

Golden Age October 2022 Newsletter

Richard Buessing and Carol Pobanz
October 3, 2022

Dear Golden Age Newsletter Subscribers!

Greetings to you and your family!

Following is the *October 2022* issue of the newsletter. We hope that you enjoy it! Our mission is to help keep Senior Unification Members (60 years plus) connected through sharing God's love – what is positive in our lives as a result of finding Heavenly Parent and True Parents.

The motto of the Golden Age Newsletter is “This is the Dawning of our New Age”. We are always in the process of redefining ourselves as we grow older and as we add experiences to our lives. Therefore, we must consider how God can use us even when we may be decreasing in our physical capabilities!

We invite you to share your own article with us for inclusion in a future issue of the newsletter. See more at [Sharing Articles with the Golden Age Newsletter](#). Please also share the good news about the newsletter with your friends. They can subscribe at [Golden Age Newsletter Free Subscription Form](#).

Thank you!

Rev. Richard Buessing
Carol Pobanz
Senior Pastors Association (SPA)



Golden Age Club

This Month's Message

A Letter from Heaven's Heart
by Michael Lampson



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We have been so blessed that it is almost impossible not to believe in a loving God. What we have received through living lives focused on others makes it almost impossible to complain when things are harder than normal. We just need to think about the love so many have shared with us and we get filled up.

Over the last few years, Wiveka's Alzheimer's has progressed and this is creating new unexpected challenges. It's like slowly losing someone. It is like parts of her are being erased, leaving blank spaces that were once filled with strong emotions, opinions and a very Swedish sense of humor. For me, this is the hardest part of the disease. Conversations are limited to good morning with coffee kind of talk as the reference points for deeper or practical conversations are hard for her to pull up. For Wiveka, this is very difficult as she struggles to find the right words. God, this is heartbreaking. She wants to help but can no longer drive, cook, clean, wash clothes, use the computer or read a book. She often gets overwhelmed by the things she can no longer remember.

[To view the full article, please click here!](#)

Unification Thoughts

Rearing Monarchs - #17

by Prof. Gerry Servito

Dominion and Creativity, part 2

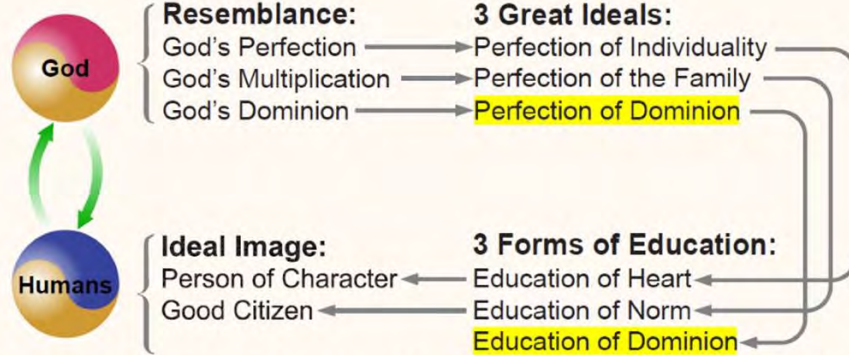
Unification Thoughts, October 2022

Welcome back

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Last time, we'd started looking at developing the third major area of a child's education: their capacity to achieve "dominion", i.e. competence and even excellence in a gift where their gift lies. We'd refreshed our understanding of creativity as a divine gift, then described the visualizing process, and indicated the critical role of education in nurturing and enhancing creativity.



The purpose of education is to empower human beings to achieve resemblance to God's perfection, to God's nature of multiplication, and to God's nature of dominion.

• *New Essentials of UT, p. 249*

Today, we'll continue looking into our creativity, particularly into how we practice it. Because while it can be used for loving purposes, humanity can clearly twist and abuse our creativity to cause harm.

This might be a shorter article, focusing on just a single point. That won't be because there's a shortage of material, but because the point is an important one for our young ones to start learning early on.

As I've mentioned before in this series, our young ones often demonstrate creativity and skill in their different activities. And they often receive recognition for it, which encourages them to do more. But there's a danger and also an important mindset that not only offsets that danger, but can help them understand the right path to consistently invoke Heaven's support and blessing on their efforts.

The danger is self-pride, which can lead to over-confidence and egoism.

[To read the whole article, please click here!](#)

History Bytes

Africa Mission

by Mark Anderson



I was working in Arizona as the state leader for our church when we were called back to New York for a God's Day celebration in 1987. Lots of members were in the New Yorker hotel and being around Father can often be exciting because he might suddenly get an inspiration and decide to really shake things up. Suddenly, the Korean leaders for each region were asked to choose one person from each state who they thought would be good for a new mission. How much they knew at the time about the mission, I do not know.

I was selected as the person from Arizona and we were told that we were going to Africa for a mission there. This certainly was not what I was expecting. At some point we found out that our new central figure was going to be Dr. Bo Hi Pak. I had not worked closely with Dr. Pak before and only knew him as a translator for Father. This turned out to be a big blessing for me as I learned so much from him. He was truly a great leader and an amazing person.

[To read the whole article, please click here!](#)



Love People

The True Life Story of Mark Anderson, Missionary, Lawmaker, Judge

www.amazon.com/Love-People-Anderson-Missionary-Lawmaker-ebook/dp/B09KJN5NLW/ref=sr_1_1?crid=LLRQQ2O7WN5Q&keywords=love+people+the+true+life+story+of+mark+anderson&qid=1664381864&qu=eyJxc2MiOilwLjAwliwicXNhIjoicXNlIjoiMC4wMCIsInFzcCI6IjAuMDAifQ%3D%3D&s=books&sprefix=Love+people+%2Cstripbooks%2C138&sr=1-1



An excerpt from Mark's book...

It wasn't long though before I was in the news again. This time, I was

covered in the Chicago Tribune, the Boston Globe, and the San Francisco Chronicle, as well as radio news and talk shows in other cities around the nation. How did I generate that level of interest, you might ask? I answered a letter from a constituent.

A woman wrote asking me to increase her welfare payments since she had five children and was struggling to make ends meet. I explained in my letter that, as a state legislator, I did not have the power to raise the monthly amount that the federal welfare program was paying to recipients. I should have stopped there, but the Ann Landers in me refused to let it go. I went on to offer her several common-sense suggestions as to how she might improve her financial situation including returning to school to get a degree. One of my other suggestions was to consider re-marrying, since having a partner who shares the expenses and brings in income to the family can make the financial situation easier.

The woman was outraged that I would suggest that she get married in order to improve her situation and instead of calling me to complain, she called the media. Soon, my letter was printed in the local newspaper and my suggestion was a topic of radio talk shows locally and nationally. Some people were offended that an elected official would suggest such an outrageous idea and expressed that I must be a knuckle-dragging Neanderthal to even think along these lines. Others saw me as a champion against welfare abuse and were encouraging me to “get those welfare queens.”

Ultimately, after a few days of intense media attention, I invited her to the Capitol to meet with me. I said that I was sorry she had such a bad reaction to my suggestions. Coming out of that meeting, she told the media that she would rather vote for her dog than vote for me. Thank goodness, the dog was not on the ballot, as it may have been a close race!

I was also portrayed in a political cartoon that I proudly display now in which I am sitting on a park bench next to a bedraggled, addicted, likely homeless woman. In the cartoon I am telling her, “You need to find a sugar daddy.” I have to admit that it was pretty funny. I realized that perhaps in the area of advice-giving, less is ultimately more. In any case, after a short time, the media moved on to other national crises and left me alone. In an interesting denouement, I found out a year later from a friend that this lady ended up marrying a doctor! Of course, the media failed to do a follow-up story about that. In any case, it was an interesting experience being the whipping boy in a national debate about marriage, social policy, and women’s rights.

Culture & The Arts

Misayo Grows Flowers

by Christine Libon



Misayo Bien grew up on a farm in Kagoshima, Japan. Presently she has her own flower garden in the backyard of the Bien family’s home in Nutley, NJ. Her husband Mitchell tells me how much she loves flower gardening, and flower arranging.

I can imagine that it gives her peaceful respite from her busy life as a Kumon businesswoman, participant in Kodan, mother, wife, Essex County Coordinator, etc.

I know, for a fact, that Misayo gives floral bouquets to ministers at the Christian churches she visits, on occasions such as birthdays, anniversaries and holidays. Her love for flowers is multiplied through her generosity.



Chie Nakamura: Quilting

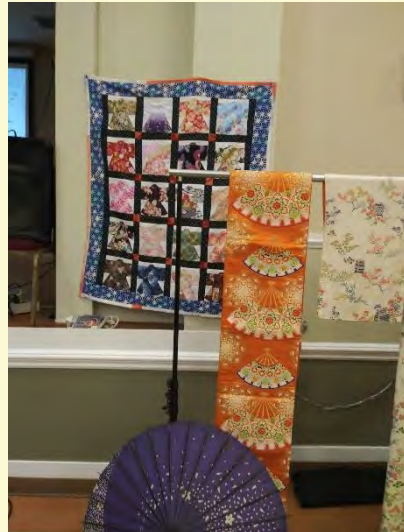


Chie Nakamura was an art teacher at JinA Child Care Center. She is quite skilled at sewing/quilting and her work is not only pleasing to the eye but also captures significant memories.

She says, "In my busy daily life, I don't want to forget things that caught my eye or moved me, so I keep them as quilts. The fabric is the paint, the quilt is the canvas of the mind."

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Health and Recipe

During the next few months we will be running a longer article by Dr. David Carlson in several sections. We hope you will enjoy it.

Wholeness, Health and Healing (Part 6)

by David Carlson



David met the TPs in 1972 while serving in the US Army in Korea, and studied UT with Dr Sang Hun Lee. Returning to America he taught UT at Belvedere, helped with MSG, YS and WM campaigns and was selected by True Father to attend UTS. Upon graduation, he worked in Upstate NY and was then called to UTS to teach DP, UT and world religions. In 2004 he returned to Korea, teaching at the Cheongshim Graduate School of Theology in Cheongpyeong until 2014. He presently lives in Indianapolis, engaged in church outreach.

Let me now wrap up this essay with some reflective comments on some of the concepts I have introduced above.

(Part 7) Some Reflections on Health and Healing

There are a number of themes covered above which resonate well with themes in Unification Thought and the living of a Principled life. Most obvious, of course, is the importance of the mind and body relationship, the subjective role of the mind and the very real power our thoughts and feelings have over the health and well-being of our physical body. In a speech to health professionals in 1987, True Father said “that the real impact of curing disease is the psychological factor, in other words: Mind. If you set the mind straight, that can be the main means of treating the patient.”(102) Some researchers emphasize the importance of faith, imagination, belief, and love. Borysenko, remember, found that when a patient put God in the forefront of their thought, and not as just one of the peripheral elements, this often led to their healing.

In terms of having a strong, clear mind and mental attitude, there is not a more comprehensive or optimistic philosophical outlook than that which is contained in the Divine Principle (103) and Unification Thought (104). If we immerse ourselves in the perspective these systems of thought set forth, our minds will be nurtured with precisely those qualities needed for good health (the experience of God, hope, joy, expectation, love, optimism, etc.). This is because the Unification outlook inevitably results in our having a strong reliance on God at the very center of our life, and guiding us in everything that we do, as we seek to create an ideal world of true love. This is truly the power of positive thinking. One only needs to consider the person of our True Father, who, even at the Korean age of 89 (as of March, 2008) is vibrant, and looks and acts like a much younger man, to appreciate the value of having a God-centered mind. Certainly, True Father’s words instill within us a powerful sense of God’s love and guidance. To the extent that we embody these words, our sense of hope, of belief, and of optimism, have virtually no limit. True Father also emphasizes mind and body unity, and the importance of putting belief into action. As with Napoleon Hill, when we believe in something good strongly enough, and endow it with our strong feeling, our environment functions to make it a reality. One could almost say that

we can think ourselves into excellent health if we have a strong enough desire for it.

[To read the whole article, please click here!](#)

Old Bay Shrimp Boil

submitted by Carol Pobanz

I know it's the end of the summer season and autumn is upon us, but I really like a shrimp boil. Even if you can't find good fresh corn on the cob in the produce section at the market you can use Birdseye Little Ears frozen corn on the cob. I made a big pot of this stuff for my family and we ate our fill. The next day my sisters came over and we ate all the rest right down to the last onion!



[To view the full recipe, please click here!](#)

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A Letter from Heaven's Heart

By Michael Lampson

Wiveka and I are amazing! That's my opinion anyway. Over the last 40 years we have lived in many places and traveled to many countries, raised a beautiful family and served others as often as possible. It has been a life filled with many wonders, more than a few doses of pain and sorrow, and friendships that have made us richer than we could have ever imagined. We have been so blessed that it is almost impossible not to believe in a loving God. What we have received through living lives focused on others makes it almost impossible to complain when things are harder than normal. We just need to think about the love so many have shared with us and we get filled up.

Over the last few years, Wiveka's Alzheimer's has progressed and this is creating new unexpected challenges. It's like slowly losing someone. It is like parts of her are being erased, leaving blank spaces that were once filled with strong emotions, opinions and a very Swedish sense of humor. For me, this is the hardest part of the disease. Conversations are limited to good morning with coffee kind of talk as the reference points for deeper or practical conversations are hard for her to pull up. For Wiveka, this is very

difficult as she struggles to find the right words. God, this is heartbreaking. She wants to help but can no longer drive, cook, clean, wash clothes, use the computer or read a book. She often gets overwhelmed by the things she can no longer remember.

She can still dance to her favorite music, enjoy good food, go for long walks and find joy in nature. She is still a beautiful person that makes me laugh and smile. Laughter really is the best thing to help the heart, mind and body. We try to laugh often especially when the Alzheimer's creates odd moments.

I have found that it helps so much when I remind myself that my wife is still my love and that it is the disease manifesting itself, not her. This makes things less hurtful, as I know they are coming from the disease, not her heart. I would like to get a full night's sleep one night but the sharing when she wakes up or the things, she is agitated about bring us closer for a few special moments. One night she turned on all the lights and was looking for a swimsuit. It was a yellow two-piece that she wore before we had children (we have not seen that one in over 30 years). Another night she woke me up and explained that she knew I was Mike but that I was not her Mike – that was an entertaining conversation. She still has really good

days and has, I believe, become kinder and happier, and this makes being her main caregiver easier and her friends stay closer.

Our son and his wife Felicia bought a house for us next to theirs. They cover the mortgage payments and the utilities. I mean, who does that? The love they share with us and the level of care they offer is humbling and the financial sacrifices to do this for us – well, it's just unbelievable. This allows us to make it on the \$1,100 Social Security we get each month without the stress of looking for ways to make money. It gives me more time to spend with Wiveka, focusing on the quality time we still have.

It has been difficult to shift from a life of independence to depending so much on others, especially on family and friends. Mika and her family often have Wiveka over for sleepovers and invite her on their adventures. Friends come over and spend time with Wiveka, going for walks, reading books out loud, playing board games, going out for lunch or ice cream and just talking.

There are many things we would like to do but don't due to the lack of fun money. Those who know us well know that we were never savers but chose to spend what we had each month down to the last penny. Organizing cookouts and big dinners for friends has

always been the norm for us. Helping friends when they needed something has always been a source of joy for us.

Adjusting to not having that financial freedom, I think, will be one of my biggest challenges but over time it will work out.

We are blessed beyond any measure with all we have. So many do not have the family, friends and the love that we have. Our children and their families were there 110% when we needed them and that fills both Wiveka and I with so much hope, feelings of security and peace of mind as we manage getting older and exploring ways to cope with the unknown challenges Alzheimer's can bring.

We want to send out a big thank you to all those sending prayers and healing energy, and we will send ramblings as things develop.
Lots of Love – Mike and Wiveka



Dominion and Creativity, part 2

Unification Thoughts, October 2022

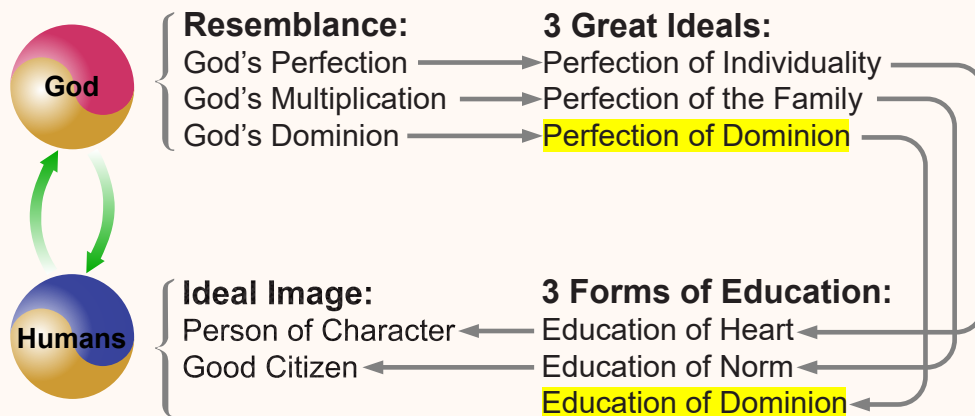
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• *New Essentials of UT, p. 249*

Today, we'll continue looking into our creativity, particularly into how we practice it. Because while it can be used for loving purposes, humanity can clearly twist and abuse our creativity to cause harm.³

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As I've mentioned before in this series, our young ones often demonstrate creativity and skill in their different activities. And they often receive recognition for it, which encourages them to do more. But there's a danger and also an important mindset that not only offsets that danger, but can help them understand the right path to consistently invoke Heaven's support and blessings on their efforts.

The danger is self-pride, which can lead to over-confidence and egoism, for example. Here's some wise words of warning on that:

"...Whatever your standing in life, the most important thing is behaving in ways that help **other people**. It's the same with music: I am a servant of the music, and that makes me **your servant**, really. I have the responsibility to do the best I can with the gifts I have. And **if I get caught up in ego, I'll lose everything. It'll burn. And that's a guarantee.**"

This is of course from an older, experienced person. But he does speak from some pretty bad experiences in youth that actually led to the demise of some other luminaries, both in his and in the following generation.⁴

And the mindset that's the antidote, we'll get to shortly. But first...

Something to reflect on

Since our concern is a mindset for our young ones' creativity, and thought is essential to being creative, it's worth noting something important about thought itself:

"Originally, human thinking is motivated by heart or love. That is, **thinking is for the practice of love.**"

• *New Essentials of UT, p. 462*

Before I read UT, this was an idea that actually had never occurred to me. I just took thought for granted as a mixed blessing: it sometimes gave pleasure, but it also often caused pain and grief. But this quote revealed a perspective that stunned me: we were originally to have thought with the heart of Heavenly Parent; it is part of the *Divine Character* that we were originally endowed with.⁵

It made such a strong impression on me that I'd sometimes ask UT students to reflect on what percentage of their daily thoughts were actually devoted to that high level of purpose. It was *always* an eye-opening little exercise. It helped them realize that very good people or saints probably spend a larger chunk of their mental time and energy thinking of *how they can create or support love* in other peoples' lives.

Related to this matter of thought, there's a revealing quote from UT's Theory of the Original Image which I find quite poignant:

"...therefore, an object partner of love was **absolutely necessary** for God. Thus **Creation was necessary, inevitable and can never be considered as merely accidental.**"

• *New Essentials of UT, 24*

This clearly indicates that creative thought was originally used in the service of *fulfilling love*.

So now we can get to the main idea that I hope our young ones can start learning early on: that of purpose or motivation. You'll remember that this first comes up in the Principle:

"All entities have **dual purposes**....for the sake of the **whole** and for the sake of the **individual**...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.”

• *Exposition of DP, p. 33*

UT takes that starting point and develops the centrally important idea of *purpose* and its relationship to creativity.

Purpose and Creativity

Here's the point then. UT explains that there are actually *two* activities in the creative process: the act of *creating* and the act of *appreciating*. Let's first look at the activity of Creation. UT says:

“The activity of **creation starts with the purpose for the whole**, that is, it starts with an **intention to please others.**”

• *New Essentials of UT, p. 303*

This may not sound terribly groundbreaking at first, but as UT developed this point, it marked a pivotal point in my understanding. As I mentioned in the last article, my educational background is design. I'd spent nine years studying design. One outcome of all those years is that I'd come to understand art and creative activity as essentially *self-expression*.

That's why learning that creative activity is primarily for the sake of *others* was a fundamental change in understanding. And that fed directly into a fundamental change in *practice*. It's no longer primarily about focusing deeply inward and expressing *whatever* was there. Our young people see *a lot* of this (and so much of it is unhealthy)... Rather, the focus was *outward*, on what could be *given* to *benefit* the people who would experience what I'd create; creating became an act of *caring*, *benevolent generosity*. According to UT, it's about this:

“...creation...is the activity whereby the artist...**manifests value for the subject** (God and humankind)”

• *New Essentials of UT, p. 310*

It means that creating is the act that results from the desire to provide something of *genuine value* for the *enrichment* or *enjoyment* of a user or participant. It's focused on the “whole purpose” — It's essentially *for others* rather than for oneself. I believe that understanding can transform not only what a young person creates, but that it can transform *their own soul*. This reminds me of something remarkable that I heard Father Moon say when I worked in jewelry:

“When you make beautiful things, **your heart becomes beautiful.**”

• *Sun Myung Moon, in NJ, sometime in 1979*

Here's a figure that's inspired by the overhead transparencies that Dr. Lee showed in his UT seminars. It illustrates this connection between whole purpose and creativity:



creation

→ desire to
realize value
~ *whole purpose*

*"...creation...is the activity whereby the artist
...manifests value for the subject (God and humankind)"*

So *that's* the essential point to understand about creating.

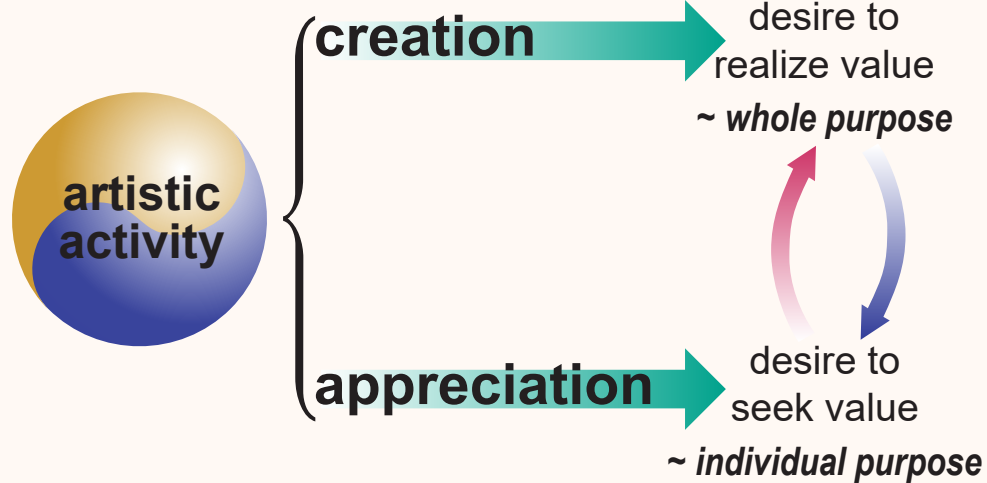
But a young person undeniably experiences deep personal satisfaction when they've successfully brought something they'd only imagined to life. It's a wonderful and exhilarating feeling. I've certainly seen it at events where some of our young athletes or musicians get into the *Zone* or the *Flow* and execute a thrilling performance. The cheers and applause that come only increase their excitement. So then where does that undeniably exalted feeling of personal accomplishment come in? Is there something of self-centeredness in feeling that way? The [DP quote](#) earlier in this article begins to touch on this, and UT further explains:

"...appreciation is the activity whereby an appreciator... finds and enjoys value (beauty) in an object..."

• *New Essentials UT, p. 310*

Looking at it this way, it's natural that exaltation comes when a young person feels that what he/she has done was their very best. Without doing it consciously, they are nevertheless actually assessing (i.e., appreciating) what has successfully come out of them, the enthusiastic reaction of observers, and enjoying it all! What's happening is simply that they experience that value, and it's deeply satisfying at a personal level. It satisfies their innate *individual purpose* and that's exactly what Heavenly Parent wants them to experience: *joy*. And a loving parent naturally feels pride and joy along with them!

Here's the figure which completes this perspective:



“...appreciation is the activity whereby an appreciator
...finds and enjoys value (beauty) in an object...”

Conclusion

UT does go further to discuss specific attitudes that help a creator fulfill these two purposes. But I don’t want to dilute this primary point about purpose and motivation with more information, so we’ll leave that for next time.

For now, I think there’s a lot to think about, a lot to reflect on, and maybe some adjustment to make when we see to this third area of our grandchildren’s education—the education of “dominion”.

One last time then: we’ve got to make sure that they understand that the first and original purpose for the gift of creative power is that they should use it to bring joy and especially love into the lives of *others*—their family, their community, their profession and ultimately to Heaven. *That’s* the primary reason that they’ve been gifted by Heavenly Parent.

And it’s not a matter of self-sacrifice. They need to understand that their own fulfillment and joy comes from the act of enjoying—i.e., appreciating—their own good work. That’s what comes out of expressing their own individuality as a unique child of HP.

They just have to get the critical order of *priorities* right: Of the two purposes—whole and individual—the former is primary. When they create anything—choreography, a sports play, a business, or whatever—the primary concern must be *for others*. When that succeeds, their own satisfaction naturally follows.

I suppose this isn’t something that some (many?) young folks would appreciate, but I expect that J.S. Bach deeply enjoyed his own compositions. He was however extremely clear about his *most* fundamental purpose for creating: it was to give joy to *people* and ultimately to *Heaven*. He said many things about this, but here’s one that’s short and sweet:

“The aim and final end of all music should be none other than the **glory of God** and the **refreshment of the soul.**”

That sums it up: he created for other people and for Heavenly Parent. For a wonderful example of this, featuring his composition *Ode to Joy*, please [click here](#).

In the next article, we will continue looking into this beautiful gift of divine creativity. Specifically, we'll look into Godism's insight into a few specific creative attitudes and how they can elevate our children's and grandchildren's understanding and practice.



Endnotes

1. This series' purpose is to offer the perspective of Unification Thought on raising our grandchildren. Our basic premises come from 1) the [Realms of True Love](#)—in which Father and Mother Moon explain the *five* realms of divine love—and 2) the [Three Great Kingships](#)—which inspires the title of this series. If you take a look at those two links, you'll at least understand the *perspective* of the preceding 16 articles, if not the details.
2. Just in case you feel put off by the word "dominion" please [take a look at one earlier article](#) to better understand what it means.
3. There are just too many miserable historical instances of this which I don't need or want to go into.
4. The speaker knows firsthand the pitfalls of ego, arrogance, over-confidence, and not acknowledging and respecting that creativity is a *divine gift*: Mr. Eric Clapton. I noted this quote in the February 2003 issue of *Guitar Player* magazine.
5. In the UT Theory of the Original Image, and later in the chapter on Original Human Nature, the *Divine Character* is composed of *Heart*, *Logos*, and *Creativity*. We had touched on this in the previous article, [here](#).



Gerry Servito was appointed by Dr. Sang Hun Lee to the *Art and Culture* section of USA's Unification Thought Institute. Currently, he's Senior Teaching Fellow of [RIIWT](#). He found Unification Thought after spending college looking into philosophy (esp. [existentialism](#)), the [Gita](#), and doing transcendental meditation. He was very grateful to find a spiritual path that pursues not only centered mind-body unity, but a 2nd and even a 3rd Blessing—all for the greater purpose!

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The Africa Mission

By Mark Anderson

I was working in Arizona as the state leader for our church when we were called back to New York for a God's Day celebration in 1987. Lots of members were in the New Yorker hotel and being around Father can often be exciting because he might suddenly get an inspiration and decide to really shake things up. Suddenly, the Korean leaders for each region were asked to choose one person from each state who they thought would be good for a new mission. How much they knew at the time about the mission, I do not know.

I was selected as the person from Arizona and we were told that we were going to Africa for a mission there. This certainly was not what I was expecting. At some point we found out that our new central figure was going to be Dr. Bo Hi Pak. I had not worked closely with Dr. Pak before and only knew him as a translator for Father. This turned out to be a big blessing for me as I learned so much from him. He was truly a great leader and an amazing person.

So, for some reason we were told to board a bus and that we would be going to Princeton, New Jersey. We had no idea why. When we arrived in Princeton, we were assembled in a hotel room with our new leader Dr. Pak. It was at that point that we learned that we would not be going to Africa after all, but that our new mission was to educate and connect with the political leadership of America.

I never did figure out the reason why we were told it was a mission to Africa. Was it to test our faith? Was it to prevent other members

from wanting to join the group? Was it a condition of some kind? Your guess is as good as mine.

It turned out to be the start of an incredible journey for all of us. The group started out as the American Constitution Committee and soon morphed into the American Freedom Coalition. Over time we became a relevant player in the political world of America. Politicians wanted to attend our CAUSA conferences to get educated about the Marxist threat and the truth behind the founding of America and the values we stand for.

The effect on me was certainly life changing. To find out more about the Africa mission and the American Freedom Coalition, you can read my autobiography “Love People: The True Life Story of Mark Anderson, Missionary. Lawmaker, Judge”. It is on Amazon in paperback or Kindle. Here is the link:

www.amazon.com/Love-People-Anderson-Missionary-Lawmaker-ebook/dp/B09KJN5NLW/ref=sr_1_1?crid=LLRQQ2O7WN5Q&keywords=love+people+the+true+life+story+of+mark+anderson&qid=1664381864&qu=eyJxc2MiOilwLjAwliwicXNhIjoiMC4wMCIsInFzcCI6IjAuMDAifQ%3D%3D&s=books&srefix=Love+people+%2Cstrippbooks%2C138&sr=1-1.

[Love People : The True Life Story of Mark Anderson, Missionary, Lawmaker, Judge](#)
By [Mark Anderson](#)

Let me now wrap up this essay with some reflective comments on some of the concepts I have introduced above.

(Part 7) Some Reflections on Health and Healing

There are a number of themes covered above which resonate well with themes in Unification Thought and the living of a Principled life. Most obvious, of course, is the importance of the mind and body relationship, the subjective role of the mind and the very real power our thoughts and feelings have over the health and well-being of our physical body. In a speech to health professionals in 1987, True Father said “that the real impact of curing disease is the psychological factor, in other words: Mind. If you set the mind straight, that can be the main means of treating the patient.”(102) Some researchers emphasize the importance of faith, imagination, belief, and love. Borysenko, remember, found that when a patient put God in the forefront of their thought, and not as just one of the peripheral elements, this often led to their healing.

In terms of having a strong, clear mind and mental attitude, there is not a more comprehensive or optimistic philosophical outlook than that which is contained in the Divine Principle (103) and Unification Thought (104). If we immerse ourselves in the perspective these systems of thought set forth, our minds will be nurtured with precisely those qualities needed for good health (the experience of God, hope, joy, expectation, love, optimism, etc.). This is because the Unification outlook inevitably results in our having a strong reliance on God at the very center of our life, and guiding us in everything that we do, as we seek to create an ideal world of true love. This is truly the power of positive thinking. One only needs to consider the person of our True Father, who, even at the Korean age of 89 (as of March, 2008) is vibrant, and looks and acts like a much younger man, to appreciate the value of having a God-centered mind. Certainly, True Father’s words instill within us a powerful sense of God’s love and guidance. To the extent that we embody these words, our sense of hope, of belief, and of optimism, have virtually no limit. True Father also emphasizes mind and body unity, and the importance of putting belief into action. As with Napoleon Hill, when we believe in something good strongly enough,

and endow it with our strong feeling, our environment functions to make it a reality. One could almost say that we can think ourselves into excellent health if we have a strong enough desire for it.

Another theme being emphasized is the interconnectedness of all the aspects of the human body, along with the mind. Basically, all the body's systems (circulatory, endocrine, nervous, digestive, etc.) are connected. Oriental medical philosophy has always recognized this. In describing the science of the famous "five elements," it is said:

The sages who devised the science recognized five main types of natural process whose interactions bear a certain resemblance to the interactions of wood, fire, earth, metal, and water, the affinity being more allegorical than actual. They understood that nature's workings depend upon a system of fine balances among processes that may assist, hinder or block one another according to the relative strength of each in a given situation. (105)

Oriental medicine is enjoying increasing success today and that is because the principles upon which it is based are valid and effective principles:

In recent years, Oriental medicine has become recognized to an increasing degree throughout the world. Its success is due to the fact that its founding principles, which focus upon the concepts of yang and yin, are in accordance with the Principle of Creation. (106)

Another theme mentioned above is the importance of the cell. The cells of the body have a cellular "consciousness"(107) and have awareness. It is well-known that spiritual discipline and training can empower us to influence and affect the functions of our body. True Father mentions the cell in connection with a rather more "mystical" statement:

The perfection of the universe must bring joy to the internal you, as well as to the external world. Both your mind and your body must rejoice in a place of happiness, Your cells, for instance, must all rejoice. The cells in your eyes and those in the soles of your feet

are different, are they not? Although they are different, the cells in your hands and all your cells must be happy, along with all the parts of your mind and body. Leaving nothing out, everything must be able to rejoice. (108)

True Father alludes to the mysterious nature of the cell: “The mystery of the universe is contained in a cell.”(109) He also says that every cell of the body can be intoxicated with the love of God, and that “only through true love can all our five senses be concentrated into one, laughing and dancing together.”(110)

As for human relationships, the importance of unity and love in the blessed family is well-known (see the later essays in this book). All that is said above resonates with the world view of a blessed family. An inflexible requirement for healthy family life, especially between husband and wife, is the practice of absolute sexual purity. (111) True Father states:

Many people enjoy what they call “free sex.” That kind of unprincipled, carnal, dirty love is deadly. It is like eating a pound of dirty salt or sugar in the form of love. The spirit of a person who engages in free sex is so distorted that it even seems non-human. That kind of spirit body is the most hideous, dirty human form in the world. There is medicine to cure stomach problems, but there is no cure for the damage that free sex does to your spirit. It will only destroy you. (112)

The blessed family prays together, shares life together, educates their children about God and sets a devotional example, reads True Father’s words together, etc. (these and other “ritual” actions are central to a blessed family’s daily lifestyle). Such practices as these are very conducive to the health and healing of the members of the family.

With these comments in mind, I wish to reiterate some of what has been said, and offer some very simple and common sense suggestions as to how one may move in the direction of improving and/or maintaining their overall health. For the sake of convenience, these are organized according to the Divine Principle concept of the structure and function of

the human being: physical self and spirit self. Good health, of course, is an outcome of proper and harmonious interrelationships being carried out on all levels and between all systems within the physical body, and between the spirit self and the physical self.

Our genetic inheritance, whatever genetic makeup we received from our parents at birth, of course, has a lot to do with our overall health. Some people may have the good fortune of being blessed with good health; others may have some problem. In the latter case, there may be necessary certain indemnity conditions, or repentance for ancestors, etc., to clean this up. In either case, on our given genetic foundation the daily habits we adopt and the lifestyle which we choose to follow on a daily basis, through our own portion of responsibility, and especially our attitudes, thoughts and emotions, have a lot to do with how healthy or unhealthy we become. It goes without saying that one should not drink, smoke, or take drugs. Whatever your current state of health, the following suggestions may help you improve your health, or to maintain it if you are already healthy. These suggestions are simple, natural, inexpensive and easy to do.

- I. For the physical self to grow in good health, it must have proper nourishment. Your physical body needs air, food, sunlight, and water. As might be expected, all the individuals mentioned in this essay emphasize the following basic practices:
 - 1) Breathe deeply of fresh, clean air everyday. Practice taking deep breaths. True Father says, "How could I survive prison life for five years? It is because I have developed special methods of breathing and exercise, and practice them regularly."(113)
 - 2) Eat healthy, nutritious food and cut down on fast-foods, sugar, salt, and other such things in your diet. Cut down on between-meal snacks. True Father also says:

You cannot eat all the plants that grow on land, but everything that comes from the ocean can be eaten, and it is all good for the body...when seaweed is properly processed, there is tremendous nutrition there. (114)

I never eat snacks, but only eat at regular mealtimes: that is my habit. I feel that the body is a good laboratory and I

have tested out my own health in many different ways.
(115)

- 3) Go outside everyday, especially in nice weather, and take a walk or play a sport. Walking is wonderful; it is very good exercise, and benefits the entire body. If you are overweight, or in poor health, start slowly (or get a doctor's advice). If you are healthy, it is wonderful to walk; it energizes your whole body, and makes you feel glad to be alive. Keep the body in fluid motion. Walking helps circulation, the immune system, and virtually every other system.
- 4) Drink pure, clean water and/or herbal teas every day; avoid sodas and sweet drinks. Drink water of heaven if you can. Try to avoid drinking during or just after a meal.
- 5) Acquire what is sometimes called a "palm massage ball" and use it routinely for a good massage. Also use a foot massager when you are sitting down.
- 6) Try and get a restful sleep every night. Andrew Weil devotes a chapter to the importance of rest and sleep for our health. (116)

II. It is also important for us to receive the life element from God. We may do this if we act in accordance with the following guidelines:

- 1) Maintain a consistent study of True Father's words; fill your heart, mind, and spirit with the words of the Divine Principle, the 천성경, and True Father's words. Read any other literature which you find inspiring; listen to your favorite music. (117)
- 2) Make honest and sincere prayer a habit (and try to actualize the determinations you make to overcome bad habits, and to practice good habits) in your daily life.
- 3) Maintain a hopeful, happy, positive and optimistic attitude and perspective, no matter what happens in your life. (118)
- 4) Keep your mind active and alert; and work everyday to overcome fallen nature. Andrew Weil holds that "learning a foreign language" keeps the mind active and notes that evidence shows "a direct link between bilingualism and improved brain function."(119)
- 5) Repent and pray for your ancestors (and liberate and bless them). This topic will be addressed further in a separate essay.

III. It is also important for us to receive the vitality element from the physical body. To do this, we need to follow these guidelines:

- 1) Maintain a healthy lifestyle with simple and good habits (as in I., above). This includes the all-important absolute sexual purity.
- 2) Act consistently to actualize your inner determinations and to change bad habits. True Father states that “a person cannot find religious perfection by leaving this world and going up into the mountains to meditate.”(120)
- 3) Maintain good, harmonious relationships with people around you, especially your spouse, your children, and your friends.
- 4) Network in your daily life with other good, virtuous people.
- 5) Go out of your way to do nice things for other people, even strangers.
- 6) Such activities as these will return the living spirit element to your physical body. Father Moon says “If you don’t do good for your fellow man, you will have no sleep. If you do something good, you will have a peaceful mind.” (121)

Some other very reasonable points can be obtained from the extensive list given in Kevin Trudeau’s *Natural Cures “They” Don’t Want You to Know About*. He lists 111 recommendations for “How to Never Get Sick Again.”(122) His recommendations seem reasonable, and many are within easy access for most of us.

It would be remiss of me if I were to fail to mention the fact that all of the above material, everything having to do with health, in fact, everything mentioned in this essay has, as its ultimate purpose, the goal of enabling us to be able to live a life of true love. If we do not live a life of true love, everything else we may achieve (knowledge, power, influence, financial success, even health itself) comes to nothing. As True Father states:

The highest purpose of life is to be born through love, be raised in love, live by love, and to leave love behind. The most valuable thing to do is to fulfill, in the family, the rules of love that lie at the center of the universe. (123)

Thus, I think it can generally be stated that, in principle, anything that we think, feel, or do in the direction of actualizing true love will be conducive to our good health; on the other hand, anything that we think, feel, or do contrary to the direction of actualizing or realizing true love will serve to increase our vulnerability to potential disease, sickness, and ill-health. Through the application in your life of the suggestions outlined in this essay, I am sure that you can be well on your way to improved health. I wish you every success.