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The Nature of Heart

Around the globe people refer to it in many ways. In Korean it is called *Shimjung*, in French *le coeur*. Germans are moved in their *Hazen*, and Spanish-speaking people in their *corazon*. Those who speak English use the word *heart*. Heart—five letters that spell an entirely different world from the one in which we live. A hidden and mysterious world, a new territory we might desire to explore with all of our senses. So little is known about the nature of heart, yet countless songs and poems and stories allude to how the heart is often hurt, lonely, hollowed, or filled. How it has felt so many emotions. How it *is* so many emotions!

How did the ancient Egyptians feel about the heart? How did members of the Zulu tribes down through the centuries perceive heart? And how do those in modern-day Japan experience heart compared with people who live in Zimbabwe? I feel sure that people understood or understand "heart" with different nuances based on their particular culture and heritage, but I am also convinced that no one would want to live without one!

What is "heart?" Not simply an organ. Not only a tool. To me "heart" is a quality, one which every person possesses to some degree. In itself, it is a never-ending story that can fill us with wisdom, creativity, inspiration, and a host of other passions. The Principle explains that heart is "the impulse to love an object and is the fountain and motivator of love."

We have tremendous power over our own heart and even the hearts of others. We can open or close them. We can nurture or starve them. We can ignore or neglect the gift of heart given us by someone. We can just as easily accept as reject it, but one thing is sure: we *couldn't* live without one—physically or spiritually.

In this age when heart transplants and artificial hearts are becoming more common, I often wonder if something similar would work spiritually. The hearts of many people have stopped running, in the spiritual sense. It seems that those people need some new apparatus, and some new supply of the lifeblood of love to stimulate their hearts again. Are we qualified to revive their "tickers?" We can extend our heart—donating a piece of our own and patching it onto their heart in an attempt to give them new *life* and new hope. God's heart is by far the biggest, the widest, and the deepest. He certainly wants to endow us with a piece of His heart to ensure that we stay alive spiritually. To do that, He asks us to learn more about the attributes of heart. He knows that will help qualify us to accept the portion of His heart we receive, as well as learn how to tender a portion of our own to others. And in fact, He asks us to *perfect* our heart.

Life in the realm of heart is adventure-filled, exciting, and challenging. When you embark on your own journey through it, you can be sure you will experience some anguish, some angst, maybe some apathy or anger, but also some answers, some affirmation, and certainly also some *amour*. It is a world worth entering, for the nature of heart is as broad and deep as our God. And it is within *His* heart that we can find our refuge.

Don't become numb in your heart, deadened because you have worked for years and years and still have not been overly successful, or because you have continued the same routine day in and day out. Don't let it come to the point that you operate just like a machine, the dictates of your heart completely overshadowed by the workings of your mind. Always create something new, by constantly feeding your heart inspiration. You do that best by stimulating other people. Action is certainly one of the qualities that motivates a heart. Remember that heaven responds when we are active. The spiritual element which comes from God touches that pendulum known as heart and starts it moving.

The closer you come to God, the more your intuition increases. Developing it takes time, love, and an ever deepening heart. A heart strengthened through hurt is able to feel for God and humanity. Certain feelings must be learned, such as generating heartfelt emotions or becoming sensitive to vibrations. The whole realm encompassing heart must be experienced; we have to understand the heart of God, and the hearts of people in all circumstances and all walks of life. Since the heart is refined mainly through suffering, we can begin to learn more of the nature of heart by paying indemnity, through sacrificing and serving. A person who never suffered would find it quite difficult to know the heart of God.

The motivator of all things is the heart; it is the garden which sprouts love. The best way to tend your garden is by watering it with tears, and fertilizing it with compassion. Once you feel love for people, you want them to return to God. You approach them in a way and talk to them in a language they can understand. You are filled with the desire to tell the people what you feel in your heart, how God has worked in your life, and what you know about love. You want to share with them your knowledge that a whole world will be created out of love. You want to be sure they understand that love can be found in all entities, albeit on different levels,

but that the most divine essence is within the human heart. You may even want to shout out that they too are loved by God and can reflect His love. If your desire becomes that strong, then do just that!

Struggles exist on every level—individual, family, societal, national, worldwide, and cosmic. Although to start or keep a conversation going, people may revert to talking about the conflicts which exist on any of these levels, most human beings would much rather talk about the inner strife they experience within their own heart. Because it is so personal, it is of primary concern. Only you are truly aware of how much you have to overcome. Nobody can see the mountain chains of fallen nature that have formed within your heart. The reality of this depresses you; it brings tears and suffering to you, but you know each mountain still has to be climbed.

Some people have a big granite boulder for a heart, extremely difficult to move. Some people have a heart like a diamond. Although a diamond heart is brilliant and may sparkle, it is made of a substance hard to drill. How is it possible to give away a diamond heart? If the whole chunk is given away at once, what is left to give other people? It has to be broken down into smaller pieces in order to impart, but to do that a diamond drill bit is needed!

As Unificationists we are lucky that we have the opportunity to deepen our hearts. In living a life of faith, we focus on learning about how to extend our heart, and also on practicing love. We want to rid our heart of its flaws, perfecting it so that it can function well in the future.

What kind of heart should we have? What would we do with a heart of stone or one as hard as a diamond once we live in the spirit world? Such a heart is quite rigid and immovable, and would not allow us much fluidity of motion or *emotion*. It would be much better to have a heart of gold. If gold is thin enough, it can even be bent with the fingers. Gold is pure and unchanging, but pliable enough for a piece to be broken off and given to another person. For years, thousands and thousands of people have unsuccessfully tried to mine hearts of gold, but instead emerged from the "quarry" of life with hearts of granite. People were frustrated by these unfortunate circumstances, but it seemed no one had a universal solution. Hearts just rubbed against one another, causing irritation. Not able to melt like gold or butter, hearts just stayed inflexible.

God asks us to change all that. Create your own "heart fund" and give generously: allow God to help open your heart and melt that gold, enabling

the precious commodity to fill the heart of another person, one that was hollowed out by pain.

We have to make sure that our heart is unobstructed and able to receive the love of God. Once we receive love from Him, we can also send love out to others. If we only analyze ways we can meet people or brainstorm about what strategy to use in fundraising, witnessing, or business but don't move forward and actually implement our findings, we won't get very far. The basic answer is to condition our heart. If God comes into our heart and speaks through us, everything will be in order and we *will* make spiritual progress.

If you try to investigate the inner workings of the human heart by developing and refining your sensitivity, you are sure to stumble upon some remarkable discoveries. The most profound would have to be how beautiful a human heart is when it is centered upon God.

What really matters in life is our condition of heart, and what emotions pass through it. If your feelings get hurt, *you* get hurt. A broken nose can be repaired through surgery, but healing a broken heart takes lots more than medicine and bandages. It takes love, time, and patience. The heart is the vessel which contains your feelings—things which cannot be seen, but can be recorded and recalled. The function of our heart is far more sophisticated than the functions of our body and even our nervous system. The world of emotion is *the* most sensitive one, and it is truly within the "world" of heart. The heart could even be called your Most Holy Place, for it is where God dwells.

If you want to "see" things with the right viewpoint, you should "look" at things with your heart. Doing that will *really* open your eyes! If you view the past, present, and future of the Unification movement in terms of what Father is trying to accomplish for God, you may reach depths of insight you were previously unable to fathom. But you can do that only by using the eyes of God and the workings of your heart; by digging that deeply, you can gain everlasting hope that God *will* ultimately prevail. The problem is that we do not always perceive what goes on within the –machine" we refer to as heart.

You can definitely deepen your heart, despite the fact you cannot see it. You do it through your deeds and based on your relationship with God. Some people presently don't have the capacity to experience the fervor of love and heart of our Heavenly Father. They grow closer to God without realizing just how intimate the two of them have become. Even though we may not have direct spiritual experiences with God, we can often feel His presence spiritually. Those experiences teach us something about the substance of heart, because they help us expand our capacity to contain the piece of God's heart which He bestowed to us.

The heart of a human being is such a fine-tuned instrument. It vibrates like a harp. If it is tuned properly, it sounds beautiful when certain strings are pulled. Yet if you strike a wrong chord, you could produce a sour note.

Each of us contains a harp—a heart—and we all have to learn to play that instrument professionally. If you become a harpist, practicing on your heart but then performing a concert recital within the heart of another person, the sound of music you make could be so melodious, it might evoke tears. Involvement and investment of heart brings amazing results!

God is not a judge, not someone who condemns. Rather, God is like a benevolent doctor who is able to diagnose our illness. He wants only to calm our wounded hearts, assuring us that He will cure the injuries we sustained as a result of combat. With the help of God then we are able to plane the rough-hewn edges of our heart. Once that happens, it is no surprise that we really need our Comforter. But once we have received His care, we in turn must comfort others. We are also not meant to be judges, people who condemn. Rather, we should be mercy-filled nurses, tending the lacerations within the hearts of people. Many people act in certain ways because they were mistreated or neglected in the past. They have a deficiency of "lifeblood;" they have become spiritually anemic because they did not receive enough love. We have to make sure a person takes the medicine which can make him well. We have to impart the qualities of heart and love, becoming trustworthy enough to the person that he is able to have confidence in our treatment. We have to assure him that no matter what the medicine tastes like, it has healing qualities. What is the nature of a true heart? In a word—sacrificial.

Everything is related to heart, for God Himself is "heart." Some

days His heart beats fast with anticipation as He can see we are growing closer to perfection. Some days His heart slows down in tempo, because He can't help but observe how much Satan still rules us. Although it is difficult to understand God's heart, we cannot explain much about how the human heart functions only by using our intellect. We have to use our heart to feel and sense things. Nevertheless, we so often try to analyze everything and in dissecting the minutia, we get lost in the details and ignore the importance of what the heart can do. But God has much greater aspirations for us and what we can learn about the true nature of heart.

Do you ever listen to your heart? Perhaps you are not quite sure what your heart is trying to say, but it definitely plays its own tune. Yours is different from any other heart in the universe and paradoxically, it is also the same as the hearts of all people, for the simple fact that all hearts vibrate when they are bathed in love. Have you listened to the songs played by other hearts? What about the one played by the heart of God? Although He endowed to each of us a snatch of the symphony contained within His heart, so far He has never heard it in its entirety. He *is* anxious to conduct that masterpiece someday. Until every human being becomes perfected, He is forced to stand in the empty amphitheater of Heaven, awaiting us. When we all have finally attained perfection and gather together, He will at last be able to raise His baton of love. His heart will no longer be silent, His symphony no longer unfinished. He will then be able to conduct the concert His heart has longed to play, encompassing the harmony and melody from the songs played by every heart in the family of man.

Parental Heart

To be able to understand parental heart, it is necessary to accept the responsibility of a parent. Yet unless we cultivate a parental heart, we cannot give anyone rebirth. Often members are surprised that even though we witness with sincerity of heart, some people do not accept the Principle. We have to look inward rather than outward to discover why. There are several pertinent questions to ask ourselves. We need to discover whether we are parental to the people we meet, and if we have a heart of love big enough to conceive spiritual children? Parental heart is the main point.

How do we acquire and then develop a parental heart? The more we

discover about the nature of parental heart, the better we will understand True Parents. When True Father began his mission, he longed for people to know God and consequently he witnessed with candor and love. He displayed parental heart toward the people he met, a quality that surely must have attracted many of them to continue coming back. He longed for people as a parent longs for a runaway child; once he met them, he extended his heart to them. On behalf of our Heavenly Parent, True Father shed blood, sweat, and tears to bring his disciples rebirth and new life. That is the heart of a parent. From Father's own example, we can understand that a person grows into parenthood by living a life of sacrifice.

Communicate with God to discover more about the nature of His parental heart. Just ask Him; He is sure to reveal something to you. The insight you gain may even make you shed tears. His parental heart undergoes such indescribable pain even today. Yet God is the One True Parent who, despite His tears, works tirelessly to reach His children. And His parental heart is uplifted whenever even one of His children starts on the road home to Him.

To gain an understanding of the parental heart of God and True Parents, you need to be active. This involves taking a parental position to others, a factor especially important in witnessing. If we look at a person with God's eyes and feel for their situation with His heart, we will share His longing that mankind return home to Him as soon as possible.

A mother longs for her little baby if she goes out to work on the frontline. Yet she knows that after awhile, she can see her baby again. Unfortunately, it is not the same for God. He lost all His children thousands of years ago. His heart aches because He has not seen His children in the raiment of their personal perfection; He only sees them being manipulated by Satan; each time this deals a crushing blow to His heart. God is anxious to give His children hope that He is not really so far away; and therefore is actually the one who witnesses *through* us because His heart feels so desperate and unfulfilled. The times we are inactive or apathetic about our commission of witnessing, He feels frustrated. What can He accomplish without us? He feels tremendous agony when He notices how far away His children seem from Him; it is only when we open ourselves to be His channels that He can feel joy. When even one child turns back to Him, He experiences a little bit of liberation. The best way to develop parental heart is through the activity of witnessing, because that affords us the greatest experience to share in the parental aspect of God's heart.

If your heart is filled with love for God and people, then you will be happy to see anyone who is even closer to God than you are. If your heart is

in the right place, you feel no envy or jealousy, but elated that someone is able to have a personal experience with God. But I must warn you that that could cause you to feel an expression of parental heart: as you stand back and allow others to receive blessings, tears may cloud your eyes and a lump may form in your throat.

A parent wants to see his children happy and well taken care of. He willingly bestows all his love to them, and would even sell the shirt off his back if it could ensure his children would be cared for. If such an attitude develops within you, then you are on the right road. If you keep going, it is only a matter of time before you perfect your heart. However, if you become jealous because someone else receives more love from God or a leader, take time to examine your heart. Uncover your true motivation for such emotions and realize that the feeling of envy is satanic. The nature of parental heart and love is to push everyone else into Heaven ahead of yourself, doing everything possible to assure other people reach God.

If you have a parental heart, you automatically become a leader—whether you actually function in that position or not—because you naturally work to "lead" people to God.

All the central figures in history were supposed to bring people to God. Spiritually, they were to assume a parental position toward others. Even today such a person occupies a position of authority and must be careful not to sit in judgment over his people. Such leaders occupy God's position and therefore must care for the needs of his people. They should educate them about human responsibility, inspiring everyone to accept it. Although such a person can be charismatic and even *dramatic*, his true strength as a leader should be maturity of heart, and he should lead with the power of true love.

Most people spend one-third of their time on the job. In fact, the majority of us spend much less time with the members of our family than we do with our co-workers. The workplace should be an extension of the home and run accordingly. Someone should assume a parental position, and be sensitive to everyone's needs. Ideally, co-workers should relate with brotherly and sisterly love. Some people may be pleasant at home, but go to work and assume a totally different identity—becoming even nasty or cutthroat. Other people spend as much time as possible at work, pouring themselves into their jobs but neglecting the needs of the members of their family. Neither situation is ideal. One environment has a direct effect on the other.

We must take responsibility to transform our family into one in which the members care for one another. Further, we should expand that pattern to our workplace, society, nation, world, and the cosmos. Parental heart must be developed, not squelched. God created the whole universe in such a way that the central position is the parent, either figuratively or literally. The central person should always take care of the family—provide for it, educate, and protect it. If society would be shaped according to the family pattern, even national and worldwide problems would decrease considerably. There may still be a few "domestic" squabbles, but if love was generated by the parent figures, unity between all members of the family of man could develop. If the world could pattern itself after a family run by parental love, people would not seek to kill each other. Our God is so visionary and wise; unfortunately, His ideal that the universe be run by parental heart and love has been buried by our false father, Satan, who uses far different things to rule us.

You must develop a parental heart if you want to successfully grow close to God. Not only will you occupy the position of son or daughter of God, but you will then come to take the position of a parent. Of course there will be struggles, but the best way to overcome your physical self is to move into the position of parent and serve everybody. Humility is crucial. When a mother hears her little baby cry in the middle of the night, she neither thinks about the sleep she will lose, nor complains about how tired she is; she willingly gets out of bed and tends to her baby's needs. She may feel exhausted when she gets up in the morning, and her husband and older children make many demands of her, but even though she may have a hundred details to attend to, she is happy to sacrifice for her family. That is parental heart.

As a baby, we have virtually no responsibility, but once we mature through childhood and adolescence, enter adulthood, and finally become parents ourselves, we give out love and heart based upon what we received during the earlier stages of our development. If a child receives love, then even as a teenager he or she might give love to younger children, taking a parental attitude toward them. Parental heart and behavior can grow and expand as we learn more about them and practice how to love.

The way we can develop true relationships with each other is by living with Father's heart. We have to root out any jealousy or rivalry and refuse to behave like we used to. That takes developing an absolute, unconditional, and forgiving heart of love, the kind exhibited by a parent. So

many problems could be resolved if each of us took a parental position toward each other. Try it, even for *a* day. See how differently you look at others and situations in daily life.

You have to know who you are. Once both your heart and mind recognize and accept your "identity," you can witness armed with the assurance that *all* people are in need of your gift of heart. Although many people are ignorant of it, every human being is a child of God who has lost his way home. You meet all kinds of people—some are big, some are small, some skinny, and some fat. Some are knowledgeable. Some are not. Yet the one thing most people have in common is a misunderstanding and misperception of God. Their vertical connection is quite weak and undeveloped. And some people have not yet even been born spiritually. Father says that we must come to understand the heart of a child, the heart of our brother and sister, and the heart of a parent. Until we can comprehend the nature of heart, we cannot reach perfection, because lack of experience will prevent us from closing the generation gaps and building unity. A parent will find it difficult to treat a child correctly if he does not understand a child's heart. If you do not understand your sister's heart, you will be unable to treat her as God wants you to. Unless you feel the heart of a parent, it will be difficult for you to understand the feelings and thoughts of a parent. However, without understanding all of these levels, you will find it hard to restore humanity.

It is crucial to walk in the shoes of a parent when you go witnessing. If you try to walk in those of a child or an adolescent, you will find they are too small. You will not be truly successful if you insist on using shoes that are ill-fitting. It is God who can choose the correct size for you; He is the one who understands the heart of a parent best of all. Even if the shoes of a parent seem a bit loose at first, don't worry—you will grow into them soon enough. If we want to be successful witnesses, it is up to us to ask God for help.

I am sure you would have absolute success in witnessing if you served others with the heart of a parent. A parent who watches his child grow has to understand the heart of that child. He should think back to his own childhood and relate again to the way a child looks at the world. How did you feel when you were a child? With what kind of eyes did you view the world? Delve deeply into the mind and heart of a child in order to realize his needs and deficiencies. Doing so will teach you how to develop and raise the level of your parental heart.

You can do the same within your church community or at your workplace. Put yourself in the position of a parent and take care of every-

body rather than play the child and expect everybody to take care of you. You do that by accepting responsibility for everybody—serving them, loving them, caring about their spiritual growth, and helping to provide their basic needs of life. If you find that you are unable to do this even for yourself, you will remain a child rattler than be able to act as a parent. Investing your life for God's will, winning souls from Satan's world, and working to restore the whole universe back to Him is the best way to cultivate an understanding of God's heart and the heart of True Parents.

Just seeing True Parents in person or on a videotape can give you some glimpse into the kind of people they are. When you see them smile, or sing and dance, your heart is surely uplifted. If you meet them in person, they may even take you out and treat you to a meal or buy you something. Of course that is a direct experience with their parental heart, but realize it is but a small fragment. It is physically impossible for Father to show each of us tangible love every day. The way we learn about the nature of parental heart and understand the heart of True Parents is to inherit parental heart from the True Parents. He talks about the importance of reaching that standard. He emphasizes that to do that is crucial to making total unity with True Parents and inheriting all they have to offer. Those people who have never seen them should study the Principle and live according to it in order to strengthen their character and develop their heart.

To act as the True Parents do, we must help alleviate the sorrowful heart of God by working to restore His children. That is taking the position of parent. We need to connect and act with the heart of God. Several times I heard Father say, "You just don't understand me. You don't know who I am. We live in different worlds." He is referring to the fact that we don't understand his heart. We are often too child-like and neither increase our understanding of a parental heart, nor practice loving with one.

Life is not only composed of beautiful words and sweet talk. Life is rough. So is a life of faith. Sometimes we may feel judged for our inability to follow Father. Sometimes people judge Father for certain words or deeds, but that is because they simply don't understand him or the kind of life he has led. Father knows and wants to impress upon us that all who follow him and do the will of God shall be with him in the Kingdom of Heaven. In order to make it, we have to work hard. Father pushes us and cajoles us to become better all the time, and not be satisfied with our present standard or level of growth. He is much like a parent who insists that his child do homework. The child may want to go to the movies or play with his friends, but the parent is adamant that the child study. The parent knows it is for the child's own good, even if the child cannot understand why at that

moment. It feels like torture to the child, but he will see how beneficial studying was once he graduates.

Father encourages and pushes us to do many things that we would otherwise never do. Many of us have the tendency to be lazy or conventional, but he knows that doing what he asks will serve us in the future. He sees how humanity is declining every day, but becomes frustrated because he cannot fulfill all the necessary goals without our help. He knows that if he pushes us now, we will eventually thank him.

A child fluctuates in understanding and appreciation. Sometimes he can see certain benefits to what his parents ask of him, but often times he rebels. A person who develops a parental heart can begin to appreciate the position of parent, while a child usually judges a situation by whether he feels uplifted or depressed. A child has neither mature perception nor the ability to see the end result.

We Unificationists should ask ourselves what we gain through our present behavior, and should discern whether it is parental or child-like. A child always wants to have candy, but parents know that too much candy is not good for a child's teeth, and therefore restrict the intake. We do not always have the widest perspective and tend to think of life in terms of how much "candy" we can get.

In order to comprehend the nature of True Parents, we have to understand parental heart. If we follow the pattern of True Parents by investing ourselves to find God's children, our parental heart will develop. Based on our action, God will be able to speak to us heart-to-heart, revealing His feelings, inspirations, and revelations about how we can be even more parental toward people. That is why He encourages us to find spiritual children; it is one way we can come to know something about the texture of our Heavenly Parent's heart.

It is actually much easier to conceive physical children than to find and raise spiritual children. To invest in and attend spiritual children takes a great deal of energy and time. We naturally worry about them, and pray that Satan will find no base to claim them. Without learning about the nature of true parenthood, we will find it hard to fulfill responsibilities as spiritual or physical parents.

The greatest characteristic a parent can possess is a sacrificial heart. Both mothers and fathers have to give up sleep to tend their newborn. The mother has to sacrifice part of her life and even her body to carry her unborn child. After the birth she gives out tremendous energies, and many mothers even give their milk to nurture their babies. Every aspect of parenthood is based upon sacrifice, and the same is true for spiritual parent-

ing. You may have to give up sleep and give the "milk" of truth to nurture your spiritual baby. Answering a string of incessant questions about God, True Parents, or the Principle, and even dealing with any rebelliousness during the spiritual adolescence period are aspects of raising a spiritual child.

Unless you have a child, you will never know how to parent. You will never understand the character of a father or a mother. Parents constantly work on developing their hearts as they learn about life and love from watching their children grow. They want to be proud of their offspring, and see them become mature and upright human beings. When parents become grandparents, they learn even more. Sharing parental heart and bestowing love are essential to our development as true sons and daughters of God. But God does not expect us to stay as true children all our lives. He longs for the day when we become true husbands and wives, even exercising parental heart and love to one another during that stage of our growth. And further, He is anxious for us to accept the position of true parents ourselves, for that is when we will truly create the God-centered family.

We can learn about how to be a true parent by researching our True Parents. We do that by reading about their lives, Father's speeches, and the Principle. Reading the testimonies of others who share their personal experiences with the parental heart of True Parents will also give us insight. But the best way of all is to find spiritual children and raise them in accordance with the Principle. Without doing that, we will understand only small portions of the heart of True Parents, but we need to expand the love we experience with a spiritual child to the worldwide family of man.

We can understand the depth of True Parents' heart only when we share their experiences. We have to take their position, accepting our responsibility to help restore the world back to God's sovereignty. Doing that will enable us to uncover many of the silent and untold mysteries of parental heart. You will never understand parental heart if you just sit indoors all the time, singing beautiful songs, and praying beautiful prayers. But you *will* experience both the heart of God and the heart of True Parents once you go out on the frontline and engage in restoration work. If you just work to provide for your family, you may be successful at it, but may feel a certain emptiness. If you work to provide for the world, however, you will mature to the position of a true parent. You will feel like a parent once you are really active to get spiritual children. The key is to develop a sacrificial heart. The word "sacrifice"—which indicates total love—is the main focus of parenthood.

You can realize so much more about parental love once you have sacrificed yourself and given out the love within your heart. If you fought

and suffered and sacrificed for your spiritual children, your parental heart will develop in breadth and depth. Not every relationship between a parent and child becomes close. This is true with physical parents as well as spiritual parents. Children might rebel against their parents. Adam and Eve did and they certainly ended up with another parent—Satan. But we have a chance to restore that failure and claim our One True Parent by emulating the nature of His heart. God needs us to develop a strong prayer life and keep in constant communication with Him. He hopes we will long for spiritual children, find them, suffer for them, and raise them to spiritual "adulthood." In His infinite wisdom, He knows that is what will bring us closer to the True Parents, and what will bring us to an understanding and an experience of parental heart.

The Relationship between Heart and Intellect

We can call the internal "ruler"—our heart—the quintessence of our spirit, as it is the point which connects us to God. It is the heart which gives the commands. The brain then directs the body through the nervous system and the whole physical body is notified to react in some way. God tries to reach you through the vehicles of your heart and conscience. When God "telephones" you and the wire connected to your heart does not give a "busy signal," He can inspire you to create and give out love. Your heart then whispers an order to your brain: "Do something loving!" That is your cue to build something beautiful in relationship to God or another person. Although the brain acts as a kind of mouthpiece, the vision actually stems from your soul. It is that language of love you hear your heart speak that encourages you to do something to bring joy to someone else.

Your mind may be cluttered with thoughts, all of which seem to beg you to analyze yet again the details of how to support and care for your family or your neighbors. You may be instructed about the need to find a better dwelling, make money, or shovel the snow for the elderly couple down the block. All these inspirations are quite something—surely a mark of your brilliance and valor! The whole process of intuiting what needs to be done and then doing something about it, may seem to stem from the give and take relationship within your mind and heart. What you may not realize is that the true genius behind such directives is none other than God Himself.

If you ask a question and really want answers that are meaningful to you and can possibly even heal your wounded heart, then let your heart—not your head—"think" up those solutions. If you begin to argue—with yourself or another—based upon your knowledge of a certain subject, you lose the focus of what your heart wants to say to you. Those answers from the world of heart are difficult to accept if you view them only through the "eyes" of your intellect. Do your best to "shut off" your intellect and immerse yourself completely in the world of heart. Then make it a point—even offering it as a condition of indemnity—to stay away from intellectual confrontations or even pursuits, and instead work on developing your heart. That heart of yours vibrates so delicately and detects so many nuances, but you have to give it the chance to shine. Never hide the glow of your heart under the "bushel" of your intellect.

If you are an intellectual type of person, the "you" of today might have been formed almost exclusively by the work done by your brain. If so, it was your intellect that told your heart what to do and what not to do. What it *could* do, and what it could not do. Your intellect may have dominated and overpowered your heart; it may have been a dictator and perhaps was often even a tyrant. That beautiful reservoir of your heart simply did not have a chance to expand or be filled with the love of God if you always used your brain. Anyone who allows his head to always win out over his heart will surely possess some character deficiencies. Discover what you lack inside. Then work on overcoming those deficiencies by developing a full and mature heart. You do that by delving into spiritual things. There are many holes in your heart, many spaces that need to be filled in. If you try to pack exclusively analytical observations or facts and figures in the crevices, you won't be successful at filling them. The packing your heart needs is love, not necessarily more knowledge. You may want to escape to the realm of the intellect because it is there that you feel most comfortable. When people become impressed with your vast knowledge and expertise, they naturally confirm to you that you are a "somebody," a somebody they respect. But if you work on making your heart shine, people will notice that bright light and also acclaim that you are "somebody" —a much greater somebody, at that! Not only will you be respected, you will be loved.

Anyone who has a high I.Q., a great memory, or tremendous knowledge is **to be** commended, especially if he wants to use them for God. But God is far more anxious for us to prepare for life in the spirit world. In *this* world, intelligence is the mark of distinction, but God tries to share with us about the spiritual world—the place which speaks that other language: love.

Satan is a crafty and wise being; he constructed his world using knowledge and expertise. Yet if God had ruled this physical world from the beginning, mankind would be one family, bound together in heart through the "glue" of love.

Intellectual people have good minds, but their hearts also have great capacity; it is just that those hearts need some nurturing. If you work on helping a person rid himself of false security and values based solely on your intellectual capabilities, it may take some patience and an investment of time, but it will eventually be worth it. By developing his heart, that person can someday feel true security and reach perfection.

Inwardly, tell yourself that you can do whatever you set your mind to do. Organize and focus upon a goal and then simply begin. The first step is to get your heart ignited. Once your heart is readied, your intellect will be fired up, and you will then discover what amazing resources and power upon which you can draw. You have so many facts, figures, and experiences stored on all different shelves in your brain. When your heart feels free, you can most easily remove those pieces of information from their shelf life and activate them in *your* life. So many of them are just within reach, but unless you are free to take them off the shelves, all those things stored within your brain will be wasted. They will be barred from expressing themselves, jailed within your intellect. The key to this prison is within your heart. It is your vertical communication with God and True Parents stimulated through prayer that can open your heart, and then unlock your intellect.

When God created mankind He meant for there to be a balance between the intellect and heart. When man fell, however, that balance was offset, and man received more input from Satan than God. We were disconnected from our Creator, and presently are in the process of becoming restored to our original position. The process of getting things readjusted and finding the equity between intellect and heart, has become quite a job. Our environment and educational background play a great role. If our parents educated us more in the social graces and encouraged us to focus on intellectual pursuits, but neglected to teach us love by example, we will most likely look at life predominantly from an intellectual standpoint, and our heart will probably be more underdeveloped. Because of True Parents' example of love, we can recognize the vast difference between how we are and how we should be, and then work to adjust ourselves. Some people are mostly emotional and cannot think straight, lacking the abilities of rat-

ionalization and analyzation. They are ruled almost totally by heart and consequently it is their emotions which speak and act. If the intellect was de-emphasized, they must learn to develop their ability to think logically and even begin to analyze their emotions, no longer allowing their feelings to run away with them. They should attempt to feel what they think. Yet those people who think rather than feel must learn to function in the world of heart, and draw on the reserve of their buried emotional strength, *withdrawing* somewhat from speaking from their head rather than their heart. They have to allow their heart to find God, not just rationalize whether or not He exists.

We are not yet perfected people. We have a lot to learn and a lot to balance, but the Principle and the will of God surely help us strive to become harmonized in mind and body, and also in mind and heart.

Who governs your heart and intellect? Your brain is the center of your physical self, and is responsible for all functions of your body. However, your heart is the center of your spiritual self, and in control of your emotions. Have you ever thought about who really governs your heart? Since the heart is created to be subject over your body, it is a pertinent question. Is God or Satan in command of your heart? Many times our physical self is so demanding it even dominates our heart. If God has been pushed out of our heart and instead Satan dwells there, it is natural that our body would find it easy to dominate our spirit. At the time of the fall Satan claimed the physical bodies of all people, and reasserted his claim at the time of Jesus' death. That was his part of the bargain, while God could claim our spirits.

Ask yourself who occupies your soul, your heart? Is it God and the forces of goodness? Or is it Satan and the forces of evil? Heart is the source of emotion; either love or hatred can flow through it. The world of emotion is by far the most delicate one. Any scars a person receives from a physical injury heal much more easily and quickly than emotional ones. And the depth of an emotional scar is far greater, possessing power enough to even kill a person.

It is in the world of spirit that we experience the "cosmic spring," a time when heart and love blossom. Although our intellect helps define all things we experience, we have learned that the language we will speak in the spirit world is the language of love. What we should be most concerned with is developing our heart and learning its vocabulary, proper grammar, and sentence structure.

We have to develop our intellect and learn how to think on the basis

of truth. As we mature, it becomes increasingly important that we control our emotions. It takes some study to find a healthy equilibrium between intellect and heart. We also have to construct a type of thinking apparatus in our heart which can properly analyze what we feel. We cannot just be totally swayed by our emotions. Sometimes our feelings make sense; sometimes they don't. Sometimes they have little relevance to what we are going through. Realize that those particular feelings may be from the influence of spiritual beings—either good or bad. Sort them out; if your feelings don't make sense, question where they come from.

Evaluate your feelings by using your intellect; once you understand how to do this, you can stabilize yourself even if it means that you have to banish evil spirits who try to control you. If you cannot do this successfully you will be imbalanced, because you will be unsure what is right and what is wrong. Our heart plays a great part in our life of faith, but we have to make sure who controls it.

We are primarily concerned with developing our heart and love, learning what differences there are between the heart of God, and the human heart. The intellect can only serve to *lead* us to the goal, but is not the ultimate objective itself. Yet if you find that the instrument of your intellect stops you from reaching your intended goal, do something about it. Encourage your heart to step from out of the shadows and into the spotlight.

The origin of all existence is heart; the Principle elucidates that God created the world because of what He felt in His heart. If a person understands through his intellect rather than his heart, he "reasons" by using his physical senses. He thinks about whether the point makes sense, and what he understands by it. He rationalizes that he has to do certain things because of it. That is the intellectual process, and although it takes place in the invisible mind, it is quite "external" in nature. The world of heart is also invisible, but much more "internal" in nature, and much more difficult to discern. Both thoughts and feelings can have a tangible result; a person can write a book based on what he thinks, or send a rose to his love because of what he feels. Both are interrelated and ideally balance one another.

Sometimes people join the Unification movement because they like what they hear. It makes sense to them and strikes them as the truth. They go point by point, reasoning that the Principle is the most logical and sensible explanation to questions about faith life that previously remained

mysteries to them. While it is important that someone become rooted in the truth and understand it well enough to apply it in daily life, if there is no simultaneous development of heart, the intellectual type person may not be able to understand a more emotional type person who seems to bring forth tears almost at will. He probably cannot relate to what the person is feeling and talking about. Yet the emotional person cannot understand why the intellectual one cannot understand! Actually, intellect and heart are not that far apart from one another. Truth is the effect, absorbed and understood by the intellect. Love is the cause, absorbed and understood by the heart. To initially find a balance between the two is ideal, yet I feel it is better that a person is first moved in his heart, and later begins to understand why.

When I was introduced to the Principle, I could not comprehend all the intricate details of truth I was confronting. For years I had believed that the Messiah would return on the clouds, so my mind had a hard time comprehending that he could already be on earth, have a different name, and be of a different nationality than what I originally thought. None of these points of Unification doctrine made sense to me; at First the whole ideology seemed implausible, and in fact totally impossible! I was firmly rooted in certain concepts that both my mind and heart accepted. To change that was nothing short of a miracle, but my heart worked overtime, and it was through my heart that God reached me. Abandoning what I had believed for so many years seemed quite risky to me. Sometimes I had to skip the logic of it all because my heart was incapable of distinguishing what was true and what was false. It took a gigantic leap of faith, and actually, my heart is still jumping—but now, from a sense of joy!

Many people can rip apart doctrine or even dissect certain facts, but it is not feasible to talk about the world of heart in such a fashion. Love, the quieting factor of the heart, is even capable of subduing knowledge. Philosophers can easily get lost in facts and figures, talking around a question for weeks, months, and years, perhaps becoming frustrated but never coming up with a solution. On the other hand, development of heart is internal and accompanied by incredible revelations and insights. As the heart grows and evolves into maturity, the character deepens at the same time. Solutions become much more evident once we view our problems through the vision "seen" by the heart.

A person who focuses primarily on deepening his heart rather than his intellect is much better off. Why not do the same: Become alive! Uncover your heart, even if it has been buried under Satan's propaganda. We have

to believe in ourselves. It is the heart, not the intellect, which can most easily feel vitality. Our brain may be stimulated by some sort of intellectual challenge, but in order to hear the voice of God, we must open our heart, and let it be moved by love, *to* love. However, we must be careful because our intellect is usually moved to think a few steps ahead. If we allow it to take control, it may succeed in moving us further *away* from the heart of God.

Most people are more naturally drawn to persons of deep heart than those with a great intellect. The world of emotion is much more beautiful than that which only *explains* emotion.

Even if you don't feel overly enthusiastic, your heart still plays a big role in what you say and what you do. Your face may initially appear stone cold and tout a grim expression, but once your heart is activated through the power of some emotion, your intellect may get in on the act, and that stone-like face might just break into a smile! It is your heart which actually initiates your intellect to work. You can be strongly motivated through your love for God and True Parents even subconsciously. Your love for God is the driving force which stimulates your heart and then gets your intellect involved. The intellect then comes forth as a servant of your heart, and works through the mediums of your words, facial expressions, and even gestures.

If your intellect takes over but your heart is uninvolved, how can you reach God? As you pursue your journey to find the heart of God, it is natural that your words act as a spokesman for your heart. It is just as normal that tears might accompany your words, although they may not necessarily be physical tears. Tears cried by the heart because of suffering can make themselves known, even vibrating through the voice.

Permitting your heart to take center stage in your life will allow your personality to develop. *Everything* will be involved—your voice, eyes, emotions. Everything will feel different. It is just a matter of time before even the *world* will experience such a transformation.

Heart motivates the intellect. You begin to think because something motivates you. When you look at nature, your heart is touched by the beauty, colors, sounds, and sights. You experience something spiritually,

yet your intellect comes into the picture and analyzes that adventure by using both your physical and spiritual senses. The wind that skims past your skin makes you feel good, and might even cool you down. The colors of the sun that pierce the backdrop of nature during a sunrise or sunset have a certain effect upon your senses. The spiritual and physical senses are interrelated; they both experience such a portrait of God. But before your intellect begins to analyze, you experience an overwhelming feeling in your soul.

The intellect usually works along with certain feelings we have. For example, when we talk about the nature of love, we usually refer to certain feelings that come through the nervous system and trigger particular responses. The physical heart is a muscle, but the spiritual side of heart is intricately involved with emotions. Heart is the internal chamber activated by love. It experiences certain sensations and effects from feeling the benevolent love of God.

How is it possible to get in contact with the origin of this love? To perceive love—either coming from a person, in prayer or meditation, by thinking about God, or by being exposed to the truth—it is best to first season your heart. Although your intellect may be affected first because you hear certain words and see certain gestures through your physical senses at the same time your heart responds in a certain way, and emotions might come to the surface in the span of a split-second. This reaction is often simultaneous, but the emotions and the memory of what was said or done are actually long-lasting.

People whose hearts have become dry because they have overworked their intellect or because they are more bureaucratic in nature, seem to battle with more problems. We Unificationists are concerned with becoming people of heart, concerning ourselves more with the spiritual side of life, finding a "place" where a vivid imagination can run, and the symbolic world of emotion can be stretched through experiencing and challenging extremes.

Many things can be done through physical energies and the laws of nature. For instance, mental power is strong; certain people have successfully moved physical objects by using thought power. But emotion and heart are of much higher caliber than mental energy. When we talk about perfection, we refer to perfecting our heart, not "perfecting" our intellectual capacity.

Every child of God is born with the full potential of realizing both the power and love of God within his heart and intellect. He has the capability of perceiving and sensing the essence of all entities in the universe, and especially cultivating loving interpersonal relationships. The potential is there, but it will not happen unless the person takes the responsibility to develop his potential, and strive to perfect his heart. Today, great emphasis is placed on developing "brain power." Institutions of higher learning are prevalent, and there are a number of highly sophisticated "think tanks" that try to uncover solutions to societal, national, and worldwide problems. There are countless teachers considered eminent by their colleagues and who are known for their brilliance or their ability to teach and inspire many people. But are there any schools of love? Few professors try to teach about divine love or place an emphasis on "love power." Many people are overfed with truth but underfed with love. People instinctively feel that teaching love should be the job of the family and the role of religion. But far too many families are not whole anymore, and the hearts of people everywhere are more empty than full. Religion seems to focus on personal salvation, but ignores taking a larger role in family, national, or worldwide redemption. People grope to discover what the meaning of love is, and how to expand their reservoir of heart. A great many people pass the buck, but we Unificationists should be resolved to let it stop with us. Let us be the ones who take the responsibility to learn and then teach the ways of heart. If we don't feel confident to do that, we have only to find God's own reservoirs of heart and intellect. They are overflowing with all the elements we need. If we find harmony with Him, surely we will succeed in tapping them.