
Tears

What do we Unificationists visualize when we go into the depths of hell? Visions of Heaven? Perhaps. Living between hell and heaven is extremely difficult and demanding. On one side we may feel that God is very near and we gain more self-confidence as we deepen our trust in Him. That gives us strength, and the desire not to give up becomes increasingly greater. But we also know that Satan is just as near. And freeing ourselves from him is an on-going battle. But tears will always break through any wall or facade we erect which separates us from God.

During my first two years as a pioneer, I was all by myself. I was so desperate to share the Principle with people, I willingly went into hell. I shed tears many times, but all the while I kept one thing in mind. I knew that my God was beside me and that He cried along with me. True Father feels what God feels, and Unificationists should empathize with True Parents. That harmony, that balance, is beautifully distributed when we mutually shed tears—tears that purify and cleanse this fallen world. Tears that gently bathe the hearts of those wounded in combat with Satan. Tears that wash away the stains as a result of Satan's tyrannical rule. We must realize that Satan also lures us into hell and once we are trapped and cry in agony, he simply laughs. But tears are an incredibly powerful weapon. They have the magic capability of loosening those chains that still bind us to him.

When your insides ache so much that you feel as if you will physically burst, you know the tears you shed are real.

Many people have been educated to think that no matter how deep their pain, men should never cry. This concept is so distant from the true nature of our Parent, God. What those people fail to remember is that even such a great man as Jesus wept.

Our Father explained that he had a similar reaction when he looked down Fifth Avenue in New York City. To him, that scene symbolized the situation of people in other cities throughout the world. A great many individuals in secular society see their lives only in terms of how rich they can become and how extravagant their lifestyle can be. They use their power to wield influence and make themselves seemingly great. Just as Jesus saw how Satan was behind the leading people of Jewish society of that time, Father saw how Satan lurks in the lives of the rich and affluent people of America. He saw how sneaky Satan has been in so many countless ways. And he cried.

The most formidable thing anyone can do is to shed tears—not for

himself, but for God and humanity. Selfish tears are satanic, but tears shed on behalf of mankind are divine.

Father has told us that the ability to shed tears is actually a blessing from God. And he encourages us to develop expertise in it. True Parents certainly do not attach the stigma of sissiness to the shedding of tears, but tell us how noble it is to shed tears for humanity.

Prayer can be a great battle, for it can be the forefront, where we are able to shed tears for others. In order to break through in prayer, it is necessary to drive out all the satanic forces. But we invite them when we cry tears for ourselves. According to my experience, one of the best ways to disperse those forces is to shed tears for someone else.

Sometimes your emotions can overflow—in either a positive or a negative way. When that happens, it is possible that tears will flow. At times our emotions are so supercharged. When the pressure becomes too great, it is like our system becomes overloaded and a fuse blows. But if it weren't for our tears, our whole system could burn out. Shedding tears then is a most healthy thing—granting physical, spiritual, and emotional release. Whether your tears are due to sorrow or joy, they actually help regulate your entire system.

For thousands of years God could not cry because there was no one to whom He could totally relate. His heart was wounded and He sustained tremendous anguish; He *needed* to shed tears. But then as now He needs to release them through mankind. Throughout history God tried to express Himself through a number of people—those who were in tremendous travail, and those who had to overcome many obstacles. Yet the relief He felt from their tears was slight, for God actually needs to cry through perfected man. It was not until Jesus cried over the plight of Jerusalem that God's tears were unbridled and could finally become visible.

But the heart of God has been truly manifested through the tears shed by Father. He instituted the motto, "Shed tears for man, sweat for the earth and blood for heaven." In light of God's situation, we can see how that was a longing which came straight from our Heavenly Father's very soul.

What does it mean to "shed tears for man?" To comprehend this, it is essential to understand God's plan and to empathize with both God

and mankind; one way to do this is to shed tears for others and pray that their spiritual blindness be lifted. Even through their tears, they must be able to see clearly the path leading home to Him. Father has told us that restoration can only be accomplished through indemnity; tears can pay such a price. They are a means we can use to speak to God; they are a way which help us to see the world's problems in perspective.

Yet this has not fully been understood by Christianity or any other religion. In fact, a great number of people are under the illusion that those who shed tears are weak people. But they harbor a false concept. God needs a vehicle; God needs eyes to cry through. We are created in His image and He thus can feel His pain through the human heart.

Is it a surprise that God needs people? God has found the outlet to express His sorrow through the True Parents. Even though His son Jesus cried, Jesus did not talk directly about the suffering heart of God. He talked about God as the loving Heavenly Father who stands with outstretched arms to receive us. He talked about God being the one who goes after even one lost sheep. But it was not until Father expressed something more about the nature of God that mankind could learn that one of the most effective ways to apply a soothing and healing balm on the heart of God was through the shedding of tears. Father taught us by example. We may have personally witnessed how the eyes of both True Father and True Mother have become wet in prayer, but it is only God who knows the number of oceans their tears have formed.

When you pray, pray with tears. Do tears bring us salvation? What does shedding tears actually do for the Africans, the Afghans, the Papua New Guineans, the Chileans, the Tibetans, and the countless other peoples throughout the world? It brings us closer to them and brings them closer to God. When God sees how your heart travels beyond its own boundaries and sincerely sympathizes with their heartache and pain, He is overcome with joy.

Father brought us a new and quite shocking revelation: God has a heart. God feels sorrow and needs to cry tears. No one else knew to what extent God has suffered. It was Father who pulled back the curtain which previously shrouded the suffering heart of God. No one else has ever been able to uncover this great secret. Satan has done an excellent job keeping it from mankind. Some people *still* think God doesn't need our love, and doesn't need us. But they are mistaken; Father found out otherwise.

For God to manifest His sorrowful heart through tears, He needed

a person who could understand Him totally. He needed loyal children of filial piety. And He found just such qualities in the True Parents. It was through them that He could finally break the dam that had been holding His tears in check. And it was through them that He could finally feel a true release of His emotions.

Tears are a relief valve; if you cannot cry, what happens to the pressure inside of you? It has to do something, but if it is not released, you may become so knotted up inside that you get ulcers. When people are not able to cry, they might even become sick. Women don't usually have such a problem with this; their tears are much closer to the surface. The masculine part of God and even the feminine aspect of God, had to hold back the tears which of their own accord nearly spilled during countless scenes throughout history. But God could never reveal this part of Himself until the emergence of True Parents; previously, there was no one who could feel His heart completely.

Tears come when the heart is moved. We basically cry out of love or sorrow. Tears that well up in our eyes are an expression of something that goes on inside. But some people cannot even force out any tears. They feel miserable and may cry on the inside, somehow unable to oblige those tears to reveal themselves. Even if this is the case, it does not constitute a good excuse for not shedding tears. If we allow God to touch our heart, there is no way that we could help *but* cry.

Man is constructed in such a way that when his heart feels certain waves of emotions, his physiological chemistry prompts him to react in a particular way. His feelings are emancipated, and often come out as tears.

Even when we don't pray an extraordinarily meaningful or deep prayer, our eyes should become wet. The moment we connect with God, our eyes should begin to glisten with tears. Tears can even fill our eyes when we say grace before a meal. If we connect with heaven, we touch the energy and love of God. Just a split second is often enough to do this. We cannot necessarily define whether we shed tears out of sorrow, or happiness; we are simply overwhelmed because God's heart touches ours.

What happens when someone hurts your feelings by saying a nasty or uncalled-for comment? Do you cry? Even in your moment of pain, the

best thing is not to cry for yourself, but rather for the person who wounded you. If somebody unknowingly or even knowingly hurts you, he must be rather coarse and not very well educated in terms of sensitivity. Have compassion for him. Satan still has control of the citizens of this world and has abused their emotions and hearts. He has twisted the minds of many people. He is the one that often offends and insults you—through them. Is it possible to remember that when you are hurting? If you can, you won't so easily shed any tears for yourself. But even if you cannot fight back your tears, quickly relate them to the rest of the world. You will receive benefit if you offer them to God. Try recalling the countless times He has been offended and insulted by things we have said to Him. Remember too that it is the times we were silent and said nothing to Him that also caused Him heartache.

Tears are great tension relievers. Tears always indicate that some emotion is stirring within our heart. If you sweat and sweat for the fulfillment of God's will but do not shed tears, your hard work has little meaning. The same is true for any blood you shed. Blood, sweat, and tears are most effective when they blend together.

Father's eyes are never dry when he prays. He sheds tears to alleviate the burden of God and console His heart. He sheds tears to take away sin, to become a mediator between God and humanity, and to proclaim that at last His sorrow is understood.

There are three basic kinds of tears. One kind derives from longing for God. Another kind is shed out of repentance. And the third comes from the joy of being granted God's forgiveness and subsequent grace. At one time or another, all of us should shed each kind of tears.

I cannot understand how anyone who has an active prayer life and is intent on coming closer to God, could *not* shed tears—no matter what variety. Every person should at least be able to shed tears of longing for God. A person's longing may become so great that he is desperate enough to let those tears escape from their hiding place in his heart. If he laments at seeing how those around him are able to break through and meet God, but he himself is unable to do so, he just *has* to cry.

Whenever you meet God, your heart is moved and tears are near. His

presence naturally evokes this reaction. If you never met God, you may not know what an amazing experience this is. You may not yet know much about the nature of tears. But I can testify that one moment it is possible to cry out of joy, the next out of sorrow, then from the longing to come even closer to God—tears ever flowing like a circle. But it doesn't matter how or why those tears were freed; they will eventually end up in the heart of God. That is the reservoir which collects all our tears.

Tears bring freedom and peace. Unloading your heavy heart brings such release. When you shed tears, you can become spiritually free. Tears are the catalyst in the relationship of give and take between the spirit and the body. If you shed tears, you might even become more physically healthy. All the pressure goes—mental pressure, spiritual pressure, and physical pressure. Meeting God in tears operates a certain release valve. After a deep talk with Him, we naturally feel much better. It is our confession to Him, especially when liberally sprinkled with tears that well up from our heart, that uplifts and allows us to gain more self-control.

Those who practice confession in the Catholic Church may find it a burden, but some of them also discover how free they feel once they develop the desire to go to confession. They feel their tremendous burden is lifted when they share it with someone else. It is when it becomes only a habitual duty that it loses its value. But even now, if something bothers you, you are able to feel free once you reveal it to a person you trust. You have to speak up. You have to give that burden to God and can do that by expressing it to the central person. When you do, you will feel liberated. Repentance brings relief and spiritual emancipation. And repentance is best when accompanied by tears.

Why is Father so serious? Why does he so often speak about tears? Father tells us that restoration history is soaked in tears—God's tears, True Parents' tears, and the tears of mankind. Therefore if we find that we are incapable of shedding tears, there must be something wrong inside. Sometimes people say that they have difficulty shedding tears unless they feel sorrow deep within their hearts. Yet they say that they *can* shed "dry" tears of empathy for people. But dry tears are not true tears. There is a definite interrelationship between the physical body and spiritual body. If you experience something that makes you sorrowful, you usually cry in sympathy or empathy.

Unificationists are the people called to shed tears for humanity. We are

the mediators, the representatives of mankind—past, present, and future. People in the Old Testament Era gave animals and vegetation as offerings, people in the New Testament Era offered their lives, but God is asking us who live in the Completed Testament Era to make an offering of heart and love. That is the requirement to meet God's standard, and one complement to that offering is a generous supply of our tears.

It is natural to be emotionally empathetic when you see another person cry. Your heart is touched when you see a child, or even an adult just break down in tears. You may not even know the person, but nonetheless you are moved. You want to help, even though you may not know what to do or what to say.

Tears are a great weapon; they make people think. They bring out emotions. When you witness to people, witness with tears. They won't know what to do; such an experience will seem completely overwhelming to them.

Tears are powerful. They cleanse and they wash away impurities, but not just the dirt within ourselves. We can heal others by shedding tears for them, and especially in *front* of them. And even if it takes a bit of time, their hearts will respond somehow.

People with stronger and developed emotional sensitivity are touched more easily. For example, the sweetness and innocence of a little baby may make some people cry. The nervous system can easily react to a spiritual experience. You see something or someone with your eyes, and your brain registers this picture. Then your emotional system is given a command. The reaction can be tears, laughter, even tension, depending upon what you are experiencing.

We all have feelings, and those feelings need to be released. When we think of True Parents and the suffering course they have walked, we cannot *but* be touched by how significant their lives are to God and to humanity. When we realize this deeply, tears come almost effortlessly. But if you are superficial and don't look deeply enough to perceive certain things, how can you cry? Your heart will stay stone cold and you will be untouched even by tremendously moving scenes or events.

Once we become one with the heart of God, we will understand the •
sorry predicament of this world. We will understand God's situation and why He has to shed tears. We will more acutely perceive why all mankind

today sheds tears of sorrow, and why this was also the case for many religious people throughout the centuries.

Leaders who do not shed tears have a weak relationship to God. This may sound like quite a harsh or unjustified generalization, but I think if someone really feels responsibility for others and for humanity, he cannot *help* but shed tears. The closer we come to God, the more automatically our tears will be released.

Some literature portrays a number of musclemen as heroes of sagas. These men might have had big rippling muscles and waved a sword or gun, but at some time during their lives, even these pillars of strength shed tears. Their emotional outpouring may have given more credibility and humanness to their characters. We can be a hero during this period of history. One way to make our own character more believable is to be tied to God with unshakable devotion. And we can share the Messiah's great task of washing clean *the* heart of humanity by shedding tears with him.

During this chapter of God's history, tears of joy and happiness are interwoven with tears of sorrow. God has suffered throughout all of human history; He has shed a multitude of tears, but since True Parents accepted their mission, He is also able to laugh and be joyful. He is happy when He sees His children working so diligently on fulfilling their course of personal restoration, but becomes saddened when He looks at others who have not yet chosen to walk the path toward perfection.

When we feel the heart of God, we are naturally tossed by inner turbulence. We are filled with joy when we see people close to God, and become disheartened when we see people who are still far away. And the tears that come as a result of such emotions, are sweet ones to God.

If a person pours out his heart to you, and you then watch tears run down his face, you are confronted with elements of his suffering. What should you do? Since the person touched your heart, you can cry along with him and by doing so, help carry his burden. If you really have compassion for the person, that in itself is a healing power.

The same is true in our relationship with God: we heal His heart when we cry along with Him. Father tells us that no spiritual advancement can come unless we shed tears along with God. If we have compassion for God, True Parents, and our brothers and sisters, we naturally agonize with them. And when we do this, those on the receiving end are relieved.

It is therefore unthinkable to pray deeply with dry eyes. If you cry tears

with God, then you share the suffering He bears. When two people shed tears together, each of them has to carry only half the burden and feel only half the anguish.

God is much like any of us; He is our Father. And His heart is very similar to our own. He has the same emotions, only deeper and broader in scope. To console the heart of God entails feeling along with Him and shedding tears together with Him. Whenever we shed tears, God also sheds tears. If we feel the suffering of the world deep within our heart, that is exactly what God feels. But too often we are so timid in our prayers and in our activities that we do not reflect the ability to carry God along with us. If we want to feel as God feels, we need to act with the same kind of confidence He has. Yet if we only scratch the surface, we will never know what makes God or the world tick.

There is nothing wrong with, and nothing immature or childish about, shedding tears. In fact it is the best, most mature thing any of us can do. When we do so, in essence we express that we feel sadness along with God as well as empathize with humanity. Very few among the billions of people in the secular world have the capacity to share tears with and for others. It is something extraordinary, something unusual, but it is also a wonderful ability. There is no need to be ashamed of showing your heart and your feelings by shedding tears. It is actually a sign of a strong character.

Men too should cry. *All* of us should pour out our emotions. But be sure that what is released are not just *your* emotions, but also *God's*. Once we reach perfection, we will most definitely feel the heart of God. We will understand more about the world. Our physical and spiritual senses will then perceive what is going on in the hearts of others, and that in itself will make us act much more parental. But if we never break through to reach perfection or go through this process of discovering the vastness of the world of heart, or are never able to connect and totally unite with the heart of God, how will we be able to feel the ecstasy some people enjoy even now? We

- have to train ourselves in deepening our hearts and emotions or we will never be able to experience true joy and happiness—God's variety.

For all the good feelings we experienced in the past, we have to recognize that they actually stemmed from Satan's brand of love and are just a cheap substitute for the real thing. But real joy can be experienced after shedding tears for God and humanity.

Although it may be a revelation to some people, shedding tears in repentance before God is a cleansing process for the soul. Some of us have

not yet discovered who we are. Some of us cannot shed tears. Some of us are blocked in innumerable ways. But if we don't release these pent-up emotions, how can we ever experience the true joy that also comes from God, the joy of grace which follows shedding tears? How can we ever become totally involved with healing the hearts of our brothers and sisters if our tear ducts remain dry?

If you want your eyes to shine sometimes, make sure that you clean them out. But don't try to use window cleaner. The process is an internal one; you can wash the windows of your eyes only by starting to cleanse your spirit. Until you become proficient at shedding tears for others, you will never know the capacity of your heart. You may think you know your intellectual capacity, but you certainly do not know your emotional capacity. Of course both should constantly deepen, but you can never know the breadth of your soul before you really shed tears with God, for God, and for humanity. *Never.*