

## The one-year anniversary of Hoon Dok Hae from June 13, 2015 to June 13, 2016

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Today is the one-year anniversary of Hoon Dok Hae and I have learned many things and gained many good experiences in keeping up this condition. I first joined the group randomly one day when I was awake at 5 a.m. watching television and I saw my mother getting ready for Hoon Dok Hae. I was bored and nothing was on TV. At that time that I was interested in watching so I decided to go with her and see why she was going there every day. I really liked what I experienced. The people were very nice, the book teaches a lot of valuable lessons and being awake at 5 and accomplishing something makes me feel good.

I was going through a hard time before I joined and after I joined and kept going every day for almost 6 months with a couple week break in between, I feel my spiritual life and in turn my non spiritual life are getting better. Reading the experiences of True Father every day and hearing about his hardships, struggles, and dealing with many different forces trying to stop him from spreading God's message made me feel better about my small and menial problems. God is trying his best at trying to teach us how to live a good and holy life but because of the fall we do not hear him and this pains him very much. God is sad everyday trying to make his children happy and it makes him happy to see us helping other people and being happy. God and true father don't want to see us sad and struggling if they could help it. That made me feel better because I just need to work hard to pay indemnity and I can make God happy and my soul will be restored and not damaged any more.

I learned that we have to work hard and do many things to restore our soul so we do not enter the spirit world with a crippled or damaged soul. And having a restored soul will cure my suffering and help me obtain eternal happiness and that inspires me to work harder while my body and health is still letting me.

Reading the Cheong Seong Gyeong every day and putting a difficult condition of waking up every morning and exercising/walking and reading had been very good for my life and soul. I feel better, happier, and more inspired to work harder. I have been losing weight, I stopped playing video games and watching too much TV. And I am trying to study and work harder to improve myself (even though sometimes it gets very hard) so I can help God and start a good family.

Thank you Heaven Parent and True Parents, especially True Mother who gave us wonderful opportunity to have this Hoon Dok Hae and Reverend Doo for starting this and my mother for inspiring me to go.