

FFWPU USA: Why Family Is the School of Love

Demian Dunkley

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There are many kinds of institutions in this world. Schools are man-made institutions to obtain knowledge. Hospitals are institutions for physical healing, while churches are institutions for spiritual exploration. However, there is one that often gets overlooked because it is an institution we're all born into - a family.

What is there to gain from the God-made institution of a family? According to the teachings of Rev. Dr. Sun Myung Moon and Dr. Hak Ja Han

Moon, the family is where we learn the valuable skills needed to build meaningful and healthy relationships.

To put it in simple terms, family is the school of love.

"You need to build bonds within your family that will empower you to broaden your love for one another inside and outside the family. Your love within your family is the encapsulation of your love for your nation and the world."

- Cheon Seong Gyeong p .484 (5.3)

Just as we benefit from learning the difference between addition and subtraction, society at large can benefit from someone learning the importance of healthy communication, the virtue of listening, and even the art of a simple apology. The I Ching an ancient Chinese book of wisdom, reminds us that the person we are within our family is reflected in other interpersonal relationships. In this way, the family provides deep insight.

Family Is a Microcosm of Society

How a child treats her mother, father, and siblings is reflected in the ways she will treat her future spouse, friends, and community members. The I Ching describes the family as being the "microcosm of society." You may argue that your roommate of two years is not as annoying as your brother of twenty years. While that may be true, probably the longer that relationship continues, eventually even that dynamic with your roommate will be tested.

The Four Great Realms of Heart

The Four Great Realms of Heart, according to Unificationist teachings, encompasses four major categories of relationships encountered in life that teach you to love all types of people unconditionally as God would, [especially when it's hard](#).

Children's Love

The first is children's love, and not the kind of love children have for anyone who gives them candy. This is the kind of pure love a child has for their parents and the filial piety they practice towards them. You

might remember being a kid fighting about what is right and wrong because "my mom said so." It is in the relationship with their parents that children begin to experience and understand the heart of God.

Sibling's Love

Siblings' love is the next level of expanding our hearts. It is the love that siblings experience growing up with and challenging one another. Love becomes more reciprocal, as children learn to give as well as receive with their brothers and sisters. If there is anyone that can win a competition for listing all of your weaknesses, it's your siblings. They are the ones that remember the time you were too scared to go to the basement even as a senior in high school. They know exactly what to say to get a reaction out of you with surgical precision. However, it is in these fights with your siblings that you can also learn to love someone outside your family with all the complexity they may bring.

Conjugal Love

The third realm of heart is conjugal love. This is the love you share with your spouse and the only kind of love that can not be shared with anyone else. Hopefully, by now, your siblings have taught you the necessary patience to endure any challenges with your spouse. This realm of love teaches us what it means to love someone new wholeheartedly. Not as a friend, a sibling, a parent, or a co-worker, but as a life partner. It is the commitment of both individuals to something more significant than their own happiness that is the most important lesson this realm of heart teaches us.

Parental Love

The fourth realm of heart, parental love, is the love that is most similar to God's love for humanity; the love parents have for their children. It is hard to explain what makes a mother trust and embrace her foolish son again and again regardless of past betrayals. It is just as hard to comprehend a parent's heart when they lose a child. Without a care for anyone in the room, they may scream and cry for what seems like hours because that is the intensity they feel in their hearts. This is the kind of love you can never come close to understanding without being a parent themselves.

Love All People as Family

All these types of relationships seem daunting and tedious at first, like a never-ending checklist. However, they are what allow us to grow our hearts in order to [see all people as family](#). Every person is worthy of being treated with the same respect and curiosity to work out our differences and challenges, just as we would with our nuclear family.

The Platinum Rule

Jesus Christ teaches humanity to love and give unconditionally, which is the whole point of true love. He urges us to love others as we would like to be loved; the golden rule. But there is actually a platinum rule. Love others as they would like to be loved. Wars, political corruption, famines, diseases, racism, and countless other problems our world faces have taught humanity otherwise. That is why without first practicing unconditional love within the nuclear unit of society, the family, this ideal is far from attainable. How do we love our neighbors as family if we do not know how to love our own brothers and sisters?

Why Conflict is Good for You



A Process of Thesis, Antithesis and Synthesis

We live in a world abounding with differences in culture, language, philosophy, and lifestyle. For the most part, we celebrate those differences. Other times, they challenge our way of life. From our long history of world wars down to our one-on-one relationships and even the conflicts within ourselves, lifestyle clashes are present everywhere, and choosing the right response is incredibly tough.

They say you dwell in what you dwell on, so rather than getting stuck whenever we feel pulled in two directions, let's ask ourselves, what is the purpose of conflict? Could God have designed a world with so much contrast, as a way to help us? Do our inner and outer conflicts serve a purpose toward our happiness?

Built to Rebuild

Father Moon teaches that God's creation involves a process called "origin-division-union action." He explains that God is a being of dualities—masculine and feminine, silence and sound, youth and maturity, and so on. To fully explore the vastness of these types of contrasting yet harmonious aspects of God's essence, God chose to manifest them outwardly into different individual creations, especially into our unique entities as people. Just like an artist channeling a specific emotion into a piece of art as a means of introspection or catharsis, God sought to find personal meaning through creation.

Where do we fit in?

If that is the case, where do we fit in? Consider this: do we experience deeper satisfaction when we breeze easily through a task, or when we work hard, struggle, fail a couple of times, and then succeed? Perhaps God's infinitely parental heart knew that we would have a richer and more fulfilling experience here on earth if we came into it incomplete, with something still to learn and gain. If so, then maybe our lives were intended all along by God to be spent in search of what makes us whole: each other. Hence, God (the Origin) would purposefully create us into divergent dualities (Division) in hopes that we learn from each other and become harmonized (Union), thus returning to full resemblance with God. Origin-division-union action is a way to take contrasting aspects of our nature to build and rebuild ourselves, over and over again, in order to keep growing, keep learning, keep pursuing our full potential, and out of that process, become co-creators with God.

Father Moon isn't alone in his fascination; this dynamic of intentional division with an end goal of union has been explored by other big thinkers too. Most notably by philosopher [Georg Wilhelm Friedrich Hegel](#). His Dialectic, expressed in components called Thesis, Antithesis, and Synthesis, has been used as an essential framework for critical reasoning, art, and storytelling, and underscores how conflict and resolution are notions that capture the attention of many.

With this fresh spin in mind, think about some of the things you tend to struggle with. Perhaps you have a friend whose faith or life philosophy clashes with yours, or perhaps you believe strongly in two ideas that seem completely incongruous. In viewing them more as two parts of a whole instead of two opposing forces battling for superiority, do they still seem as incompatible as before? Or might their presence in your life be an opportunity to grow closer in mutual respect and love? The harder the conflict is to surmount, the greater the reward for surmounting it.

Are there any seemingly conflicting beliefs, thoughts, or ideas that you think might actually harmonize? Here are some of ours:

- Planning our own dreams versus trusting in God's plan
- Supporting our families versus investing in personal growth
- Keeping things simple versus living a bold, epic life
- Self-care versus service
- Perfectionism versus loving our flaws
- Being assertive versus being embracing

• Being assertive versus being embracing

• Competition versus collaboration

• Being strong versus being sensitive

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4 W 43rd St, New York, NY 10036



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Your Account

A World Where We See God in Each Other



Imagine a world where we recognize God in each other.

Many of us have had an experience where we notice God working through someone in our lives, often unexpectedly. We may choose to call it something else, like synchronicity; but either way, most of us have experienced it in some form. The funny thing is, that many of us are so busy chasing our ideas of what we want, that we carelessly miss many of the opportunities to recognize what already exists. Is it possible to fine-tune our ability to recognize the way God is working in our lives? Wouldn't it make life a lot more simple?

Reverend Sun Myung Moon inspires us to seek a direct relationship with God, "Once our spiritual body can receive the vibration of God's love, our whole self will resound with it. Our entire physical body will respond to God's stimuli. That would be the total satisfaction of love. Nothing could be more desired by anyone."

So why has it been so hard for many of us to find and maintain this type of spiritual vibration? Well, the [Divine Principle](#) does go into the root causes of human conflict; but even when we understand these topics, we still need each other's support. Imagine then, being part of a community where we are able to support each other's spiritual development by seeing God in each other!

[Read the Divine Principle online](#)