

Heaven's Answer to Happiness: Life in the Kingdom of Heaven on Earth

Ken Doo
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World Mission Headquarters Director-General, Rev. Ken Doo's Weekly Message (No. 28), Heaven's Answer to Happiness: Life in the Kingdom of Heaven on Earth, delivered on August 7, 2026

Dear beloved blessed families and family members around the world,

There is a Chinese proverb that says, "Rather than blame the darkness, light a single small candle." No matter how deep the darkness, it cannot overcome even a small light. During this coming week, I earnestly pray that we all can be people who first kindle that small light, attend Heavenly Parent substantially, and become blessed family members who bring joy to True Mother.



1. Summary of Last Week's Message

Last week, we reflected together on why we must now learn and practice the "second stream," life in the Kingdom of Heaven on earth, and examined its background and significance. Just as Israel reestablished its identity as the chosen people after the Babylonian Exile, I explained that we too, in this new era, must ignite our lives as the new chosen people who attend Heavenly Parent substantially. Today, I would like to go one step further and take a look at life in the heavenly kingdom on earth, and how it is connected to the "happiness" that humanity has sought throughout the millennia of history.

The pursuit of happiness is the purpose for which Heavenly Parent created human beings; it is the very starting point of religion, and the ultimate value that humanity has continued to seek throughout history. The Exposition of the Divine Principle, in its Introduction, explains that everyone seeks true happiness while striving to overcome unhappiness. True Mother has emphasized happiness on many occasions, teaching that the happiness of blessed families reveals our identity, that it is the reason we live for Heaven's providence and that it is people's ultimate goal - to be realized through life in the Kingdom of God on earth.

2. Humanity's Journey in Search of Happiness

What kind of happiness, then, has humanity been seeking throughout history? Human history has ultimately been the process of searching for an answer to the question, "How should people live in order to attain true happiness?" Although historical eras, cultures, religions, and philosophies are all different, humankind's journey in search of true happiness has never once come to a halt.



The ancient Greek philosopher Aristotle regarded happiness (eudaimonia) as the ultimate purpose of human life. Yet the happiness he described was not merely a state of pleasure or comfort. Rather, he explained that happiness is a life in which one continually cultivates one's character, practices virtue, and fulfills one's potential and purpose as a human being. In other words, the question posed by ancient philosophy was, "How should we live?" To live a truly human, righteous, and virtuous life was, in itself, to live a happy life.

The age of religion brought this question one step further. Rather than asking just, "How should we live?" religion began to ask, "For what should we live?" It sought out the meaning and purpose of life and the reason we exist as human beings. Religions have consistently taught that human beings discover true happiness by living for God, for their neighbors, for their community, and for a greater purpose beyond themselves. Through religion, humanity has learned that happiness is not merely an emotion but is inseparably connected to the meaning of life.

In modern times, psychology has begun to study happiness scientifically. Based on extensive research, Martin Seligman, the founder of positive psychology, explained happiness through five essential elements. He taught that people experience genuine well-being only when Positive Emotion, Engagement through using one's strengths, good Relationships, finding Meaning in life, and actual Accomplishments exist in harmony. Modern psychology has thus demonstrated that happiness is not a vague feeling, but something that emerges through the balance and harmony of the essential elements that make up human life.

What is remarkable is that although philosophy, religion, and modern psychology have each spoken in different eras and with different vocabularies, they have all arrived at the same fundamental conclusion. Happiness does not come from wealth, power, or temporary pleasure. Rather, it is realized through the lifelong process of cultivating upright character, building healthy relationships, finding meaning in life, and bringing one's life to fulfillment.

Research into happiness continues to this day. Recently, Harvard University published a significant conclusion from the world's longest-running study on happiness, which has followed the lives of hundreds

of people for more than eighty-five years since 1938. People often believe that the secret to happiness lies in wealth, success, or prestige. Yet the strongest predictor of happiness identified by the study was good relationships. Over decades of scientific research, it has been confirmed that happiness is determined not by how much we possess, but by the relationships we have built and nurtured throughout our lives.

3. Heaven's Answer to Happiness

Where, then, can the answer to the happiness that humanity has sought for thousands of years finally be found? The insights offered by philosophy, religion, and modern psychology all point in the same direction. Philosophy has explained how to live a happy life, religion has explained the purpose of human happiness, and modern psychology has explained the conditions for happiness. Yet one final question remains common to them all: "Why were human beings created to seek happiness?" It is precisely to this question that the Unification Principle offers the most fundamental answer in the original purpose of the creation of humankind.



The Unification Principle does not stop at explaining the elements of happiness. Rather, it explains why human beings are created to pursue happiness and how that happiness can be realized most fully through Heavenly Parent's purpose of creation. The concrete expression of that purpose of creation in human life is the Three Great Blessings. The Three Great Blessings are not merely a religious teaching; they are Heavenly Parent's blueprint for humanity to attain happiness and, ultimately, the journey toward the perfection of relationships.

Happiness can never be found in isolation. Human beings were originally created to form loving relationships with Heavenly Parent, with one another, and with all things of creation. Therefore, happiness begins in relationships and is fulfilled through relationships. For this reason, Heavenly Parent gave humanity the blueprint of the Three Great Blessings so that we might live the happiest possible life. The first is the perfection of individual character, whereby we perfect a personality of true love through our relationship with Heavenly Parent. The second is the perfection of the family, whereby we establish a true family through relationships between husband and wife, parents and children - and with our neighbors. The third is the perfection of dominion, whereby we lovingly exercise stewardship over all things of creation and cultivate the created world in beauty.

The Three Great Blessings are the way of life by which we establish a right relationship with Heavenly Parent, with other people, and with all things of creation. The center that binds all these relationships together is true love.

Philosophy asked, "How should we live?" Religion taught, "What should we live for?" Modern psychology has studied, "What elements make up happiness?" The Unification Principle integrates all of these questions within a single Principle of Creation. Life in the Kingdom of heaven on earth is the life of practicing Heavenly Parent's purpose of creation - the Three Great Blessings - in our daily lives. In other words, life in the Kingdom of heaven on earth is not merely a slogan of faith. It is the most complete answer to the question of how to realize true happiness that humanity has sought throughout the ages, and that is the life of a true son or daughter of Cheon Il Guk who perfects loving relationships with Heavenly Parent, with others, and with the created world.

Therefore, life in the Kingdom of Heaven on Earth is not a special technique for obtaining happiness. It is

the very life of the purpose of creation that Heavenly Parent prepared from the moment human beings were created, and it is a life of true happiness itself.

Happiness is the fruit of relationships.

Love is the principle by which relationships are formed.

The Three Great Blessings are Heavenly Parent's blueprint for bringing these relationships to completion. And life in the Kingdom of Heaven on earth is the way of the true children of Cheon Il Guk who live according to that blueprint of creation with true love.

4. This Week's Practice: A Word that Opens the Heart First

Dear family members,



Happiness does not begin with extraordinary accomplishments. It begins with small acts of cherishing our relationships with those closest to us. During this coming week, if there is someone who has been weighing on your heart, I encourage you to reach out first. If meeting in person is difficult, a phone call or even a text message is enough. With sincerity, offer a simple word that opens the heart first, such as, "I'm sorry," "Thank you," "Are you doing all right?" or "Are you enjoying good health?"

No matter how deep the darkness, it cannot overcome a single small candle. In the same way, no matter how distant a relationship has become, it cannot resist the offering of a few sincere words. Compassionate words that open someone's heart become the first step to restoring a relationship, and lead to a joyful life in the Kingdom of Heaven on Earth.

Today we have reflected together on what the "happiness" sought through life in the heavenly kingdom on earth truly is. How, then, can that happiness be realized in our daily lives? Next time, focusing on relationships, which lie at the heart of happiness, we will discuss how we can concretely live our lives in the Kingdom of Heaven on earth.

I sincerely pray that we can be the ones who first kindle small lights, and together build the kingdom that Heavenly Parent longs to see - in our families, our churches, and throughout the world. May each of those small lights restore relationships one by one. Let us all build a joyful and happy Cheon Il Guk together. I offer my heartfelt prayers for this. Thank you.