

Divine Health from Heaven

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Hoon Dok Hae

To Japanese members staying at the Hannam-dong International Training Center and Guesthouse



It is an honor to have you all here as guest of Hannam-dong. We are grateful you could all come. We wanted to do a small Hoon Dok Hae and meditation to welcome you and to bring your heart, your mind and your soul in oneness with this holy place. This is True Parents' home; Korea is True Parents' homeland. Here, we hope you can grow deep roots of joy to become a beautiful tree and son or daughter of True Parents... Welcome to this sacred holy ground.



This is where True Parents have secured the foundation for unity in all realms, between heaven and earth (as we see at Chung Pyung) and in each person, between mind and body and between man and woman, parent and child and amongst all tribes and all nations, in order to fulfill Heavenly Parents' original eternal ideal of creating one harmonious, peace-loving global family. To begin, I would like to offer my deepest respect and most humble gratitude to all of you for your being filial sons and daughters to True Parents. I hope to hear from you and share after the Hoon Dok Hae, so that we can come together as a family and learn to support and love and give each other more strength. My hope is that you listen to today's Hoon Dok Hae and center your heart and your mind and open your heart and your mind to accept Father's words and to connect with his path, which will show you how to overcome any difficulty on your path.

Question: You are always attending True Mother. True Mother and I are in the same generation. I worry about her health. The pressure and situations she goes through are beyond my imagination. I wonder how she is overcoming that. I think about that every day.

One thing I notice about True Mother is that she overcomes everything. To many degrees, before I started taking care of True Mother, since True Father's passing, I had no idea the level of burden and responsibility our True Parents have. One thing I noticed about True Mother, as well as True Father, is that nothing can explain their physical constitution or their health other than the word "divine." Because even at their age, for someone like me to follow them around and tour, my body is breaking down, I feel cold. I asked Mother, What is your secret? How do you survive this amazing mission?

She said, the way I can overcome Everything... (Because I didn't get to ask True Father when he was alive how he stayed so healthy and strong but I imagine it's the same.) True Mother said, no matter what difficulty you go through, know that Heavenly Parent loves you and if you devote your life to Heavenly Parent completely, no difficulty can sway this physical body or the spiritual body. It can be very difficult to remember to love Heavenly Parent as much as he loves you.

That's True Mother's wisdom, but every day, physically, she does do bouncing -- exercising, walking. She takes very good care of her health and diet. Something she uses in Korea is called *seobseng* [Asian homeopathy] -- it's like Korean *hanyak* [traditional medicine] plus *saju* [fortune], plus harmony with

blood type. So she is eating food that is like medicine, very good for you.



I'm awake now! I have energy.

Also, every time she is riding in the car, she listens to joyful music -- bounce music, love music, joyful music. She surrounds herself with love, warmth and beauty. When I think of True Mother... If the embodiment of Heavenly Parent were alive, what would his heart be like? What would that feel like? It would feel like the sun, almost -- very loving warmth.

In that way, when I think of True Parents, how they stayed healthy -- young and so powerful, I think that Father is vertical, like Heaven -- straight down....like lightning, Pshshst! Wake up!... OK



But True Mother's love is the complete horizontal-vertical, like arms embracing you. When you have vertical and horizontal combined in True Parents, you have this whole sphere of love, all around. So, it really is because of Heavenly Parent. When you look at them, that's why they are so young and energetic beyond all suffering. To have hope, to have vision, to continue on the path... They can, because they embody Heavenly Parent's love the vertical and horizontal, all encompassing.

But they still do what is their responsibility. They take care of their health; they eat well and they exercise. We are not just spiritual bodies, here. We have to take care of our physical bodies, so we can all live long and create more victory. I learn everything from True Mother. I am still learning...