

Progress Towards the 1st Blessing - You cannot fix the 2nd Blessing without it

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August 10, 2017



I've been pushed recently to find a way to verbalize the changes that have taken place in my marriage. I was focused on getting the 2nd blessing right for 25 or 30 years. Books, classes, workshops. I never could change things deeply, no matter how much I prayed or made conditions or tried to be a better wife.

Finally I stopped.

I stopped putting on my husband the burden of my happiness and my fulfillment as a woman. I started putting all my focus on fulfilling the first blessing. This means to become a trinity within ourselves of Mind, Body and God in Oneness.

The first blessing is actually pretty simple in theory and very practical. It is learning and understanding how to function as a 3-part being. A being whose mind and body and God are fully merged into one. In the process of learning how to accomplish or allow this to happen within ourselves, we take our main focus away from our spouse as the place to receive happiness or fulfillment.

We put our focus on this 1st mandate, we put our attention on this quest, we make this crucial mission our main focus...the focus of our prayers, the focus of our studies, the focus of our thoughts. We spend time in prayer, contemplation and meditation on this topic, we make conditions to understand the original purpose of our creation: the first blessing. How do we become a Being with a capital 'B.'

Most of us only have 20 years left on the planet. Time to decide if the 1st blessing is real or not. If it's real, is it actually possible? If it's possible, how do we make it happen? We still have to cook and change the cat litter and talk to our spouse. We still take care of the people around us. But internally our focus has changed. We no longer depend on our spouse to fulfill our inner needs. The second blessing, (that of being a multiplying couple, living in love, with God at the center) cannot, I repeat, cannot be accomplished fully if the 1st blessing is not understood.

You cannot fix the 2nd blessing EXCEPT by fulfilling the 1st.

My own marriage was exactly the one that several couples have complained to me about...The kids grown, nothing in common at all, discontentment looming. 5 years ago I changed my focus from the 2nd to the 1st blessing. It changed our relationship dramatically. But that is because I started changing dramatically, myself.

The 1st blessing is not a magical, mystical idea for some people and not for others. Perfection is not becoming like True Father or Mother, or any person you look up to. It is becoming YOU: a being who is a Mind, a Body and God, standing on the unshakable foundation of True Parents. Hard won but ultimately irreversible and unchanging. Sturdy enough for all of us to do cartwheels on.

When you work on the process of the 1st blessing, you will discover what it means for your mind to be a true subject to your body.

Your mind is the cause and your body is the result, according to DP, so why do we continually berate our bodies for being the cause of our problems. It's time we looked at ourselves from a different perspective.

As we now live in the post-Foundation Day, post-satan, post-indemnity age and have entered the era of CIG, and the era when women can stand in their rightful position beside men, we must no longer look at our bodies as "the devil's nightclub" nor even "our little donkey" as St. Frances called his body.

Our bodies have consciousness and an important position that we have not begun to understand. Our body is not simply a vehicle to get us from conception to the spirit world. Our bodies are an infinite library of the physical universe, just as our minds are an infinite library of the invisible world of thought and imagination.

Start by asking your body, "Have I been a good subject to you, my object?" and "What do you need from me, your subject?" and most importantly, "How do we get God in here with us?" (hint: Loving unity brings God down into any relationship.)

You will find that your body needs from its subject exactly what every object needs from their subject : love, understanding, encouragement, trust, and total acceptance. As the subject, your mind must take responsibility for the body's failures. As the subject, your mind must create an environment that helps the body fulfill its responsibility. If something is wrong with your body whose fault is it, anyway?

And don't say it's your ancestors' fault. That's a cop out. We all have messed up ancestry. We all have to work with what we got in the DNA shuffle. It doesn't change our mission. You could be a dwarf or blind and you still have the first blessing as your mission. Period.

If you are trying to win the love of a woman (Your body is Yin, as you know, and the feminine aspect of a person, male or female.) is it a good idea to blame her for all that is wrong? Is it a good idea to call her fat, ugly or the cause of all your ills? It doesn't work for winning a woman and it doesn't work for winning your body as your most precious object and beloved friend.

So is the first blessing literal? Is it true that we need to fulfill the first 4-position foundation as a part of being a true human? Is there a reason that it's the "first" blessing?

We have received the 2nd blessing conditionally, because there was no other way to accomplish the providential restoration of our planet. Now is the time to receive the 1st blessing. Focus on this important mandate for the same amount of time that you focus on the other two blessings and you will go in that direction at the speed of, well, as True Father used to say...the speed of love.