

The
need
for
**Mind/Body
Unity**

Introduction

Short Vocabulary:

CSG = Cheon Seong Gyeong, Holy Textbook

CSG = Cham Bumo Gyeong, Holy Textbook

PHG = Pyeong Hwa Gyeong, Peace Messages

CIG = Cheon Il Guk, Two persons become one, KoH

CP = Cheong Pyeong, Spir. training ground Korea

DP = Divine Principle, v1973

EDP = Divine Principle, v1996

KoH = Kingdom of Heaven

LSA = Lord of Second Advent

OT = Old Testament

NT = New Testament

CT = Completed Testament

TF = True Father, SMM = Sun Myung Moon

TM = True Mother, Hak Ja Han Moon

UC = Unification Church

See also extended Vocabulary:

<http://www.slideshare.net/bdp003/vocabulary-uc>

Introduction

Where is the spirit world?

It is in your bodies.

Thus, you go around with the spirit world on your shoulders, attending it – there is **no escaping it**.

The spirit world exists. It exists for this world, and this world exists for the sake of the eternal world.

People may question, “Where in the world is God?

Can there be a God in this world? Where on earth is the spirit world?” God’s dwelling place is the spirit world.

Introduction

The purpose of life on earth is mind-body perfection

What is the purpose of the Will? It is to perfect humankind spiritually and physically. Individually, our spirit represents the past and our body the present. Both worlds were invaded.

We are to conquer the present satanic world physically and the past satanic world spiritually. When you triumph over both past and present by upholding the standard of mind over matter, your future will be blessed.

/SMM 4 Aug 1974

Introduction

We need to know that it is the physical world, not the spirit world, which is the subject.

The physical world, not the spirit world, is the subject in achieving perfection.

The perfection of the physical world encompasses the perfection of both the spiritual and physical worlds.

Thus, life on earth is precious.

Heaven and Hell Description of Spiritual World

- ALL men (Good/Bad)
100% survives physical death
- We create our own destiny in spir. world 1688 - 1772
= Absolute Spiritual Laws are at work
“You reap what you sow!”
- 3 levels of Spir. World Heaven – Medium – Hell
...man takes with him all his memory and nothing can be hidden in the world so that it does not become manifest after death, and this in many people's presence”



Emanuel Swedenborg

1688 - 1772



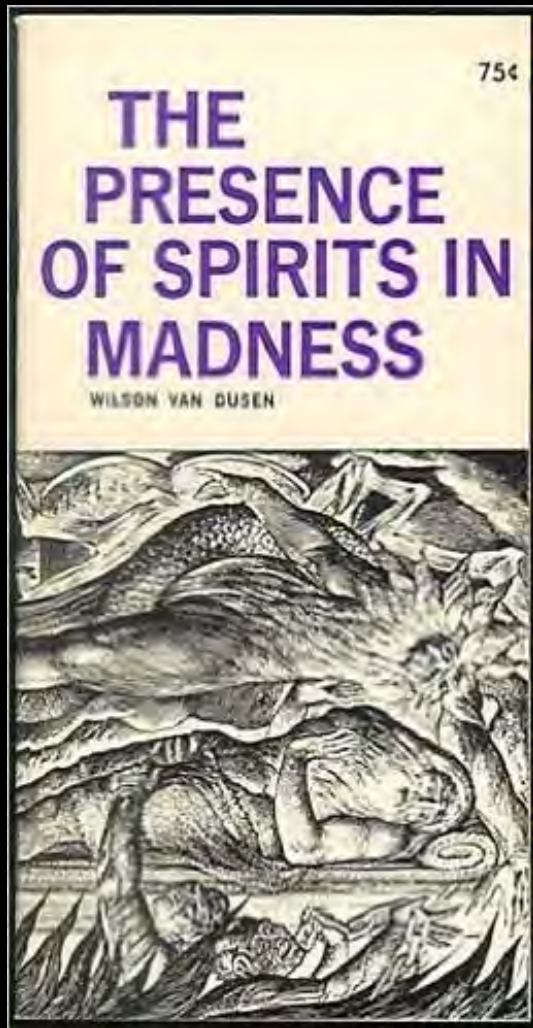
Wilson van Dusen M.D.:

Present day psychosis always involves some degree of self pride (spiritual madness) but the hallucinated aspect looks most like what Swedenborg described under the general headings of obsessions (to be caught in false ideas) and possession to have alien spirits acting into one's thought, feelings, or even into one's own bodily acts.



He indicates that normally there is a barrier between these spiritual entities and man's own consciousness.

He also makes quite clear that if this barrier of awareness were penetrated the man would be in grave danger for his mental health and even for his life.



Job — "With Dreams upon my bed thou scarest me and affrightest me with Visions."

A discovery four years ago helped me to get a relatively rich and consistent picture of the patients' experience. Though I noticed similarities with Swedenborg's description of the relationships of man to spirits it was only three years after all the major findings on hallucinations had been made that the striking similarity between what Twentieth-Century patients describe and Swedenborg's Eighteenth-Century accounts became apparent to me.

Google for the online booklet!

Why Mind/Body Unity?

- 1st Adam ended in failure – the Fall of Man
= Mind/Body disunity, body subject over the Mind

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Our Body is still sinful and children are born from that
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Why Mind/Body Unity?

- 1st Adam ended in failure – the Fall of Man
= Mind/Body disunity, body subject over the Mind
- Even after Jesus victory over death
Our Body is still sinful and children are born from that
unholy body with Original Sin, needing redemption.
- A new Adam, Second Coming of Messiah 3rd Adam
+ New Eve = True Parents will remove that Original Sin
and make our Bodies Holy again.

- Even after Jesus victory over death our Body is still sinful and children are born from that unholy body with Original Sin, needing redemption.

Comment: Jesus: "...let him deny himself and take up his cross and follow me ...

St Paul: "Who will deliver me from this body of death ..."

The objects of Satan are the evil spirits in the spirit world.

The objects of these evil spirits are the spirit men of evil men on earth.

The objects of the spirits of evil men on earth are their own physical bodies.

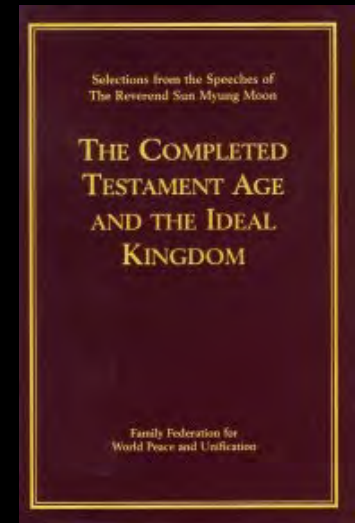
Therefore, Satanic power, conveyed by evil spirits, results in the evil physical activities of earthly men.

Evil spirits => spirit men of evil men on earth
=> own physical bodies => Evil Worlds (Cosmos)

Genesis 3:14 states that God **cursed the fallen angel**, saying he should go upon his belly and should **eat dust all the days of his life**. "Upon your belly you shall go" means that the angel becomes a miserable being, unable to function properly according to the original way of creation.

To have to "eat dust" means that he has to live by **receiving evil vitality elements from the sinful world**, deprived of the right to have elements of life from God, since he was thrown down from heaven (Is. 14:12, Rev. 12:9).

/DP73



The beginning should be made from an individual.

So putting aside the world for a while, we should make a movement for unity within individuals.

With religion and reality connected, we should discover the self that neither of them can deny.

The problem here, however, is that evil spirits are dominating the body.

Evil spirits are rooted in my body, and good spirits are rooted in my mind.

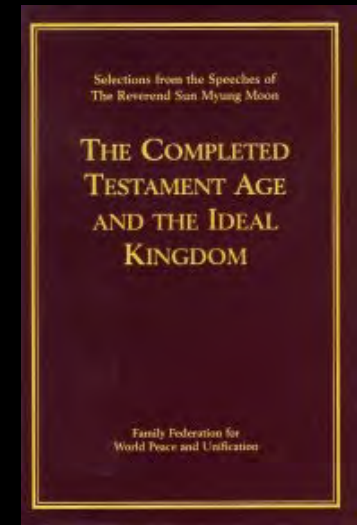
This way the division of materialism and idealism comes.

As the time comes, sinners should confess their sins.

Unity among people on earth is influenced by the confrontation of good and evil spirits.

Good and evil spirits are fighting on the worldwide level, although we do not feel that we are a part of it.

/Relationship between people on Earth and Spirits SMM



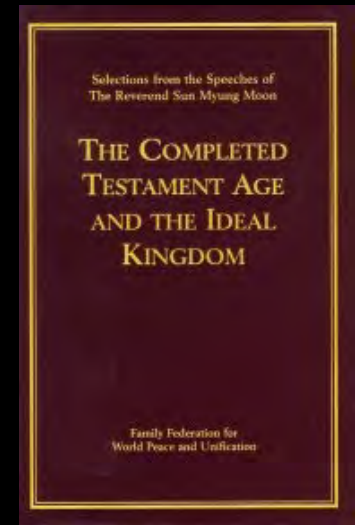
What is the essence of God's Will?

It is the perfection of the spiritual self and the physical self.

Looking at ourselves, we can set up a metaphor, saying that the past is "spiritual" and the present is "physical."

The present represents the physical body at the junction of the two worlds, spiritual and physical.

Because the present position represents **the satanic world**, our physical body should overcome **the satanic world**.

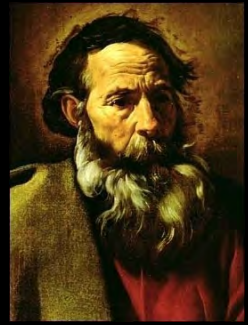


Also, we have to build a spiritual foundation of overcoming the past satanic world.

This is what has to be done.

If we overcome the past and the present,
we can build a foundation
for our spiritual self and physical self
that is **a blessing for the future.**

/SMM1974



SPIRITUAL COMMUNICATION WITH THE APOSTLE PAUL

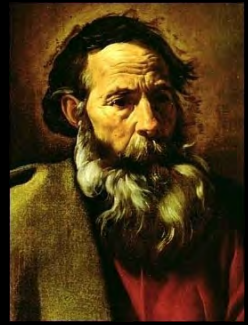
given through the clairaudient mediumship
of Rev. Louis W. Lusarde California

May 20-21, 1962

*The message(s) were circulated and read in the
US movement (Dr. Kim's branch) in the late 60s
and early 70s.*

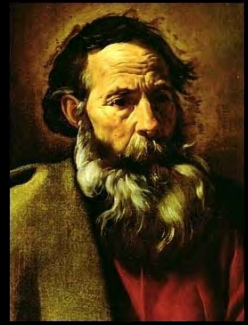
*I remember feeling at the time that they had the
ring of truth to them.*

/Dan Fefferman



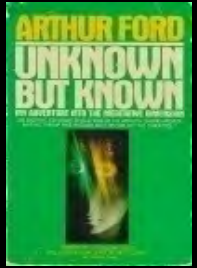
I bear witness to the fact that the Old Testament and the New Testament combined are not sufficient to live by in the New Cosmic Age we have ascended into.

To be saved, every man, woman and child must commence their mission before they leave this earth plane.



And before they can do this they must find the reason for the **original sin** and what original sin is.

Perfection and resurrection can only be achieved through work and that work must be done **in the body**,
the spirit of Truth demands it.



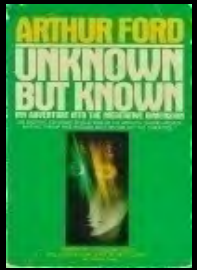
“The Jesus of Galilee will not return - it is not necessary.”

“The Christ who manifested through him is the Eternal – he will manifest again.”

Comment: It's the Return of Jesus as Adams 2 Divine Sinless Bodies – Physical & Spiritual that is the 2nd Coming of Christ.

“ Mr. Moon in deep meditation can project himself and be seen just as Jesus has been able to project himself and be seen by the saints. ”

“This is one of the marks - of the messiahs always.”



“The world has known many saviors.
The very word savior means a healer.”

“Mr. Moon is one who is to heal, not simply
the bodies,
but the minds and the spirits of men.”

“And when a person is healed he is free.”

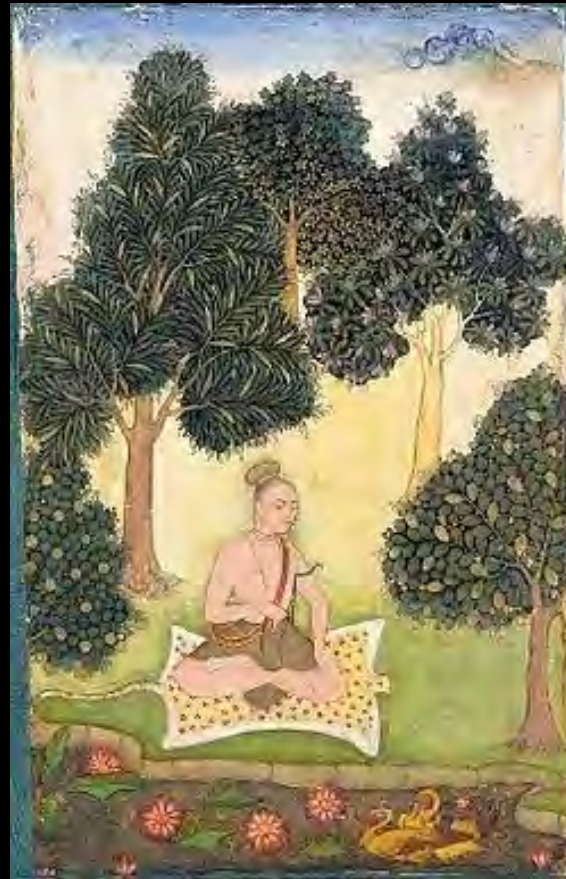


“The only task in your life and mine is the restoration of our Identities ~ our Minds ~ back to their original state of void or zero.” ~ Hew Len, Ph.D.

Mantra meditation ~ Hawaian Prayer

I love you ~ I´m sorry ~ Please forgive me ~ Thank you

Google for Hew Len, Ph.D.



In the 1980s, yoga became popular as a system of physical exercise across the Western world.

Yoga in Indian traditions, however, is more than physical exercise, it has a meditative and spiritual core.

AYURVEDA

The Science of Life



Depaak Chopra India
born 22 oktober 1946 i Delhi
MD. and speaker on Health of Spirit and Body

"We all need to be healed in the highest sence
By making ourselves perfect in mind, body and spirit!"

If you want to know how your mind was in the past
Then all you have to do is examine your body now.

If you want to know how your body will be in the future
then all you have to do is examine your mind now.

Health is not just the absence of a disease,
it's a joyfulness that should be inside us all the time.

It's a state of positive well-being,
which is not only physical but emotional and ultimately
even psychological and spiritual.

The body is not a frozen sculpture,
it's a river of energy and information. ...
You can not step into the same flesh and bones twice.

You replace 98% of all the items of your body
in less than one year.

There is a deeper reality to the body and that deeper reality is what we want to see because from that deeper reality comes both the mind and the body.

Both come from that deeper level of existence.

We have a thinking body. And you can't imprison the mind in the brain.

That's an old notion, that the mind is confined to the brain. The mind is in every cell of our body.

You can't even confine the mind to your physical body because it extends beyond your physical body into the whole universe.

We are part of a thinking conscious universe that is basically a non-local field of information.

It's estimated that the average person thinks about 60,000 thoughts a day ... and 95% of the thoughts you have today are the ones that you had yesterday.

So you keep creating the same patterns that give rise to the same physical expression of the body.

If you go to a deeper level, witness the whole process, become conscious of it, then you'd realize that in fact there are choices here.

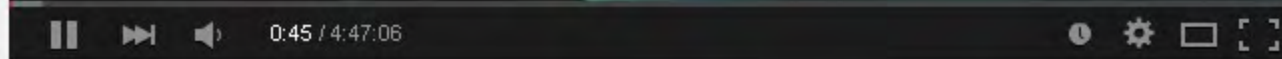
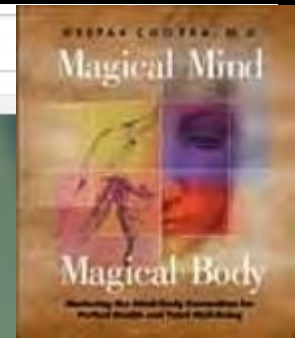
What we do is we take that chaos of energy soup, we ingest it through our 5 senses, and then we convert that into a physical reality in our own awareness,

There's one part of you that doesn't change. If you find that part of you that doesn't change then you'll be able to cause transformations in that part of you that *does* change.

Now once we recognize that — even to have the insight — is to begin to cause transformations in your body.

A person's body is nothing but an expression of all the ideas they have about it.

Source: /Deepak Chopra – magical mind magical body



deepak chopra - magical mind magical body

Mind is the Builder

The part of us that begins the process of setting us apart as unique individuals is our mental body.

It is here that the patterns leading to health or illness are created.



Edgar Casey

Mind is the Builder

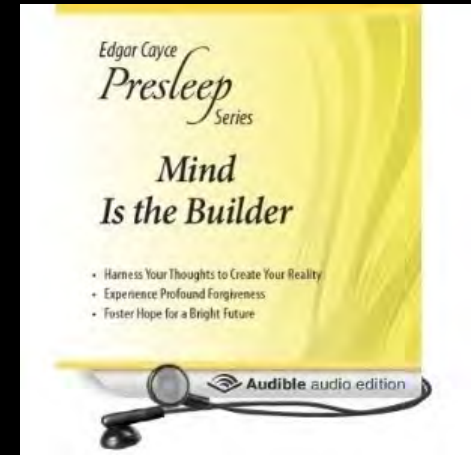
The part of us that begins the process of setting us apart as unique individuals is our mental body.

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The analogy of a film projector can be helpful in understanding this concept:

The light bulb and projected light represent the Spirit, and the images on the screen are the physical result.

The film, which patterns the light to create the images, is comparable to our mental body. (DP: Spirit Self/Spirit Mind)

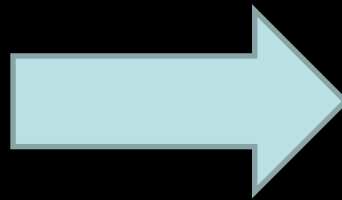


Divine Principle

Fall
of Man
Unpure sexuality



Satans
Unholy
Seed



Mind/Body
disunity

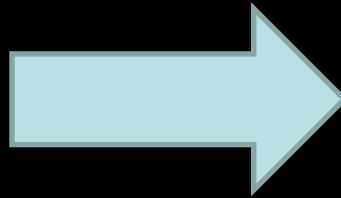
1st Adam
Eve
Spiritual
Physical
Fall



Bride Missing
Only Christians
Spiritual Bride

Mind/Jesus
Unity

Gods Holy Seed in Jesus



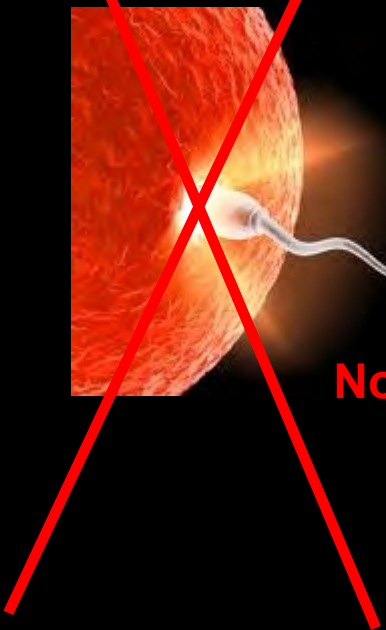
Still body disunity

Paul: Who will deliver me from this body of death

No conception

1st Blessing
Individual Perfection
Only Jesus

2nd Adam
Jesus
Only
Spiritual
Salvation



And not only they, but ourselves also, who have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, that is, the redemption of our body. /Rom 8:23

Satan has a claim on our Physical body!

However devout Christians we are our children will still be born with Original Sin awaiting redemption!

Understand the preciousness of the days during which you can make use of your (Physical) body.

They give us our one and only opportunity to use our bodies to resurrect God and the universe and to unite the world.

The totality of God and all creation cannot be exchanged for the value of life on earth.

Why?

Because without humankind existing physically on earth, God and the universe combined together would still be incomplete.

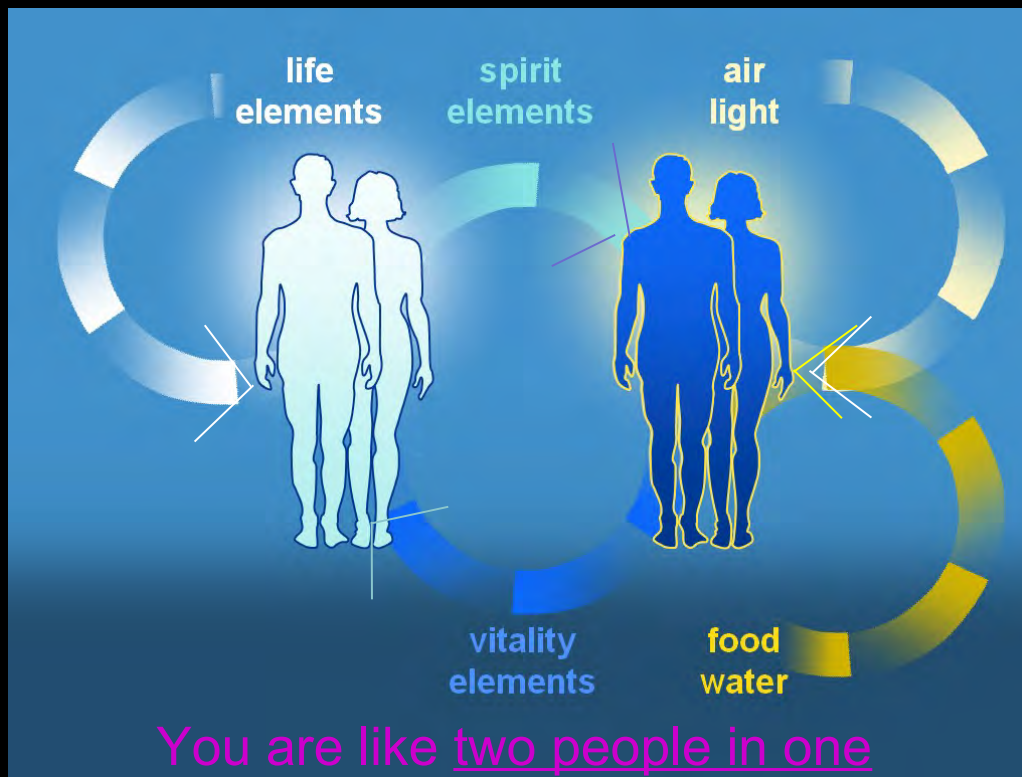
Realize how precious the human body is.
We cannot trade our physical selves even for the
universe.

It is in this light that we understand the biblical verse,
“For what will it profit a man if he gains the whole world
and forfeits his life?
Or what can a man give in exchange for his life?”



2 Bodies
in One !

Spirit Mind
5 senses



Physical Mind
5 senses

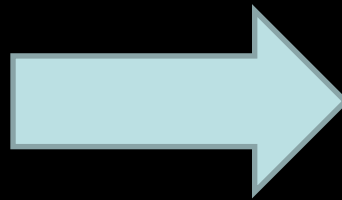
The original mind and physical mind **conflict with each other**.
The physical mind cannot encroach into the realm of the original mind and influence it. **The lineage was changed.**

If everybody insisted on becoming the subject, the core and partner would not be needed. They would both just disappear.
In terms of electricity, positive charges repel each other.
This goes against the basic principles of electricity. /SMM March 30 2007

Divine Principle



**3rd Adam needed
+ New Eve
Physical Salvation
New Lineage
created**



**Mind/Body
Absolute Unity**

**1st Blessing
Individual Perfection
2nd Blessing
Multiply Goodness
fulfilled**



St Paul

Romans 7:19

For the good that I would I do not:
but **the evil** which I would not, **that I do**.

Romans 7:24

²⁴ O wretched man that I am! Who will deliver me
from **this body of death?**

To be saved, every man, woman and child must commence their mission before they leave this earth plane.

And before they can do this they must find the reason for the original sin and what original sin is.

Perfection and resurrection can only be achieved through work and that work must be done in the body, the spirit of Truth demands it.



True Parents 1960
Lord of The Second Advent and His Holy Bride

The Fall of the Angel and the Fall of Human Beings

Angel's sin

Human sin

**Illicit
sexual
relationship**

**Sexual
parts**

**Illicit
sexual
relationship**

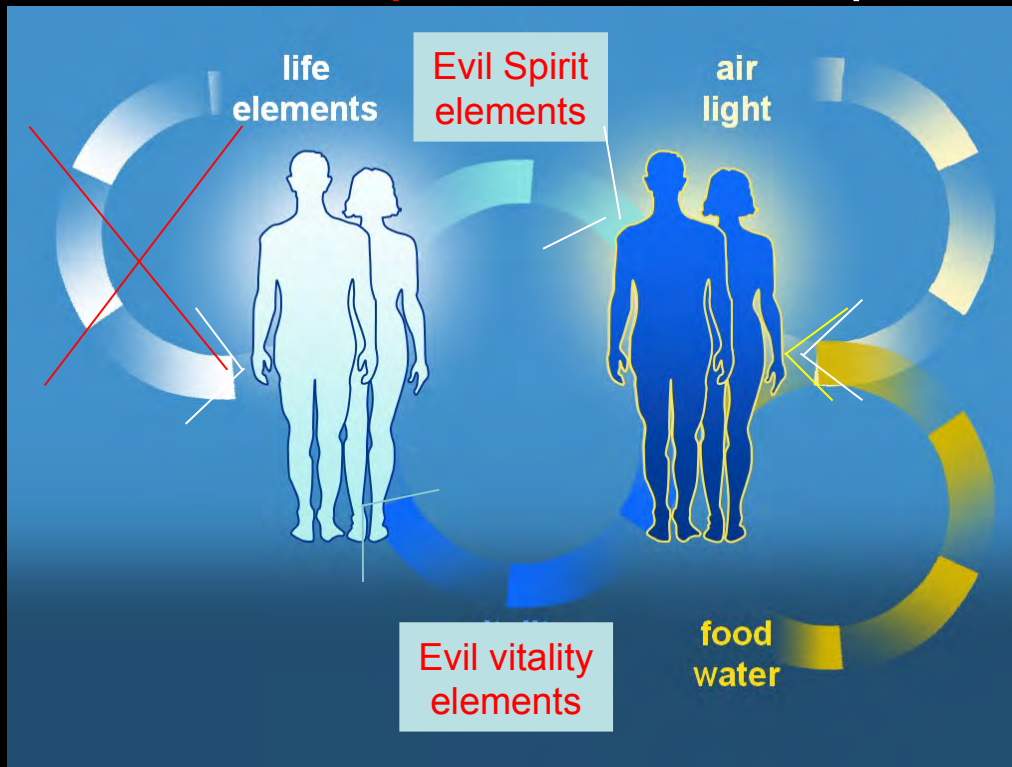
Jude 6-7

Gen. 3:7

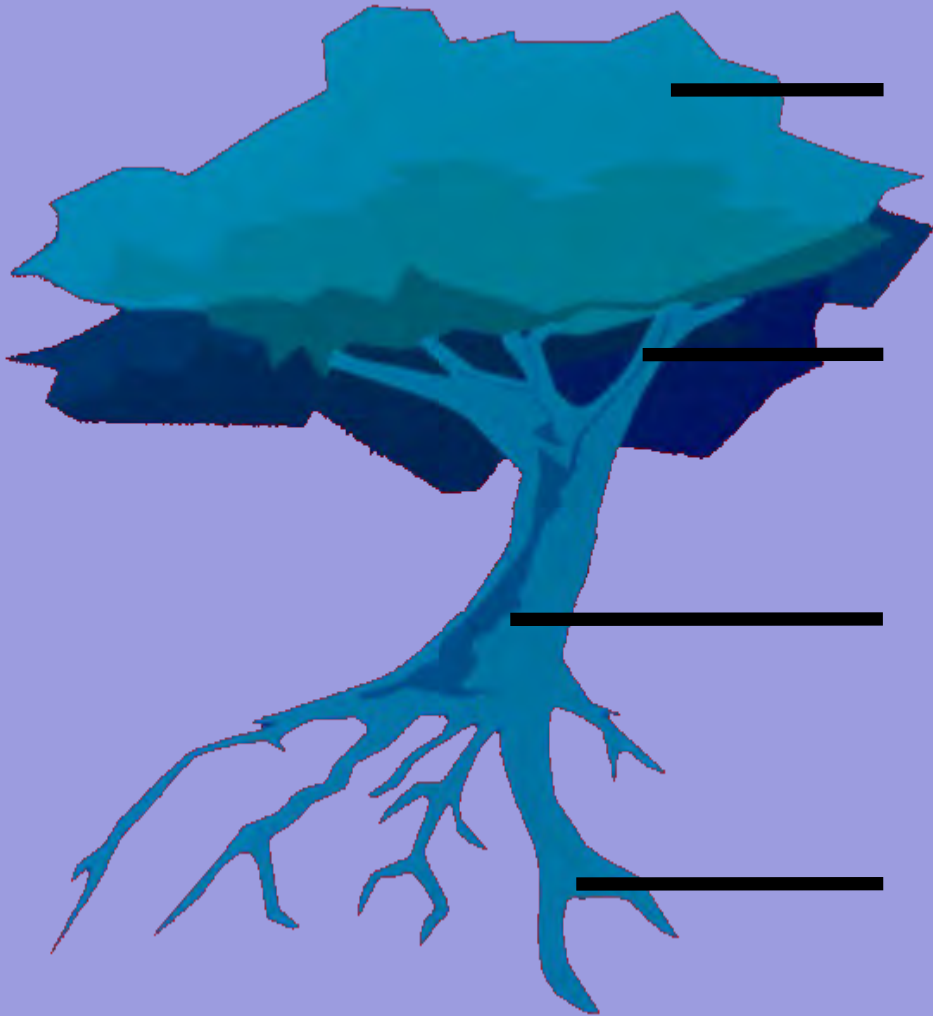
Hence, we can deduce that the illicit sexual relationship must have occurred between the angel and human beings.

And the LORD God said unto the serpent,
Because you have done this, you are cursed above
all cattle, and above every beast of the field;
upon your belly shall you go,
and dust shall you eat all the days of your life Gen. 3:14

Comment: “Dust” = evil vitality elements
“Evil inspiration” = evil Spirit elements



Tree of Sin



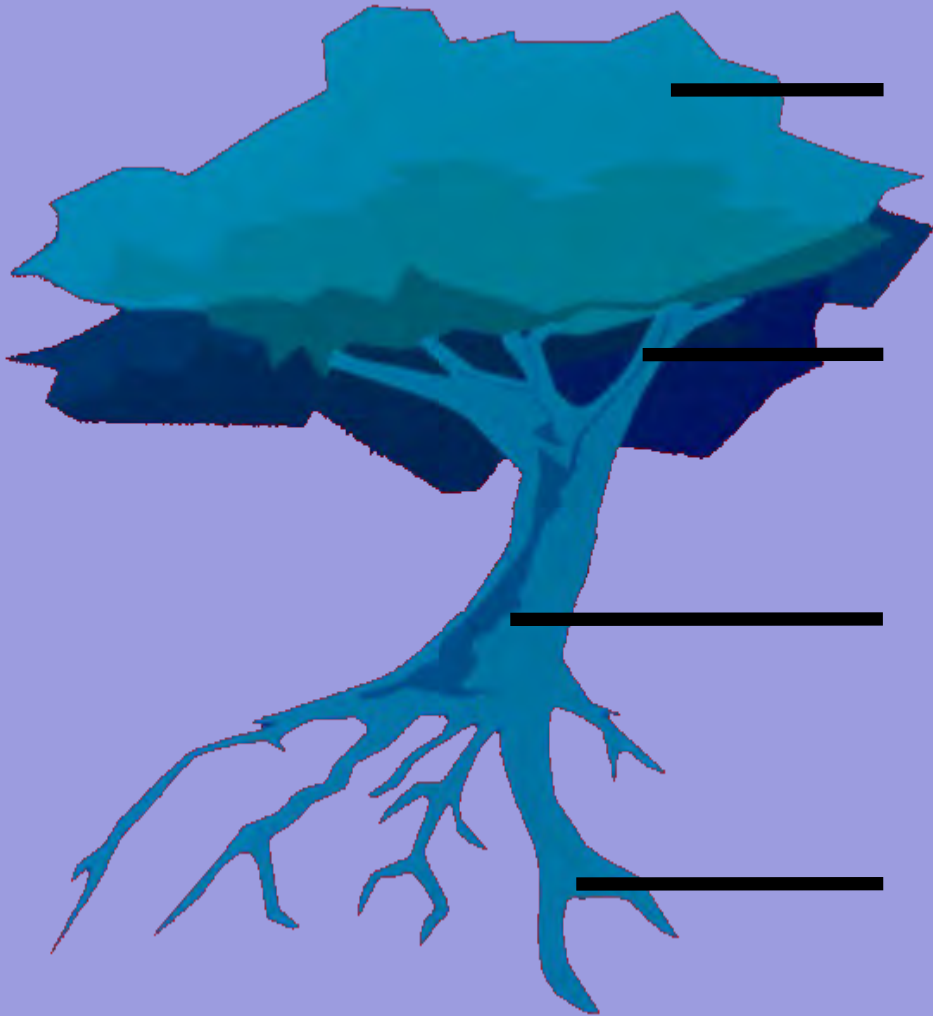
Personal Sin

Collective Sin

Inherited Sin

Original Sin

Tree of Sin



Personal Sin

Collective Sin

Inherited Sin

Original Sin

We can
work to
solve

Messiah
needed

Tree of Sin



Original Sin
Root of all Sins

1st Adam & 1st Eve
= 2 people committed
the Original Sin

2nd Adam=Jesus
missed a partner **2nd Eve**
to fully restore
and end the Original Sin

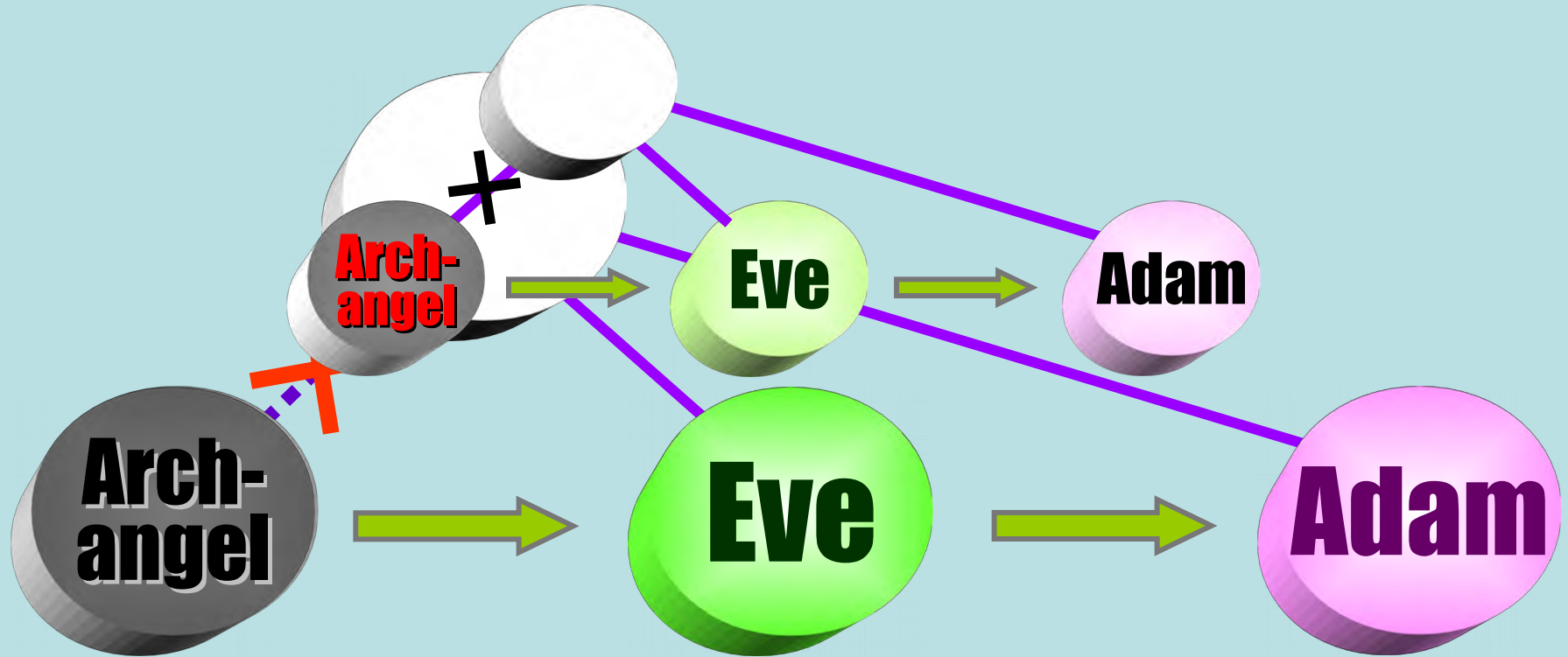
3rd Adam + 3rd Eve.

That's why the Second
Coming is needed
on Earth

with a new Holy Couple
True Parents

True Parents are needed to solve the root of sin

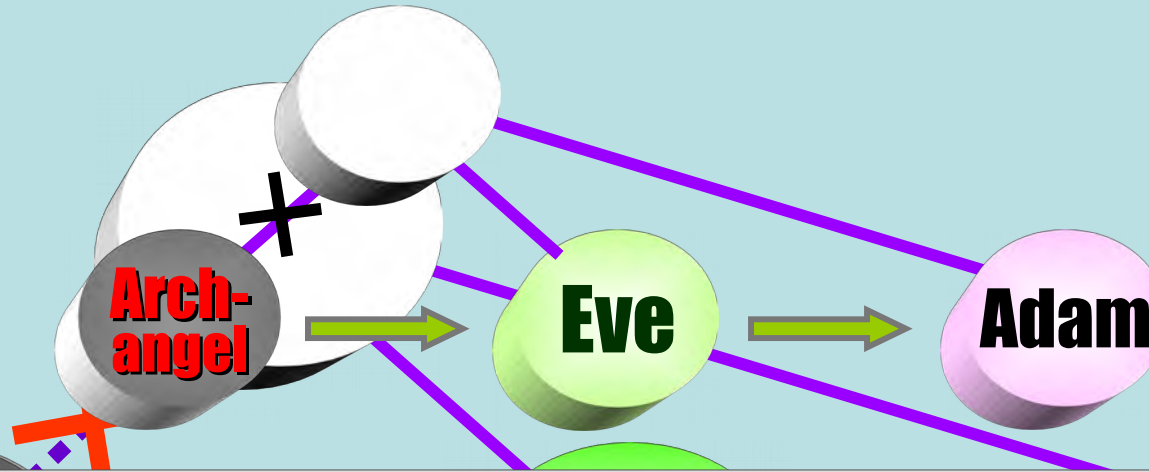
The Primary Characteristics of the Fallen Nature



Multiplying the criminal act

The primary characteristics of the fallen nature can be divided broadly into four types (p. 73).

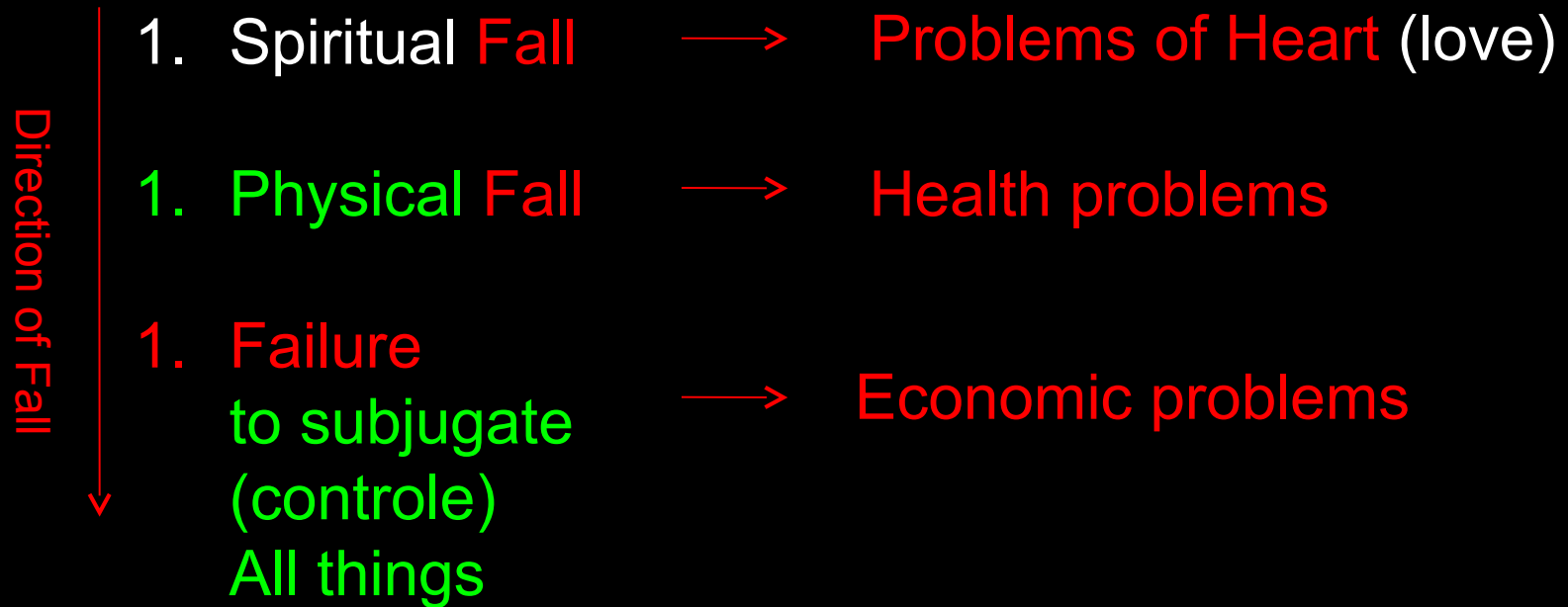
The Primary Characteristics of the Fallen Nature



- ① **Failing to take God's standpoint**
- ② **Leaving one's proper position**
- ③ **Reversing dominion**
- ④ **Multiplying the criminal act**

The primary characteristics of the fallen nature can be divided broadly into four types (p. 73).

Ancestors Sins



Ancestors Sins

1. Spiritual Fall



Blessing

1. Physical Fall



Witnessing

1. Failure
to subjugate
All things



Fundraising
Tithing

↑
Direction of Restoration

The Meaning of Freedom from the Viewpoint of the Principle

- 1 No freedom outside the Principle.
- 2 No freedom without responsibility.
- 3 No freedom without accomplishment.

There is no freedom without
responsibility.

There is no freedom without
accomplishment.

Our World today – Mind/Body disunity Sex-Trafficking, Drugs, Wars, Fatness, Starvation



East/West =
Spiritual/Science imbalance
North/South
Economic imbalance



North/South =
Rich/Poor imbalance

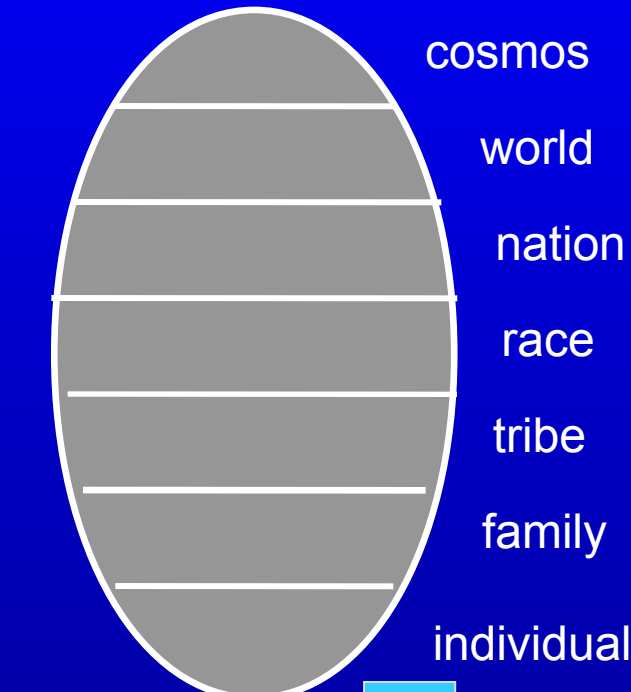
Food-Sleep-Sex
Obesity-Lazyness-Promiscuity
Common Base = Selfish desires



One thing is for sure: the highest religions have maintained that people must control their desires:
the desire to eat, to sleep and to experience sexual love.

/SMM Jan 1984

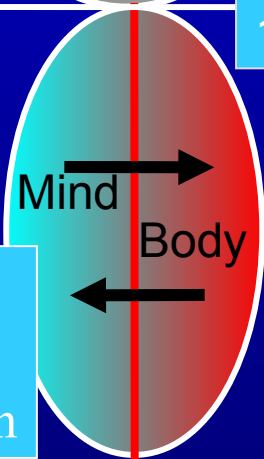
Under Satan's Dominion



6000 years Satanic history
Adam in the realm of
Satan's dominion
Satan's blood lineage

Adam fell at the age of 16.

16



Adam's mind and body having good give and take action

Human beings have the memory of living with God – want to return to that experience
Therefore – idealism – utopian movements
The ultimate utopian movement = True Family
We are the main players centering on True Family

4 Fallen Natures:

Failing to take God's standpoint
Leaving one's proper position
Reversing dominion
Multiplying the criminal act

4 Sins:

- 1.Original sin**
- 2.Hereditary sin**
- 3.Collective sin**
- 4.Individual sin**

4 Sins:

1. Original sin - removed at The Blessing/
Holy Wine ceremony

4 Sins:

1. Original sin - removed at The Blessing/
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2. Hereditary sin - Ancestor Liberation

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- Cross-cultural Blessings
today's Korea
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of rejection of Jesus as Messiah
- Cross-cultural Blessings
today's Korea
removed when Korea unites (?)
4. Individual sin - Life in CIG - HDH

Whatever you
shall bind on earth
shall be bound in
heaven:
and whatever you
shall loose on earth
shall be
loosed in heaven.



Mind/Body
Unity

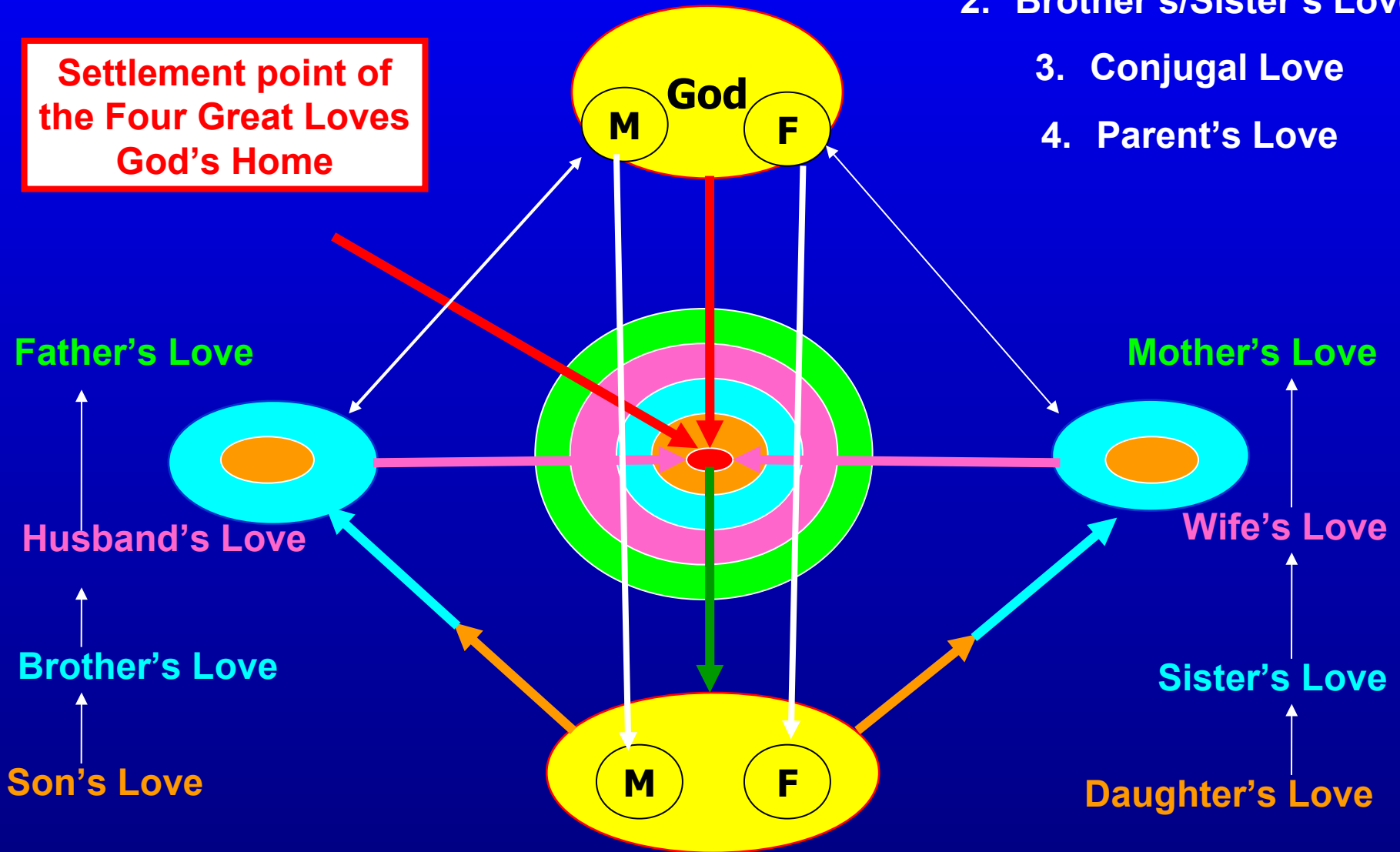
Mind/Body
Unity

Artist
Benny Andersson
Sweden

The Four Great Loves

1. Children's Love
2. Brother's/Sister's Love
3. Conjugal Love
4. Parent's Love

Settlement point of
the Four Great Loves
God's Home



Mind-Body Unity – A Practical Approach

UTS Alumni Association | Published: May 12, 2011

by Robert Rickover

“No problem can be solved from the same consciousness that created it.” – Albert Einstein

“It is, however, one thing to teach the need of a return to the individual man as the ultimate agency in whatever mankind and society collectively can accomplish... it is another thing to discover the concrete procedure by which this greatest of all tasks can be executed. And this indispensable thing is exactly what Mr. Alexander has accomplished.”

– John Dewey -

When Dewey and Alexander first met in New York during World War I and had a series of lessons with Alexander, the most immediate results were dramatic improvements in his breathing, eyesight and in the flexibility of his ribcage.

Before then, Dewey had always been a very cerebral person and considered his body to be just something needed to keep his mind functioning.

“The greatest benefit he got from lessons, Dewey said, was the ability to stop and think before acting. Physically, he noted an improvement first in his vision and then in breathing.

Before he had lessons, his ribs had been very rigid. Now they had a marked elasticity which doctors still commented on, though he was close to eighty-eight.

What you think is what you get.

As with John Dewey, the immediate benefits are often primarily physical in nature.

Indeed many people initially take Alexander lessons because of back pain, stiff necks and shoulders and the like.

But over time they sometimes discover other, more subtle, benefits of the sort Dewey found.

/END

Not only do fallen natures find a huge direct doorway into our lives through the physical mind's desire for internal, psychological, emotional and spiritual comforts, but the influence of spiritual entities can also find their needed common base through this avenue.

As we know from the **Divine Principle**, spiritual beings are attracted by, and can be empowered by, earthly people with whom they choose to associate with and resonate with, i.e., have a common base.

(see the chapter on **Returning Resurrection**)

Such spirit people can empower earthly people with whom they find a common base to interact.

Whether they be ancestors, angels, or friendly or unfriendly spirits, the physical mind of earthly hosts may offer far more common bases than simply in the areas of food, shelter and sex.

It is commonly understood that physical people often make a common base with spirits through internal, psychological, emotional and spiritual elements, but the integration of this with the physical mind as it relates to mind and body unity has been missing.

When considering internal, psychological, emotional and spiritual discomforts as such common bases for physical people and spirits, a plethora of potential common bases emerge, from suicidal tendencies, racial prejudices, juvenile delinquencies, to hate crimes, fears and phobia's, various nonchemical addictions, etc.

It would imply that spirit people and angels would be making a common base with things related to the physical mind.

Would that be only because the spirits lack a physical body of their own, or for a different reason?

With a heart of True Love as a foundation, the physical mind's pursuit of personal comforts will operate parallel to the spirit mind.

With a heart of True Love, one's need for psychological comfort would make its assessments based on "the other", rather than on the self.

"I am at peace because my wife and children are healthy and at peace."

In New Essentials of Unification Thought, it is stated:

“Unity between the spirit mind and the physical mind
refers to a way of life in which one places priority on
living a life of truth, goodness and beauty,
and makes the life of food, clothing and shelter secondary,
through having the physical mind subservient to the
spirit mind.

However, due to the fall, human beings have come to lead a self-centered, material life in which their physical mind dominates their spirit mind, and it is from this that all the pains, suffering, and unhappiness of human beings has come into being.

”The mention of “self-centered, material life” and “the life of food, clothing and shelter” again shows that the understanding is that the focus of the physical mind is on material concerns “of the self”

Problem: It is understood that mind and body unity would still have been a requirement of human beings, even if **the Fall of man** had never occurred.

It is a necessary and integral part of the perfection process for human beings.

However, according to Rev. Moon's teachings, apart from the fall, the unity of the mind and body of man would have taken place naturally and automatically, simultaneously with the development of the heart and conscience.

Rev. Moon many times said that the only way to unite the mind and body is through True Love.

In contrast, Rev. Moon taught that removing or resolving the fallen natures could be accomplished by several mechanisms, including through exercise of the Cain-Abel relationship, removal of evil spirits, living a life of sacrifice and public service, etc.

Rev. Moon said, “Had there been no fall in Eden, the body and mind would not have been divided.”

The **spiritual mind** evaluates an experience, thought or feeling from the point of view of concerns “**beyond the self**”, while the **physical mind** evaluates the same experience, thought or feeling from the point of view of concerns “**of the self**”.

Rev. Moon also said: “Love is essential for the unity of mind and body.”

When parents come to love their children, they willingly endure hunger, hard work, ragged garments and going places they don't want to go.

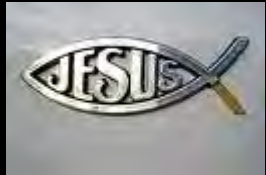
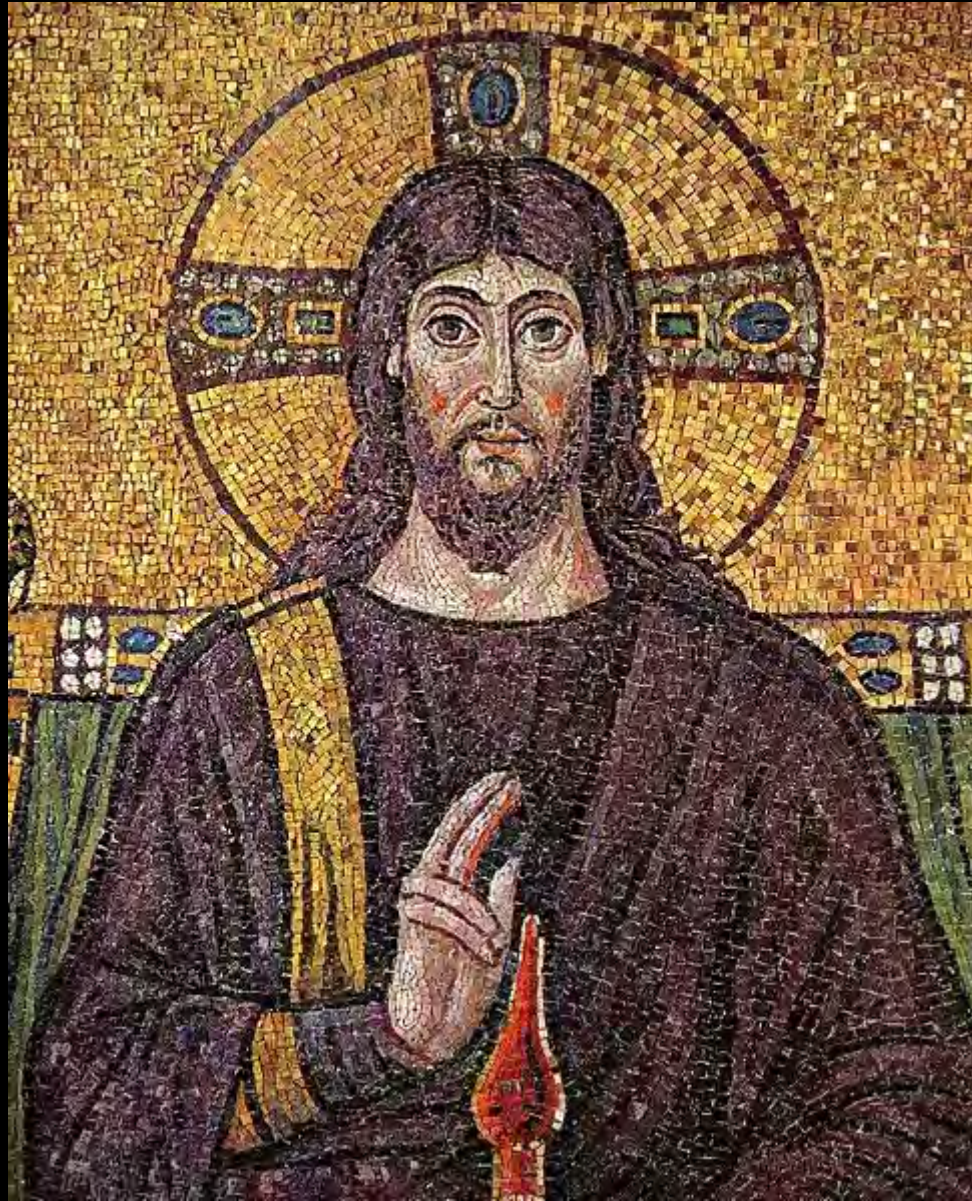
While walking the path of such love, the mind and body take the same unifying direction.

It (Love) is the only way to unity, the only means to unity.

If you take this as the standard for daily life and for your entire life, you will not perish. This I guarantee.”

Source: Mind-Body-Unity-a-New-Paradigm

www.deeperdp.com/finish/5-additional-resources/61-mind-body-unity-a-new-paradigm



Divine thinker "Yeshua"

Messianic qualifications: Jesus



1. Explain all past history, & Holy Scriptures

Jesus said he did not come to break the Law but to fulfill it
He was the fulfillment of the Jewish prophecies

2. Explain current social/political situation

"So Jesus said to them, "Give back to Caesar the things that are Caesar's, and to God the things that are God's." And they were utterly amazed at him."

3. Have a clear plan for a future good world

"Behold for the Kingdom is at hand"

4. Prophecies being fulfilled

5. Testimonies to Divine Power

Healing was essential to the ministry of Jesus because He envisioned healing as a physical symbol of forgiveness. He guaranteed the ultimate glory of the human body through His personal resurrection, but forecast that restoration by healing twisted, shrunken, blinded limbs and organs. The paralytic's restoration is but one of many such examples (Mark 2:1-12).

Messianic qualifications: TrueFather
Moon SunMyung



1. Explain all past history, & Holy Scriptures

Divine Principle: Principle of Creation
FallofMan
Restoration
2nd Coming = Holy Blessing
of all Mankind



Isn't even a person who does well in the physical world bound to die?

Because this is so, before you pass on to the next world you should achieve harmony between your physical and spiritual bodies by living your earthly life in such a way that you meet the standards of both the physical and spiritual worlds.



This does not mean, however, that the perfection of your spirit self happens automatically.

Only on the basis of your having achieved complete unity between your mind and body during your earthly life, by expressing true love through action, can your spirit self fully mature.

/SMM October 14, 2006



What is the mind?

It is that part of us that received love from the vertical Father, the Creator.

The body is that part of us that received love from our horizontal parents.



Therefore, the mind is the vertical "I" and the body is the horizontal "I"

If their relationship is one of subject partner and object partner.

When the circumstances are such that our mind and body are united, horizontal and vertical unity finally takes place, within us.



With love, the vertical plus and the horizontal minus make a ninety-degree angle as they meet at the ideal and central point of unity.

Nothing exists at that central point, but all power flows through it.

Power jumps and dives into it; there is no resistance whatsoever.

Everything there whirls about like a typhoon that nothing can stop. It is God who made the center in this way; He is truly the King of wisdom.



The mind is the vertical master because it has inherited God's lineage.

The body is the horizontal master; it is the self that received the lineage of the perfected Adam.

Thus, there are two masters in each of us.

One is the master that inherited God's vertical lineage, but it does not suffice to have only God's lineage.

We need a horizontal line that intersects with the vertical line of God's lineage.



Looking at the mind and the body, the mind is the subject partner, in the plus position, and the body is the object partner, in the minus position.

Even so, **they fight each other.**

How did they come to fight?

It is because the body became another plus.

The body should be eternally the object partner before the mind, but it took over the position of subject partner.

That was **the Fall.**



If the human ancestors had become one with God's love in this way, then each of us would have been born through that love.

In addition, our minds and bodies would have resembled God's mind and body, even as they resembled the mind and body of our father and mother, Adam and Eve.



Had there been no Fall, I would have inherited true love,
true life and true lineage from them.

That is how I was supposed to come into being.

I was meant to be brought into this world when they united
in true love.



Looking at ourselves, our mind represents the vertical aspect and our body the horizontal aspect.

if the mind and body reciprocate well according to the desires of the mind, the mind is at peace.
In that case, we grow well.

Physical suffering is painful, but the suffering of the mind is worse.

That is because the vertical is central.



The mind is vertical and the body is horizontal.
Yet unless they are united, unless they are made level, we
cannot form a perpendicular that is aligned with the direction of
God's essential, absolute love.



The mind is the vertical "I" and the body is the horizontal "I".
I am perfected as, a human being when the vertical "I" and the
horizontal "I" unite. What is the center that enables the
horizontal and the vertical to unite?



There must be an essence by which the two can resonate with each other and unite in a state of perfection. Neither money nor knowledge nor power can create this resonance.

The only thing that can bring it forth is God's true love.



The vertical and the horizontal have to meet at a ninety-degree angle within you. When four ninety-degree angles are combined, they make 360 degrees.

Unless this happens within you, you cannot be a perfect person.

You will find that real "I" only when you grow to perfection and experience conjugal love for the first time.



If there is a perpendicular that is desired by all beings in the creation as their ideal, it has to be one. That is true love.

However, this axis, this point of perpendicularity, has not yet been formed on this earth.



For a person to have an upright mind means that his or her mind stands straight.

That is why human beings walk with an upright posture.
A person can be spiritually upright only when his or her mind is vertical.

Hence, we have to make the mind completely vertical. Then our body becomes a horizontal line.



We each have both a mind and a body. When the mind and body are united, we do not feel distress.

But when the mind and body are disunited, when they are not balanced horizontally, we feel inner torment.

The problem arises when either the mind or the body is too overpowering, creating an imbalance.



With God present, a loving man and a loving woman become a core within the love of God, and their minds and bodies together form a perfect sphere.

There, the mind is the vertical self and the body is the horizontal self.

Also, the vertical mind is God,
and the horizontal body is True Parents.



The spirit world exists within human beings.

A spirit dwells within us; that is the mind.

The invisible mind and the visible body represent the world.

when the invisible mind and the visible body become one with true love at their core, that person will become an ideal man or an ideal woman, a perfect individual.

/Cheon Seong Gyeong

Vers. 2014.



In order to become such people in reality,
the most urgent matter is to create the realm
of unity with others in your daily life and to
become a person who has mind-body unity within yourself.

How can you know whether you have become a person
with mind-body unity?

Go out and spread the word with utmost devotion.

When you do so, you will realize that God is always
with you through your connection to the Word.

/SMM 1 Jan 1970



The purer the religion, the stricter it is toward the body. For example, among Christians, Catholic priests and nuns lead celibate lives.

This means they are expected to sacrifice themselves in order to serve others more.

Christians encourage each other with ideas such as, "Seek to become the cornerstone, not just a brick in the upper wall," or "Become a pillar that holds up walls, not an ornamental facade on the gate."



The Bible's teachings all go against the desires of the body.

We cannot let our fallen mind and body do whatever they want to.

This is why we do the opposite of what delights the body.

It is because only then can the desires of the body be mastered.

The highest and purest religion is the one that is best at leading believers away from bodily desires.



We have to unite mind and body with God at the center.

When mind and body unite with God completely, they form a trinity.

The reason we need to become one in mind and body centered on God is because God is our cause.
God and human beings relate as cause and effect.

The mind and body have a reciprocal relationship; this is a basic principle of the universe. Unity between cause and effect, and between subject and object partners, is a fundamental and universal principle.

/SMM 7 Nov 1976



We human beings have a conscience and a physical body. The more we are pulled by the body, the more the body dominates us and the more its desires control our life, the less powerful our center will be.

If we follow the desires of the body, we will be pulled down to the point where the sphere of our conscience dwindles to zero.

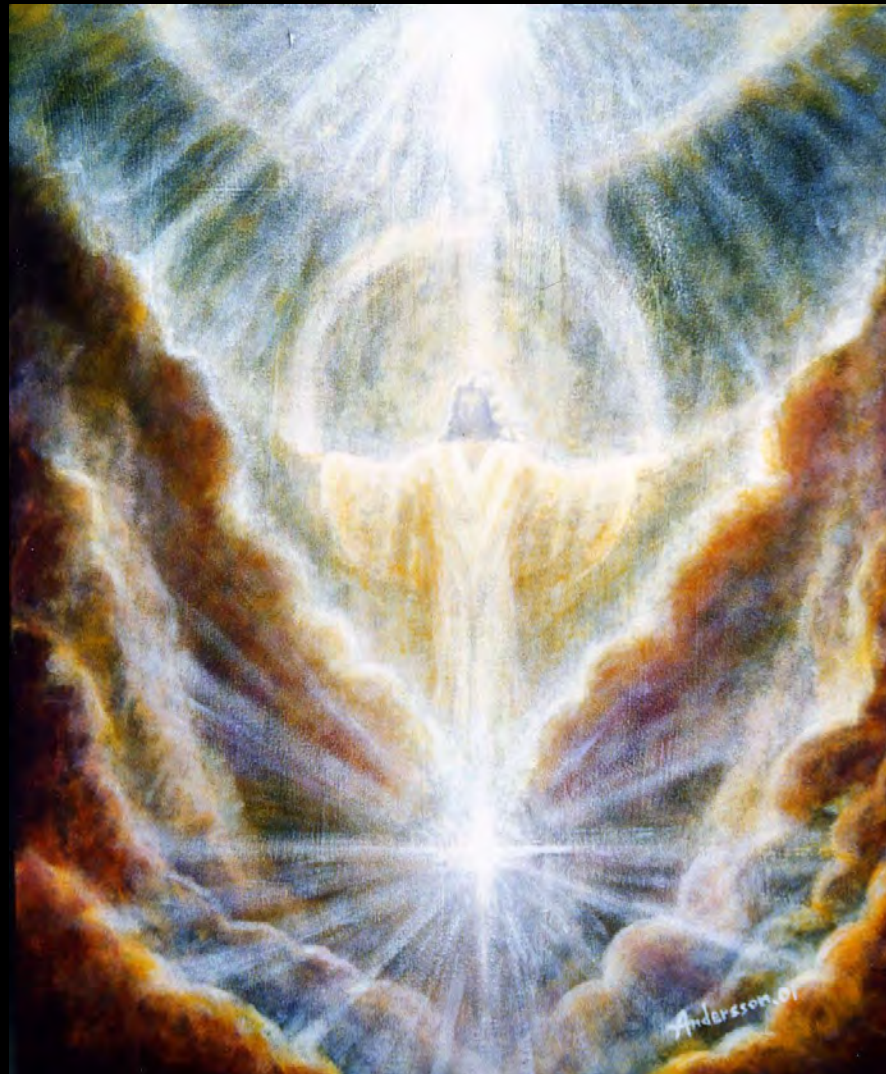


However, if we control the desires of the body, we can grow in our vertical faith.

We have not yet grown spiritually to reach the standard of perfection before God. In order to reach that level, we need to do our utmost to offer conditions of devotion greater than any worldly love.

Only when we invest greater love for God than our love for the world can we reach the completion level of the growth stage. Then by fulfilling our portion of responsibility centering on the realm of oneness, we can pass beyond the jurisdiction of the indirect dominion into God's direct dominion, the realm of perfection.

/SMM 28 Aug1995



Jesus
“A Spiritual Light for 2000 years“
During 2000 years in the sign of Fishes

Lord of
2nd Advent

Promise!
Return

Promise!



Judaism

2nd Adam

3rd Adam

Messianic
Hope

Jesus

Sun Myung Moon

True Parents

Age of Pisces (Fish)™

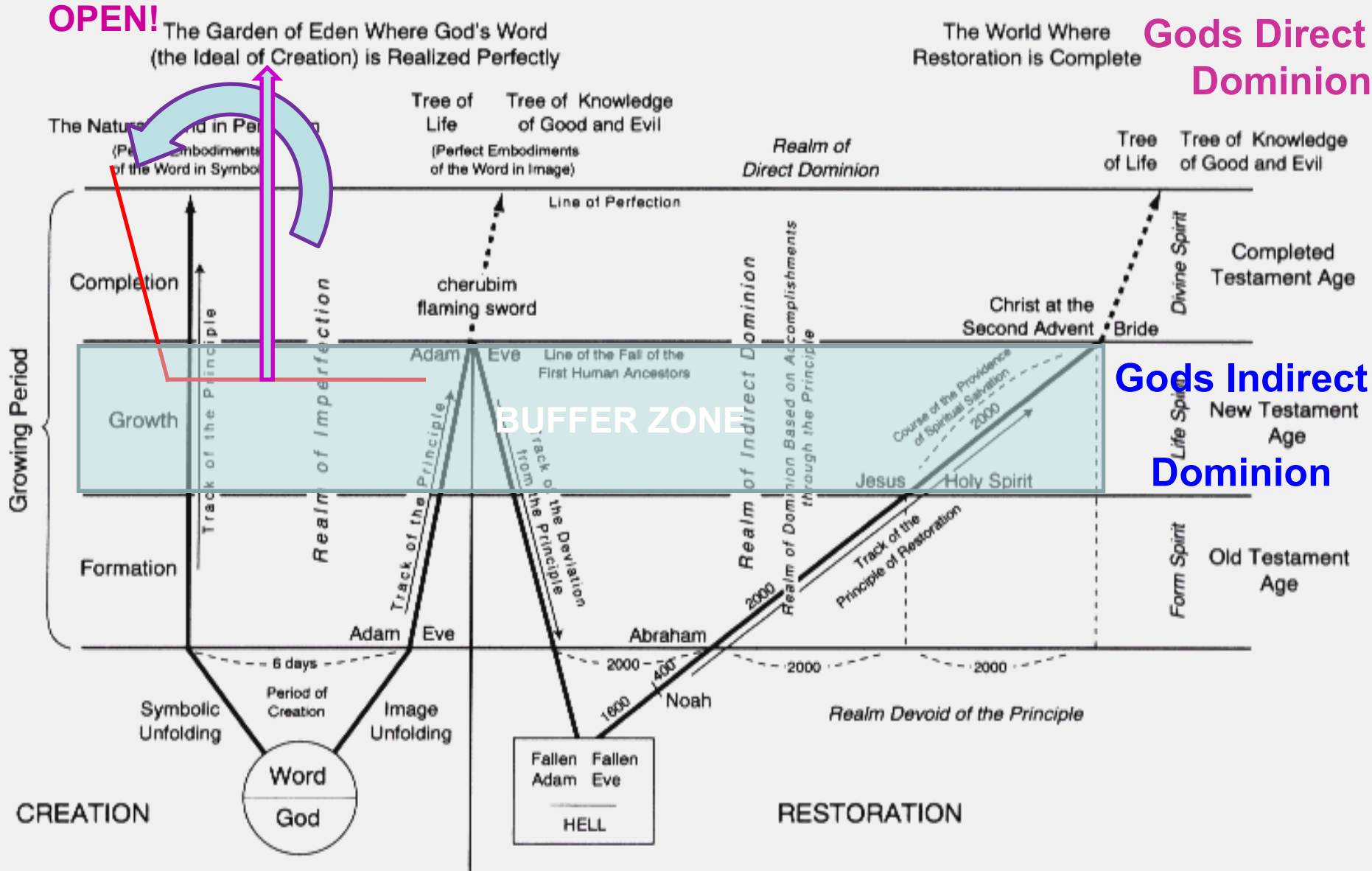
Age of Aquarius

Age of Cheon Il Guk

The Messiah's 5 main missions

- | | |
|--|--------------------------|
| 1. Achieve Human Perfection | Gods 1st Blessing |
| 2. Reveal the Completed Testament | Gods 2nd Blessing |
| 1. Fullfill the 4 position foundation | Gods 2nd Blessing |
| 1. Forgive mankinds original sin | Gods 2nd Blessing |
| 1. Building the Kingdom of Heaven | Gods 3rd Blessing |
| 8 Levels of Victory | Gods 3rd Blessing |

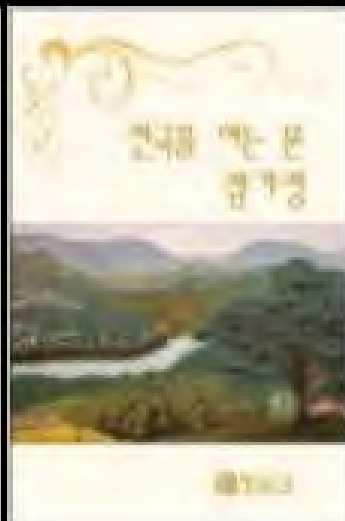
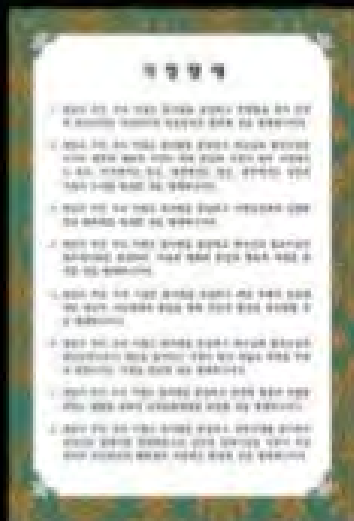
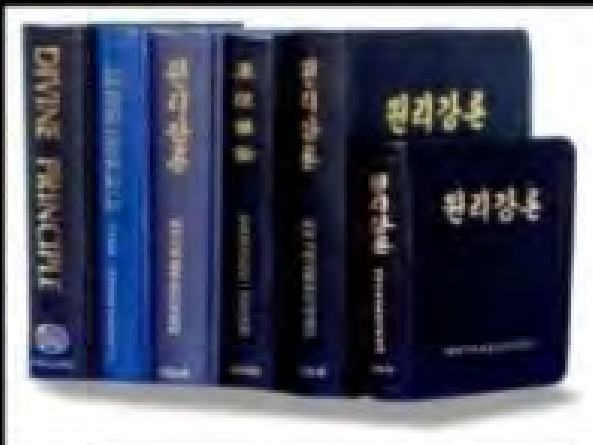
Chart 1: The Unfolding Manifestation of God's Word in the Creation of the Universe and the Providence of Restoration



Proclamation of the Word that firmly establishes the True Parents of Heaven, Earth and Humankind

The completion of the 8 textbooks

Proclaim Gods Holy Word



The Messiah 5 main missions

3. Fulfill the 4 position foundation

- Holy Marriage 1960
- Children, Grandchildren...

Gods 2nd Blessing
Foundation Level
Church Level



The Messiah 5 main missions

3. Fulfill the 4 position foundation

- **Holy Marriage 2003**

Gods 2nd Blessing
Growth Level
National Level



The Messiah
5 main missions

3. Fulfill the 4 position foundation

- **Holy Marriage 2013**

Gods 2nd Blessing
Completion Level
Cosmic Level



The Messiah 5 main missions



4. Forgive mankind's original sin

- Holy Wine Ceremony – 1st Gen.
- The Blessing

Gods 2nd Blessing

**The Messiah
5 main missions**



2010

- 5. Building the Kingdom of Heaven
Healing a Spiritual sick Mankind**

Gods 3rd Blessing

23rd of March 2012



Worthy to break the seals and open the scroll!

Rev. 5:2



Since human beings fell while at the top of the growth stage of the growing period, we cannot go directly to the completion stage.

What this means is that people at the top of the growth stage can rid themselves of original sin through the Blessing.



They can then rise to the level above the point where the first ancestors fell.

Therefore, you must realize that the position you have acquired today through receiving the Blessing is **not that of the top** of the completion stage but the top of the growth stage. /SMM 1970.10.19

CSG v.2006 Book 1 Chapt3.1



Those families who have received the Blessing must bear in mind that until they cross over from this fallen realm, **they are only in the realm of conditional perfection.**

They are not in the realm of the perfected Kingdom of Heaven. (yet)



Since they are only living in that conditional realm of perfection, once they pass on to the spirit world, they need to go through certain formalities.

Only after they go through due formalities and reach complete perfection can they receive their passports and enter the Kingdom of Heaven.

(1978.10.9)

CSG 2006 Book 1 Chapt3.1

You must restore the three archangels and the eight family members who stood before Adam.

By establishing three central children, that is, three spiritual children, when they marry this makes a total of eight family members. /SMM 1983.4.10

Though your lineages and backgrounds are different, if you want to take after True Parents you must first be engrafted to them. You must do a complete turnaround and be engrafted.

To do this, you must complete the course of indemnity that you are undertaking. Since that course was begun through the True Parents, it can only be completed through the True Parents. That is why you must be engrafted to True Parents.



2013 CIG - Cheon Il Guk
a True Love "chain reaction" of Goodness
& True Love all over the Physical & Spiritual
Worlds

Gods 3rd Blessing

Summary x6:

- Messiah – Jewish, Christ – Greek
Islam Imam/Mahdi, Hinduism Avatar, Buddhism Maitreya
- Korean Prophecy Chung Do Ryung
"True Man" or "Holy man"



...when I closed my eyes, I saw True Father in front of me.
He was so lively, and beaming with happiness.

He wore a light beige coloured suit, a white shirt and a light colored tie.
He was standing very relaxed, putting his weight more on one hip. Then
I saw that True Father was holding hands with Jesus, who was standing
to his right.

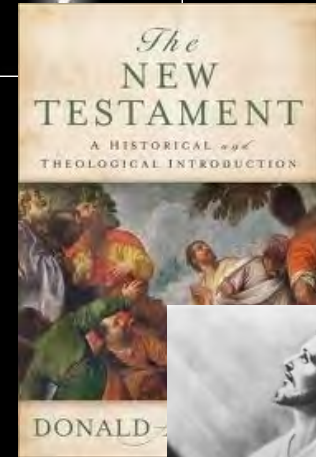
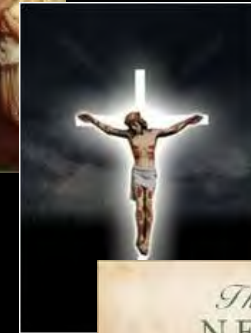
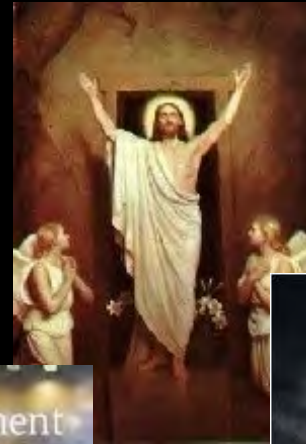
True Father was alternating between embracing Jesus with his right arm,
or holding his hand. True Father was so blissfully happy. Even
he was surprised by the glory and enormity of happiness of the occasion.

/Barbara House Connecticut

Physical Body Salvation



Spiritual Body Salvation



The Importance of Physical Body for Salvation

see DP & Resurrection



**True Parents
of Heaven Earth and Humankind**

Ref: www.tparents.org

www.familyfed.org

Red Color Divine Principle slides

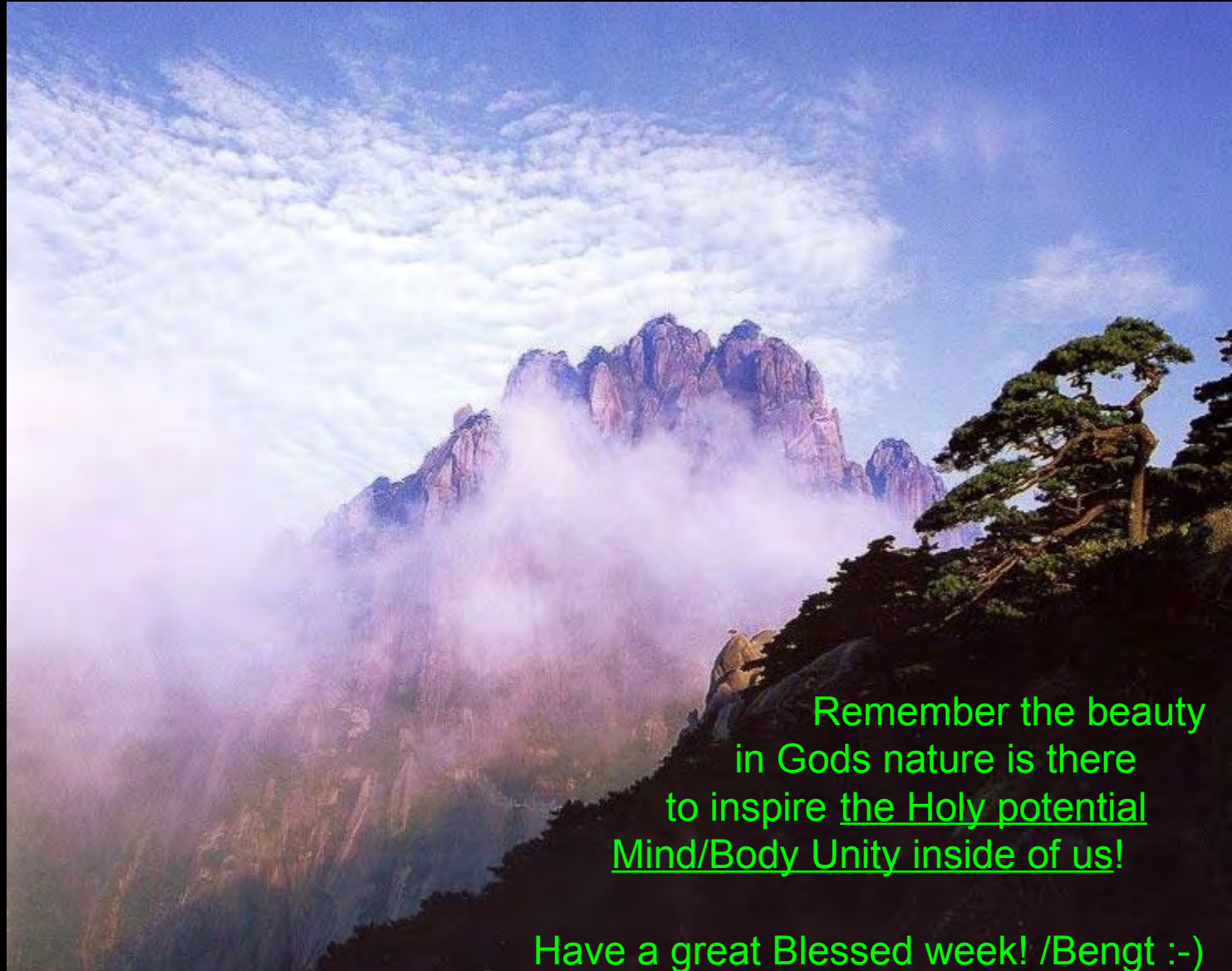
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www.utsalumni.org/news/mind-body-unity-a-practical-approach-1956/

More slides at

Google for “Slideshare bdp003”



Remember the beauty
in Gods nature is there
to inspire the Holy potential
Mind/Body Unity inside of us!

Have a great Blessed week! /Bengt :-)