

## Great Hoon Dok Hae Quotes [Part 6]

Organized by Gelo Fleisher  
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"When the love, life, and blood are mixed and move intensely, it resembles the universe. Therefore, it produces a son or daughter, who are the same shape as the universe. We are shocked when we see blood. We are shocked when we see death, the end of life. We are shocked when there is despair-when there is no love, only disappointment. These three things-lineage (blood), life, and love are so important that we are shocked in their absence."  
-Sun Myung Moon, The Pride of the Unification Church

"Father's main mission is to put an end to complicated love relationships. This is what Father is destined to do. The members of the Unification Church should be in the position to help Father set the lineage straight, not waver around."  
-Sun Myung Moon, The Pride of the Unification Church

"Father asks you a question: do you want one parent or several? Would you like to have two or three mothers? If you think you would have more enjoyment out of more men, it is the same thing. If you had more than one mother or more than one father, would you then get more love? Is it like money-the more you have the better? No. You cannot replace your own flesh and blood. If we deny our parents or our spouse, we cannot move freely. Those are absolute, definite relationships. They cannot change. Those things are related to the center and the center cannot change. Otherwise, there is no ideal."  
-Sun Myung Moon, The Pride of the Unification Church

"To restore that ideal center position is the Unification Church's purpose. That is the pride of the Unification Church. Satan doesn't like that at all. From that center point, our humanity can be completed."  
-Sun Myung Moon, The Pride of the Unification Church

"Messiahship is the parents' love, the love of husband and wife, and family love. "I have True Parents here. I have a true husband here. I have true children here. I have everything." That is the highest point for a man to achieve. Then you have everything. How proud of that we can be! Both man and woman can occupy this position, the center of true love. Woman is one hemisphere and man is another. If they make that center of true love together, how much happiness that is."  
-Sun Myung Moon, The Pride of the Unification Church

"With these contents, should we be proud of the Unification Church? (Yes.) Is not Unification thought and belief different from other churches? How can other churches save people? How wonderful this concept is! Can any outside religion compare to this? Is this a hopeful, fulfilling concept or is it empty? It contains everything. We can be proud of that kind of a concept. It will surpass all others. Sooner or later, understanding this, humanity will not be able to deny Reverend Moon; neither the Americans nor the Soviets nor the established churches. At that time, we will have a unified globe. It is a lifestyle, not a style of worship."  
-Sun Myung Moon, The Pride of the Unification Church

“What will the Messiah bring on the earth? He will bring the spring world culture. We are the branches. We must survive the winter.”

-Sun Myung Moon, The Pride of the Unification Church

“Do you like apples or do you like the seeds? You need the apple seeds. A visitor wants the flesh of the fruit, but the owner wants the seed so that he can have more fruit in the future. Are you a visitor or an owner? Wherever you plant the seed, the same fruit will grow. Anyone can plant that seed which Father has, which we already have as a result of Father. Americans can sow the seeds as well as anyone else, but we can do even better because we are going to give fertilizer and water. Americans can do that and grow fruits here in America, without Father's help.”

-Sun Myung Moon, The Pride of the Unification Church

“What God wants is not material. He wants an ideal family that is united on the basis of love. Love is what God really needs. If mankind lives according to the will of God, there is no need for religion and prayer. If man lives according to the will one hundred percent then God will be with man. Religion would then be unnecessary. It is only because we are separated from God that we need salvation and it is only because we need salvation that we need a savior.

Man's basic problem is that he does not know the purpose of his existence as it is willed by God. The most basic problem of mankind is not one of knowledge, however. It has to do with the center of love.”

-Sun Myung Moon, The Tribal Messiah

“We know the universe moves according to the purpose of God. What is the purpose of the universe? If we look at the way the universe is organized we can see that the central principle is that the individual unit lives for the sake of the whole. The destiny of the individual is to live for the family, the family for the tribe, the tribe for the nation and the nation for the world. If the nation lives according to that destiny it is qualified to receive the blessing of the whole world. The world should live according to heavenly destiny. How can we live according to heavenly destiny? This is only possible if we become one with God. The final destination of our lives is to become one with God.”

-Sun Myung Moon, The Tribal Messiah

“Only if our love is based on true love can it create real happiness. If the love between husband and wife is not rooted in true love it is on shaky ground and is bound to create unhappiness. Only if true love is the root of our love can happiness be produced, even for God. In history love has not been rooted in true love so true happiness has never been achieved.”

-Sun Myung Moon, The Tribal Messiah

“What I am saying is that indemnity means doing abnormal things. We have been talking about the course of life and the beauty of reciprocal relationships and the beauty of coming together in

harmony. That is the normal course of events, but when we talk about indemnity and restoration, we are talking about something abnormal.

Why do we have to go the reverse way? Knowing we were committed to doing abnormal things all throughout life would absolutely be hell and no good for God or man. Instead, we do it for a certain period for the purpose of re-creation. Have you ever mixed flour and water to make dough? Bread dough must be kneaded and shaped before it can become manageable. Initially there is flour all over the kitchen, but with work the dough will become good bread. Re-creation is almost like making dough because it come in all kinds of shapes; one time it looks like hell, another time like heaven. One time it looks long, another time short, but by going through this process it becomes manageable.”

-Sun Myung Moon, The Course of Life and Restoration By Indemnification

“We always hear about restoration by indemnification and what we gain is re-creation. Restored elements don't need indemnity paid anymore, and we must become elements of God that no longer require indemnification.”

-Sun Myung Moon, The Course of Life and Restoration By Indemnification

“ I will never ask God to cast my opponents down into hell. I have always had compassion for my own enemies and prayed for their well-being because I know that they are the ones who will be ashamed, even when they are in hell. No one can claim that I am responsible for their situation and that I should have worked harder to bring them up to heaven. I don't want that kind of blame in spirit world, and by working hard my entire life I have left no stone unturned to save the people, including my own enemies.”

-Sun Myung Moon, The Course of Life and Restoration By Indemnification

“All of history will be consummated when a model emerges designed by God. This model is more important than all three aspects of history. No matter how almighty and omnipotent God is, He can move history forward only after He establishes the model, not before. If the dispensational will is put into motion before the model emerges, Satan will claim it. The model has to be there, marking the turning point of history. Therefore, when religious history tries to bring forth that model, Satan will desperately work every possible evil to stop its emergence. From the religious, providential, and historical points of view, there must emerge a living model in the center, a standard-bearer. Such a person becomes the scale by which people can be measured. You can "weigh" yourself and other people because you have a certain central standard. In religious terminology, this particular standard-bearer has been described in many ways: the Messiah, the Lord of the Second Coming, an Avatar-all kinds of language can be used, but we are basically talking about the standard-bearer of the love of God.”

-Sun Myung Moon, The Model And Those Who Are Recognized in Providential History

“Compared to me when I began, you know everything. The dispensation is completely out in the open now, but I was a pioneer in the pitch dark. I had to go step by step, digging down like in a gold mine, not knowing the direction. Which way is easier? To be a pioneer is a much more difficult task, a hundred, even a million times over...Your own life's course may be relatively

smooth. When a typhoon is blowing on the ocean, the waves can be as high as a mountain. Such weather is the most difficult anyone can ever navigate. When you are sailing in a calm ocean, you should at least make a condition so that you can go through some of the same experiences of the typhoon.

If you ask the ocean, "Have you ever experienced a typhoon?" The ocean will say, "Of course! So many times, it's incredible." You could ask a glass of water, "Did you ever experience a typhoon?" The glass of water will say, "Yes, a little bit. It was on a different scale, but the experience was the same." If a glass of water sits absolutely still, it is dead, like a rock or like dirt.

Other people call you Moonies. Why is that? It is because you follow Reverend Moon. If Reverend Moon is like a typhoon and you are like the glass of water, you've got to work in order to attain the Moon taste and flavor."

-Sun Myung Moon, The Model And Those Who Are Recognized in Providential History

"We are working toward a model for the nation, a nation which transcends race, nationality, and different cultures. It will be one nation, with a unified culture and unified races. Within that country, people from north and south, east and west will feel free to marry without consideration for racial, cultural or language barriers. The Unification movement is working to see one sovereignty, one language, one culture, with one True Parents. That is the new cultural sphere that our movement is creating."

-Sun Myung Moon, The Model And Those Who Are Recognized in Providential History

"Therefore, the way of Abel and the way of Cain are different. The way of the secular world and the way of the people of the Unification Church are different. The heavenly world is the opposite of the satanic world. In the satanic world people fight and struggle with each other in order to have dominion, while God's people offer their lives, even shedding their blood, to redeem the world."

-Sun Myung Moon, Address at the Eighth Anniversary of the 777 Couples Blessing

"If we do not separate ourselves from the influence of evil, God cannot help us. When we begin to transform our selfishness into goodness, we begin to become God's incarnation on earth. We don't just become God's representatives - we become God's body! The closer we get to God, the closer we get to perfection. We need to improve ourselves, that's why we are here on earth. Our time here is so short, let's not waste it in sin."

-Sun Myung Moon

Educating people is a war, because they don't easily listen. You have to fight against the evil in them and bring them into good. No matter how powerful a nations' leaders are, you can teach them how to lead in the correct way.

-Sun Myung Moon, Inherit my Heart

We need a clear idea of a personal God, the God with a character. Then for the first time we can talk and think about His feelings: His joy, sadness, and anger. Such understanding of God does

not exist in the present religious world. But we know how intimate and warm the relationship of true love should be as expressed by saying, "God, You are our Parent" and God saying, "You are my children."

-Sun Myung Moon, Inherit my Heart

The trouble with existing theologies is that the individual is supreme. Some Christians say only they will be saved and everybody else will go to hell. They don't believe that God's heart is for everybody. Since God is one and absolute, He does focus on one religion. We understand that God works through the Unification Church, but He loves and wants to embrace everybody -- believers and non-believers, those in heaven and those in hell.

-Sun Myung Moon, Inherit my Heart

As you listen to me, how serious should you be? I am saying that not one moment during billions of years of creation was God happy. How does that strike you? How lonely God has been for thousands of years! As God's children we need to have profound sympathy for God. How painful it is to have no object. Once we feel this compassion for God, we cannot go out and play. Don't assume that God is happy without you!

-Sun Myung Moon, Inherit my Heart

When I am really serious, I cannot pray. I already know how difficult God's situation is, and I will work hard because I know even without praying what God needs. Then when I exhaust my resources, I will say, "God, You know what I have done; if You want, would You help me? But I will understand if You don't help me." Actually, I've always felt that God has helped me more than I even realize. People who say to God: "Oh Father, give this to me, give that to me" don't understand how to love God.

-Sun Myung Moon, Inherit my Heart

Between husband and wife, if there is such a relationship, would one say, "You serve me absolutely, no matter what"? Is that the ideal? No. What kind of relationship is ideal? The ideal is that both offer to serve the other all the time. Each should say to the other, "I respect you, you are higher than myself." That should be the case. When you meet as husband and wife for the first time, as long as you keep offering this love, you will be escalated step by step to the top. Is what I am saying the truth? [Yes.]

-Sun Myung Moon, Sunday Morning Speech (2000)

Love your parents. Love your enemy. Love your children, Love your brothers and sisters. Love your neighbor. Have you done it? How much have you loved the world and heaven and earth? This is the very secret way God has taught us to become the owner of the cosmos. But instead, everyone has been living self-centered lives. We've all been thieves; we have to get out and go outward. Satan is the king of self-centeredness. Such selfish people may be successful for a time, but in the end they will end up in prison. If you live for the nation, you may be in prison for a time, but you will end up successful.

-Sun Myung Moon, Sunday Morning Speech (2000)

God is our Father. When we are struggling, He is our Father. When we are persecuted, and when we are in prison, God is there as our Father. When we are opposed from 360 degrees, God is there as our Father. So if you are grateful to God, you will be elevated, step by step. You should be able to claim, "God, you haven't loved hell and spirit world, but I will love Hell and spirit world." Then God will praise you and lead you to His kingdom. He will say, "Okay, if you have that content, I will take you there."

-Sun Myung Moon, Sunday Morning Speech (2000)

To solve all the headaches, think this way: "Everyone in the world I know is there to complete me, to make me perfect." Then everything will be solved and you will be able to enter the kingdom. God will come to you and lead you into the kingdom, because true parents embrace and guide their true children. Do you want to be guided by God or by the least servant? If you truly devote yourself to do more than anyone else in any village, nation or world, then when you are ready to go to spirit world, God will guide you all the way.

-Sun Myung Moon, Sunday Morning Speech (2000)

All prophets are Abels. A prophet is an Abel in the midst of millions of people living a wrong way of life, but can he proclaim, "I am here as Abel and you have to respect me"? What does an Abel living in the faithless world do? All of us as Abel have to gather our faith and offer it to them. Since love is not to be found in this hellish world, we as Abels have to gather what love we have and try to give it to the people. Since the people don't care about heaven or the future, we have to teach them the heavenly thought and by being good examples help them gradually change their lives.

-Sun Myung Moon, Abel's Right Path From the Providential Point Of View

I decided I would forget about my own life and would devote myself to carrying this out, and if I was successful, then fine. I told God that whether I became His son didn't make any difference; I wanted to do His work, no matter how my life ended up. With that heart, even Satan could not accuse me of dishonesty. Then I began my course as servant of servants. No one instructed me to do it. It really didn't matter to me whether I reached the position of God's son, and that's why Satan couldn't say anything to me.

I told God that He could trust me, that I was different from Jesus. I said I would never, never pray as Jesus did in Gethsemane, "Father, let this cup pass from me." If I had to die in the position of servant of servants still I would not complain or feel sorry. I would be most happy to die on the path I was supposed to go.

Since I went that way, Unification Church members should not hang back from suffering, but should feel that this work must be done no matter how difficult things are. This is the tradition I am handing down to you. You should not want to be concerned whether you are miserable or happy, and should tell God not to be concerned. This is the kind of member I want in the Unification Church.

-Sun Myung Moon, Abel's Right Path From the Providential Point Of View

The Indians have deep resentment toward whites, and whites wouldn't accept a black man as President, so it is easiest for an Oriental man to come and work out the situation. If an Oriental man tells the Indians that he has suffered under white people just as they have and yet still says that we have to forgive the whites then the Indians can listen and forgive. If I go to blacks and can tell them I know how much they have suffered in white America because I suffered as well, then the black people can listen to me and come to forgive the white people as well. When people know that Abel suffers as a matter of course, they can understand that when they are Abel their mission is to forgive Cain.

-Sun Myung Moon, Abel's Right Path From the Providential Point Of View

When you open your eyes in the morning and look at nature, it subtly connects with your original nature and inspires feelings about a new ideal that can sprout forth. On the other hand, you know very well that the more you look at the human world, the more despair and sorrow it arouses in your heart. If the world were populated by people who had not fallen, the value of human beings would not stir up sorrow in the heart of a beholder. Human beings were not created merely to have the value of a blade of grass, a flower or a tree trunk. People were supposed to be noble beings who could not be exchanged for anything in the created world. They were supposed to step forward representing Heaven with incomparable value.

-CIG page 111, Sun Myung Moon, 1960.4.24

If you have any love whatever for your family and country then you should stand up on your own before I tell you to. You should act on your own initiative and not just look to me, wondering what to do next. You should figure out on your own what to do and get started.

-Sun Myung Moon, Abel's Right Path From the Providential Point Of View

At Seodaemun prison, a lady evangelist who had persevered for a time in the Unification Church but who then left after things did not turn out the way she wanted, said to me, "Oh, this has turned out well for you. Would this happen to the son of God?" I answered "Yes, I am not someone who will disappear in prison. I will make great leaps toward a liberated world." I will never forget her face. I heard that she recently died in miserable circumstances, and I felt pity for her. This is how I live. I know everything about how the five presidents of Korea treated me. Yet I do not show this. I do not seek revenge. They did not know. I have to meet them and teach them. After saying what I need to say, I have to resolve everything.

Sun Myung Moon (204-118. 1990.7.1)

When I was in prison I normally prayed seven hours a day. One day in prison someone said something which upset me so much that I could not help but shout out one word to counterbalance it. To my amazement it took me a full two weeks to recover from that. Sometimes it is that difficult. Becoming upset and angry hurts the religious life very much, damaging the peaceful inner life. You know it is only on the warm days that flowers bloom, not on the stormy, cold days. Likewise, our minds should create this warm climate in which to

bloom.

-Sun Myung Moon, Let us be grateful

You will find out that you always have to protect the openings in your body; you have seven of them in your face. When you hear something you must listen to it in a positive way and feel that it is doing something good for you. Feel that it is meant to be good for you. Even if you hear someone complaining, think that he is getting rid of his own problems; never let it shake you.

When your eyes see something, look at it always in a positive way. If you see someone who doesn't do anything right, then think, "He is trying to get rid of his own problems that way." Turn everything into something positive. Then you can look with generous eyes. Feel that a person will or will not do a certain thing as a result of whether or not you look at him with generous eyes.

-Sun Myung Moon, Let us be grateful

An ugly man who tries to be grateful even when he has ample reason to complain has more power than a magnificently handsome man. It's like the law of indemnity. If someone works hard when he doesn't have to then his effort has much more meaning than just fulfilling what is required of him.

-Sun Myung Moon, Let us be grateful

Even though you are always being deceived, people will become different with time. Know that the power of God is there, that God is not leaving you alone; if you have that much forgiveness and generosity and prayer but still the other person doesn't repent then don't worry about him. Spirit world will come down and chastise him.

-Sun Myung Moon, Spiritual Guidance on Repentance and Forgiveness -- Part 1 Repentance

Look back on life. Did you complain about others or yourself? Did you say to others, "Because of this I am unhappy" or "I am good but because of an outside guy I am miserable." Satan planted this in us. We tend to blame others and not ourselves. If Satan reflected on himself he would have to immediately bow down and confess to God for being the villain. When you have hatred in you, always think of it as "Satan is coming to grab me and dump me in the ocean of hell." If there is hatred, direct it to "me" and not others. Realize where it is coming from.

-Sun Myung Moon, The Creation of My Heaven

What is Father's topic today? "The Creation of My Heaven". I create it. But we have lots of complaints in our minds like "My father and mother didn't pay enough indemnity" and "My parents didn't send me to school." There are so many excuses to stay unhappy. Are you more happy or unhappy? You're not happy. This is something we have to study and improve. How to digest an unhappy situation and make it happy. Train yourselves in this. Take away the contents which make you unhappy. Who does that? You. Not God, not your leaders. Only you can make negativity into positivity. This is absolute, not comparative. Let's say that God can eliminate unhappiness in a person. But it will come again and again like a weed.

If you don't like your clothes, give them away. It is better to have rags but a heart of parents. Than you can give birth to a son who is like a prince in the original world. That kind of feeling will be welcomed in spirit world. We have to develop that.

-Sun Myung Moon, The Creation of My Heaven

We have the hope to resemble Father. Digest hell into heaven, suffering into joy and unhappiness into happiness. Ugliness should become beauty. Change an ungodly point of view to God's point of view. If God sees the most miserable scene He will record the scene of His restoration. But if a person turns it to a place of beauty, it will be an even better record and God will keep it forever. Satan will come to admire it as well. Satan will say, "Someday, sometime I will follow you."

-Sun Myung Moon, The Creation of My Heaven

"Starting from the idea that religious and world unity must come from myself, the question of what the Unification Church is trying to do today comes to the forefront. It is not a religion just for the sake of religion. It should achieve solidarity with the world, finding ways that religious activity can be accompanied by social activity; it should find ways the world is seeking the religious path and bring the two into oneness. A big wall lies across here blocking religion and society from becoming one – for individuals, families, peoples, nations, the world, and even the cosmos.

Where do we start from to demolish this wall? Where did the trouble start? Not from the end of the world, but from the individual. Because individuals got out of order, mind and body came apart and pursued their own separate purposes in different directions. What is the issue here? It is how to merge, weave, combine, and melt different purposes into one, and then how to reintegrate mind and body."

-Sun Myung Moon, The Relationship between People on Earth and the Spirits

"Men of true hearts and sincerity keep this world from extinction."

-Sun Myung Moon, Sincerity Overcomes

"I wanted to do His work, no matter how my life ended up. With that heart, even Satan could not accuse me of dishonesty. Then I began my course as servant of servants. No one instructed me to do it. It really didn't matter to me whether I reached the position of God's son, and that's why Satan couldn't say anything to me.

I told God that He could trust me, that I was different from Jesus. I said I would never, never pray as Jesus did in Gethsemane, "Father, let this cup pass from me." If I had to die in the position of servant of servants still I would not complain or feel sorry. I would be most happy to die on the path I was supposed to go.

Since I went that way, Unification Church members should not hang back from suffering, but

should feel that this work must be done no matter how difficult things are. This is the tradition I am handing down to you. You should not want to be concerned whether you are miserable or happy, and should tell God not to be concerned. This is the kind of member I want in the Unification Church. After God promised me a glorious life I found myself in the worst dungeon of hell, in prison. I was surprised, but I did not complain. I never even thought about complaining, and nothing after that surprised me.

If I feel hungry, I just notice it in passing. In the past I felt very tired many times, but just noticed it offhandedly. I knew that God was watching, expecting that hungry, tired person who was exhausted, to do His work. Then how could I tell God I felt tired or weak? Without me God's work would remain undone. If I lived that way but God didn't care, then God doesn't exist, so it never bothered me. But in reality I found that heaven was constantly preparing situations ahead of time for me when I kept on going, even though I never mentioned those things in my prayer. When the situation looked hopeless and I was tired and hungry, then suddenly someone would appear to feed me and give assistance, and then I felt doubly grateful because I knew this was God's assistance.

Then I bowed down to God, telling Him that I felt sorry that He was caring for me even before I finished my responsibility. I told Him to treat me any way He wanted and I would not rebel, that He should not worry about me. I have been living this way all my life. You may have to work incredibly hard, but how many years have you been doing that? If the job is not done correctly, this course may last for thousands of years. How can we even think of our difficulties? "

-Sun Myung Moon, Abel's Right Path From The Providential Point Of View

"Sometimes our physical body needs rest, but instead of getting discouraged and thinking you are no good, get some rest with the attitude that you rest today so that tomorrow you can do better. If because you rested you can go even higher than before, then your rest is justified.

Sometimes a small thing might not go well and you get discouraged. But look at it as preparation to take off even higher. You know that you have betrayed God at times, but God will never betray you. For that reason you cannot be discouraged. You may kick yourself away from God, but God will never kick you away Himself. Sometimes you disappoint Him; it is true that many people have disappointed Him. But then take off and do something greater. God dwells on your success, not your failure."

-Sun Myung Moon, Do Not Be Discouraged

"There are all kinds of missions to be done. When you pursue a mission of greater scope, even though you don't entirely accomplish it, it will be regarded as having greater value in God's sight. If you make long-range plans and have confidence and enthusiasm that you can do them, even though people bother you now you just keep reaching, and in ten years you have a big victory. That is better than the person who does a little bit here and there and never amounts to very much."

-Sun Myung Moon, Do Not Be Discouraged

"We pray so that we will fulfill this love. To sustain our effort we need extra stimulation, or someone to remind us and give us a boost. In addition to asking for extra support, there is also a prayer of reporting. When we pray to ask, we are praying to let God know we are determined, while the prayer of reporting is in essence a prayer expressing gratitude. You are thanking God for His support in helping you accomplish your goal. Both kinds of prayer are necessary in daily life. On every level this kind of prayer is necessary."

-Sun Myung Moon, Prayer

"This is the way all men should go, for there is no alternative or better way. All men have to go this way, whether they know it or not, but here in Unification Church the Principle helps us carry out this way of life. Without a bridge it would be too difficult to cross from this world to a better one, but Principle is that bridge; it is our ladder to reach the high place where God is. We cross the long bridge and climb the high ladder, and eventually we can go anywhere, even to heaven. That bridge and that ladder are love. Suppose we get exhausted in climbing the ladder. Then we have to hang on and pray, saying, "I must go up. Please give me power to go up. " If you experience the right prayer, God will give you that power."

-Sun Myung Moon, Prayer

Your position here is Jacob's position. In that position you really bow down low and care about your people and restore them; then you come back to the parents with them. You have to work in such a way that the people trust you so much that they want to give you everything because they feel more secure that way. You feel exactly like that toward me, don't you?

-Sun Myung Moon, Our Duty Our Mission (1980)

This principle of motion applies to everything in a person's life. Today many American youngsters have what they think is a great time, by just going off with their friends and ignoring their homes and families. If they are really having such a great time, then they would naturally come back home and have an equally great time with their parents and family. But unfortunately young people don't regard their parents as being very valuable. They scorn them as being part of the "older generation" and even try to ignore them completely. This is not really a great life. The natural way of enjoying life for a young person is to go out and have a good time, then to return to his home and share his experiences with his grandparents and the whole family. It is not natural to go out and have a good time and then to come home and isolate oneself from one's family. How can the grandparents and the parents really want such a child to come back home? It would be a very painful existence. If the youngster lives in his own world without sharing in a positive way, the family will feel very offended.

-Sun Myung Moon, The Deep Desire of Our Original Nature (1982)

The depth of your love for God is your standard for loving your husband, your children, your neighbors, your society, your world and even those in the dungeons of hell. That is your criteria. I want you to make this feeling passionately real, down to the marrow of your bones. You cannot just will this to happen one day, you must make daily effort and struggle to overcome the

limitations of your heart.

-Sun Myung Moon, Good Day

You are young people and if you only try to give love to young people then you are being self-centered. But if you give love to old people, children, black people, suffering and poor people, that is heavenly love. When you are trying to love more than God loves and more than I love, then you can become a saint.

-Sun Myung Moon, Home Church and the Battle of Love

Never forget that at present you are standing at the dividing point of good and evil.

Therefore, always speak well, and look at only good things with your eyes. Women's eyes wander easily, don't they? Hence, you have to control your eyes. You have to control your eyes, hands, and all five senses. Where should my every step lead?

Whether I meet my friend or associate, I have to be able to say words for the benefit of the public to each person. I must help the person take even just a step toward the side of goodness. While controlling these things in the physical world, I will simultaneously be going ahead, holding a banner of love for the sake of those who have already passed away. For that reason, you should study and do your work. Then everything will work out naturally.

-Sun Myung Moon

The principle is invisible and can only be understood after explanation, but even so, that invisible principle is always in the subject position and the entire visible world is nothing but the manifestation of it. Man did not evolve out of this earth, but from some invisible principle in the depths of God's heart. God's will and principle preceded you visible men and women, and an invisible idea of man existed which God manifested into the visible form of man. God's will is for man to reach a certain perfection and then return with that perfection to the invisible world which cannot be seen with our physical eyes.

-Sun Myung Moon

We have to subjugate our opponents, not by force but by love; the natural process of the universe. That is our ideology. This is the most profound ideology anywhere, the perfection of religion. There is no better philosophy than that one. Good Day

-Sun Myung Moon

Before God blesses anyone with a mission and responsibility here on earth.... An individual, a family, tribe, nation or world, whatever the level may be... God will ask that very one to bear hardships. He must struggle and win through in this battle. This is the first requirement before the blessing.

-Sun Myung Moon

Separate yourself from Satan, overcome Satan and come into the love of God, and then, feeling the same heart as God, sacrifice yourself to save your brother, your neighbors, the whole world. Those three stages are God's formula, God's pattern.

-Sun Myung Moon, The Formula for God's Providence

To bring about the ideal man, God has been working to establish a sovereignty whereby man's physical body is controlled by his mind. In reality we find that our mind and body are in conflict with one another. The mind wishes to go the way of goodness, while the body tends toward evil. Our minds wish to sacrifice ourselves for others, while our bodies makes others sacrifice for us. Their ways are different- opposite. God realizes this present state of man and is using two methods to restore man's control over his physical body.

The first has been to put the body under great strain and difficulty by encouraging man to pray and fast for this. Then the mind could subjugate the body as the body's force decreased. All religions which lead to goodness taught of this subjugation. Satan's characteristics are arrogance and jealousy. To separate from him we must go the opposite way- the way of humility and meekness. It is for this reason that religions throughout history have strongly emphasized humility, meekness and sacrificial devotion; our physical bodies do not desire to be "lower" in position, or controlled. Sacrifice forces the body to accept that position. When the force of the physical body is inferior to that of the mind, it is easy to control the body. But now, in man, the two forces are almost equal.

Therefore, God's other method is to strengthen the power of the mind. A superior mind will lead the body to the way of goodness. But man must open the way so that God can work through him. To do this, God asked man to pray hard and to dedicate himself to the way of goodness. When you dedicate yourself with all your heart, all your sincerity, then God can dwell in you.

When we receive greater power from God, our body can be controlled by our mind, the instrument of God. For this reason, all sacred men and saints of the past lived dedicated lives of dedication and sacrifice.

-Sun Myung Moon, The Ideal World for God and Man

"A mature person makes effort to discover the sweet taste in all things bitter. That way, he knows their real taste. It is a law that things are sometimes up, sometimes down, as they go through their cycles. Likewise, sweet things leave a bitter taste, while bitter things have some sweetness in them."

-Sun Myung Moon

"There are big differences between saying, "I study for myself and my family" and saying, "I study for the country and the world." Well, what do you generally study for? You study for yourself and your family only. You must study for the country or for the world.

What is the ideal attitude of your study, then? It surely is ideal to study for oneself. But it is more ideal to study for the family than for yourself, for the country than for the family, for the world than for the country, and for the universe than for the world. It goes like that."

-Sun Myung Moon

God's position is this: even in the fallen world He cannot use fallen methods. He must use principled love, in order to restore. That is His delicate position, His delicate position throughout history. That's why it will take us so long to restore God's children from the Satanic sovereignty.

-Sun Myung Moon, The Person Who Worries about God's Nation

Even though what He says sounds unreasonable sometimes, God speaks only the truth. Sometimes what He says is very bitter to me, and I feel I cannot accept it or adjust myself to it. But I must accept the truth because God is not speaking for His benefit but for your benefit. So regardless of how I feel, I must cooperate; my action must become parallel to the words of God.

-Sun Myung Moon, Let Us Meet Opportunity Well

There is no one in the universe who knows you more than God. He knows your past, present, and future. You never know so much about your past. You never know so much about your future. But God knows you well. From that knowledge, God will ask certain things of you and teach you certain things of far greater value than anyone could come up with for you. Sometimes God will order you to do certain things that are absolutely contrary to your own thinking. So then, what will you do? You might say, "Well, God, you are you and I am I. So you go your direction and I'll go mine." But that is the road of destruction. Sometimes you may feel that it's virtually impossible to follow His instructions, yet once you accept it 100 percent, there is always a way to fulfill that instruction. You can always find a way if you take it seriously. -Sun Myung Moon, Let Us Meet Opportunity Well

Idle time or time having no purpose is your enemy because that is when your thoughts usually become self-centered. If you look back in your life then you know how true this is. I do not allow myself an idle moment but schedule my time in such a way that my

whole attention is needed at every moment right where I am.

Take up the greatest possible responsibility and work yourself the hardest; then God will be free to accept you. In the morning get up early and stay out all day long; then come back and have supper and pray and sleep like a log. The person living such a life is the happiest person because he can cover the longest distance in the shortest possible time. Always push yourself and also ask God to push you. Once you deeply realize your situation in world restoration and feel the urgency of God, no power can bring you down.  
-Sun Myung Moon

This is the way that God's strategy works: He allows the negative people to exhaust all their resources until ultimately they have to surrender.

-Sun Myung Moon, God and the Building of the Kingdom of God

When you meet Satan, God will withdraw. He will not attack Satan from you. God must be this way because of the law of your five percent responsibility. Knowing this, you must always keep alert at this critical point, because it is easier for you to fall down then, and downward motion is easier. But when you are engaged in downward motion, if you keep up your speed, you can go up toward the next peak very easily. Without being caught by Satan, you must go down with a spurt of power and then cross the critical point headed for another peak. This is a dark period where you are easily attacked by Satan, so you just pray hard during that period. You must double your strength, always remind yourself of the time when you went up and how hard you struggled. This is the formula and we have many such times. For instance, in the history of the chosen nation of Israel they had sunny times and dark times; periods when they were helped by God and when they were attacked by Satan, under persecution.

-Sun Myung Moon, Let Us Cross Over the Hill

Satan has changeable, established elements. When our faith waivers, he tempts us with his changeable nature.

-Sun Myung Moon, Let Us Establish the Kingdom of Heaven

When I pray all I have to say is, God in heaven, Your son is here, going ahead with boldness and strength today," and tears come. I am a serious person. Don't ever think I take life easily or comfortably, or that I want to have plush surroundings. Never. Every day I want to work as hard as possible, I don't ever want to go to bed before one or two o'clock, and I want to be up working and praying at night more than anyone else, even spending entire nights in prayer. I have no easy nights. I am determined to conquer the enemy of God, and my determination is burning every moment of every day. If I cannot

finish this in my lifetime, I want you to take over. I will leave my will with you and trust that you will go on.

-Sun Myung Moon, Time and Our Destined Relationship

We go out to the field to avenge God's love. Our way of revenge is to restore the people and allow them to live for eternity. There is no better way to get revenge against Satan. Our enemies may truly despise us, but all of a sudden they will see their children becoming loyal members of the Unification Church. There is no better revenge we could find. Heavenly revenge does not require bloodshed. Satan killed everyone, but God restores them; God's way takes much patience and perseverance, however.

-Sun Myung Moon, Time and Our Destined Relationship

You have to give a shot of love to God, each one of you. You will each be God's physician, but the shot you give should not contain any satanic elements. It must be pure. Where do we get the contents of that shot? In an easy place or in the midst of hardship and persecution and rejection? When you want to give the shot to God, Satan is always there, trying to nullify it and give his own instead. You cannot give the shot as long as Satan surrounds you. Instead you have to find the place where Satan cannot come, and that is the place of hardship and persecution. The place where Satan cannot invade is the worst place. It is where even your family gives you a hard time. If you are willing to give up everything, however, and go on alone, then Satan cannot invade. That's the secret.

-Sun Myung Moon, Spring

If Adam and Eve had obeyed God in the garden of Eden then Satan could never have initiated the fall. If you belong to God and True Parents then Satan can't tempt you even if you forget some of the Divine Principle.

-Sun Myung Moon, The 25th Year of the Unification Church

We must clearly realize that when the Messiah comes for the salvation of mankind he will not come in glory. He will come in misery and assimilate all the pain and suffering of the world. He will be attacked by the entire satanic world, yet persevere without seeking revenge, being patient as God has been, and finally winning out in the end. Any religion or any work of religion which teaches the need for such patience while going the road of indemnity will be the religion which ultimately meets the Messiah.

-Sun Myung Moon, True Parents' Day from the Historical Point of View

The way of mind-body unity If your body does something wrong, even late into the night, your conscience will stay awake and say, "Stop it, you rascal!" More than that, if you

even think about doing something wrong, you immediately feel pangs of conscience. Through your conscience, the God you thought was dead, and your teachers and parents who seemed to have died within you, come back to life.

-Sun Myung Moon

Why is the Messiah needed? The Messiah is needed in order to elevate man's imperfect love to perfection. Since love was stolen by Satan, the Messiah comes to restore and sanctify the lost love into the holy love of God.

-Sun Myung Moon, The Desire of All Things

You must offer a hopeful prayer, saying to God: "Oh, Father, I don't want to be a foolish child, to be unwise, I want to be wise enough to know your heart. I'm here ready to sacrifice myself, even before you tell me to, so why don't you come? Abide with me and help me." In that prayer, God will be pleased and will be proud of you before Satan. And you can even say this: "I will be responsible to restore this world of sin and can do it. Believe me, you don't have to come and help me. I don't want you to come to this dirty world to help me. You can stay there and watch me." You can even console God's heart in that kind of prayer. Then, how will God feel? He will tell you: "I'm coming. I have to come and help you. Even if you would stop me from coming, I must be with you. I want to be with you, right in the midst of darkness." He would say that to you. Then, when you want to go a certain way, ready to fight your way through, you will suddenly find that God is already there ahead of you, having paved the way the way for you. Since God is the God of love, of parental love, if you were God, wouldn't you do the same? Wouldn't you pave the way ahead of your children? When you do that, you become the greatest of his sons, since you moved your Parent's heart, mobilize Him to help you while you didn't even want Him to come. You would be a son of His, a great son of the absolute God. You would have restored His dignity and God would be proud of you.

-Sun Myung Moon, Our Desire

Go to the farthest front line in witnessing, fight with Satan and gladly be persecuted and laughed at and rejected. Then the spirits are destined to help you. If you just stay quietly where you are, they will not help. If you have only a 30 percent capacity, but wish to do 100 percent, the spirit world is required to help you the other 70 percent. Do things with faith. Sometimes it is good to be blind with faith. The spirit world, then, will add to your power, and you can do much greater work than your own capacity. Often things are impossible in human eyes, but quite possible in God's eyes. -Sun Myung Moon, Leaders' Address

Why do True Parents come to humankind on earth? They come to make what the

people will like the most: that is, to make you into True Parents -- little True Parents.  
-Sun Myung Moon