



40 days Joy Giving campaign - Booklet 3 - Hoon Dok Hae
Matthew Huish - January 26, 2018



PREFACE

Everyone is struggling to attain happiness. It sounds quite obvious, but it's true. What if a group of people dedicated an amount of time to make that struggle a little less struggling? Imagine if a group of campaigners exerted themselves on a daily basis to help another individual experience joy, what kind of impact would that have? I think it would be quite infectious. As a campaign, it would be quite simple to do; a campaign to give joy to another person every day.


It could involve small, random acts of kindness: Like connecting with a stranger with a smile and a greeting as you walk past each other on the street. It could be more ambitious: Like babysitting your friend's children one evening so that he or she can go out on a date with his or her spouse for the first time in forever.

It could be life-changing: Like teaching resurrecting guidance to someone with a hunger for spiritual truth.

But every campaigner would do it every day, for 40 days.

Great things happen when a large number of people work together with a clear common goal and a shared strategy. Like many cogs and gears rotating in relation to one another within a working machine, a small input of power can be multiplied to release a great effect. Whenever people have created the right conditions, God has delivered miraculous results.

With that in mind, I want to invite you to join a Joy Giving Campaign. Starting on Sunday 7th January and ending on Thursday 15th February, I invite every single member of our FFWPU community in the UK to spend 40 days giving joy to others. It's something we can all do, and we can tailor our activities to fit into our character and



circumstances. From a 7-year old child to a 70-year old retiree; from those attempting entry-level spirituality to kingdom-building zen-masters; from stay-at-home parents to back-packing travellers; this is something we can all commit to do, if we want to do it, in our own meaningful way.

What is the goal of this 40-day campaign? Simply to make others happy. If we can give a taste of happiness - or even a full course meal of happiness - to one person a day for forty days, we will spread a lot of joy. If we can find 1000 people to join this campaign, each of us giving joy to a different person every day, we will make a difference - whether great or small - to 40,000 people. And our joy will simply be in giving joy to others.

I will be sharing every day, through social media, my own experiences of the Joy Giving Campaign. I encourage you too to journal your daily experiences, documenting your inspirations and difficulties, as well as reporting your accomplishments. Of course, the humblest and sincerest form of Joy Giving would keep quiet about what we do - just give and forget and give again without thought - but by sharing about our daily experiences, my hope is that we will not only be able to encourage each other with great examples of acts we can emulate, but that we will even be able to inspire others to join the campaign as well. Who's to say that this campaign won't become a national phenomenon, where folks up and down the country are participating - with varying degrees of connection to the spiritual core - but are able to make an impact because it's a good thing to do.

Joyfully yours,
Matthew Huish
FFWPU UK National Director



HOW TO USE THIS BOOKLET


This booklet of daily scripture readings has been compiled so that every family and every individual can study and discuss the same content as all the other campaigners every day. This should provide the spiritual nourishment and inspiration for our efforts.

Each daily reading is around 4-6 pages long, and consists of the same structure:

- short excerpts of reading material
- suggested discussion questions
- a suggested activity for that day
- notes for personal reflection, note-taking or journaling

The readings are taken from a variety of sources, but primarily from the words of Sun Myung Moon and also the holy scriptures of a variety of different faith communities. Each reading is kept intentionally short. You might want to read a daily reading once through and then read it again, but pausing at certain point for reflection. There are a number of suggested discussion questions at the end of each reading, although you do not need to answer them. It is hoped that these readings will be studied in the company of others, so please spend time discussing in your families or in your home group or with a small group of friends. Nevertheless, reading it alone can also be meaningful.

The suggested activities (“Today, why not try...”) are simply suggestions; you do not have to try the suggested activity that day, or indeed any day during the 40-day campaign. But do feel welcome to consider each day’s suggestion as a challenge for that day or any other day.



Please make use of the space for written notes. If this is your own copy of the Joy Giving Campaign Booklet, then feel free to scribble anywhere you like, but ample space has been provided to allow you to write down questions, thoughts or other notes. You might wish to set a goal each day and make a written record of it, in order to hold yourself accountable to it, or simply just to remind yourself what it is. You could also spend time at the end of each day writing a diary of your experiences that day.

I would encourage folks to offer daily prayer as an exercise in reporting our intentions to our Heavenly Parent, and subsequently reporting our results. Ultimately, however, this campaign will be about action. It will be a challenge we all eagerly accept to do something every day that gives joy to others. This booklet has been designed to support you in that journey of activism. I hope it gives you significant inspiration.

GOOD PURPOSES

Reading

From Exposition of the Divine Principle, Part 1 Chapter 1 Section 3.1

It is recorded in the Bible that after God completed each day of creation, He saw that it was good. This suggests that God wanted His creations to be object partners embodying goodness that He might take delight in them. How can the creation give God the greatest joy?

God created human beings as the final step in creating the universe. He created them in His image, in the likeness of His internal nature and external form, and gave them sensibility to all feelings and emotions because it was His intention to share joy with them. After their creation, God blessed Adam and Eve:

Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth. - *Gen. 1:28*

These are *the three great blessings*: to be fruitful (mature and ready to bear fruit), multiply and have dominion over the

creation. Had Adam and Eve obeyed this divine mandate and built the Kingdom of Heaven, there is no doubt that God would have felt the greatest joy as His sons and daughters rejoiced in the world of His ideal.

How can God's three great blessings be fulfilled? They can be realised only when the four position foundation, which is the fundamental foundation of creation, has been established. The three great blessings are fulfilled when the whole creation, including human beings, completes the four position foundation with God as the centre. This is the Kingdom of Heaven, where ultimate goodness is realised and God feels the greatest joy. This is, in fact, the very purpose for which God created the universe.

The ultimate purpose of the universe, with human beings at its centre, is to return joy to God. All entities have dual purposes. As was explained earlier, every entity has dual centres of movement, one of internal nature and another of external form. These centres pursue corresponding purposes - for the sake of the whole and for the sake of the individual - whose relationship is the same as that between internal nature and external form. These dual purposes relate to each other as cause and result, internal and external, subject partner and object partner. In God's ideal, there cannot be any individual purpose which does not support the whole purpose, nor can there be any whole purpose that does not guarantee the interests of the individual. The infinite variety of beings in the universe form one vast organic body interwoven by these dual purposes.



————— *Questions for Discussion* —————

- *God endowed us with sensibility to all emotions and feelings, but these sensibilities require maturation; which emotions and feelings do you recognise you need to cultivate? (e.g. controlling particular emotions, being sensitive to your own emotions, being sensitive to the emotions of others, etc.)*
- *Our ultimate purpose is to return joy to God; how do you offer the joy your experience to God? Do you sometimes forget to thank God for the joy you experience?*

————— *Today, why not try:* —————

Reporting your act of joy-giving to God through prayer. If you have a photo or a video of the act, or even just a short written explanation, please share it with someone you respect as an elder who can receive it on behalf of God, through which they can also experience joy.

BLESSINGS THAT BRING JOY – PART 1

Reading

From Exposition of the Divine Principle, Part 1 Chapter 1 Section 3.2

To understand more precisely the issues concerning God's purpose of creation, let us first examine how joy is produced. Joy is not produced by an individual alone. Joy arises when we have an object partner in which our internal nature and external form are reflected and developed. Our object partner helps us to feel our own internal nature and external form through the stimulation it gives. This object partner may be intangible or it may be substantial. For example, an artist's object partner may be an idea in his mind, or the finished painting or sculpture which substantiates that idea. When he visualises his idea or beholds his work, he is stimulated to feel his own internal nature and external form reflected in it and feels joy and satisfaction. When his idea alone is the object partner, it is not as stimulating, nor is the joy that it brings as profound, as that from a finished work. This nature of human beings originates in God's nature. In like manner, God feels the fullness of joy when He is stimulated by His substantial object partners to feel His original internal nature and original external form through them.

The same holds true for the people we meet and live with. When you see another person, how much do you care for him or her? How do you feel towards that person? You must really love the people you meet, because they are the temples of God. When you touch another person, feel that through your touch, both of you will be blessed.

Each of us has two aspects, mind and body. Our true mind wants to touch our body with heart and give love to it. We should think of our mind as God's mind, because God loves it and that is where He dwells. Look at each man or woman as a holy person. Regard each person's body as sacred and their mind as hallowed.

If you live like this, soon you will hear inside of yourself a small voice, the sound of your mind. Wherever you walk no evil or darkness can remain. Only good spirits can touch you if you create such an atmosphere. If you place yourself in such a position, then spirit world will pour down upon you its abundant blessing and power.

You must attract this power from the spirit world and then weld yourself to it. Make it one with your body, so that even your arms and legs feel special. When you are in bed, even if it is a sleeping bag, your surroundings will become like a king's palace; your body will be resting in a king's bed.

You must name yourself as the dwelling place of God. Then all good spirits will touch you. When you go to bed, lie down with a beautiful mind. Remove all ugliness from it. In the morning when you wake, come before the deep bosom of God, and then,



Day 22

It was explained earlier that when the Kingdom of Heaven is realised - through the fulfilment of the three great blessings and the establishment of the four position foundation - it becomes the good object partner that gives joy to God. Let us investigate how the Kingdom becomes God's good object partner.

The key to God's first blessing is the perfection of individual character. An individual's mind and body are discrete projections and object partners of God's dual characteristics. In order for an individual to perfect his character, he must form a four position foundation within himself whereby his mind and body become one through give and take action with God as their centre. Such individuals become the temples of God, achieve complete oneness with Him, and acquire a divine nature. They experience the Heart of God as if it were their own. Hence, they understand His Will and live fully attuned to it. When a person abides in the state of individual perfection, he lives as the substantial object partner to his mind. Because the centre of his mind is God, he also lives as the substantial object partner to God. Both the mind and God rejoice as they experience their internal nature and external form through the stimulation which their object partners give them. Accordingly, when people realise God's first blessing, they become God's beloved who inspire Him with joy. Sharing all the feelings of God as their own, they would never commit any sinful acts that would cause God grief. This means they would never fall.

God's second blessing was to be fulfilled by Adam and Eve after they had achieved individual perfection as object partners to God, each manifesting an aspect of God's dual characteristics.

In order to construct the four position foundation in their family, Adam and Eve should have joined in loving oneness as husband and wife and raised children. This would have been the fulfilment of the second blessing. A family or society that has formed the four position foundation in line with God's ideal is patterned after the image of a perfect individual. It thus becomes the substantial object partner to the individual who lives in oneness with God, and consequently, it also becomes the substantial object partner to God. The individual feels joy, and likewise God feels joy, when each perceives in this family or community the manifestation of his own internal nature and external form. When God's second blessing is fulfilled, this family or community also becomes a good object partner giving joy to God.



————— *Questions for Discussion* —————

- *We bring God joy whenever we live according to the guidance of our conscience; how much joy do you experience when you actively follow your conscience compared to when you go against its guidance?*
- *What challenges can be expected when a couple attempt to raise a family when they are individually not fully mature?*

————— *Today, why not try:* —————

Responding promptly to the gentle encouragement of your conscience: as soon as you feel moved to do something for someone else, don't hold back from doing it immediately.

BLESSINGS THAT BRING JOY – PART 2

Reading

From Exposition of the Divine Principle, Part 1 Chapter 1 Section 3.2

Before we examine how a person upon attaining the third blessing establishes a good object partner giving joy to God, we must first investigate the relationship between human beings and the creation from the viewpoint of internal nature and external form.

Prior to creating human beings, God created the natural world by expressing partial reflections of the internal nature and external form He had conceived for human beings. Consequently, a human being contains within himself the sum total of the essences of all things. This is the reason he is called the microcosm of the cosmos.

When God created living things, He began with creatures of a lower order. Over the course of time, He created animals of a higher order with more complex biological functions, culminating with human beings at the highest level. Therefore, human beings contain all the elements, structures and qualities found in animals. For example, human vocal cords are so versatile

that they can imitate virtually any animal sound. Because the human body contains all the beautiful curves and lines of the creation, an artist hones his skills by drawing nude models.

Although human beings and plants have different structures and functions, they are similar in that they both are composed of cells. All the elements, structures and characteristics of plants can be found in human beings. For example, a plant's leaf corresponds to the human lung in appearance and function. As leaves absorb carbon dioxide from the atmosphere, the human lung absorbs oxygen. Branches and stems of plants correspond to the human circulatory system, which distributes nourishment to the entire body; the xylem and phloem correspond to human arteries and veins. The roots of a plant correspond to the human stomach and intestines, which absorb nutrients.

Human beings were fashioned from clay, water and air; consequently they contain elements of the mineral kingdom. Moreover, the earth displays a similarity to the structure of the human body: the earth's crust is covered with plants, its underground waterways exist inside the substrata, and beneath it all lies a molten core surrounded by a rocky mantle. This resembles the structure of the human body, which has skin covered with hair, blood vessels running inside the musculature, and marrow lying deeper still within the bones.

The meaning of God's third blessing is the perfection of a human being's dominion over the natural world. To fulfil this blessing, the four position foundation of dominion must be established centred on God. Human beings and the natural world, which are the substantial object partners of God at the level of image and



Day 23

symbol respectively, must share love and beauty to become completely one.

The natural world is an object partner which exhibits human internal nature and external form in diverse ways. Hence, ideal human beings receive stimulation from the world of nature. Sensing their own internal nature and external form displayed throughout the creation, they feel immense joy. God also delights when He experiences the stimulation of His original internal nature and original external form from the universe; this is possible when it becomes His third object partner through the harmonious union of human beings and the natural world. Therefore, when human beings realise God's third blessing, the entire universe becomes yet another good object partner giving joy to God. Had God's purpose of creation been realised in this way, an ideal world without even a trace of sin would have been established on the earth. We call this world the Kingdom of Heaven on earth. When life in the Kingdom of Heaven on earth comes to a close, people are to enter the spirit world and naturally enjoy eternal life in the Kingdom of Heaven there.

Based on the discussion thus far, we can understand that the Kingdom of Heaven resembles a person who has achieved individual perfection, taking after God's original internal nature and external form. In an individual, the mind's command is transmitted to the whole body through the central nervous system, causing the body to act with one purpose. Likewise, in the Kingdom of Heaven, God's direction will be conveyed to all His children through the True Parents of humankind, guiding everyone to live as one.

Questions for Discussion

- *Do you experience joy from studying natural sciences? If so, what do you find particularly intriguing, and why?*
- *Can you think of other features of a mature human being which could be used to model the Kingdom of Heaven? Do you find such models helpful or unhelpful?*

Today, why not try:

Visiting a natural science museum with a friend or relative and inspiring each other with what you discover there.

LOVE BETWEEN MEN AND WOMEN – PART 1

Reading

From Pyeong Hwa Gyeong, pp.668-9

Though a man and a woman may be in love, the question is whether or not their love is in accord with God's Will and the standard He requires of human beings. Is their love in accord with the model of love in the mind of God? If the first man and woman had become as one in true love with God at the centre, this love would have become the model for true love throughout the universe. God must have desired such love from human beings. Likewise, the man and woman must have wanted this kind of love from each other. Such true love would have become the core of the universe. It would be the standard against which all other loves would be compared.

God's love and human love are essentially the same. Love is a force that strives to bring two together as one. Why do a man and a woman long for each other? It is because God's essence can be experienced by a man only through a woman, and by a woman only through a man. This is because God dwells in the place where a man and a woman become as one in love.

Knowing that God is the source of dual characteristics, we need



Day 24

to give even greater praise to the noble value of God whenever we praise the dignity and value of men and women.

When a woman loved by God is in a man's heart, and that man loved by God is in the heart of that woman, and the two form a couple and praise God together, God will rejoice to see this and all of creation will rejoice as well. The loving embrace between these two people will make heaven and earth rejoice. When such a husband and wife embrace each other in mutual love, the power of their love pulls the entire universe into oneness. This is the original vision of God's creation when manifested according to His ideal.

Originally, a man was to meet a woman with whom he could rejoice, and a woman was to meet a man with whom she could rejoice. When these two met and pledged to love one another, their encounter would bring joy to God and to all things of creation.

When this happened, all of creation would be mobilised for this couple and would welcome their dominion. Birds would sing for them and butterflies would flutter and dance with joy. God would rejoice, people would rejoice, all of creation would rejoice. Had our first ancestors started history by securing such a position, the world would be the ideal world of God's original vision.

Questions for Discussion

- *Do the differences between men and women inspire you with praise, or annoy you with frustration? Why do you think these differences exist?*
- *Did you see your parents praising God together? How did their behaviour influence the way you reflect on conjugal love?*

Today, why not try:

Praising the divine and noble value of a close family member of the opposite sex.

LOVE BETWEEN MEN AND WOMEN – PART 2

Reading

From Pyeong Hwa Gyeong, pp.669-71

What is the original purpose of a man's birth? We cannot deny that he is born for the sake of a woman. Likewise, a woman is not born for her own sake. We need to know that a problem will arise if a woman cannot come to a clear realisation within herself that she is born for the sake of a man.

God, the great administrator of heaven and earth, established this principle as a principle of creation, and we cannot enter the world of goodness, truth, happiness and peace, the ideal world of true love, unless we follow this principle.

A woman is born to meet a man, and a man is born to meet a woman. Isn't that right? This is the highest truth. Therefore, we seek the realm of blessing by following this principle. Deviating from this highest realm of truth constitutes the highest evil.

Men and women are physically opposite. Whereas women are one-directional, men are three-directional or four-directional. Women are more likely to enjoy staying at home, and men are more likely to enjoy travelling the world.



Day 25

The characters of men and women are opposite. Then what can be at the centre to bring the subject-partner man and object-partner woman into oneness? They become one when love is at the centre. Love also brings people and God into oneness.

Why is a man born? He is not born for the sake of academic pursuits, money or political power. He is born for the sake of a woman. A man is born for the sake of a woman. A man has a larger physique, not so he can earn a living only for himself, but so he can earn a living for his wife and children.

Men's reproductive organs and women's reproductive organs are different. For whom do they exist? They did not come into existence for their own sake. A man's reproductive organ came into existence for the sake of a woman.

Likewise, a woman's reproductive organ is for the sake of a man. Have you ever thought this way? This is not something to laugh about and then forget.

What is the symbol of the love between man and woman? Where is the ultimate destination of love? It is the reproductive organ, which makes a man and a woman as one body. The reproductive organs become a channel through which the mind and body can merge completely, with love at the centre. That which man has is not his, and that which woman has is not hers. A husband has what belongs to his wife, and a wife has what belongs to her husband. Men and women are not born for their own sake. They have to know clearly that they are born for the sake of their partner.

Why are men and women born on earth? They are born in order

to love each other. Since God is the great king of wisdom, He switched the ownership of their love organs. A man has a reproductive organ, but that does not mean he is its owner. The same is true for a woman. Those who have acted carelessly, with no regard for their reproductive organ's ownership, will be judged for having violated love. If a man knew that he would be punished under the most fearful law, would he dare to think of another woman instead of his wife? Conversely, would a woman dare to think of a man other than her husband?

Love is something that you absolutely need, isn't it? Human beings, a man and a woman, are an absolutely necessary element for love. Man needs woman and woman needs man.

How much do they need each other? They need each other more than they need Korea, more than they need the world, and even more than they need God. If there were no women, the human race would perish in less than a hundred years. No matter how much men boast of uniting the world, all would be gone within one hundred years if there were no women. So women are absolutely necessary.

When we say "human beings," we refer to man and woman. When we consider a particular man, we see that he has to be with a woman, and when we consider a woman, she has to be with a man. Man is not born through his own desire, nor is woman, who is absolutely needed by the man, born through her own desire. After we are born, we discover that we are either a man or a woman.

When you were born as a man, were you aware that there are women in the world? If a man were born and found out that

there were only men, would he not feel bad? And if a woman were born and found out that there were only women, she would feel bad, wouldn't she? So when a woman is born, is she born with or without the knowledge that there are men? Although I was born without this knowledge, the one who gave birth to me knew it. The reason a person is born as a woman is that there is a man who needs her.

Likewise, the reason I am born as a man like this is that there is a woman who needs me. We all are born like this, with God's knowledge.

Man absolutely needs woman. Man absolutely needs God. However, before he needs God he needs a partner called woman. Human history has been miserable because men have been unable to understand correctly their absolute need for women. Conversely, women have not understood that they absolutely need men.

Tasting true love requires a realm of the ideal, and for this a man needs a woman and a woman needs a man. You must know that an absolute man and an absolute woman pursuing true love are joined through their efforts of becoming one in heart. When such a man and woman are joined as one, God dwells in their midst.

God does not like to see a couple separating who have been joined by true love, so the love of an absolute man and woman is eternal.

God is omniscient and omnipotent, yet even the Absolute Being has no meaning when He is alone. Similarly, no matter how

handsome and healthy a man may be, these things have no meaning if he is without a woman. A man living in fascination with his own good looks and health leads an ugly existence and has no value. The problem is that there are many men in the world who have sunk into such narcissism, and this is one reason why history has moved toward tragedy. It is important to understand that God's providence has been working to change and improve this world, which is immersed in such self-centeredness.

Questions for Discussion

- *How could Sun Myung Moon's radical teaching, that men and women are born for the sake of their partner, influence:
 - ⇒ *their appearance in public?*
 - ⇒ *the maintenance of their health?*
 - ⇒ *how they speak with members of the opposite sex?**
- *How does it make you feel to consider that you are absolutely needed by your current/future partner to experience eternal joy?*

Today, why not try:

Arranging either to go on a date with your spouse or offering to help another couple go on a date by offering to take care of their children/pets/home.

LOVE BETWEEN MEN AND WOMEN – PART 3

Reading

From Pyeong Hwa Gyeong, pp.671-4

By himself or herself, a person cannot realise love. From where does love come? Love does not originate from me; it comes 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 practise the philosophy that teaches that when something highly noble comes to me, I must honour 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 a man is alone; it appears only when a 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-centred. Love does not start from me; it starts from my partner. It is important to know this. Love comes from your husband or wife, from your sons and daughters, and from your brothers and sisters. Love does not start from you. It starts from your spouse. Therefore,



Day 26

who is the owner of love? Your spouse is the owner of love.

From where did we say love comes? 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 basis of love? I am not the basis of love. The word "love" must be used in reciprocal terms. No matter how handsome a man may be, he cannot love if he has no partner to love.

The basis of love is not one's own self. "Love comes from me" are the words that Satan has been exploiting. I am not the basis of love. You may think that you are the basis of love, yet there will be no future unless you totally change such a mindset and correct it.

Until now, wives have put themselves at the centre and husbands have put themselves at the centre, both wanting to be served. That is why their relationships often come to ruin.

Again, conjugal love does not originate from you, but from your spouse. Therefore, if you want to possess your spouse's love, you need to sacrifice yourself for the sake of love.

Love always demands sacrifice. Also, love requires that we overcome. In fact, this is the only place in all heaven and earth where we can find the power to overcome Satan's world. God is holding tightly onto love; true love can be found only in accordance with the principle that places God at the centre. Religious

virtues including compassion and benevolence are also rooted in love. These words do not pertain to individuals alone; they are used only in the context of a mutual relationship.

Man symbolises heaven and woman symbolises earth. Therefore, the two must unite in harmony. Men and women are different. Men's muscles are rugged and women's are smooth. Men have beards while women do not. Their voices are also different. These apparently contrasting features of men and women actually allow them to fit together well. Harmony is created between them. When we look at the physical structure of human beings, their left and right sides are complementary and form a correlative pair. These two halves are bound tightly together.

Ladies and gentlemen, do you like things that are only high or only low? You like things that create harmony. Judging from the line formed by the horizon, fish live below this line, and mammals, birds and other creatures live above it. Women menstruate once a month, like tidal variations based on the moon. Breathing involves inhaling and exhaling. A man and a woman need to establish a line of balance and create harmony.

The reason people like to go to Disneyland, with its rides that go up and down, is that this is similar to the nature of the universe. Which do you think will be more pleasing, men socialising only with other men, or men and women socialising together? Men and women together are better, because this reflects the harmony of the universe. We need to live in step with the beat of the universe, which promotes harmony through the balance of yin and yang.



Day 26

When a husband and wife create a harmony of love, they initiate circular movement. When they become one body in love and bear the fruits of love, God comes down, and they go up and they meet in the middle.

God becomes the centre of this sphere, and spherical movement begins. From this central point, connections can be established in any direction. The centre of the sphere is the place where the harmony of love is realised. It is the place where life emerges and moves, and it is the starting point of human equality and shared philosophy. This is so because the power of love is there. Thus the force that embraces all interactions of the universe is love.

For human beings love is eternal. It is always one, never two. Once a man and a woman are joined in love, they are to live together for a lifetime and then for eternity, even after death. They are two bodies, but by revolving in oneness with each other, they become as one body.

When husband and wife become one, they revolve with God to form a four-position foundation of love. This is the ideal world of love. Only true love dwells there; false love cannot invade. When a man and a woman are blessed in marriage by God and achieve perfect oneness, God is able to come to them at any time. When they form a four-position foundation of love, they will come to love each other's heart through each other's body, and when they come to love the heart their body will follow.

Questions for Discussion

- *What are the greatest sacrifices you have made for the sake of loving someone?*
- *In what ways are you parents different from each other? Were they able to harmonise these into mutual compatibility?*

Today, why not try:

Writing a letter to a couple you know in which you celebrate how different they are from each other and thus encourage them to harmonise their differences.

LOVE BETWEEN MEN AND WOMEN – PART 4

Reading

From Pyeong Hwa Gyeong, pp.674-5

What is the most sacred thing in the world? It is true love. True love begins with God. If God exists, there can be no other path. God truly desires the path of true love, so without traversing the path of true love we cannot go before God. It is important to understand this point.

God wants to see, hear, eat and touch through love. As for human beings, if we were to receive God's kiss of love, our joy would be so great that we would feel as though we might explode from the inside. This is where God's desire lies. Having diamonds or jewellery would not give Him joy.

The human body has five senses, and every human being feels and confirms true love through the sensations of the five senses. If the eyes are directed toward true love, they will be coloured by true love and intoxicated in it. How beautifully those colourful, intoxicated eyes will shine! Think about how enchanting would be the smiling lips of a person immersed in true love. Try to imagine the intense beauty of the five senses, intoxicated with true love, moving in harmony toward God.



Day 27

Alone, God cannot experience the joy of such beauty. He can only experience such beauty when He has a partner; this is the reason He created human beings.

How would God feel as He observed a beautiful man and woman absorbed in one another through eyes intoxicated with true love, or kissing with lips intoxicated with true love, and playing the melody of a heart of true love? If there were an Eve of true love, God would want to traverse her world of heart completely.

God would feel an impulse to find out for Himself just how far and how deep the world of heart of this beautiful Eve extended. God would want to traverse both Adam's and Eve's world of heart, a world more beautiful than the heaven and earth that He Himself created. It is certain that God would want to travel the world of the heart of a person of true love even more than he would want to travel the universe. God would feel that He would never want to leave Adam and Eve's world of heart and true love.

If God, after creating human beings, fell into their true love and became lost in that love, what kind of world would we have? God would dwell in the midst of human beings, and the world formed by God and human beings in oneness certainly would be a world filled with joy and beauty.

If true love had been perfected, in responding God would be totally absorbed by true love and have no regrets. God's nature is such that He would be completely happy with anything that happened within the realm of true love. If human beings were to live in this world of true love, they would live their entire

lives happy and free from regret. Moreover, this would be a world without a history of warfare and free of complaint and misfortune.

Questions for Discussion

- *The mind has the strength to urge ourselves towards charity in spite of our own hardships; how can you keep your mind sharp so that you don't resist its urges?*
- *How much money did your parents spend raising you? Try calculating an estimate on the back of an envelope. Do you think they would ever ask you to repay the debt?*
- *Would you ever withhold giving to beggars? If so, why?*

Today, why not try:

Keeping what you would normally spend on a cup of coffee or a daily newspaper and giving that money to someone who genuinely needs it.

LOVE BETWEEN MEN AND WOMEN – PART 5

Reading

From Pyeong Hwa Gyeong, pp.675-6

This is a story from my childhood. One day I caught a pair of birds and tried to make them kiss each other's beaks. To see them kiss, I put them in a cage, fed them and watched them. I did it out of a child's desire to see them love each other and sing happily together. This was an experiment, out of curiosity, to understand the principles of nature. I continued this experiment, which I now understand to have been quite naughty.

It was only much later that I began to realise that love happens in natural settings. Sincere love is realised naturally, in a most natural setting. It was only as a result of a long series of experiments that I came to a correct understanding about love.

When someone has lost the value of love, what good would it do for this person to receive a university education? Such a person will only accumulate knowledge, become individualistic, and come to worship materialism. Just as Korean bean paste soup tastes right only when it is served in an earthenware bowl, so character training can reach its purpose only when it is based on love.

The flower of world civilisation blossoms on the basis of artistic harmony. In this sense, roasted ribs need to be served on a platter and Korean bean paste soup ought to be served in an earthenware bowl to bring out the proper taste of each dish. Once you grow accustomed to the rough, deep and refreshing taste of Korean bean paste soup, you never will forget it, no matter where you may go.

Likewise, once people have become used to the earthy, deep, relaxing taste of love, they will not change. Just as we easily tire of instant foods that usually are heavily sweetened, if we could obtain love easily and anywhere, like we can instant food, we could not call it true love.

There are people everywhere today whose love is like instant food. This is a problem. Love does not deepen because you bathe in a fragrant bath. I would say that the love of a husband and wife living in the remotest countryside, who wash themselves in cold water before going to bed, is purer, longer lasting and ever deepening.

A couple who have to clean their teeth before kissing are not experiencing natural love. The toothpaste smell will prevent them from tasting the unique smell of the other. When I look at people who clean their teeth before kissing, I don't know whether they are trying to taste love or taste toothpaste.

When you meet someone you like and love, you want to embrace and kiss that person. This is natural between the sexes. We have a relationship with our environment so that we can feel affection toward the universe. It is natural for us to do this, as a part of our search for a partner.

When all people relate to each other within this ideal of partnership -with each man relating to one woman and each woman relating to one man- there will be no acts or incidents that violate the order of love. The order of true love emerges only when man and woman meet on the basis of the ideal of partnership.

Questions for Discussion

- *How have you observed love in any of your pets, or from animals? What did you learn from this?*
- *Why do you think some people lose the value of love and pursue individualistic materialism? Is it easy to change their minds?*

Today, why not try:

Showing physical affection - to an appropriate degree - with someone close to you e.g. a warm embrace, an encouraging pat on the back, holding hands in prayer etc.

LOST AND FOUND

Reading

From Keep a Quiet Heart, by Elisabeth Elliot

THE ANT AND THE CONTACT LENS

A true story...

Brenda was a young woman who was invited to go rock climbing. Although she was very scared, she went with her group to a tremendous granite cliff. In spite of her fear, she put on the gear, took hold of the rope, and started up the face of that rock.

Well, she got to a ledge where she could take a breather. As she was hanging on there, the safety rope snapped against Brenda's eye and knocked out her contact lens. Well, here she is, on a rock ledge, with hundreds of feet below her and hundreds of feet above her. Of course, she looked and looked and looked, hoping it had landed on the ledge, but it just wasn't there.

Here she was, far from home, her sight now blurry. She was desperate and began to get upset, so she prayed to the Lord to help her to find it.

When she got to the top, a friend examined her eye and her clothing for the lens, but there was no contact lens to be found. She sat down, despondent, with the rest of the party, waiting for the rest of them to make it up the face of the cliff.

She looked out across range after range of mountains, thinking of that verse that says, "The eyes of the Lord run to and fro throughout the whole earth." She thought, "Lord, You can see all these mountains. You know every stone and leaf, and You know exactly where my contact lens is. Please help me."

Finally, they walked down the trail to the bottom. At the bottom there was a new party of climbers just starting up the face of the cliff. One of them shouted out, "Hey, you guys! Anybody lose a contact lens?"

Well, that would be startling enough, but you know why the climber saw it? An ant was moving slowly across the face of the rock, carrying it on its back.

Brenda told me that her father is a cartoonist. When she told him the incredible story of the ant, the prayer, and the contact lens, he drew a picture of an ant lugging that contact lens with the words, "Lord, I don't know why You want me to carry this thing. I can't eat it, and it's awfully heavy. But if this is what You want me to do, I'll carry it for You."

I think it would probably do some of us good to occasionally say, "God, I don't know why you want me to carry this load. I can see no good in it and it's awfully heavy. But, if you want me to carry it, I will."

God doesn't call the qualified, He qualifies the called.

Questions for Discussion

- *Have you ever had a prayer answered? Were you praying for yourself or for someone else?*
- *Have you ever called someone on the phone, or visited them, without prior warning and then discovered that your call or visit was exactly what the person needed?*

Today, why not try:

Picking up the phone and calling someone at random, especially someone you rarely or never call, simply to catch up.

THE SPIRITUAL CHILD

Reading

By Rabbi Jonathan Sacks

The American writer Bruce Feiler published a best-selling book entitled *The Secrets of Happy Families*. It's an engaging work that uses research largely drawn from fields like team building, problem solving and conflict resolution, showing how management techniques can be used at home also to help make families cohesive units that make space for personal growth.

At the end, however, he makes a very striking and unexpected point: "The single most important thing you can do for your family may be the simplest of all: develop a strong family narrative." He quotes a study from Emory University that the more children know about their family's story, "the stronger their sense of control over their lives, the higher their self-esteem, the more successfully they believe their family functions."

A family narrative connects children to something larger than themselves. It helps them make sense of how they fit into the world that existed before they were born. It gives them the starting-point of an identity. That in turn becomes the basis of confidence. It enables children to say: This is who I am. This is



Day 30

the story of which I am a part. These are the people who came before me and whose descendant I am. These are the roots of which I am the stem reaching upward toward the sun.

Nowhere was this point made more dramatically than by Moses. The tenth plague is about to strike. Moses knows that this will be the last. Pharaoh will not merely let the people go. He will urge them to leave. So, on God's command, he prepares the people for freedom. But he does so in a way that is unique. He does not talk about liberty. He does not speak about breaking the chains of bondage. He does not even mention the arduous journey that lies ahead. Nor does he enlist their enthusiasm by giving them a glimpse of the destination, the Promised Land that God swore to Abraham, Isaac and Jacob, the land of milk and honey.

He talks about children. Three times he turns to the theme:

And when your children ask you, 'What do you mean by this rite?' you shall say . . . (Exodus 12:26-27)

And you shall explain to your child on that day, 'It is because of what the Lord did for me when I went free from Egypt' (Exodus 13:8)

And when, in time to come, your child asks you, saying, 'What does this mean?' you shall say to him . . . (Exodus 13:14)

This is wonderfully counterintuitive. He doesn't speak about tomorrow but about the distant future. He does not celebrate the moment of liberation. Instead he wants to ensure that it will form part of the people's memory until the end of time. He wants each generation to pass on the story to the next. He

wants Jewish parents to become educators, and children to be guardians of the past for the sake of the future. Inspired by God, Moses taught the Israelites the lesson arrived at via a different route by the Chinese: *If you plan for a year, plant rice. If you plan for a decade, plant a tree. If you plan for a century, educate a child.*

Jews became famous throughout the ages for putting education first. [And so should Unificationists.] Where others built castles and palaces, Jews built schools and houses of study. From this flowed all the familiar achievements in which they take collective pride: the fact that Jews knew their texts even in ages of mass illiteracy; the record of Jewish scholarship and intellect; the astonishing over-representation of Jews among the shapers of the modern mind; the Jewish reputation, sometimes admired, sometimes feared, sometimes caricatured, for mental agility, argument, debate, and the ability to see all sides of a disagreement.

But Moses' point wasn't simply this. God never said: Thou shall win a Nobel Prize. What he wanted us to teach our children was a story. He wanted us to help our children understand who they are, where they came from, what happened to their ancestors to make them the distinctive people they became and what moments in their history shaped their lives and dreams. He wanted us to give our children an identity by turning history into memory, and memory itself into a sense of responsibility. We were not summoned to be a nation of intellectuals. We were called on to be actors in a drama of redemption, a people invited by God to bring blessings into the world by the way we live and sanctify life.

For some time now, along with many others in the West, we have sometimes neglected this deeply spiritual element of education. That is what makes Lisa Miller's recent book *The Spiritual Child*, an important reminder of a forgotten truth. Professor Miller teaches psychology and education at Columbia University and co-edits the journal *Spirituality in Clinical Practice*. Her book is not about religion as such, but specifically about the importance of parents encouraging the spirituality of the child.

Children are naturally spiritual. They are fascinated by the vastness of the universe and our place in it. They have the same sense of wonder that we find in some of the greatest of the psalms. They love stories, songs and rituals. They like the shape and structure they give to time, and relationships, and the moral life. To be sure, sceptics and atheists have often derided religion as a child's view of reality, but that only serves to strengthen the corollary, that a child's view of reality is instinctively, intuitively religious. Deprive a child of that by ridiculing faith, abandoning ritual, and focusing instead on academic achievement and other forms of success, and you starve him or her of some of the most important elements of emotional and psychological well-being.

As Professor Miller shows, the research evidence is compelling. Children who grow up in homes where spirituality is part of the atmosphere at home are less likely to succumb to depression, substance abuse, aggression and high-risk behaviours including physical risk-taking and "a sexuality devoid of emotional intimacy". Spirituality plays a part in a child's resilience, physical and mental health and healing. It is a key dimension of

adolescence and its intense search for identity and purpose. The teenage years often take the form of a spiritual quest. And when there is a cross-generational bond through which children and parents come to share a sense of connection to something larger, an enormous inner strength is born. Indeed the parent-child relationship in the Bible mirrors the relationship between God and us.

That is why Moses so often emphasises the role of the *question* in the process of education: “When your child asks you, saying...” - a feature ritualised at the Passover table. Judaism is a questioning and argumentative faith, in which even the greatest ask questions of God, and in which the rabbis constantly disagree. Rigid doctrinal faith that discourages questions, calling instead for blind obedience and submission, is psychologically damaging and fails to prepare a child for the complexity of real life. What is more, the Bible is careful to say, “You shall love the Lord your God ...” *before* saying, “You shall teach these things diligently to your children.” Parenthood works when your children see that you love what you want them to learn.

The long walk to freedom is not just a matter of history and politics, let alone miracles. It has to do with the relationship between parents and children. It is about telling the story and passing it on across the generations. It is about a sense of God’s presence in our lives. It is about making space for transcendence, wonder, gratitude, humility, empathy, love, forgiveness and compassion, ornamented by ritual, song and prayer. These help to give a child confidence, trust and hope, along with a sense of identity, belonging and at-home-ness in the universe.



Day 30

You cannot build a healthy society out of emotionally unhealthy families and angry and conflicted children. Faith begins in families. Hope is born in the home.

Questions for Discussion

- *Does your family have a narrative? If so, how would you describe it in 2 or 3 sentences?*
- *How were you raised to respond to the questioning of faith? Would you like the next generation of children to be raised the same way?*

Today, why not try:

[If you are a parent:] Sharing your testimony of faith with your child(ren) and/or life story.

[If you are a child:] Asking your parent(s) to share their testimony of faith and/or life story.

——— *“ Happiness grows the more we share it. ———
You need to take responsibility for the
blessings you receive. They are not yours only;
you can share them with your neighbours,
other people, and the world.”*

(Hak Ja Han Moon, 11th Nov 2017)