purpose is to build self-discipline with something to work on each day. It should be challenging enough to feel a sense of accomplishment, but not so intimidating that might fail, which could result in negative thinking. Examples: new exercise or diet, meditation, HDH, spiritual condition, household chore etc.

- **Hobby** – the purpose is to keep busy in extra time, boredom is a trigger for porn. A good hobby provides relaxation rather than escapism.  
Relaxing = choose deliberately and you feel refreshed and recharged after  
Escaping = compulsive or do to avoid uncomfortable duties/feelings, you feel empty/tired after.  
Only YOU can determine whether a hobby is relaxing or escaping. For example, video games and reading can be relaxing for one person but destructive escapism for another.
- **RESET** – If mess up, start back at day 1\*\*  
Be honest with accountability person and then restart the time period over again.  
Don't get discouraged, the foundation you built up isn't lost. Also being honest and starting again shows self-control and will give you even more confidence.

References:

\*“Resisting the Power of Pornography” [www.focusonthefamily.ca](http://www.focusonthefamily.ca)

\*\* “Rebooting Basics” [www.nofap.com](http://www.nofap.com)

# What's My Relationship as a Matched Couple

## Why is it important to maintain brother/sister relationship after being matched?

**You stay focused on understanding each other's personalities**, without getting caught up in the excitement of physical affection. True intimacy is to be known inside and out and loved for who you are. It takes time to build such a close connection to one another, the more time you invest in this kind of emotional intimacy, the more genuine your physical intimacy will be.

**You develop good communication skills.** Being able to talk openly and honestly is a great foundation for happy sex life. If you find it hard to talk together about difficult topics now, it will not be any easier after you are Blessed, especially to express your feelings about physical intimacy and sex. Use the time before the Blessing to have deep discussions. Focus on becoming a good listener. Seek to understand your match's heart and feelings behind the words he or she says.

**Physical affection can easily get carried away.** Cuddling can turn into kissing even when you weren't planning to. Staying only within a brother sister relationship keeps it clear to not cross any boundaries accidentally.

## Ways to maintain a brother/sister relationship:

Talk about and agree on physical boundaries together such as: hugging only as a greeting.

Try to meet and do activities together in open public spaces.

## What's not brother/sister relationship:

Holding hands, caressing touches, cuddling together, kissing.

## Don't see it as a restriction, see it as an opportunity to become closer!

Love can be expressed in many ways – physical affection is just one. Be creative in learning about your match, what makes him or her happy and how to serve them.

# Testimonies from Parents and Children

## BC's sharing about their Matching

### Candidate 1.

#### **a. What were the main challenges you experienced in getting matched?**

My parents not having a wide range of contacts worldwide. We're quite isolated in our region and it difficult for parents to know how to reach out to other communities, other than the website (which doesn't work for everyone). Also, it isn't easy to have the thoughts that "there's no-one my age left!!" - battling these thoughts and persevering through them was actually the most difficult part.

#### **b. What were the key decisions and efforts you made to overcome these challenges?**

To take up new experiences and opportunities that weren't related to getting matched per se, but I broadened my experience with the communities in other regions. I came to the DONE program as a staff member and met new people that way. Also I strengthened some relationships with advisor figures from Europe who my parents could then work with to find a suggestion for a match. I continued to communicate with my parents and they expressed that they were happy with me being more active in the process. This gave me a bit more confidence to sense whether God was working through me and that he could work through me - instead of solely relying on my parents' inspiration.

#### **c. What would you have done differently/what would you advise others not to do?**

Do not be hasty for the sake of hurrying the process. I was on the website and although I felt somehow I wasn't resonating with it, I tried to commit myself to that process. When it came to suggestions from the website I felt I had to respond with a "yes" because it may be my last chance, even if I felt huge hesitations and was actually quite uncomfortable. It helped to communicate with my parents about this and in the end I didn't go through with them and trusted my intuition instead. I was glad I didn't just go against my judgment and try to do the "right thing".

#### **d. What lessons have you learned through your journey to getting matched?**

To trust that God can work through people in your life and also that God is within us and wants to work with us. As long as we can check our motivation, we shouldn't doubt

that we can have a good sense and make good judgments. However, it is important to communicate these and not develop them on our own. I feel, especially as I got older, that I can have good intuitions and that I should feel confident that they are coming from a good place.

**e. What would you say to another Blessed Child over 25 who is making efforts to get matched and Blessed?**

Don't give up! It really is a battle of the mind as you get older. As long as you can assert yourself mentally and spiritually and set your intentions to God and the universe, somehow there comes a response. Don't expect miracles either, but take each situation as a learning experience and actively reflect on how even the toughest processes are delivering you gems to keep for life. Most of all, don't compare. It's easy to observe others, especially those younger than you, and form all sorts of comparisons that really don't help. Take the time to talk to others and hear about their experiences to learn from them, but not to the extent that it makes you feel less about your own experience. You never know the reason why it takes longer for some people, but in my experience, later was the right timing. If I had rushed it earlier, I know I wouldn't have the same outcome. So I'm grateful for that time of waiting.

**Candidate 2.**

**a. What were the main challenges you experienced in getting matched?**

There is this belief in the church (which differs from the so-called "outside" world) that when you turn 25, you're too "old" to get blessed, therefore you have to rush into finding a spouse, be less picky and more realistic, since there are less options available (especially if you're a sister). My Blessing broke at the age of 26, and because of this social stigma that I described, my parents tried to push me into get blessed again as soon as possible without considering that I needed some time to heal from my previous relationship.

Another challenge I had to face whilst getting matched was that many guys who were either older or my same age were too hurt from their previous relationships or too negative about the church. The third challenge I had to face was the comparison with my BC friends who were younger and already had spouses, jobs, their own apartment - and even children. I remember going to several baby showers and housewarming parties with a heavy heart.

The fourth challenge was the frustration of not finding the "right" person for me, after one failed Blessing and five matching attempts, I felt like a loser, like a person who wasn't good enough for anyone to love me back.

**b. What were the key decisions and efforts you made to overcome these challenges?**

First of all, I put aside the social stigma of women having to marry an older guy. I started looking for candidates who were younger than me and there were more options and less pressure to choose "whoever".



Second, to stop feeling sorry for myself and stop comparing myself to others. I decided to work on my self esteem, so I went to a therapist I found trustworthy enough.

Third, to put aside unrealistic expectations from my parents and from me, because all those failed matching attempts were the result of trying to please my parents' or my own expectations. After having my fifth matching attempt, I told my parents that I wanted some time out and I wanted to do a family condition together for 40 days before contacting anyone else. I was doing conditions on my own before, but I realised a family prayer would be more powerful and effective. I took my past experiences not as failures but as wisdom gems, as lessons that could prepare me to become a better person and a better spouse, so I let go of the pain.

Soon after the family condition and through the help of a "fairy godmother" named Patrick Hanna, I found my spouse. The fourth decision, which is actually the most important one, was to stop trying to please others and start thinking of what I really wanted: what were my ideals and values about love, family, the church, etc. and try to find someone who is on the same page or as passionate about those ideals and values as I am. So my spouse and I, we didn't "click" at first but we shared the same common ground, and gradually we fell in love with each other.

**c. What would you have done differently and would you advise others not to do?**

I would have tried to be less pessimistic and to understand that a relationship is not about pleasing someone or being someone's puppet, but to actually create something between the two of you. So I would have been more clear with my parents about what I really wanted and how I really wanted it to be handled, instead of just "obeying" them and therefore coming to resent them.

This 'people-pleasing' mindset also wasn't positive for my matching process and even my current relationship. If you're like me, I would advise not to try to please everyone because it doesn't build a solid companionship or relationship. I would also advise to find someone who shares your ideals rather than someone who merely attracts you, because for me, the aim shouldn't be about just being happy, but to find purpose in your life and create an everlasting, meaningful companionship. I also think I could have worked on my self esteem issues earlier, instead of ignoring them or giving them less importance.

**d. What lessons have you learned through your journey to getting matched?**

I've learned not to judge or make premature assumptions of the other person, of his profile picture, his age, his family name, his nationality or base one's opinion on first impressions. Also it's important to ask all the essential questions as soon as possible instead of spending several months of small talk just to see if you both "click"; no one is going to die if you don't know the other candidate's favourite colour! Moreover, I would encourage people to ask the most obvious questions: Do you believe in God? Do you go to Sunday service? Do you want children? See if you are both on the same page about the most essential things. I have seen couples splitting up because they skipped this part in their initial process and when they found out, it was too late. As a side note, I would

also figure out if the person suffers from any addictions and whether he/she is working on them or just letting time pass.

**e. What would you say to another Blessed Child over 25 who is making efforts to get matched and Blessed?**

First and foremost: be patient and relentless. Second: take the initiative to get matched rather than rely solely on his/her parents/friends/BFD staff. If the Blessing is something you deeply care about and your parents are aging and they don't even know how to send emails, then I think it's about time (to get involved). Third: do not be ashamed to ask for support from friends/family and BFD staff. I actually helped a 30 year-old BC to meet her spouse, and I feel I didn't just do the right thing, but I gained two friends in the process. As a side note, putting yourself on the website might seem humiliating, but I think it's really brave and in particular it shows both transparency and availability - that there is nothing "fishy" about you. Fourth: be open-minded, because the older you get, the less flexible you become and maybe the love of your life is not meant to be, say, a European or White/Caucasian. My final advice for any person of any age who wants to get blessed is to ask yourself the questions: Why do I want to get blessed? Why do I want a spouse? What kind of family do I want to have? What kind of life do I want to live? When I envision my future, is God in the picture? Be as specific as possible. If the answers are clear, you'll save yourself a lot of heartaches.

**Candidate 3.**

**a. What were the main challenges you experienced in getting matched?**

Dealing with the social pressure. Firstly from my parents who for three years were looking for a matching without succeeding. Secondly from my peers - most of them were already in a relationship; this made me feel that I was stuck and that I had less value than others. I felt the process of getting matched was quite limited and frustrating, my character wants to get things done quickly! I tried to find someone in many ways but without success. I felt that I had to try, because I don't believe that waiting (and doing nothing) is the answer.

**b. What were the key decisions and efforts you made to overcome these challenges?**

One of the key decisions was to tell to myself that was all right. It's fine to be single, and my life is so precious! Regardless of what society tells us about what is normal or not normal, I am free to choose, I am free to love.

**c. What would you have done differently/what misjudgments or mistakes would you advise not to do?**

Instead of focusing so much on finding someone, I should have focused on being my best self!

**d. What lessons have you learned through your journey to getting matched?**

I have learned that I should love myself more. I should respect myself, that's the only way we can love another person.

**e. What would you say to another Blessed Child over 25 who is making efforts to get matched and Blessed?**

I would say, 'Be your best self'. Set your heart free from any pressure or possessive feelings; love is free. That said, practical details do matter.

## Blessed Couples sharing about their Matching

### Blessed Couple 1.

*Blessed 1 year, matched a year before being Blessed*

**1. What did you do to prepare yourself internally before starting the matching process and during the matching process?**

**Wife:** From my late teenage years I felt that I wanted to get matched around the time I finished my bachelor studies. The reason for this was that I thought that would be helpful in case I decided to move to my future husband's country and find a job there. So I made sure my parents were aware of this.

To grow my heart and prepare myself to be ready to commit myself to someone I did a 7-day fast condition. My parents later on expressed when they thought I was ready, and once I agreed and said "Yes, I think I am ready too", then we started a prayer condition together. We used the prayer condition to ask God to help my parents and I to prepare our hearts to find a person I could share my life with.

Both prior to the matching process and during the process itself I communicated regularly with my parents about my feelings and thoughts related to the matching. I also spent time reading HDH material on the Blessing and relationship books such as "Real Love" by Greg Baer to make sure I myself felt the value of committing myself to the Blessing and a marriage relationship.

**Husband:** I was thinking a lot about how I could be prepared during the matching process. I read several books on understanding women and was reading True Parents words about the blessing. One book especially was, For Men Only. There is also the counterpart 'For Women Only' that women can read. It explained a lot about what women need and why that is; and explained in a way that men could understand. This was very helpful to me.

**2. What were some challenges you faced in communicating with your parents during the matching process and what specific actions did you take to overcome these challenges?**

**Wife:** Having grown up with 4 other siblings I did not often have one-on-one time to talk

with my parents. I therefore had to become more accustomed to asking them for time to talk and share my thoughts. To make it easier and less pressured to share my thoughts and feelings with my parents, we started off reading a relationship book (Real Love by Greg Baer) and discussed the content together. This made talking about expectations and feelings related to the Blessing feel very natural.

**Husband:** Communicating with my parents didn't feel like a challenge. I trust them and felt comfortable for them to find someone for me. I suppose I gave minimal requests; I asked for someone in Europe, just so that living together would be more convenient.

### **3. How has the matching process impacted your relationship with your parents overall?**

**Wife:** I feel very grateful for the time my parents took to attentively listen to my thoughts and feelings during the matching process. I have therefore become much more able to talk one-to-one with my parents about sensitive topics such as challenges I am going through or worries I have for the future.

**Husband:** N/A

### **4. How did you ultimately decide that this is the person you wanted to be matched to?**

**Wife:** This felt like a big, difficult decision for me. 3 months into the matching process I was doing a 40 day condition of praying and bowing and I had some expectations in mind that God would soon give me some kind of sign during this time. At the same time, the matching process was moving smoothly forward and I was getting to know my prospective match better and better. So my parents told me I shouldn't worry because maybe the smoothness of the process could already be a sign in itself.

What I was seeking to find out through the matching process was not only to understand if we got along well, but also to see if the other person had a desire to grow spiritually throughout their life with me. In my family our main spiritual activity which has shaped me today was to read and discuss HDH together. A couple of months into the matching process I therefore asked my prospective match if he wanted to join me in reading HDH together once a week and share our thoughts about the content....

**Husband:** During our matching process we were serious about each other and very curious too. At first we emailed each other and asked many questions about what we believed. What does True Parents mean to you? What things in the Unification Movement are important to you, which traditions? What is the relationship with your parents and siblings? Where do you see your faith going? Do you want to be a contributor to the Unification Movement? We asked a lot of questions and slowly I felt very connected and comfortable with her. At the same time we read a lot of True Parents words, once a week, and then we emailed each other our thoughts after reading it. I felt very at ease sharing my feelings with her than other people and as a result of our questions and answers I felt very comfortable being around her. This led me to feel she was the right one for me.

## 5. Is there something you wish you had known, or worked on more, before entering the matching process?

**Wife:** I wish I was more aware of how short a time it takes to come to like a person you are in a matching process with. Especially as one spends a lot of time talking about one's deepest values and life goals. It therefore became important to me to keep a clear list of what I wanted to get to know about the other person as well as to continually reflect with God and my parents to seek advice and find out if this was a person whom I could be really committed to share both the most challenging and the happiest times of my life with. However, I was maybe not so aware of my prospective match's point of view and how he might have developed a feeling of closeness with me. Most importantly, I think you have to be very careful you do not hurt the other's feelings if something difficult comes up during the process. Especially when it comes to sensitive topics, for example realising something about a prospective match which comes as a surprise as you did not think they were "that kind of person".

**Husband:** I feel this is the question I can write most about. There are so many things that are new after being matched and blessed which really made me think "Gosh, how I get my head around this?". One thing was to be in touch with feelings. What I didn't know is that women need to know how you feel, and a lot of the time. This was a challenge. How do I feel? In the beginning I said I'm not thinking about anything or feeling anything. But later, I wanted to discover more about and learn to express my feelings to her. I feel that what I wish I had worked on more was to share my feelings with my parents and siblings, so that it would be easier now with my wife.

I also wish I had known that once you are matched you are not brother and sister. This should be emphasized because I thought I shouldn't have any romantic feelings and so I tried to suppress them, which is not so healthy. Actually when you are matched you are an engaged couple which is very different to brother and sister. Once becoming an engaged couple I think it's important to discuss your relationship in ways that you couldn't prior to being matched.

## 2. Couple

*Blessed 2 years, matched for 2 years before getting Blessed*

### 1. What did you do to prepare yourself internally before starting the matching process and during the matching process?

**Wife:** I read as much as I could on matching, be that guidance and testimonies. Being the nerd that I am, I needed to know as much as possible to feel like I was considering all the aspects of it. I talked to matched friends about it, to my older brother who was already Blessed, I "talked" to myself about it by keeping a journal. I did several praying/bowing/fasting conditions since I decided to put myself on the website. That helped me feeling like I was actively doing something towards it. I talked to my dad about it, which is not the easiest thing for us, so I asked him to join me in a prayer condition. During the

process I did some crazy 40 min prayer conditions before every skype call we had. It helped me calm myself and keep the focus on the important things, by trying to catch God's perspective on things.

**Husband:** I had done prayers and talked to my parents a lot.

**2. What were some challenges you faced in communicating with your parents during the matching process and what specific actions did you take to overcome these challenges?**

**Wife:** My mother is in the Spirit World, so including her and communicating with her was a challenge. Praying helped. I imagined her listening and being there. I think she is. The issue in talking to my dad was the awkwardness, and feeling that he seemed to take everything so lightly, with so much faith and positivity, while I was an emotional ball. We tried to be as open as possible about it and that helped, as well as doing a prayer condition together.

**Husband:** The issue was that I went through more than one matching process and my parents talked to others about it. That caused some issues since people were talking to me about my processes which had already ended. When I realised what was happening I specifically told my parents not to share anything about my matching without before conferring with me, no matter how excited they might be about it.

**3. How has the matching process impacted your relationship with your parents overall?**

**Wife:** It has improved it a lot, it made it easier to talk about other things too. Even though they have obviously done so much for me before the matching, that was the first clear step we took together in my life. I feel so grateful, and they seem invested in our couple.

**Husband:** I'd say it helped me learn a lot about my parents, but it has also helped them learn a lot about us. I was the first one to get matched in our family and they had a fair bit to learn. But it actually improved my relationship with them. We talk about more things nowadays as a result of it.

**4. How did you ultimately decide that this is the person you wanted to be matched to?**

**Wife:** Externally: did a fasting and praying condition and got away from everyone but Heavenly Parent (HP) to make this decision. Internally: I felt that HP had put this person in front of me, offered us each other, and was not pushing or pressing for a particular decision. I felt that HP was going to accept and support either choice of mine, because somehow both would have worked out fine. So I accepted it, because the person had not given me any reason to say no, and I felt that we could make it work.

**Husband:** She gave me no reason to say no. And it felt like Heavenly Parent wanted us to be together.

## **5. Is there something you wish you had known, or worked on more, before entering the matching process?**

**Wife:** I wish I had been aware of the challenge of being myself in a matching process, instead of wanting to please others (not with my partner but with his family). Also of the realistic consequences of an international matching and Blessing. I wish we had discussed more the delicate topics that should be discussed during the process, in a place of trust and honesty.

**Husband:** Honest communication. Being truly honest and open in communication with myself and my partner early on would have saved us a lot of pain and misunderstandings.

## **BC's sharing about Life as a Blessed Couple**

### **Blessed Wife**

*Blessed 2009, 3 Kids, matched by TP*

No matter how many relationship books and blogs I read before being Blessed and how long I 'dreamed' about being a loving wife. My husband challenged and frustrated me more than any other person in my life before. Spending so much time together and so intimately, also brings up things we really don't like in each other. When we were first Blessed, I was so scared to get into our first argument. When it actually happened it wasn't so bad, we were both understanding and wanting to resolve it.

What I didn't know is that there are certain issues that come up again and again as a conflict. THIS is where you can start to feel 'stuck' and question your relationship because it seems 'impossible' to get over this issue. It feels lonely and maybe embarrassing to talk with someone else about this but this is exactly the time when you need support. I had a few close friends that were Blessed and I started sharing what I was going through and asking for advice. Learning from them that they also have certain things they continually argue about was such a relief. "Oh wow they go through this too!" It gave me more encouragement to keep working through the difficulties and trust that we were growing closer through them.

When you're struggling alone and not talking with anyone, you only have your own thoughts. Those thoughts can quickly turn into doubts that something is wrong with you or your spouse. When you can talk with other couples and hear their stories, you're reminded that conflict is just a normal part of marriage that everyone goes through – again and again.

**If there are not many Blessed couples you can talk ask your BFD representative to connect you with one of the couples who volunteer as 'caring couples'.**

### **Blessed Husband**

I have been matched and blessed by True Parents in 2005 and I have been happily blessed for more than 14 years but happily does not mean that our lives and our relationship are happy and jolly all the time.

When in 2005, while I was in my 1st year of STF I suddenly felt the urge to go to True Parent's matching and blessing a fight started between my heart and my mind. My heart was telling that I was ready and that it was the right time while my mind was telling that I was not ready, that had too many shortcomings and that I am not ready to be a good husband. The only way I could finally reconcile my thoughts and feelings is by admitting that I was not ready to be a good husband but that I was ready to commit to become a good one and to make the relationship work no matter what. Right after getting matched and blessed I felt very happy because I immediately felt accepted and appreciated by my wife. But I felt that I really needed to work on myself in order to be ready not only to be a good husband, but the great husband she truly deserved. So I decided to do a 2nd and then 3rd year of STF to keep working on my faith, character and relationships. This is really something that helped so much in really being ready to create a harmonious relationship with my wife.

We actually only started living together 2 years and half after the blessing while doing public mission. Even though we had a great relationship it was definitely not easy but it was a great way to start by truly living as a couple for a higher purpose. When you start living together and you don't focus on a higher purpose than your couple, the danger to focus only on your problems if things are difficult or to only focus on your own happiness if things are going well. Having a higher purpose to focus on can be a motivation to resolve problems in the couple or can be a way to make others benefit of the love and happiness you share as a couple. I really believe that living the blessing is combining the best aspects of a traditional marriage which are commitment and higher purpose and the best aspect of a modern marriage which is a deep, harmonious and fulfilling love relationship.

After STF we started living together and had more time for romance and developing our relationship as a couple and we had beautiful romantic wedding 5 years after the Blessing. I also went back to my studies, started working, got involved in CARP and we had our first two children. After a while all these different responsibilities and activities were too much for me and I stopped being actively involved in CARP and the movement. Also in this very busy day to day life I completely stopped taking time for myself to reflect, receive inspirations, pray, set internal goals and keep improving my character like I was doing on STF. This started to affect my priorities and I started to focus a lot more on career success and income than family and community. Luckily our faith and relationship as a couple was solid and truly committed to go through this challenging period of time.

I was struggling with addictions and at one moment I experienced a burn out because of working too much and it is my wife who helped to go through this difficult time by sharing deeply and honestly with her on a daily basis. After a while I got better, I started working less but we kept our daily personal sharing as a tradition, and it deepened our relationship as a couple tremendously even though we had been blessed for 10 years already. We started to take more time together as a couple by asking our parents to take care of our young children and this was very important to keep a romantic and loving relationship once you have children. We always had a good relationship despite disagreements and



tensions that come on the way and one of our most important practices was to always resolve our conflicts quickly. I never thought that our relationship could improve so much and we could so much in love even after many years as a couple.

When our 3rd child was born I even reduced more my working hours in order to spend more time with family and the church community. I started to take time again to deeply reflect and work my personal development and since then our relationship went to a whole other level and I realized how much I had forgotten about the importance of working on yourself and focusing on a higher purpose in order to improve your relationship. When you feel more at peace on an individual level it is just so much easier to be emotionally grounded and stable for your spouse and children. And when you focus on a higher purpose you don't focus too much on you own problems, you have a higher motivation to overcome them and especially you experience the fulfillment of helping others.

## **Blessed Wife**

*Blessed 2004, 3 Kids, matched by parents*

The way i see it to be a blessed couple is like a journey.

I guess when I was blessed I was rather naïve what it means to be a Blessed Couple and I had some strong Ideas and concepts about what it means to be a couple. Not very healthy ones though. My biggest references were Hollywood movies which are not really showing accurate relationship views. So it was a bit of a surprise after a while to see that not everything is happy joyful butterflies all the time. But it was all comforting to realize that every couple actually goes through up and downs and that I am not the only one with problems. And that sometimes we need help from someone else who helps us to work through stuff.

I guess what I learnt after more than 15 years being blessed and having a few kids is that communication is a big key in a marriage. It's still not very easy for me to communicate since I came from a family where this was not practice. Communication is a bit of simple word but I am more talking about to share your heart and feelings with someone and to allow differences in opinions without feeling hurt towards each other.

One other key point is patience and not giving up to easily. Sometimes it takes time to work through things and sometimes one person in the couple just needs time and space to work on it by him or herself, nothing should be forced or pushed and this is also what I had to accept.

We have to try to understand each other's heart, situation and background where one comes from. I also learned unfortunately in many difficult ways that I cannot change another person. But the only person I can change is myself and how I see and accept things and that love is the only key to move someone else's heart.

One big support or consistency that helped me a lot, accept other people, is to have a healthy spiritual life. Connecting daily to God and reading of TP words just gave me a lot of support and strength to stay positive even though circumstances were maybe tough

in my own relationship and family. Sharing with God honestly about problems gave me strength and I realized solutions and help was always around and on its way. Overall it made me connect on a deeper level to God and TP and that I am grateful for.

Being a couple means to constantly investing in each other. And more than once I realized that love has to be in the center than there is space to evolve.

## Testimonies from Parents

### Parents 1.

**How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

For our first child we did not so much preparation, for the second child we went through the Blessing Handbook to understand what were my sons desires and goals. We came to a common understanding. We also did a condition together.

**What tools did you find helpful in your task to find a partner for your child?**

Reading the Family Matching Handbook was very helpful but otherwise I just communicated with friends and other leaders to find a good match. I didn't feel comfortable to put my son's picture on the website.

**What were the main challenges you experienced when matching your child?**

My first son was matched by True Father and very obedient. My second son was very opinionated and immature at first, so it was difficult to communicate effectively. I found it difficult to decide if he was really ready and also difficult to have patience in him.

**Do you have any advice for parents who are preparing to match their child?**

You need to communicate well. Also I suggest using a Matching Supporter is very helpful because it avoids the emotional baggage that we all have with our own children. Also be patient and make sure they receive lots of education from the official channels so they can understand the importance of the Matching process and the Blessing.

### Parents 2.

*Mother of several Children and ... she matched successfully and some of them have already children themselves now*

**How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

We as parents made a 40- day prayer condition as a basis for the whole matching process. At the same time we watched our daughter/son closely in her/his final high school examinations and finding the right study course for her/him. So that her/his head would be free for finding a partner.

In the same time period we went together to three different blessing workshops (one in English language, two in German language).

### **What tools did you find helpful in your task to find a partner for your child?**

Attending our first PMC in Europe was very helpful, especially the testimonies of other parents and the international atmosphere of the event.

There was so much information that there was hardly any time for finding a partner. But we went again and then there was more time as the lectures were already familiar and the head was free for looking for a profile.

The international Matching Website is very helpful, once you get used to using it in the right way. Sometimes I wished for a better introduction of using it. We as parents are the older generation and not necessarily familiar to use the computer programs efficiently.

Getting help from a matching supporter gave some hope not to give up! And reading the Family Matching Handbook (US) was really helpful, as to read a book is easy and you can study it, whenever there is time to do it. There were many questions, I did not think about myself.

Other tools I used was that had a look at the birth horoscope. Just to get some basic orientation about the question, if the characters would fit.

### **What were the main challenges you experienced when matching your child?**

My main challenge was to overcome my own attitude of being too proud of asking others, what they would think about my child. Not fulfill the own dreams and goals, but to really look, what is best for my son or daughter. It was like learning to look through their lenses.

### **Do you have any advice for parents who are preparing to match their child?**

Not to give up so easily. The process needs to be shared among the parents (father and mother) and to find the same point of view is sometimes really challenging. Talking with other parents, how they did the matching was very helpful. Also to use the own network in the community or of the nation was helpful to us as parents. We as 1st Generation have friends abroad and we can ask their advice as well. There is always the option that they know someone? I regret not having that done enough. Unfortunately we kept looking for a partner for our children too much to ourselves. This I would do differently nowadays.

## **Parents 3.**

### **How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

One of the most important preparations was to attend a Blessing workshop with my child. This helped us also to communicate well about expectations, wishes and needs.

We as parents also made prayer conditions and spoke often with our child.

**What tools did you find helpful in your task to find a partner for your child?**

We attended several Parents Matching Convocations and a Blessing Preparation Workshop together.

We used the international websites ([www.bfmatch.org](http://www.bfmatch.org), [www.blessing4u.org](http://www.blessing4u.org)) and read information on the European website [www.bfedeu.org](http://www.bfedeu.org).

We referred to the Family Matching Handbook (US) at times.

**What were the main challenges you experienced when matching your child?**

The first challenge was to find a candidate we felt good about. Twice this happened in unexpected ways and not over the website although that was the method we planned to use.

A great challenge was after we had chosen someone and felt this could be a good potential match, not to put pressure on our child to accept our suggestion just because we had a good feeling and hoped it would work out. We noticed the children feel pressure from our expectation and hope and don't want to disappoint, wanting to please their parents. We found it is however of utmost importance that the children feel good with the match not us! And it is important to reassure the candidates that it is ok to say no, Not too easily throwing away an opportunity but if after sincere effort they feel no then they should have the space to be able to say that.

**Do you have any advice for parents who are preparing to match their child?**

Don't try to rush it, don't be disappointed if it doesn't work out right away. Pray for God's guidance and believe in your child's wisdom.

We also always talk to the parents over Skype before introducing the children to get a feeling for the family,

**Parents 4.**

**How did you, as parents, prepare yourselves before starting a matching process for your child? And what kind of preparations did you make together with your child?**

When our children expressed that they were thinking about matching, we decided on some conditions that we (father, mother and child) could do together every evening. Usually we chose a short prayer condition plus a reading condition using a variety of books on topics related to matching and Blessing. We usually started with the "Family Matching Handbook" and then True Fathers speeches, but we also read other books, such as: "Real Love in Marriage". We continued with this condition for about a year or until the time when our child felt he/she understood enough and was willing for us to start searching for a partner.

During this time, either my husband or I, would attend a Blessing Preparation workshop together with our child.

As a couple, we came to realize how much our relationship influences the view our children have towards the Blessing and married life. So we also felt pushed to develop and go forward in our own relationship.

We tried also to spend some extra “quality time” with our child – going out for a walk or to a coffee shop together so we could talk more deeply.

**What tools did you find helpful in your task to find a partner for your child?**

It was useful to attend the PMC so that we could understand the different methods to search for a partner and to give us the confidence to start. It was also useful to hear the testimonies of other parents.

Attending the Blessing Preparation workshop together with our child gave us a better foundation to discuss matching with them.

The international matching websites are helpful, however in the end we only used it for one of our children.

**What were the main challenges you experienced when matching your child?**

For us it was not so difficult to find a partner but it was challenging to guide them through the process. If problems came up (for example: the child had doubts etc.) we, as parents, tried to keep a vertical and positive attitude and not be influenced by negative thinking.

It is very easy for the two candidates to get too close to one another during the matching process, therefore it is important to be able to motivate and support them to maintain a brother-sister relationship until the time of the Blessing Ceremony.

**Do you have any advice for parents who are preparing to match their child?**

It is not an easy task to match your child. Although God is with us, we still meet many challenges and situations that will stretch our hearts.

As parents we are very eager to see our child matched and Blessed, however we must be sure that he/she is really ready and mature enough to take on the responsibility of becoming a couple.

It is not always that your child understands what kind of person would be good for them. First impressions are not always correct. Encourage your child to look at a possible candidate from God’s viewpoint and to understand what God wants for them. Many candidates are looking for “the person that will fulfill my dreams and make me happy”, instead of trying to become “the person who will fulfill my partners dreams and make him/her happy”.

# HDH

Here you can find HDH that can inspire you daily, which helps you to reflect and grow towards your way to the Matching and Blessing.

## **True Family: Gateway to Heaven**

**Sun Myung Moon**  
**January 2009**

A little booklet of excerpts from Cheon Seong Gyeong about living a life of true love and family as the school of love.

[Read the speech](#)

## **Ideal Family and Ideal World**

**Reverend Sun Myung Moon**  
**June 6, 1982**

True Father's guidance to matched couples preparing to go to the Blessing. He shares a lot of practical advice on what an ideal husband wife relationship is and how to create that as a Blessed couple.

[Read the speech](#)

## **The Path of Life for All Humankind**

**Hak Ja Han Moon**  
**World Tour 1999**

A simple speech about God's love for human beings and God's vision for how every person should be born, grow and live a life of love.

[Read the speech](#)

## **Textbook Of Love**

**Reverend Sun Myung Moon**

**February 5, 1984**

True Father speaks about love in general and towards the end directly about love and the Blessing.

[Read the speech](#)

## **The Greatest of All Is Love**

**Sun Myung Moon**

**March 20, 1977**

A practical speech where True Father gives many examples of true love and false love. He also explains the differences between men and women and how to harmonize and create a marriage of true love.

[Read the speech](#)

## **Prayer at Blessed Children Matching**

**Sun Myung Moon**

**November 2009**

True Father's prayer and wish for Blessed Children to inherit the tradition and understand God's heart towards the Blessing.

[Read the speech](#)

## **Become Like Pure Water the World Needs**

**Hak Ja Han Moon**

**July 22, 2014**

True Mother's advice directly to young Blessed Children about understanding the value of Blessed Children to the world.

[Read the speech](#)

## **Change of Blood Lineage; The Real Experience of Salvation by the Messiah**

**Sun Myung Moon**

**October 13, 1970**

A very serious speech by True Father explaining the deep history of how God has worked to bring the Blessing to the world. It is a helpful speech to understand the value and heart behind the Blessing and lineage.

[Read the speech](#)

## Love and Restoration

**Hak Ja Han Moon**

**October 1, 2013**

A serious speech from True Mother about remembering core of everything we do is to give and about how she is educating Blessed Children.

[Read the speech](#)

## Heart

**Sun Myung Moon**

**Circa 1973**

A short speech where True Father gives different examples of what God's love is and the mindset we need in order to love the way God does.

[Read the speech](#)

## Practice Love for the Sake of the Whole

**Hak Ja Han Moon**

**December 12, 2012**

A short message from True Mother to Blessed Children about their responsibility to create their environment and world they want to live in through witnessing.

[Read the speech](#)

## The Origin of Peace is God

**Hak Ja Han Moon**

**September 2002**

A longer speech from True Mother about how to live life centered on God and why this is the only way to experience true peace and happiness in our own lives.

[Read the speech](#)

## The Importance Of Prayer

**Reverend Sun Myung Moon**

**April 15, 1979**

A practical speech where True Father talks about the strength that prayer gives us to keep our commitment and to keep close to God during times of difficulty.

[Read the speech](#)



## Challenge and Victory

**Sun Myung Moon**

**Circa 1973**

A shorter speech from True Father about not fearing challenges but seeing them as a way to grow. Even though he doesn't talk directly about the Blessing, this mindset is important for life as a couple.

[Read the speech](#)

## The Greatest of All Is Love

**Sun Myung Moon**

**March 20, 1977**

A practical speech where True Father gives many examples of true love and false love. He also explains the differences between men and women and how to harmonize and create a marriage of true love.

[Read the speech](#)

## Let Us Be Grateful

**Sun Myung Moon**

**June 18, 1978**

True Father talks about the beauty of life, the power of gratitude and understanding our self-value.

[Read the speech](#)

# Appendix



# Workshops Related to Matching and Blessing

**Blessing Preparation Workshop** for Children and Parents are held 2 or 3 times a year. It is a required condition. It is recommended for parents to attend a Blessing preparation workshop together with their child. This gives them the possibility to get to know other parents and their children and to connect to European Matching.

**24+ Matching Preparation Workshop** is held once a year.

This workshop provides personal support for both parents and the candidates over the age of 24 years, who are looking to be matched. The goal of the workshop is to give you the internal input and practical guidance to move forward in the matching process. It is suggested from the BFD for personal guidance.

## **Parents Matching Convocation (PMC)**

This workshop is specially designed for parents to provide helpful guidance for matching their children. During this workshop there is opportunity to connect and share with other parents and to look at profiles of possible matching Candidates.

# Difference Between Applicant and Candidate

## **Applicant:**

An applicant is someone who is in the process of applying for the Matching or Blessing. This person did not full fill all the requirements to go to the Blessing yet.

## **Candidate:**

A candidate is someone who has completed the full Blessing Application and has submitted it to our office through the website [www.blessingapplication.eu](http://www.blessingapplication.eu).

He or She will be displayed and show as “Candidate” on matching websites or other displays.

# What Is a Matching Supporter?

We have established a wide network of Matching-Supporters in many countries. They will help you to find a possible candidate for your child and assist you during the matching-process. A Matching-Supporter can recommend to parents a possible matching-candidate. The decision to accept the proposal or not, still remains with the parents. If the parents are able to accept the proposal, the process to get to know the family of the proposed candidate can start.

- Matching Supporters are available to support a candidate and their family through the matching process.
- In Europe we have established a Parents Matching Support Team with at least one Matching Supporter in each major nation.
- We are in regular communication with each other and are developing a good overview and understanding of the situation and challenges facing European families who are in the process of matching their children.
- We are in contact with Matching Supporters from other Regions in the world
- We are also involved in national and European workshops for Blessed Children candidates and their parents.

## Overview of Matching Supporters in Europe

### **A Matching Supporter can:**

- Help families to understand the guidelines and procedures involved in the matching process.
- Support families and candidates in their preparation to start the matching process and make a matching plan.
- Help to find, fill in and submit all the necessary forms.
- Help candidates and families in the process of finding other candidates.
- Act as a mediator between two families.
- Help research the situation of someone suggested as a possible match.
- Support families during the introduction and communication process.
- Encourage and support families to develop their network.
- Mediate with the Blessed Families Departments in other continents.
- Support families – who have tried, but do not seem to be getting anywhere.
- Answer any questions you have about the matching process

- Support and attend Parents Matching Convocations and Matching and Blessing Preparation workshops as staff members.

See the list of European Matching Supporters [Contacts](#).

# International Blessing Website

Matching applicants and their families may choose to use the International Matching Website to assist them in their search for a spouse. Please note that this is not a mandatory part of the matching process but is an optional tool intended to assist families in their search.

You can find the International Matching Website here: [www.blessing4u.org](http://www.blessing4u.org) or [www.bfmatch.org](http://www.bfmatch.org)

The candidate is able to register on both websites and create a personal profile. (Please refer to the matching website for further detailed instructions). After the candidate has been approved, the parents will receive a password and will be able to view the profiles of other candidates.

**Please remember that signing up for the matching website is a separate process and does not replace the official Blessing Application at [www.blessingapplication.eu](http://www.blessingapplication.eu).**

If you have questions regarding the Websites feel free to contact our webmaster Doreen Waldmann at [webmaster@esgd.org](mailto:webmaster@esgd.org)

International Matching Websites for Blessed Children

[www.blessing4u.org](http://www.blessing4u.org)

[www.bfmatch.org](http://www.bfmatch.org)

## FAQ on the International Matching Websites

At the moment we have two international matching websites for Blessed Children. Both Websites are developed by the international BFD. We recommend registering with both Website. Some Regions are only represented in one of each Website.

Please keep in mind when the candidate registers on the website, it is important to introduce the candidate well, to upload proper pictures and to answer truthfully about the current status. This first impression and introduction is very important for other parents so we strongly recommend not to rush through the answers but to take some time and to think about how to introduce the candidate in the best and accurate way. It is important to be truthful if someone was blessed before or the candidate has any health issues. In

the case for example that you don't want to talk about the health situation publicly, you should mention that the parents should be asked about it.

Website [www.blessing4u.org](http://www.blessing4u.org)



### **How do I get a login to blessing4u?**

The Candidate should go to the website [www.blessing4u.org](http://www.blessing4u.org) and create an ID and password. The candidate should fill out personally all the section.

### **How do we get the parents' password?**

Your child's profile on [blessing4u.org](http://blessing4u.org) must be complete. This means that all fields must be filled out, all the questions answered in the 'blessing information' section and at least one personal picture must be included. After your child completed the profile please inform the webmaster so she can send you the password at [webmaster@esgd.org](mailto:webmaster@esgd.org)

### **How does the parent's password work?**

After completing the profile the profile will be change to "available" to be seen for other parents. At the same time you will receive the parent's password. To use it you need to login with the ID and password of your child go to search and list and you will be asked for the parent's password.

### **What do I do if I am in contact with someone?**

Please change your profile setting to "not available" or "close" your account.

### **Why is the parents' password not working?**

The most likely reasons are that your profile is still on "close" or you misspelled the password. From time to time the parent's password gets changed; in this case please contact our European webmaster at [webmaster@esgd.org](mailto:webmaster@esgd.org)

### **What is the meaning of "open / close" and "not available"?**

You have the option to change your account settings to "close" or "not available".

In the "close" setting, the profile cannot be seen by any other candidates and you can no



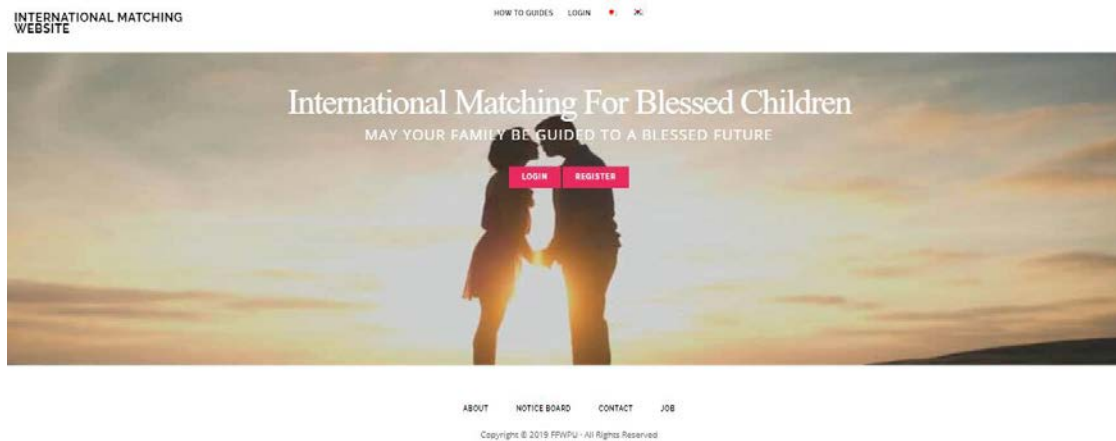
longer search for other candidates.

In the “not available” setting, the profile will be shown as pink to other candidates, indicating that your son or daughter is currently not available, but you can still search for other candidates.

### **Whom do I contact if I have a problem with my Child's profile?**

Please contact our webmaster: [webmaster@esgd.org](mailto:webmaster@esgd.org)

### **Website [www.bfmatch.org](http://www.bfmatch.org)**



### **How does the Website work?**

On this matching Website both parents and children have to create a separate user account

### **When can I see the other candidates?**

First of all the profile has to be complete from the candidate than it will be changed to available and can be seen by others. After that the parents profile will be unlocked as well and parents have the opportunity to look for other candidates with their profile.

### **What do I do if the “search” is not working?**

The Website is new and still in development, please be patient

### **Whom do I contact if it's not working?**

Please get in touch with our Webmaster Doreen at [webmaster@esgd.org](mailto:webmaster@esgd.org)

# Contact



# Contact Information and Links

## **EUME BFD - European and Middle East Blessed Family Department:**

[www.bfedeu.org](http://www.bfedeu.org)

Facebook: BFD Europe

[bfed.eu@gmail.com](mailto:bfed.eu@gmail.com)

## **Blessing Application for EUME Blessed Children:**

[www.blessingapplication.eu](http://www.blessingapplication.eu)

[blessing@esgd.org](mailto:blessing@esgd.org)

## **International Matching Website:**

[www.blessing4u.org](http://www.blessing4u.org)

[www.bfmatch.org](http://www.bfmatch.org)

[webmaster@esgd.org](mailto:webmaster@esgd.org)

## **EUME European Second Generation Department (ESGD):**

[www.esgd.org](http://www.esgd.org)

Facebook: ESGD

[generations@esgd.org](mailto:generations@esgd.org)

## **East Region Blessed Children Department:**

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## **EUME BC Blessing Dept. Committee**

(This team works with the BFD to support Blessed Children and their parents to prepare for the matching and Blessing)

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Design: Jennifer Zahora

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