

How I gained Victory over Ghosts, Part 2

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All right folks, we are in **Judges Chapter 14:1-14**

14 And Samson went down to Timnath, and saw a woman in Timnath of the daughters of the Philistines.

2 And he came up, and told his father and his mother, and said, I have seen a woman in Timnath of the daughters of the Philistines: now therefore get her for me to wife.

3 Then his father and his mother said unto him, Is there never a woman among the daughters of thy brethren, or among all my people, that thou goest to take a wife of the uncircumcised Philistines? And Samson said unto his father, Get her for me; for she pleaseth me well.

4 But his father and his mother knew not that it was of the LORD, that he sought an occasion against the Philistines: for at that time the Philistines had dominion over Israel.

5 Then went Samson down, and his father and his mother, to Timnath, and came to the vineyards of Timnath: and, behold, a young lion roared against him.

6 And the Spirit of the LORD came mightily upon him, and he rent him as he would have rent a kid, and he had nothing in his hand: but he told not his father or his mother what he had done.

7 And he went down, and talked with the woman; and she pleased Samson well.

8 And after a time he returned to take her, and he turned aside to see the carcase of the lion: and, behold, there was a swarm of bees and honey in the carcase of the lion.

9 And he took thereof in his hands, and went on eating, and came to his father and mother, and he gave them, and they did eat: but he told not them that he had taken the honey out of the carcase of the lion.

10 So his father went down unto the woman: and Samson made there a feast; for so used the young men to do.

11 And it came to pass, when they saw him that they brought thirty companions to be with him.

12 And Samson said unto them, I will now put forth a riddle unto you: if ye can certainly declare it me within the seven days of the feast, and find it out, then I will give you thirty sheets and thirty change of garments:

13 But if ye cannot declare it me, then shall ye give me thirty sheets and thirty change of garments. And they said unto him, Put forth thy riddle, that we may hear it.

14 And he said unto them, Out of the eater came forth meat, and out of the strong came forth sweetness. And they could not in three days expound the riddle.

Reading study notes

Samson was a hero of Israel known for his great physical strength as well as moral weakness. The last of Judges or military leaders mentioned in the books of Judges, Samson led his country in this role for about 20 years. He was a Nazarite from birth like Samuel, and John the Baptist later. This meant that Samson could have served as an example to Israel of commitment to God. Through most of his life, however Samson fell far, far short of God's standard with his sin and disobedience. His life is a clear warning against the dangers of self-indulgence and lack of discipline. In spite of his heroic physical deeds, killing a young lion, killing a thousand Philistines with the jawbone of a donkey and carrying away the massive gate of Gaza, he nevertheless violated all three aspects of the Nazarite vow: he touched a dead body, attended a drinking feast, and had his hair cut. Samson also violated God's word by marrying a Philistine, then visiting a prostitute in Gaza and finally living with Delilah. His last act, the killing of thousands of the enemy Philistines won him a place among the heroes of faith.

But again he had many problems as you can see.

Samson's life becomes a lesson in the tragedy of self-will. His marriage was a clear violation of the Law. Nevertheless God sovereignly overruled the defects in Samson's character to bring about His good purpose for Israel.

So again you can see, Samson's free will causes God to react in a different way. This is not preordained from time immemorial that Samson is going to be a self-indulgent pig and a total loser in terms of morality; that he's going to be an addict, to having fornication and things like that; that's not preordained. God is reacting to what Samson is doing out of free will.

Beauty

But it's interesting: oftentimes men of great physical stature and physical skill, because they get so much more female attention, are tempted to be with the sins of fornication. Alpha males get more physical attention; they're more attractive to women especially when women are fertile and they're young. So alpha males get a lot more attention, especially if they also have personality on top of that, and they're boisterous and loud and they dress well. It attracts the eyes of many women, especially beautiful women.

And that's what every man is seeking; they're seeking a beautiful woman, and not just only in the mind. I'm talking about physically beautiful as well. As men, genetically we're programmed to be attracted to physical beauty, beautiful women, because they have less potential genetic disease or weak genetics that will give our children potential defects or disease or things that can be transmitted. So its higher rate of survival is a woman that doesn't look like she has any physical defects, no abnormalities, and she's proportional. That's what we call beauty. They've done studies on beauty, especially facial beauty, and across the board it's basically proportionality; it's basically the golden mean which is part of the Fibonacci spiral. So it's part of God's balancing, that He does in all of nature. It's called the "golden mean"; it's the ratio of 1.618

The point is that: basically what they found with the studies on physical beauty whether Asian, Black, white, it doesn't matter; people all said the people that were beautiful have proportional features. So if you're obese, you are out of proportion: your chin is too fat, you're big, your cheeks are too fat, your head is too big, your body's too big. You're out of proportion; you're no longer beautiful in terms of proportionality, so people don't see that as beautiful.

They've also done studies on beauty and physical attractiveness in terms of memory retention in terms of classes that were given by beautiful women: the students participated more; the students had higher grades etc. It's just the fact that their teacher was a hottie. Then that same teacher would dress up very much disheveled and look terrible, and it would actually influence the students' grades. There are all sorts of studies on this, very fascinating psychological studies on this. But it shows the power of beauty. It doesn't matter whether you like it or not, or it makes you feel good or not. It doesn't matter; it's just reality. Men will seek beautiful women.

And alpha males, males that are very strong physically that get a lot of respect from men because they're physically strong, then of course will get a lot of attention from women, and this combination is a real key. That's why in Peace Police, Peace Militia training it's not only about being physically strong and being an alpha male that way, but also what is a critical part of being an alpha male is being a protector, is having ethic.

Sexual ethic

And one of the roots of ethic is sexual ethic: how you behave, your level of self-discipline in terms of sexual ethic; this is absolutely critical, in terms of professionalism as a Peace Police, Peace Militia woman and man.

Sexual ethic is absolutely critical. That's why even in the Peace Police, Peace Militia, when the young people start martial arts training, they have a pledge that also focuses on sexual purity; that they maintain sexual purity before marriage, and fidelity in marriage as part of their ethic as a martial artist of the Peace Police, Peace Militia. They have a vow that they have to give and a pledge that they have to recite.

That's very important, because sexual ethic influences all ethics, because sexuality is the process in which we produce the next generation; so it's not only just pleasure. Sexuality, the way God made it, is productive; it creates the next generation. So it's directly tied in with the production of the next generation and thus it must be surrounded by ethic.

Of course it is extremely dangerous too, and that's why Satan uses sex as a weapon: a weapon of conquest for example to control people, to blackmail people; a weapon of demoralization; a weapon of destroying the morals of a place. The Communists use sex all the time in terms of sex rings, in terms of funding sex clubs like in China as Mao Zedong did. These kinds of tactics are used, and of course we know where it comes from. It comes from Satan. Satan is the first one who weaponized sex; Satan is

the first one who used sex; Satan was the first sex trafficker and pedophile. He was using sex for power, using sex for getting what he wanted and not for intimacy in marriage between Adam and Eve.

Satan uses sex and the pleasures of sex as a weapon, whereas God uses it for love. God uses the pleasures of sex to bond husband and wife together more deeply, to improve their heartistic relationship, to improve intimacy in their life. That's why a healthy sex life is absolutely critical in terms of a Kingdom marriage. You have to invest a lot of time in making your sex life healthy and strong. What does that mean? Well it means, men, as the king and the priest, we have to be romancing our queen because that's what she desires.

I want to know your heart!

I didn't get into it this Sunday, but I did get into it on the Korean service; I kind of forgot to mention it on Sunday when I shared about the subconscious mind and some of my testimony there, which people enjoyed a lot etc.

But the point is: what does it mean when a woman says, *"You're not opening up to me; you're not sharing with me. I don't know you."* When a woman says that kind of stuff to the husband, what does it mean? To the husband that's baffling, *"What do you mean: I don't talk to you? What do you mean: I don't share stuff with you? I talk to you every freaking day."* That's what the husband feels; he doesn't know what the heck that woman is talking about. Why? Because the husband doesn't understand the subconscious mind!

What that woman is actually saying is,

"I want to know your heart." What does that mean? That's nebulous too; what does that mean? It means:

"I want to know the things in your subconscious mind." That's what it means.

"I want to know the secrets that are there."

I want to know the pains that haunt you.

I want to know the ghosts that harass you.

I want to know what you're struggling with.

I want to know those things and memories in your past which claw at you and gnaw at you and make you weak at times.

I want to know those things."

Those are the things of the deeper inner world of the subconscious realm or the heartistic realm. Those are the things of the inner workings of a man which he shows to nobody, including himself; usually he runs away from them.

So when a woman says, *"I don't even know who you are. You never share with me; you never talk with me"* and the man is like, *"what are you talking about girl? I speak to you every freaking day; I talk to you every day. I just told you that our kid needs to go to the principal's office because he's late for school,"* or whatever the case may; that's not what she's talking about. I don't even think women understand what they're talking about when they say that. They just feel that, and they express it in those terms; and it's baffling to men. They don't know what the heck you're saying, *"What do you mean we don't talk? What do you mean I don't share stuff with you? I just shared with you that our child needs to go to the principal's*

office; he got a detention because he missed his homework eight times, etc. I share with you all the time." That's not what she's talking about, right.

Sisters, back me up on that! If you know what I'm talking about is true, hit me up with #that is true!

The subconscious realm

But the point is: I don't even think women understand because women run away from the subconscious realm all the time too. It's not only men; women are running from the subconscious realm as well. They're running from their ghost, their memories all the time because it makes them feel scared; it haunts them and it makes them feel inadequate and makes them feel belittled. If you're young and you're abandoned as a child and you will have all those painful feelings of abandonment and abuse and all that kind of stuff will be there, it's easier just to run away from it and not think about it. But as I told you those ghosts come; they come in flashes and they ruin your life. They keep on drawing you into pain and the more you run the bigger it gets. So we have to be brave and God gives us that power to face these ghosts and not be affected by them, to face them. It could be the worst pain, you know.

Lowell shared his testimony publicly, and that's why I'm using him as an example: he was molested as a teenager. He was molested by this guy in his church that started introducing porno to him, and then eventually started raping him. I mean it could be something so traumatic and evil like that!

The warrior faces it

But the point is: even something of that magnitude and terrible, terrible trauma, we have to face that; we can't run from it. We have to face it and not have give and take with it, and just say, *"I see you and you have no power over me."*

And

You declare the victory of God,
 You declare God's grace,
 You declare God's love for you;
 You declare God wins and
 You declare *"Thank You,"* to God.

What are you doing? You're starting to shape your relationship with these ghosts that will never leave you. You're starting to say, *"Okay I'm not going to let you influence me. I'm going to see you, I'm going to stare right into you, and I'm going to look at your identity; I'm going to see how you try to haunt me, how you try to make me pissed off, how you try to make me angry, how you try to make me vengeful, how you try to make me feel guilty; how you try to make me do all this crap. But I'm going to stare at you and I'm going to see you and I'm going to see all your techniques. You have no influence over me; you have absolutely none."*

At first it's very hard but you have to do it; that's your 5%. If you don't do it, These ghosts will continue to hunt you.

They'll keep on rummaging in your spiritual life,
 They'll keep on drawing you to porn,
 They'll keep drawing you to this and that,
 They'll keep drawing you away from your power;
 They'll keep on trying to give and receive with you.

So, I'm telling you: women and men run from the subconscious realm; people run from it. But the more you run from it, the worse it's going to become. It could be the smallest thing; somebody could just remind you of something, and it'll give you flashes of that memory, and you'll be devastated. You'll be crying, you won't be able to know how to react, and you'll be all of a sudden a wreck. Think about how destabilizing that is, if you have to deal with parents like that!

We have to deal with this subconscious world so that we are a stable platform for our children, so we don't act like a fool and we don't, just like a mental patient, start breaking down, because we had some kind of flash of memory. We have to have dealt with all those demons; we have to have dealt with all those ghosts as a warrior, and overcome them through the power of God of course, and thanked God along the way. Amen!

So that's why in that prayer: "*Breathing in 'I'm alive,' breathing out "Thank you God!"*" we face that demon. We face that pain, we face the ghosts in our past, we face the ghosts in our memory; we face the ghosts and the demons that are there. And every time that we don't let them touch us, that we don't give and take with them, and we just watch and stare at them, and see them just deflate in power, we say, "*Thank You God! Thank You God!"* Because they're not as powerful as they pretend to be; they're not as powerful as they made themselves out to be. They just used fear tactic on us, they just made us scared; they just made us feel that pain which we want to run away from. That's our natural instinct, right.

But the warrior does what?

The warrior runs towards pain.

The warrior runs towards danger.

The warrior runs towards the firefight.

The warrior runs towards the gunshots.

The warrior runs towards the flames.

The warrior runs towards the fight, folks!

But you've been running, you've been running from the fight, and that's why it's influenced other parts of your game; it's influence other parts of your life. Amen!

So don't do that! This is very important because it will help you be a better parent and a better spouse in the end.

Eating disorders

There are women who at a young age - and many of you will know women like this - women many times who have eating disorders. They have eating disorders because they're emotionally eating and they get fat and they get obese, etc. They're very unhealthy, and get heart attacks etc.

But why do they have these eating disorders? Many times they have these eating disorders because of that trauma that exists in their subconscious mind. Maybe it was a parent, maybe it was an uncle; maybe it was just how they saw their mom react towards trauma; maybe it was a grandma that they saw react towards trauma. Maybe they were abandoned by their parents, and their grandma had to raise them. Or they had a single mom that was never home because they had to work three or four jobs. Whatever the case may be, when they're stressed they want a dopamine hit; the body wants a dopamine hit. So what's a quick way to get a dopamine hit? It's sugar. It's eating a box of ice cream, it's eating candy; it's eating sweet stuff, right.

There are people that are totally dominated by sugar, like by food; they can't even beat a doughnut. I mean, come on! That's pathetic! It's ridiculous; you have to have more mental discipline than that. You have to be able to beat a donut, for Christ's sake! Come on; come on! If you're getting beaten up by a donut you are not in the fight, folks! I mean you are a horrifying example of a Peace Police, Peace Militia man and woman. If you were in the police force or in the military force, they would get on your "ashtray" for being overweight, because there are standards in police and law enforcement and military; there are standards. Otherwise you can't do anything, you can't catch anybody; you can't even catch a dang donut that's staying still!

For Christ's sake!

Mental discipline & physical fitness

There are standards in Peace Police, Peace Militia, that's why we have to be disciplined; discipline is critical. You got to be able to beat up a donut, you got to be able to beat up a candy bar, you got to be able to beat up a Snickers and a Reese's peanut butter cup; you got to be stronger than a freaking chocolate bar. You got to be able to beat that stuff up! You understand what I'm saying? You can't be so weak that you get possessed by the devil and you get possessed by some ghosts that make you want to have a dopamine hit, and you can't even control yourself from eating a Reese's peanut butter cup or a Milky Way or a Payday, or M&M's or whatever you're addicted to.

That's why people who are fit, they're fit because they have mental discipline; people who are fit that have great bodies, it takes a freaking load of work to get down to five percent, or four percent body fat. For a man or woman it takes a massive, massive discipline. For people who have never done it you don't understand how hard it is; it is massively difficult. To maintain a five percent body fat, to maintain a fit and beautiful body over time, it's not easy; it takes a ton of work. So don't ever pooh-poo that. If you've done it and you've maintained a beautiful body, you know it takes time.

It is important that you're beautiful physically also for your spouse, because it's also a representation of you being youthful; it's a representation of you being disciplined, working out every single day, not

being lazy. Dieting every single day in a healthy way; dieting means choosing the right foods. I'm not talking about diet like starving yourself- that's stupid; I'm talking about choosing the right foods, eating healthy. I mean that's all a sign of how you respect the temple that God has given you; it's all connected. So that's why we look up to people that are very fit biologically; instinctively we know that there's something special about them because they're super disciplined.

The point is: being physically fit is something good.

Comfort food

A lot of people have eating disorders that are tied to past trauma in the subconscious realm - which is 95% of your mind by the way - I always remind people that 95% of your mind is subconscious. You don't even know why you like ice cream so much, or why this particular food gives you so much pleasure; because your body now has over the years associated when you have stress to go get that drug. The body always sees drugs; that's all it sees. It doesn't see ice cream; it sees the sugar which is a drug and it's six times more addictive than cocaine, and it's going to give you a dopamine hit. That's what the body sees; the body only sees the chemical and then it starts getting addicted to that chemical reaction.

So you don't know why you crave ice cream. For example when I'm stressed I want spaghetti and meatballs; isn't that crazy? Why do I want spaghetti and meatballs? It's so ridiculous, right. Why is spaghetti and meatballs my comfort food? When the Queen is stressed, she wants ramen noodles. Why is that? Have you ever asked why a comfort food is a comfort food? It's comfort food because your body delights in the hit of dopamine, and many times the good memories that are associated with that type of food that come from dealing with when you had stress, and you've now programmed this into your body over decades and decades. So you don't even know why this is your comfort food but when you're stressed you want spaghetti and meatballs, or you want ramen noodles.

I know why I want spaghetti and meatballs. Father was always busy with the ministry and saving the world so I didn't have True Father when I was younger. I had him when I was older; he opened himself up to me when I started ministry. But I didn't have True Father, and of course I didn't have the Han mother. My gosh! I never had one meal, not even one sunny-side up egg, not even one strip of bacon that was made by my mom that I ate; not one. I've never been fed by my mommy- probably other than breast milk. But she never made me a meal, she never made me a scrambled egg; she never made me a ramen instant noodle that you just add hot water to and give it to a child- I mean it's that simple. I never ate a meal that she made, never, never! I've never once ate a meal that my mommy, my physical mom, the fallen Han mother made; I never had one meal!

So I know why I crave spaghetti and meatballs. Because when I was younger, I was raised by a Korean woman who had an Italian husband. I didn't have my parents so when I was lonely or when I was stressed or whatever, they would make me spaghetti and meatballs, because that's what the Italian husband liked. So I grew up on Italian food and I actually like Italian food many times, more than Korean food, even though I am ethnically Korean. Do you understand? My parents did not feed us; they had attendants that would.

Father was gone doing worldwide ministry all the time and fighting Communism which I totally get, and it is a more critical cause, and he had to do it; it was absolutely critical and especially in his position as the Lord. But the fallen Han mother even when she was home she was just addicted to women porno- dramas- so she had no time for us. Now that is aggravating, and I know I have feelings about that. Because not only were you not working like Father was, but you had the lap of luxury, and when you had time you just watched Korean dramas; you didn't deal with your kids. So that's obviously aggravating. She didn't even make me one scrambled egg, one egg! Just fry me up an egg and feed it to me, and at least you could say that once you fed your child! Golly! You know what I'm saying?

Spaghetti & meatballs

But the point is: for me it's spaghetti and meatballs; because when I had stress I had spaghetti and meatballs. I don't crave ice cream, I don't crave candy bars, I don't crave sweet stuff; I don't even like sweet stuff that much. I like spaghetti and meatballs. Do you understand? Why is that? Well, I just explained to you. When I felt abandoned, when I felt alone, with spaghetti and meatballs at least it flooded my mind with memories of good times.

My Korean *onni* was a nut and she tried to beat me etc, but I was faster, I ran away and it wasn't that hard. The one thing good is that at least she was one *onni*. She was stable in the fact that she was one *onni*, and she never divorced her husband; so that was good. Her husband, he's a beta male but he's sensitive, so he would listen to me when I wanted to rant, so that was one thing good about that situation. When I wanted to talk to somebody he would be there; he would definitely be there. So in that sense he's a good guy and in that sense I'm thankful, even though he has fallen with the Han mother; they both have.

The point is: God still used them at that time. He never beat me; he was a very sensitive guy, and if I needed to talk to somebody he would be there. So in that sense when I think about the food that they made and they liked like spaghetti and meatballs - because he was Italian that's what he grew up on he loved it - then I also get flooded with the memories of when I needed to talk to somebody and I could talk to him. I needed some consolation coming from a man, and he would give it to me; he would encourage me in that realm. Thus I have all these positive feelings towards Italian food, because that was the food that they would make etc. Isn't that crazy?

Facing your subconscious mind

So I know why I like spaghetti and meatballs but the normal person does not; people have these cravings but they don't know why they like it. Why? Because they've never faced their subconscious mind; they've never faced it. They've always just been running, running, running, running, busy, busy, busy, busy, and they've forcefully tried to do that. But if these subconscious habits take over your life, you could be 800 pounds, because you can't control; whenever you have a little stress you want a terrible thing like ice cream. A lot of people are addicted to sweets because it's such an easy high; it's such an easy dopamine hit.

A lot of people are addicted, and they have eating disorders and all that kind of stuff. It's connected to past trauma; many times, almost always. That's why understanding these things is very important. It even starts shaping the way you feel in the world, how much you exercise; how you deal with stress. I mean it's a big deal, folks; it really affects your life. People don't understand: your mind is 95% subconscious, and if you have lived your life running from your subconscious mind, you've only lived in 5% of your mind and of your heart, only 5%; you know only 5% of your heart and mind. Isn't that crazy?

That's why facing these ghosts and understanding the subconscious realm is very important. This is why sitting quietly, many times in nature for hours and hours on end, not busying yourself with anything; forcing yourself to face these demons, face these ghosts and just keep breathing in, breathing out "Thank You God," this actually starts making a difference in your life.

It takes a lot of time, a lot of hours. I had to get to about probably 300 to 500 hours- that's three to five years in - to start getting real result over my subconscious mind, and start being able to access my subconscious mind which is 95% of my mind, my brain and my heart. It took me about 3 to 5 years of daily training.

It doesn't come just because you want it; you have to face it, you have to do it, you have to force yourself to get into this. I'm talking about two to four hours of training per day every day; never missed a day. It took a lot of time but I was that desperate because I was suicidal and I'd see my siblings in the psych wards and freaking on drugs and in prison and dying. I've seen that crap; I've seen it, I've seen it. So I know I'm not going to just keep running because I've seen where that ends up.

The subconscious realm is so critically important and that's why it is important to be able to have victory in our life. If you have habits that you're like, "*Damn! Why the heck do I do that? Why the heck do I keep on doing that? Why am I so fat? Or, why am I so lazy?*" There are always reasons why you're running from that stuff; there are always reasons why you're running towards certain types of pleasures and sins that keep on trying to nag at you and tempt you. There are reasons why; there are absolutely reasons why.

But if you don't spend time in your heartistic realm, that is the subconscious mind; if you don't spend time in that heartistic realm with God, and let God show you all these ghosts and then give you the power to overcome them and totally not give and take with them - God will give you that power; yes He will- then you will continue to be messed up. You will continue to be ravished by these stupid habits; you will continue to be ravaged by these ghosts, and you won't even know why. That's the crazy part, you won't even know; why because it's 95% of your mind and your heart, 95%! That's a big deal, folks; that's a huge deal.

Why am I behaving like this?

So if you hear this and you're just like, "*oh, that's really interesting!*" Okay, just keep running, keep running. Don't do any training; keep running keep running! You're going to end up in the same place

you ended up yesterday and the day before and 10 years ago and then nothing will change. Keep running, go ahead keep running, keep playing escapism; keep running a pleasure palace, keep running that crap. You're going to have the same failing result.

But if you don't want that kind of failing result, and you want to start taking control of your mind which is 95% hidden from you because you keep running only in the 5%; if you're that type of person that's been running from your fears, running from the boogeymen, running from the ghosts, you are now living a life of fear. You are now living a life of cowardice. But that's not really you; that's now how you've trained yourself to be.

God is calling you to be a **warrior**. That means

Don't be cowardly,

Don't run from this crap,

Don't run from the fear,

Don't run from the trauma;

Don't run from all the feelings that you feel.

Because when you start engaging and start staring at them you realize they're actually not that big, they're not as big as you thought; they're not as big as you felt. Your feelings completely deceived you; you've exaggerated things way out of a portion, and when you compare yourself to other people you haven't actually suffered at all.

So these are things that you actually will encounter along the way, and you'll actually start realizing this, viscerally realizing. For example I realized viscerally, that I was so delusional and so arrogant, trying to pretend that my life was so difficult, and that's why it was leading me to suicidal thoughts and all these kinds of things when I was 11 years old. It was delusional, it was totally illusion; it was delusional. I had exaggerated the level of my pain, even though I didn't have my parents, even though in that sense I grew up alone as a child, even though I had just nannies to deal with; even though I had to deal with those things. But again it's exaggerated in the mind; those boogeymen are not as big, those feelings of pain not as real as they actually seem to be.

So the whole process of facing them is that you start getting real with yourself and stop running, and you start confronting these fake illusory demons and ghosts, which unfortunately wield a lot of power over you in your life, if you have bad habits and bad patterns.

So it's very important to have that type of introspection; when we have those bad habits, we start analyzing. We say, *"Oh, okay, I'm going to sit down with this. I'm going to sit down with this. Why am I doing this? Why am I running from this? Why am I behaving like this? Why am I craving this kind of crap?"* You understand? I literally know why I crave spaghetti and meatballs; I literally sat down with myself and figured it out. But how many people know why they want mint chocolate chip ice cream or rainbow sherbet? How many people have sat down and actually thought about that and faced why they want it?

It's just small stuff like that, but then it gives you more control over your life; it does, it gives you more control. Those little pieces of control and dominion over your mind and body really give you power. And it seems small at first. It's like in Jiu-Jitsu: a small technique that starts working gives you a lot of power; it becomes a massive part of your game. But it doesn't work at first; the technique never works at first. The technique never succeeds at first and you always fail with it, but as it starts working, it actually becomes part of your fighting game. It's the same thing, the same thing.

The Queen

If you're married that's what your wife wants, that's what your wife wants; she wants to know your heart. What does that mean? See, even explaining it like that is confusing. She wants you to open up your subconscious mind to her, to share with her those ghosts. You understand?

People don't understand about the Queen and it's in her own testimony: she was such a negative person when I met her. You understand? Before I was her husband and her head coach she was a negative person. She shares it in her own testimony, and it's true. She was full of victimization; she hated True Parents. Do you understand? I mean people don't understand that. You see what you see now, and I saw this even on the comments on Sunday. People were like, "*yes, the queen is so amazing.*" She is amazing, but do you understand? She didn't start that way; she did not start that way. But because her husband is also her trainer, I am higher level than her; that's what it means to lead your queen, to lead your wife and raise her.

This is of course in her testimony. She shares that all the time because it's true. It's not just that she's trying to praise me for it; it's true. She was a very negative person; she was a very resentful person. She was very angry at the church, very angry at her parents, very angry at True Parents and she shares it in her testimony. But you people don't understand that; all you see is what you see.

I opened my subconscious mind

But the point is: when I was raising her as her trainer, I would open my subconscious mind to her; I would open up those inner demons and secrets to her. You understand? I would share that world with her. I opened myself to her, my subconscious mind, because I'm aware of my subconscious mind, I've already entered in there; I've already spent tens of thousands of hours fighting in there and understanding that landscape. You understand?

That's why I didn't get into drugs, that's why I didn't get into girls; that's why I didn't get into all those other stuff that destroyed a lot of my siblings. I didn't get into that, because I spent time in my subconscious realm, forcing myself to go in there and deal with the demons. I literally had to do it, I had to pay that price; I had to put in the hours. And it doesn't get me saved, but it helps a lot in terms of my relationships, a lot.

I put in the work; I put in the time, so of course I know the subconscious world more than the normal person, way more. I'm much more aware of the subconscious landscape than the normal person. Of course the Queen had no knowledge of that whatsoever; she was just a normal girl.

People in the last Sunday service said, "*Oh my gosh, it was such a wonderful service!*" They're crying and they don't know why they're crying. Why? Because by opening my subconscious realm to you folks, you also can get a glimpse into your subconscious mind. See that's how it works! When you're a shepherd, when you're a leader of people, and you are opening your subconscious mind to them and your heart to them, you're allowing them not only to know you more, but also to get to know themselves. There's a part of them in you in that sense and they get to know insights about themselves which they've been running from; through you opening up your heart and your subconscious mind to them. Many people were crying during the service and many people were thanking me after service, but that's what's happening; that's the dynamic of that's happening.

Bonding & heavenly sex life

You know how many times I've done that for the Queen over the twenty-two years that we've lived together? Do you know how many hours I've shared my own discoveries of the subconscious mind with her?

And think about the bonding! As a woman when her husband is opening up that way to her, she totally is bonding with me, because that's what she desires the most. She desires that subconscious mind, that artistic realm that her husband won't open to anybody else, but if he opens it to her that's the height of romance, folks; for a woman that's the height of loving that person.

You understand, that's why our sex life is so good and powerful! It's because I have opened up my heart to her, and that's why she opens up her heart to me. And that's why she opens up herself to me, and that's why we have such a powerful sex life which is so important.

And that's why a lot of people say, "*I love how Pastor Sean talks so openly about sex in a heavenly way.*" Well, that's what True Father taught us through "absolute sex" teaching. And of course it benefits not only my children. It benefits everybody, because everybody's always so abash about these things; meanwhile the Satanists are trying to talk openly about this and stealing your children to free sex, Satan sex culture.

I literally have folks that are new that come and say, "*I bring my children to come listen to Pastor Sean's speech because he talks so openly and bluntly about sex, proper sex in marriage, and he rails against the satanic sex.*" I literally have couples with many children and they bring them to church just to hear that, because they're still shy to talk about that stuff; they have not grown up in the culture where as parents we have to teach our children that world, and we have to exemplify it in our marriage.

Open your heart to your queen

So anyway, the point is: people change, and look how the Queen has changed. Why? As her head coach, as her priest, I opened my heart to her. What does that mean? I opened up all my inner secrets, the demons, the memories in my subconscious realm. So, you can understand this clearly, men, because if I say “open your heart,” you don’t know what the hell that means. I opened my subconscious mind with all the memories, all the pain, all the trauma, all the feelings there; all the vengeance, all that anger. I opened that up to her and I showed her; I explained to her. Women connect deeply and very strongly with that, and your queen needs to connect with you that way; then you'll find way better connection in your sex life, in your love life.

Because men, we don't really seek that connection; we're not that interested in other people's subconscious minds. That's just how it is. The man wants to have a good sex life; women think that's like a dog but that's how God made it. Because it's through the sex life that the man is made to completely connect hormonally, physically, and become one to that woman. Through that he will have very strong practice of fidelity, and he will protect that woman because she is not only the mother of his children, but she is the love of his life, literally.

So anyway, men are more physical in that way, but women need that artistic realm, critically, critically. If they have to make love to a husband who does not open that artistic realm, that subconscious realm to her, they will really start having hard time doing that over time; it will not be enjoyable, it will not be full. Because you think about it from a woman's perspective: she literally has to give herself completely to the man, total trust; she has to literally open her body for that man, which is the total, total trust. You understand? So in that same way if the husband remains like a clam, and does not: Number 1, know the subconscious realm or the heartistic realm; number 2 does not open it up to her; she's going to feel like she doesn't know you.

Take it or leave it! It's a humongous thing; it's a big deal. It's a real, real, real big deal; it's a big, big, big, big, big deal! So it is important, kings and priests, husbands and shepherds, that we as the priest of the home share with our evangelist who is a critical part of our ministry, those internal heartistic, subconscious realm pains, traumas, difficulties that we are going through. Share it with your team. When you share it and show that vulnerability in that sense, your team will be more on your side; they will root for you stronger. They will stand with you because they know you more, they understand you; they empathize with you more. You understand?

But you have to get over the ego thing of wanting to hide it, and the habits of trying to hide it. Because in a man's world, we're told, “*No, you can't be doing this. Just do the work that you have to do.*” Which is important; we can't be sharing this with everybody. But there are key people in your life that you do have to share it with, i.e. your queen and evangelist. If you're the king and the priest, she's a critical part of your ministry; you need to share with her. Your kids as they grow up, they're going to be part of that kingdom and ministry too, God willing. At some point you have to open up that subconscious mind which you don't open up to anybody; you have to open that up to your children. That will

strengthen your relationship with them, and help them understand you, and why you have certain quirks or something like that. It will help them.

The heartistic realm

This is a big deal folks; it's not a small thing. That's why Father was talking about the heartistic realm. But I never really understood what the heck the heartistic realm was; I mean it's just too nebulous. Even the Principle lecturers don't even know what it is; they don't even know. They're conflated with emotions and they don't know what the hell they're talking about. I've not met one Principle lecturer that explained to me clearly what the heck it was. So it was always just, *"what the hell is this heartistic realm? Is it just feelings? It's ridiculous."* We know it's not that! No, no, no, it's your subconscious mind; it's the 95% of the makeup of your mind. That's what it is.

And it doesn't only have nice things in there! It has terrible things in there, it has terrible ghosts in there; things that haunt you, things that you run from. It has terrible, terrible things in there. I never knew; nobody ever explained to me clearly what it was. So it just sounded like this flaky stupid thing, and I was like, *"these Principle lecturers, they don't know what the hell they're talking about. They're talking about 'heartistic realm'; what the hell does that even mean?"* But it's a not; it's a big deal, it's a big deal.

And basically when I reflect on it and how Father explained it, Father was talking about this inner world which you don't show to anybody else, which got all your secrets and all things that create these bad habits. There are a lot of good things in there too; there are a lot of great memories as well. It's a combination of all those things: it's your memories, it's your past; it's all these traumas, potential traumas. Some are exaggerated, some are real. Some people have real bad traumas which you have to work through: emotions, feelings, anger, rage, doubt; all that crap is in there, all of it.

The subconscious mind of God

And when Father talks about the heartistic realm of God, he's many times talking about the dark side of God's heart in terms of the suffering and the pain and the torment and the anguish. If you understand what Father is talking about with the heartistic realm, it's really the **subconscious mind of God**. Did you ever hear it explain like that? No, right! But it does help in understanding that nuance of what Father was talking about by the 'heartistic realm.' I mean it helps me because I've always studied science and psychology, and things like that. So it definitely helps me to think about it in those terms, and I hope it helps you as well.

Anyway, folks, I hope it's helpful. Praise God, praise God! I hope it was helpful today.

Hit me with #Praise God.

I'm out of here, folks. I'll see you on the next King's Report. God bless! Godspeed! May His Kingdom come!