

## Human perfection means mind-body unity

Sun Myung Moon

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The Unification Church emphasizes a mind-body unity that can only be achieved through true love. Delving deeper into the questions of concept and reality, you will find many stories behind them. Once you clarify all these stories, you will find out that this path toward unity is the correct one; it will be borne out by experience. (227-12, 1992.2.10)

What are a righteous conscience, righteous actions, and mind-body unity based on? Words alone are not enough. Actions alone are not enough. Where is the place where complete mind-body unity occurs? The answer lies first in achieving perpendicularity. To achieve that, establish a standard that can stand upright as the center of the worldwide horizontal plane. Become exemplary people who can be connected to the world wherever you go, be it the East or the West. You should set the standard that can be proclaimed as correct at any time in history, whether past, present or future. (205-49, 1990.7.7)

The precious value of a perfect score can be awarded to people only when they have attained oneness

with true love. Mind-body unity refers to the state in which the body resonates in harmony with the conscience. When you strike one prong of a tuning fork, the other prong vibrates at the same frequency. In a similar manner, if you strike the conscience with true love, the body will resonate. Alternatively, when you strike the body with true love, the conscience will resonate. There is no need for you to be taught all this. Once you find yourself in the center of all this, you will know without being taught. (223-355, 1991.11.20)

The brave soldiers of the Unification Church must achieve mind-body unity in whatever circumstances. How can you achieve this unity during your lifetime? Those who cannot achieve it, and yet think of love and the ideal, should feel ashamed of themselves because it is contrary to God's will. The new path of hope opens only to those who wish for it after having achieved perfect mind-body unity. If you stagnate in your current position, the path leading to God's new kingdom of hope will not open up before you. (205-45, 1990.7.7)

How do you achieve mind-body unity? Throughout history, the mind and body have been in constant conflict. If God had intended it at the time of creation, such a god would be the enemy of humankind. Bearing in mind the fact that your own mind and body are in constant conflict, if you were to ask God, "Do Your mind and body also fight each other as ours do?" what would be His response? Is there anyone who ever considered such a situation? If you were to ask God if His conscience and body were not united but instead in constant battle, He would definitely answer that it is not so. You have never attained such a state, and so there is no way for you to know, but as the founder of the Unification Church I have reached that state and can connect to Him whenever I so desire. Therefore, I can plainly answer on His behalf, that God's mind and body are completely united. (223-349, 1991.11.20)

Religious life involves having control over your body. You need to make it habitual within three to five years. If this is not the case, and after all those years you still find yourself uncomfortable, however much you desired it, you could never achieve perfect mind-body unity. My number one goal is, "Before desiring to dominate the universe, first achieve dominion over the self!" If people cannot achieve total oneness within themselves, there is no way that they can relate to the universe, however much they may have gone around the world in their endeavors. (222-340, 1991.11.7)