

## Sun Myung Moon's Prison Exercise Regimen

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*On December 20, 1985, True Parents celebrated the one-hundred-and-twentieth day after Father's release from prison, a providential period during which Father had to make substantial conditions in the fatherland to conclude his forty-year course.*

True Father had been sent to prison six times under false charges and accusations. To maintain his health, he designed these exercises and used them to train himself. His prison life was none other than cruel torture that left him hovering between life and death as well as one of repetitive, harsh labor. On all such occasions, while holding on to God's heart that is full of resentment, and struggling, True Father pledged to realize the creation of God's nation and the salvation of mankind by fulfilling human responsibility through his life. He kept telling himself, "Even at the brink of death, I must not die. I must stay alive!" That is why he began to invent this set of exercises to train his body.

Entering the substantial Completed Testament Age in 1995 centering on True Parents, Father commenced the Pantanal Providence in Jardine in order to restore the fallen world through indemnity the final time and to return to the Garden of Eden, the original homeland. At the time, True Parents decided to dispatch four Korean leaders (Jeong-ok Yu, Yeong-seok Song, Heung-tae Kim, and Pyeong-rae Moon) to four different nations of Uruguay, Argentina, Brazil, and Paraguay. In Corrientes, he trained people in fishing at the river every day, which is the fundamental of the Ocean Providence.

It was the following day after Father arrived (May 24). The early morning prayer meeting was initially at five, but was adjusted an hour earlier. Knocking loudly on the doors of our rooms at the riverside lodgings where we were soundly sleeping, Father ordered us to quickly come out of our rooms in our underclothes. We were completely taken by surprise and hastily left our rooms in our undergarments.

Father explained, "I'll now pass on to all of you the exercises I did to keep myself alive during my incarceration. Practice them and train yourselves hard, so that you'll be able to greatly help in developing God's Will with a strong physique."

After saying that, Father gave us a demonstration and started to train us. It was truly a historical moment. Father's prison exercises are a historical, unique way of preserving the health of human beings. Please use these description as you follow this video: [vimeo.com/172518242](https://vimeo.com/172518242)

### Essential Points of Father's Exercises

- 1) Vigorous circulatory movement of blood and energy through pressure
- 2) Overall joint exercises through circular motion

3) Physique and muscle exercises through focus of energy

4) Exercises to release powerful energy through the unity and balance of the body



*True Father speaking to True Mother from Federal Correctional Institution, Danbury, CT USA*

### **Crux of Father's Exercises**

- 1) Sit upright at a 90-degree angle in a meditation posture.
- 2) Tense your lower abdomen and balance yourself with abdominal breathing on the lower part of your belly.
- 3) You need to focus your energy on the lower abdomen and control your whole body.
- 4) Do not exercise partially, but mobilize your whole body.
- 5) The command for the number of repetitions is 13.
- 6) You may play cheerful music (such as "Jindo Arirang") to enjoy doing the exercises.

### **Types and Methods of Exercising**

- 1) Warming Up Exercises
- 2) Being one with God
- 3) Invocation prayer
- 4) Mustering the universal force

### **Eye Exercise**

- (1) Gather energy in your lower abdomen and connect the energy rising up from there to your arms and hands.
- (2) Apply pressure on the edges of both your left and right eyes with the second and third fingers, following some music or to the count of 13.
- (3) Next, with the same two fingers, massage the upper and lower sections of your eyes elliptically while applying a little pressure. First turn outward, then inward.

(4) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Nose Exercises**

(1) Gather energy in your lower abdomen and connect the energy rising up from there to your arms and hands.

(2) Apply great pressure on the central and both sides of the nose through the second and third fingers. While preventing air from flowing out, focus on the air in your lungs and your nose. Ensure air does not escape. Press hard 13 times.

(3) Repeat once with the same method.

(4) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Mouth Exercise**

(1) Gathering energy and connection is the same as the above exercises.

(2) The whole hand moves, but slightly bend the second finger into the shape of an eyebrow, put it on the upper and lower lips, and rub left and right with a slightly greater pressure. Then switch the upper and lower hands, and rub in the same way.

(3) Turn both edges of the lips with your second and third fingers 13 times forward at the beginning and then 13 times backward.

(4) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Ear Exercise**

(1) Gathering energy and connection is the same as the above exercises.

(2) Grab both ears forcefully with the thumb and second finger. First, push them upwards 13 times and then pull them downward 13 times.

(3) Next, fold your ears up and down behind with the same two fingers, and press 13 times hard.

(4) After folding your ears with the same two fingers, apply pressure and poke 13 times toward the inside of the ears with your thumb.

(5) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Neck Exercise**

(1) Gathering energy and connection is the same as the above exercises. Place both hands above the knees, hold the knees, and slightly lift up both shoulders.

(2) At first, tilt your neck forward and then backward forcefully.

(3) After that, bend your neck left and right in the same manner.

(4) Draw a circle with your neck from left to right, then right to left forcefully.

(5) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Wrist and Finger Exercise**

(1) Gather energy by taking in a deep breath into the lower abdomen and holding your breath.

(2) Stretch both your arms forward, grab your left hand fingers with your right hand, and bend them back forcefully. After that, grab your right hand fingers with your left hand and bend them back forcefully. Alternate your hands this way 13 times and exhale.

(3) Now bend your left hand fingers, which are facing down, backward with your right hand. Alternate your hands this way 13 times and exhale.

(4) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Arm Exercise**

(1) Gather energy by taking in a deep breath into the lower abdomen and holding your breath.

(2) Hold your left wrist with your right hand above the navel and forcefully press down. At the same time, try to forcefully lift up your left hand and left arm. After pitting the strength of your right hand against that of your left hand 13 times, exhale.

(3) Next, alternate your arms and hands, and once again have a strength contest 13 times in the same way. Then exhale. As energy is focused in the lower abdomen and your entire body is mobilized to have a trial of strength, your face flushes and blood flows through your whole body.

(4) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Shoulder and Knee Exercise**

(1) Gather energy by taking in a deep breath into the lower abdomen and holding your breath.

(2) Next, hold your knees upright. Then hug them close to your body with both arms. Grab your knees tight with both hands and at the same time, try stretching out your legs left and right forcefully. Exhale after having a trial of strength 13 times, using both shoulders.

(3) Repeat this exercise once with the same method.

(4) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Pelvis Exercise**

(1) Gather energy by taking in a deep breath into the lower abdomen and holding your breath.

(2) Put the soles of both feet together and close to the groin. Grab both feet with both hands. Bend and straighten your waist 13 times so that your chin goes toward the tips of your toes or into your soles.

(3) Repeat this exercise once with the same method.

### **Waist and Leg Exercise**

(1) Gather energy by tensing your lower abdomen and respiring normally.

(2) Hold your right ankle with both hands high in the air and put your right leg behind your head or neck. Perform the same action twice within the count of 13.

(3) Next, repeat the exercise twice with your left leg.

### **Ankle Exercise**

(1) Gather energy by tensing your lower abdomen and respiring normally.

(2) Put your right foot on your left knee and adopt an upright meditation posture. Hold your right ankle with your right hand and the tip of your right foot with your left hand. Then rotate 360 degree forward and backward. At the same time, point the tip of your toes to the front and back.

(3) Switch to the other leg. Now put your left foot on your right knee and repeat the action.

(4) It will be more effective if you move breathing in the lower abdomen to the front and the rear just like doing a waist dance, keeping time to music or the count of 13 at this time.

### **Waist Bending Exercise**

- (1) Gather energy by tensing your lower abdomen and respiring normally.
- (2) Stand up and completely spread your legs. Bend your waist forward and stretch both arms and hands out to touch the tip of your feet. Do this 13 times.
- (3) Next, bend your waist in the reverse direction, to the rear, 13 times.

### **Waist Twisting Exercise**

- (1) Gather energy by tensing your lower abdomen and respiring normally.
- (2) Spread out both legs appropriately and put both hands on your waist. Twist your waist rightward 13 times.
- (3) Turn to the other direction and twist your waist leftward 13 times.

### **Knee Rotation Exercise**

- (1) Gather energy by tensing your lower abdomen and respiring normally.
- (2) Hold both knees with both hands and rotate outwardly 13 times.
- (3) Next, rotate your knees inwardly 13 times.

### **Leg Raising Exercise**

- (1) Gather energy by tensing your lower abdomen and respiring normally.
- (2) Spread out your feet at a suitable distance and naturally rest both hands on your waist. Then alternately raise up and down your right foot and left foot until the area around your lower abdomen 13 times.
- (3) Next, lift up and down your left foot and right foot in turn 13 times.

### **Jumping Exercise**

- (1) Gather energy by tensing your lower abdomen and respiring normally.
- (2) First, make your feet in the shape of the number 11 and jump softly on the spot 13 times.
- (3) Secondly, turn the tips of both feet with your body as the center and turn the heels facing outward. Jump on the spot 13 times a little higher.
- (4) Thirdly, jump very high and forcefully 13 times as in step 2. In the same way, repeat three times from step 1 to 3, and for the last time, finish off the soft jumping with your feet in the shape of the number 11.
- (5) At this time, according to the intensity of the sequence, lift your arms up and wave left and right. Achieve body balance and get in the position of touching the soles of your feet.

### **Closing Exercise (Breathing Exercise)**

- (1) Gather energy in your lower abdomen and do abdominal breathing. Stand straight and gather the universal energy as you did during warming up exercises.
- (2) Breathe in from the moment you raise both hands toward the sky till they reach a horizontal position.
- (3) Next, breathe out and lower both hands until they meet in mid position. Repeat this action four times with the same method.