

Greatness Keeps Giving – Share Your Life

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I read a quote by the famous underwater explorer, Jacques-Yves Cousteau, that has stayed with me as a question rather than a statement. He said,

“If a man for whatever reason has the opportunity to live an extraordinary life, he has no right to keep it to himself.”

This quote causes me to ask myself “What is the truth that I have learned that I have no right to keep to myself?” People are often shy to give their opinion but when framed like this there is an obligation to share. Perspective is valuable as it is

often the thing that enables us to transcend difficulty or find balance in life.

So, what is my truth?

The idea I always come back to is the power of giving, or living for the sake of others. To be naturally unselfish is to be happy. But does it work in real life? To be valuable this principle has to be more than a nice thought or intention.

I heard a curious story on National Public Radio that spoke to this. Teddy Fischer, a 17-year-old reporter for his high school newspaper (Mercer Island High School Islander) managed to find Secretary of State, Jim ‘Mad Dog’ Mattis’ phone number and had the boldness to text him and ask for an interview. It paid off. To Teddy’s surprise, Mattis called back and gave an interview. Teddy and his editor had prepared a series of questions including, “What advice do you have for graduating seniors?” to which Mattis replied:

“I think if you guide yourself by putting others first, by trying to serve others, whether it be in your family, in your school, in your church or synagogue or mosque or wherever you get your spiritual strength from, you can help your state, you can help your country. If you can help the larger community in the world, you won’t be lying on a psychiatrist’s couch when you’re 45 years old wondering what you did with your life.”

I thought that was a great answer. The act of giving creates energy. I’ve noticed that when I stop giving I enter into a slump. I usually have all kinds of excuses! But you can’t wait for life to be great to start giving. The act of giving opens up the floodgates for us to receive the energy we need to deal with our circumstances. I never feel down when I’m giving! Giving creates joy!



Suffering Brings Deeper Understanding

Ironically, sometimes it is in suffering that we gain our most important insights. We all experience pain or loss at one time or another – the love of your life leaves, a child dies, a parent cuts you off, a friend betrays you, your faith community disappoints you. The list is endless. How do you respond? In one of those dark moments, when all hope seemed lost, I discovered something about God and how the universe is held together when everything seems to be falling apart.

My journal entry from that time reads:

“God’s power comes from his subjective nature – his ability to initiate giving love, even in the midst of devastating loss. We need to become like God – inherit that kind of heart and capacity to keep giving despite our circumstances. In this sense, suffering is redemptive.

If God could not love in that way, the universe would collapse. There would be no universal prime force to cause electrons and protons to be in relationship. All give and receive action would cease. The fabric of the universe would be torn. Similarly, if we give up and cease giving, our world will fall apart. Without inheriting that quality of heart to initiate giving regardless of

our circumstances, our families can easily dissolve. Our family is our universe and God is entrusting us to care for it with love.”

The Root of Unificationism is Loving Others

“Living for the sake of others” is the mantra that Rev. Moon lived his life by, and that is his unique legacy at the very heart of the philosophy of Unificationism. He used this philosophy to power his life through extraordinary circumstances as he fought communism, and tried to unite this divided world as One Family Under God. This philosophy carried him through severe persecution and rejection over and over again. His goal seemed crazy to many, but I know that it’s possible because I see the potential that’s created when we live for the sake of others. It’s my personal philosophy too, and also my anchor. It’s the reason I’m a happy person.

You can discover more about this philosophy in Rev. Moon’s autobiography: [Peace-Loving Global Citizen](#).