

## Our Spiritual Legacy from True Parents

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Hoon Dok Hae with the Global Top Gun Youth Workshop



Today, I brought True Father's autobiography to do Hoon Dok Hae from.... Last night, True Mother talked about what it meant to be True Parents, the course she had to go through and the course that True Father had to go through to pave the way spiritually so that all your parents could join, be reborn and engraft to the true olive tree. All of you are that miracle; when Mother was talking about six thousand years of human history, when Heavenly Parent was searching for his children, each one of you is that precious gift, you are that amazing child that True Parents have been waiting for, Heavenly Parent has been waiting all throughout history for....

### Amidst Hoon Dok Hae

"True love cannot be learned in any place other than in the family." That is a powerful paragraph. I am sure many in the second generation here struggled in your family life too, because many of your parents, like True Parents, have taken the path of indemnity for the sake of humankind.

Even when we were growing up, we never saw our parents. True Parents were always doing their public mission. We were raised by brothers and sister who were young members. So, in many ways we didn't get that parental connection. I am sure many of our brothers and sister here, because your parents are missionaries, working hard for the sake of the world, they were not able to give you this kind of parental love.

Does anyone have that kind of experience here? Yeah? Show of hands... There is no shame here; we are just all one family. So if you haven't received that love or if you have received that love, you know how precious is it. Right now, as we are one family sharing together, if you know a brother or sister who hasn't had that kind of love, show them more love. Give them that kind of love if you know what it feels like.

That is the power of passing down this legacy of love. We are here all together to support each other, not to judge each other but to uplift each other so we can all get to the point where we can receive God's love and True Parents' love and feel it deeply in our hearts....



## Following Hoon Dok Hae

Is there anything that came out of this chapter that anyone has a reflection on or wants to make a comment on? Yes, brother in the front, and where are you from?

Mr. Sousei: Japan [Speaks in Japanese, summarizes in English] I think a filial heart toward heaven is needed to be a true child.



Yes, absolutely; he is absolutely right. Even the official name True Mother gave this workshop [참부모님 주관 HJ천원 특별수련, True Parents' HJ Cheonwon Special Workshop]... I'll tell you a little story: True Mother came to Hawaii and she was saying, We need true families; we need true children. So, she took "Hyo," which you know... Hyo Jin oppa, Hyo Jin nim, is the eldest son. True Mother had fourteen children. Hyo Jin nim is the eldest son and his name means "filial piety." And, then, all the way to the youngest daughter, Jeong Jin. Her name means "heart." So Mother wanted to include the whole span of all the children because to create a filial heart is the most important task that all of us have.

That is the wish she had. If you think about it, True Mother and True Father had to pay the indemnity for Adam and Eve, and it took six thousand years to restore the position of true parents -- the husband and wife level. Now imagine that our responsibility is to be restoring Cain and Abel and become true children under True Parents.

What happened to Cain and Abel?

Do you know? They fought, right?

Cain killed Abel. It turned into a battle.

That is the start, where we need to realize that the way we can serve each other is to love each one of our brothers and sisters. We need to be doing the opposite of what went wrong.

True Parents taught the way to have a true marriage, a true blessing.

We have to create the culture of what it means to be a true family, and love each other, not compete with each other, not beat each other down, but lift each other up and care for each other, become one in heart and one in mind to bring joy to our parents, because Cain killed Abel. That must have brought so much suffering to Heavenly Parent and to their parents.

This is not what we want to do. We want to create a system where all our brothers and sisters in the world start treating each other with love, care, kindness, forgiveness, compassion, goodness -- all the virtues that True Parents teach us. It starts here, so be good to each other. If you see people struggling, please help them. Are there any other reflections on this "true family" passage from Father's Hoon Dok Hae? We are getting a lot of wisdom. No matter what age you are, you have tremendous wisdom to share. Remember, you are the divine true children of True Parents. Don't doubt that in yourselves.

Yes, brother in the back [(Paraphrased): Are you able to spend time with your family?] Absolutely!

Family is everything. We didn't have True Parents raising us. In many ways, I've seen each of my brothers and sisters suffer through that kind of chapter where there is loneliness and pain and a void in their hearts. I'm sure many of you, because your parents were doing the mission for God too, may not have felt that complete love and protection.

It is only through family that we can heal this pain. It is only when we learn (as in this chapter, where Father says that when you realize that God is the center, is your eternal parent, and that unconditional love never changes) that whatever void you feel in your heart, whatever love you didn't get, you can replace that with God's love.

So, it is absolutely important to connect not only with your physical parents, in this life with a parent-child relationship but all of us here need to get in touch with the spiritual legacy that you all hold because of our True Parents.

Get in touch with that spiritual legacy -- beyond what we experience in our own families, in our own lives but which touches the life of Heavenly Parent -- at that kind of level. This is what True Mother knows. She raised all fourteen of the True Children and that was not an easy course. Many, many things in the True Family... You see so much suffering.



True Mother understands that everybody in the growth stage can go through suffering but she wants to make sure to protect and raise the next generation of children to not have to suffer as much. How can we connect to a higher level of love and understanding in brotherhood and sisterhood and in the parent-child relationship? How do we raise these children to surpass and go beyond, survive and not struggle at that level?

This is why the workshop and this kind of family teaching is important. I want to get the brother in the back. Thank you, your name?

Ju Young Okaf. I am originally African, but I live in the "sunshine state," Florida. My question: Do you have suggestions for how we can reach out with love and encouragement to those in the second generation whose parents were busy doing mission work and who did not feel love?

Ju Young, that's a good question. I all the children because to create a filial heart is the most important task that all of us have.

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Ju Young, that's a good question. I can only give words of encouragement based on what I've experienced.

We understand that there are many in the second generation... I'm like forty years old now. A long, long time ago, in the seventies, we were growing up as blessed children in America. Way before your time, there was a lot of persecution in the 70s because True Father and True Mother had just come to America and there were not many Asian people there. There was racism. Everybody we grew up with was white. So we went through a lot of persecution, also because we were physically True Parents' children. At that time they thought Father was a cult leader. Many people would persecute all of us, growing up, saying, Oh, your Father is a cult leader, a Moonie. Go home, you Asian person.

So much hate and so much suffering and we didn't have our own parents to go to. We didn't have anybody to comfort us or to lead us or guide us. Many blessed children we grew up with had the same experience.

We saw not only our own family members but other blessed children suffer a lot, go through a lot of persecution.

### **Discover your own faith**

It is difficult to find your faith and your trust and your strength in God when you feel like the whole world around you is coming on your shoulders and not supporting you. When I think of that and when I think that (as you're saying) many blessed children feel disconnected and are not able to feel love, I think we have to find love through our faith. That is the best advice I can give you. Only faith, only something higher than what you are going through, is going to pull you out of whatever darkness or heaviness is pulling you down. And that faith -- no one can give that to you but yourself.

You have to find that light in yourself to be able to pass through all the darkness.

I am forty and I could not find that light for the majority of my life.

I'd be the first person to admit that I'm not perfect. I am probably the least equipped in my family to be number one, to be in this position, serving True Parents. Many things I could not do -- like even public speaking. I couldn't speak in front of a crowd. I was so nervous, felt so much anxiety that I couldn't breathe.

So how am I standing in front of you and talking to you today? How is it that I am saying we need to have hope?

It is because True Parents never gave up on me. At every point in my life -- my parents, my family, my

husband -- all these people never gave up. So it comes to the point when you realize that you feel gratitude for that, and you don't take love for granted and you don't think about what you're lacking but you start focusing on what you have. Because what you focus on becomes your reality. I could sit here and say, Oh I wasn't loved. I wasn't nurtured. Oh I was beat up.

We grew up in a *makdaegi* [stick for inflicting punishment], an indemnity culture, being put down because I'm a girl. Can't do anything. When I was young I was very overweight, picked on, called a nerd. Asian... All these things that would put a person down.

I never had good health. I had cancer. Every kind of illness you can think of that makes you less than a person I have felt in my life and I have gone through. I felt lower than a dog many times. Not what in America you call an underdog but below a dog. Because of the illnesses I had, I wasn't able to have children -- an even bigger failure, especially in our movement, where we are supposed to have families and I can't have children.

From all these things, you feel like a failure. I can't do this and I'm not good enough to serve True Parents.

Then, three years ago, when Father passed away... In my whole life, I had just been working on how to repay or rebuild or to work on the things I could not do. Mother said, You know, Sun Jin, I need you to help me, right now. Father passed away and there are many problems in the family. I have no one; I need you.

Me? I am so unworthy; I can do nothing to help you. I felt, I can't do this, Mother. I don't have the ability. I am so fearful. I am so anxious. I have so much hurt.

She said, No, I need you and you can do it because I believe in you.

Whatever you have been through, throw it aside. Just know that True Parents love you, and we need you and you can do it and you are our daughter.

This is the kind of advice I would give to anyone that feels they have not been given enough, that they are lacking in something. If True Mother can say that to me, the least of the least, the lowest of the low, if she can say, I believe in you; I need you... She needs all of you just the same.

All of you are true children. She needs all the other true children that have left her. They all need to come back. Somehow, we all need to grow and be able to restore ourselves and to build our faith.



### **Discover your history**

The best thing I started doing when I first got this mission was Hoon Dok Hae. Doing Hoon Dok Hae became like my lifeline. This book right here and all the books that True Mother has as holy books, from those you will learn a path that no regular person, who is a person like me or a fallen person - - someone who hasn't achieved that level of growth that our True Parents have, perfection as True Parents... Everything that you need to know that can help you in your life path or to help others with suffering or struggling is in these holy books.

So the more you study, the more you will realize. The more you start to understand who True Parents are, the more you will begin to value your life and your parents and how amazing each one of your

parents is, too. I urge you, because it is by studying True Parents' lives that I came to value my own life. I didn't know the value of my life because I didn't know True Parents. This is the real important starting point. Find your history. Ask your parents how they joined. Ask them why they joined. Connect to them in a parent-child relationship because that is going to be the greatest legacy you get, because actually each of your parents is a saint. They overcame many, many struggles.

They separated themselves completely to try to come to live for the sake of the world; this is a saint. So, learn from your parents and in this workshop learn from True Parents. I hope that answers some of your question.

### **Finding True Mother**

[My name is Sato Moridae. What can I do in order to become one with True Mother's heart?] True

Mother's heart, like she was saying, absolutely loves you and what you can do is become -- like our brother was saying here -- a filial son or daughter to True Parents. So, just as we were talking about loving each other in true families, living for each other and saving the world, you start loving True Mother and bringing her comfort when you find your dreams and you use those dreams to bring glory and goodness to True Parents and the rest of the world. If you can bring that back to her as children, that is going to be the victory not only for True Parents and Heavenly Parent, but for each one of you.

As our brother was asking, how do we connect to True Mother and bring her happiness? Do you think she wants you to be unhappy, to think you are a failure, to not live your dreams but to suffer? No, she wants you to be joyful, find your dreams, thrive, grow and go beyond what you think is the limit, to reach all the people in the world with the potential for greatness that each one of you has.

Please, try to find that. No one can take that path but you....

As True Mother said yesterday, each one of you has a unique gift.

Everyone is different. You have different talents, different dreams. How do you engraft those dreams to True Parents? You live what you love. You find your dream; you excel at it and you offer it to True Parents and the world. That is how you change the world. Some of you may be athletes, musicians, artists, scientists. Whatever field of study you enjoy, please excel in it. Once you get to the place where you have reached the top level, the master level, offer it up to True Parents and offer it up to your brothers and sisters. This is the amazing network we will have in the future, when all of you grow to live your dream. These dreams are going to be what changes the world.

So, please find that, especially you young people. Father always said that this is the best time of your life.

You're in school right now. You are figuring out what you like and you enjoy what you are good at. Invest your heart and soul in that and know that through whatever you choose to do, if you love it, you are going to bring True Parents joy. Please excel and do great things with your lives.

That is definitely a way to make True Father and True Mother and your parents proud.

Now, I'm going to go with the brother in the back because he had his hand up before, with the glasses.



**Hello. What's your name?**

[Andrew Olsen... from Texas: I like how you point out that if we challenge our limitations, pass any barrier, we can go forward with our dreams. My question is, How long did it take you to realize your parents were the True Parents?] A long time. I am like forty years old now. We have been talking about this from the beginning. We grew up in an environment with a void, like no love, a lot of pain and suffering, so I couldn't understand. I would hear lectures and Divine Principle, everybody talking about true love, but I never felt it. I never felt that somebody loved me.

In the kind of family life we grew up in, there was a lot more fighting than loving, a lot more competition than sharing with each other. Everybody was pushed to be the best. To be the best, you had to be better than everybody else and put everybody else down. We grew up in that kind of environment. If we had True Parents taking care of us, I am sure none of that nonsense would have happened, but because they

were serving a higher purpose, serving to save the Cain children of the world, we weren't able to understand who True Parents were. No matter how many Divine Principle workshops I went to, all I heard was the Fall, indemnity, you are never good enough, you have to fight evil, you have to cut this part of you away. It was a kind of violent way to grow up, thinking everything is a battle and Satan is going to attack me everywhere. So where do we find love? Where do we find True Parents?

How do I connect with God?

It took many years, a tremendous amount of years. I would say that the thing that changed my life was the blessing. I think that, individually, I did not have the tools to find individual perfection. You know, mind-body unity is number one. This is something that I started getting into just three years ago -- with Father's Seonghwa -- I started becoming a yoga teacher. This is when I first learned how, individually, to perfect even my own mind and body. But the thing that made me understand True Parents and love was being married to my husband, because through his love I was able to feel: Oh my gosh!

This is so amazing that someone could love me this purely.

I had not experienced that in my life -- such a kind husband, a good husband, a loyal husband who just supported and loved me, no matter what. This is what the love of a family, the true love of a spouse, the true love of True Parents, is -- unconditional love. You can find that anywhere through each other. We can practice unconditional love with each other.

We are doing that now. No matter what you go through, I am going to love you. No matter what you struggle with, I am going to love you. I am not going to give up on you. This is Heavenly Parent's love, True Parents' love.