

The
BLESSING

Quarterly

Spring

1984



The **BLESSING** Quarterly

Spring

1984

Publisher: Dr. Mose Durst

Editor: Jennifer Hager

Assistant Editor: Kathy Ross

Production: Richard Lewis, Jonathan Gullery

The Blessing Quarterly, Spring 1984. Published quarterly by the Holy Spirit Association for the Unification of World Christianity (HSA-UWC) Inc., 4 West 43rd Street, New York, N.Y. 10036 (212) 997-0050. 1982. All rights reserved. Original manuscripts are invited and will be published at the discretion of the editor. Please address all correspondence to Jennifer Hager, Blessed Family Department, 4 W. 43rd St., New York, N.Y. 10036. Rates are \$12.00 per year. For overseas Air Mail: \$18.00 per year for Europe, the Mediterranean area, and South America; and \$20.00 per year for Africa, Asia and the South Pacific.

THE BLESSINGS

36 Couples 1961
72 Couples 1962
124 Couples 1963
430 Couples 1968
43 Couples 1969
777 Couples 1970
1800 Couples 1975
35 Couples 1976
74 Couples 1977
118 Couples 1978
39 Couples 1981
2100 Couples 1982
6000 Couples 1982



PLEDGE OF THE FAMILIES

We families,
the center of the cosmos,
brothers and sisters
vertically connected
and flesh and blood
of the True Parents
before the new heaven,
pledge and swear
before the True Parents
to become worthy
of possessing the glory of victors
by maintaining our positions
in responsible activities
and by observing
the family laws and traditions
decreed by heaven.

5. 우리는 하나님을 중심한
하나의 주권을 자랑하고
하나의 백성을 자랑하고
하나의 언어와 문화를 자랑하고
하나의 전통을 이어 받을 혈족임을 자랑하고
하나의 심정세계를 이룩하는 역군임을 자랑하고
이를 실현시킬 것을 나는 맹세하나이다。

MY PLEDGE

Urinun hananimul chung shim han
hanaye chuk go nul charang hago
hanaye paek sangul charang hago
hanaye kuk torul charang hago
hanaye ono wa mun harul charang hago
hanaye pumorul chung shim han cha nya demul charang hago
hanaye chung tongul i o badul hyul chokimul charang hago
hanaye shim jong segerul iruk hanan yok gunimul charang hago
irul shilhyun shikil gosul nanun maengse hanaida
iruhan uimoa samyangul sungchi hanunde
chaegim uljigo saeng myung ul pachyo saul gosul
nanun sonso hamyo maengse hanaida
sonso hamyo maengse hanaida
sonso hamyo maengse hanaida

TABLE OF CONTENTS

FATHER'S WORDS

- Our Ideal Home – Part II p.1
By Reverend Sun Myung Moon
- Family Tree p.10
- Benediction for the Blessing of Heung Jin Nim
 and Hoon Sook Nim p.12
By Reverend Sun Myung Moon
- True Family Celebrations p.18

INTERNAL GUIDANCE

- The Value of Spiritual Children p.22
By Reverend Ken Sudo

TRADITIONS

- Shim-Jung Holy Candles p.26
By Nancy Nieland Barton
- Holy Robes: Questions & Answers p.28
(Lady) Dr. Shin Wook Kim

HEALTH

- Working Toward a Healthier World p.30
By William L. Bergman, M.D.
- Your Newborn p.34
By Dr. Chet Johns

BOOK REVIEW

- Dare to Discipline – Dr. James Dobson p.40
Review by Jennifer Hager

CHILD EDUCATION

- Children: First Steps in the Principle p.46
By Mrs. Phyllis Kim

TESTIMONY

- Power of the Spirit p.52
By Mrs. Nora Spurgin

BABIES

- New Babies p.57



MESSAGE FROM THE PUBLISHER

Dear Brothers and Sisters,

To all of the newly blessed couples from the 6000 Blessing, welcome to the realm of Holy Matrimony.

It is in the marriage relationship and the creating of a family that God can fully make real His presence and His glorious ideal of creation. In every aspect of family life, we are given the opportunity to restore the deep, original value of love. I urge all of you to develop families that bring glory to God and honor to our True Parents. We each have our own strengths and weaknesses, but as we follow Father through this providential course, the best that God put in us is going to come out. What finer people could there be in this world than those who have dedicated themselves to the fulfillment of God's ideal.

We sincerely hope this issue of the Blessing Quarterly will be helpful and nourishing. May God bless you abundantly.

In the Blessed Names of our True Parents,

Mose Durst

Mose Durst



FATHER'S WORDS

Our Ideal Home Part Two

Excerpts from Father's speech given at Belvedere on June 26, 1983, translated by Sang Kil Han.

What aspect of an individual is the most precious? That part of the individual should be connected with the most precious aspect of the family. The family's most precious aspects should also be connected with the clan. This is true for the

nation, world, cosmos and all the way up to God.

Every cell in our bodies has a relationship with every other cell. The cells on the tip of the finger are related to the veins and to the heart. Because of that, we can

A family which puts true love at its center will be supported and protected by all the universe.

say that our bodies are living in their ideal state. Only when our bodies are in this ideal state can we enjoy true physical freedom. Likewise, we must become ideal people in order to lead an ideal life. We must have nothing restricting us.

When your whole body is living in an ideal state, you can say that your eyes are ideal eyes. That is because they can see and enjoy everything they look at, with no restrictions. Your ears, limbs, and so forth are all ideal and free as well.

What is the purpose of the ideal self? That is an important question. The purpose of an ideal, free self is none other than love. Love is not something vague. When love is at the center of our lives, our eyes and everything else — our ears, nose, mouth, etc. — are united and directing our attention to love.

As we know, man has not only five senses but ten senses because he has a spiritual body in addition to his physical one. If the attention of the physical body can be directed toward love, certainly the same will hold true for the senses of the spiritual body. Our eyes or our ears are not the center of our body. It is none other than love itself which is the center of our whole being.

Universal Law of Motion

Men and women each have their own realm or domain. They need to learn from each other about those realms. A woman will want to harmonize with the man's world and learn whatever she can. Likewise, a man will try to fit in and harmonize with the woman's world. When a man finds himself in the woman's world, he must learn how to become smaller and more humble. The woman learns from the man's world how to be more bold, large and taller.

Men have more physical power than women so when a woman needs power she will immediately seek out a man. When a powerful man starts to feel lonely, he will seek out a woman.

Why is it that women are normally smaller than men? Why didn't God create them of an equal height? I believe this is the "textbook" of God, a way in which men could learn how to become smaller and women how to become larger. Both them can go from small to large and then back again and in this way they fulfill the universal law of motion.

If man were not created taller and larger, this kind of motion would never be possible. The bigger man can embrace the smaller woman and carry her to the farthest point of his domain and then they can go back together into the woman's domain. It is like two people dancing — they turn all around the floor and move all around the room. That is a microcosm of the law of motion; everything moves like that.

Just like a wheel, an individual makes a circular motion in his life. Would you prefer a distorted circle or a perfectly smooth, round one? Suppose an automobile had wheels which were misshapen and not round. It would move in a very rough and bumpy way. If the wheel is not perfectly balanced, you will bounce around when you ride in the car. But if the wheels are perfectly round, you can't see that they are moving even if they are turning at a very fast pace. For the wheel to turn around so perfectly, it must have a perfect center. In that way, the car will move smoothly and when you are inside of it, you can hardly feel that you are moving.

You might wish your own life and your family's life could enjoy such perfect circu-



lar motion. For the wheel to go around perfectly, every part of it must be perfectly balanced. Men are mostly plus but they also have an element of minus; likewise, women have an element of plus in them.

There is a magnetic field around the earth which involves not only the atmosphere but also the composition of the earth itself. Because of the action of positive and negative, pushing and pulling, the earth is able to maintain a round shape. Otherwise, it would have an oblong shape. By the same token, a power exists between men and women which causes them to constantly maintain the roundness of their relationship.

No matter what the woman does, she is always basically in the minus position, her initial and primary position. Women as

well as men have personality and dignity of character. If a man ignores women or fails to respect them, he will perish. There is no law that provides for plus and plus to work together harmoniously, so the universe will push out anyone who does not work within the plus/minus relationship. They cannot be protected by the universe. People may have a tendency to be "gay" but the universal law requires that man and woman must absolutely pursue each other. This is not Reverend Moon's law, it is the universal and absolute law.

The family is the place where man and woman can come together from their opposite poles and begin their legitimate motion under universal law. Through their marriage, they make a public prom-

You will be living with God Himself, moment by moment. It is not a concept or belief; it is your life.

God says in the Bible that He is the alpha and omega; that means His love is at the beginning and the end. It is everywhere.

ise to the universe that they will love together, responding to one another in accordance to the law of motion of the universe. Before that time, they were not a part of the universal law on the fullest scale. If someone refuses to marry while on the earth, he will be in a miserable situation in spirit world because he will have to wander, with no objective and no happiness. He is not in conformity with the universe. That is how important marriage is.

Love Must Conform to the Highest Law

The ideal family is based upon this understanding of law. We can see that America needs such an ideal family. The hardest thing for man and woman to control is their desire for love. Many men cannot control their needs and do not conform to any law or discipline. Some women are in the same situation. In this respect, instead of being the highest species of animals, man is the lowest.

Among the deer, the strongest buck fights the others and wins the right to all the females — this is according to the law of nature. Each species of the animal kingdom has a primary characteristic. Horses are runners, for example. What is the most important characteristic of mankind? It is love. Love is the highest level of intelligence and because of that quality, man is considered the highest being.

Love must conform rigidly to the highest law. When a human being fails to do that, he immediately plummets to the lowest level — lower than the horse or dog. On the other hand, when an ideal man understands his position and abides by the law of love, he can create an ideal

family, nation, world, and go all the way to God.

Our goal is to reach such a high level and in order to do this, we must know where we are. We must know why we are there, how we can get out of there and how we can get to our originally intended point. Once we know these things, we can have the strength to fight very hard to get to where we are going.

Each individual man and woman needs to become a person the universe will applaud and say, "He is a typical good man and she is a typical good woman." Whenever a family sincerely strives to live in obedience to the law of the universe, all the other families of the world will respect them and welcome them. The spirit world will appreciate them among all the families of the world, and God will truly love them. When a family conforms with the law of the universe, everything around them will benefit. Therefore, everything in the universe will support them and help them to prosper. A family which puts true love at its center will be supported and protected by all the universe. Such a family will be the hope of the universe.

Some of you western men and women may say, "Oh, Father, you are so square! How can you expect me to love only one person in the whole universe, when there are so many people?" But can you deny universal law? A person who does that would be an element aiming to destroy everything Heavenly — the family, the nation, the world. Therefore, no one would welcome him and he would end up in the worst imaginable hell.

Do you women feel that you seriously need a man? You must shout out desperately with a giant, "Yes," not in just a



meek little manner. Do you then insist, "Father, I want a man who is pleasing to my eyes and my ears?" Everybody has different tastes and requirements but if you really get outside of yourself, you will say that any man will do. On what grounds can you claim your own "self's" desires? You may tell God, "You created me as the highest being," but you have never truly become the highest being. What you were created to be is quite different from what you truly are.

Can you claim you are the highest being if you have a lot of wealth, authority

or learning? No, you can only claim that position if you have fulfilled yourself in true love. When you have true love, you can say, "Follow me," and the whole universe will obey. That is your dignity, your authority and your privilege. That is the way God looks at things. God doesn't mind if you are blind or if you are the most ugly man or woman; if you have the true standard of love, God will love you.

Unchangeable Love

The most precious thing to hope for is to love and be loved by one man or woman

I want all of you to be harsh with yourselves, never generous. Let God be generous with you.

When a man finds himself in the woman's world, he must learn how to become smaller and more humble. The woman learns from the man's world how to be more bold, larger and taller.

for hundreds and thousands of years and on into eternity. For that your love must become unchangeable. Or do you want to be "romantic poet" who has all different partners and kinds of love experiences? That would be a poet of hell. You love must become unchangeable and in that way you will create Heaven, no matter what difficulties you must endure. You must be a champion for the cause of unchangeable love.

You must have this pure, unchangeable love in order to claim yourself before God. If you do not have this, you have nothing. Therefore, you must cleanse yourselves completely. It is the most serious problem for an individual to cleanse himself and remove the memories of impure love from his mind. You must come to the point where you cannot even imagine anyone but your spouse touching your most intimate parts. The thought of such a thing should be absolutely intolerable.

Why do we love and cherish God so much? Is it simply because He created us? No, it is because God created us as His object, like His spouse. He lost us but He has not given up on us for all the thousands of years of history. That is why we come to Him in tears now and we follow Him. God's dignity is eternal; it is centered forever upon His love of mankind, His object, His spouse. Therefore, God is the most previous being for mankind and that is why we love and worship Him. It is not just because He is the Almighty God. You must feel this deeply in your mind and your body.

Where can we find a place in which the ideal positions of both man and God are established? It is not in the White House or the State Department; it is only within the Unification movement. You are sitting in such a precious place. You must be totally serious about this. Once you become absolutely confident and established in this position and you feel, "For millions of years, I am securely set in this direction," you will truly start to enjoy freedom. The point of total freedom is the absolutely central point — where you can turn for 360 degrees and go anywhere. God says in the Bible that He is the alpha and omega; that means His love is at the beginning and the end. It is everywhere.

There are many different kinds of metals, such as copper, tin, and iron, and every one of them conducts electricity. Likewise, any man and any woman are also conductors of the electricity of love. However, only one metal is the true standard — 100% pure gold. When two people who are wires of pure gold come together and the electricity of love flows through them, they are welded together forever. No one can separate them, not even God. The universe will protect them with all kinds of layers in the same way that we wrap high voltage electrical wires with many different layers so that nothing can invade.

Refining Ourselves

You are basically gold but there is much impurity mixed in with your gold. You need someone to put you into a refinery,



where you can have all your impure metals burned away. When solid metal is melting into liquid, it thinks it is dying. But that mass is being reduced to its purest form. Which is the largest part of yourself — purity or impurity? Although you may have more impurity than purity, nevertheless your pure part is subject over the impure. Therefore, you don't have to worry too much about yourself, if that small pure part is your subject. We can see why logically we have to deny so much of ourselves. Perhaps we must overcome 98% of ourselves and only 2% can be valued.

If you can only cherish 2% of yourself, how miserable you must be! Have you ever experienced denying yourself like that? Is the life of a Moonie basically difficult or happy? What about Reverend Moon, who is at the center of the Moonie's life? Am I miserable or happy? I may be miserable, but I have lots of hope!

Thus persecution is not such a bad thing for us. You should say to yourself, "If the world persecutes me, I deserve it because I am so far from the universal standard. The way I am, the universe ought to persecute me." Persecution will stop when it stops. The fastest way to become pure gold is to stay in the furnace until all the impurity burns away. Since all the world has come against me, I have been in the smelting furnace on the world scale for my entire life.

Since you must deny 98% of yourself, how much perseverance do you need? You must continually endure self-denial. Unification Church members must have plenty of patience; short-tempered people cannot endure. Just like long distance runners, you have to move forward every day with the determination to endure for the rest of your life. Perhaps the world will look at you and say you are giving 100%, but God has a different standard. God

The most precious thing to hope for is to love and be loved by one man or woman for hundreds and thousands of years and on into eternity.

may be wishing to give you the highest marks, but He cannot do so easily.

Perhaps you might gain a 100% rating from God but you feel, "According to my own desire, that is only 80%." How does such a thing sound to you? I want to live according to such an attitude and I want all of you to live that way, too. I want all of you to be harsh with yourselves, never generous. Let God be generous with you. The best way to be successful is to try to go beyond God Himself in your standard of giving and self-sacrifice.

What is 100% pure gold? It is gold without any trace of foreign elements. The people who are dedicated for eternity to creating an ideal family with their spouses will have the possibility of becoming 100% pure gold. Everyone of you will become such husbands and wives — how wonderful that is! How wonderful you are! Once you become pure gold, do you still need God? You will not "need" God because He will be already there, constantly with you; you and He will be one.

When the sun rises, all the plants turn toward it. Likewise, when someone true emerges people start to turn in that direction. Mankind has never seen such a phenomenon, never heard of anyone with such a high ideal. This is the everyday reality of the Unification Church; we think nothing of it. True love has the strongest power over everything. It can possess everything; it can do everything and accomplish every miracle. God Himself becomes yours when you have true love.

Today you are living with the entire universe but it is really only a concept to

you. When you have true love, however, you will feel yourself living and breathing with the universe moment by moment, just like God. You will be living with God Himself, moment by moment. It is not a concept or belief; it is your life.

Seek It Out on Your Own

If you want to become pure gold, you have to go to the furnace and be refined. There is no other way to do it. All of you will have to go to that refinery. Be persecuted and overcome it. If I told you just a small portion of the persecution that has come to me, every one of you would weep. I know that I myself would cry if I told those stories. If I am sad, I know God is sad too; therefore I try never to be sad.

Do you think the Father and Son, with their hearts saturated with grief, meet with each other with a lot of words? No, they meet in silence carrying all of their history inside of them. You too should have a great history inside of you. I have bitten my own tongue until it bled to force myself to tolerate the persecution that has come to me. When that blood dripped down, it served as a condition for me to pledge myself to God. That is what brought about today's Unification Church.

Even though I don't tell you the whole story, you ought to yearn to find out; it is up to you to research. If someone teaches it to you, you won't learn it; you must seek it out on your own. That is love — when you seek to learn the contents of another person's life on your own, without someone pushing you. God has had many lamentations but He doesn't complain to



It is none other than love itself which is the center of our whole being.

anyone. The most precious person is the one who seeks to understand those things.

As the ideal family, you don't have to express your deep feelings toward your spouse in a lot of words. In your deeds you show they are there and they are your pure gold. It is not easy for me to speak freely about the ideal family. You must have all the basics and all the right perspectives.

Think about how you are going to become pure gold. Since pure gold doesn't change, it doesn't fear its surroundings. Even though it becomes terribly hot and the gold melts, it has nothing to fear

because it remains just as it was — pure gold. Therefore, if I am pure gold I have no fear of becoming liquid, solid, or anything because nothing can change me. When you go out to witness, go as pure gold and you can have no embarrassment, self-consciousness or fear. Whatever you hear or see, apply the standard of pure gold.

Let us pursue now the golden home, instead of just the "home sweet home." Those of you who pledge to do that, please raise your hands. Thank you. God bless you.

THE TRUE FAMILY



FAMILY TREE



FATHER'S WORDS

Benediction: For the Blessing of Heung Jin Nim and Hoon Sook Nim

On the morning of February 20, 1984, our True Parents performed two very special weddings at Belvedere. In the first, their lovely daughter In Jin Nim became the bride of Jin Sung Pak, second son of Col. Pak. The second wedding united Heung Jin Nim with Hoon Sook Pak, Col. and Mrs. Pak's daughter. These ceremonies took place first in the western style, attended by some 200 international guests. During Heung Jin Nim's wedding, Col. Pak carried Heung Jin Nim's portrait and answered the wedding vows in his place. Later both weddings were repeated in the traditional Korean style.

That evening 500 guests attended a warm and festive celebration to honor our newly blessed couples at the Manhattan Center. After a delightful dinner and entertainment, Col. Pak explained the great significance of this "Day of Pentecost" for our church. Both Jin Sung and Hoon Sook expressed deep gratitude and dedication to become part of the True Family.

All of us who have received Father's holy blessing feel great joy at the marriages of these wonderful True Children. We want to congratulate them and pledge our full support to them as our Abel couples. Here is the moving message of Father's benediction, offered for Heung Jin Nim and Hoon Sook Nim.

Beloved Heavenly Father,

Today, February 20, 1984, is the fiftieth day since Heung Jin departed for the spiritual world. It is also the fortieth day since Sam O Je is over.*

Since the first human ancestors, Adam and Eve, forsook the blessing — which could only have been inherited as the worldwide cultural tradition had they fulfilled the responsibility of True Parents — Heaven could not see the realization of the ideal of creation. Wandering behind the scenes of human history, God led His

providence of restoration through numerous courses over four thousand years, centering upon the chosen people, the Israelites. We understand that Your will was to embrace the Cain territory of the Roman Empire centered upon the Abel territory, Israel, together with Eastern Asia and Asia. However, because the chosen people could not unite with the Messiah, the world could not be united with the Messiah.

** Sam O Je: A Korean traditional ceremony of greeting the dead at the tomb three days after the burial of the corpse.*



Wedding of Heung Jin and In Jin February 20, 1984

Jesus had to carry the tragic cross and leave his responsibility unfulfilled, making the Second Coming inevitable.

Therefore, in order to restore the standard that Israel had lost to Satan, Christianity had to undergo the four hundred year period of persecution by entering the enemy's territory, the Roman Empire. Based upon its victory over the Roman Empire, Christianity could finally start its providence on the worldwide level. Yet the Catholic Church in Europe could not accomplish its responsibility, and Protestantism had to appear. Thus, a sad history of Cain and Abel emerged in Christianity. America, in the position of the second son, Abel, has grown up as a primarily Protestant nation. As a nation representative of Christian culture, America brought

about a unified world through its victory in World War II.

In such circumstances, True Parents were born in Korea. They came to earth with the will to establish one world by embracing the Christian cultural sphere and the free world, and thus relieve the grief and heartbreak of Jesus who could not accomplish on the worldwide level. However, because of the opposition of both Korean and American Christianity, and their disunity, the Unification Church had to start from the beginning, and undergo a course of struggle to inherit the Christian cultural sphere. Now we are going through a forty year course in the wilderness, which will end in two years. In this historical era, we understand that it is providentially significant to elevate True



Parents' love from the national to the worldwide level by connecting the national to the worldwide foundation. This will restore the foundation of the land of Canaan, centered upon a new Israel.

In this unprincipled fallen world, all suffering is caused by Satan. The first Messiah should have prevailed over Satan both on the national and worldwide levels, but due to his failure, True Parents were put in the position of indemnifying that failure. Thus, they erected the Unification Church on the worldwide level on behalf of Christianity, and the Unification cultural sphere on behalf of the cultural sphere of the free world. Now they are in the process of moving forward towards the pinnacle of building a new nation of God.

1983 was the year in which the True Parents had to bring a victory centered on Korea, both spiritually and physically, by relieving all the suffering of Jesus. For this purpose they went to Korea and assembled a large group of professors from 72 nations to lead a dispensation through which Korea, the Korean churches, and the Korean people could welcome them. In such an intense historical situation, Satan knew that his controlling power over the world would be diminished, and he attempted desperately to interrupt this dispensation by all means. However, due to the victorious condition set by True Parents, he had no basis to invade them, and he had to admit their authority over Korea and the world. Therefore, instead, Satan was forced to claim the mistakes made by Korea, Christianity, the free world, the blessed couples of the Unification church — including the 36 couples — who could not be unified centered on True Parents' will, and even True Parents' family; and God could not help but allow Satan a conditional offering.

Children in the position of Abel have always been attacked by Satan. Therefore, President Hyo Won Eu, whose family was the second of the first three families which represent twelve families, had to die outside his home. Further, Heung Jin, True Parents' second son, had to go to the spirit world as a sacrifice.

However, we know that the position of Heung Jin in spirit world is different from that

of Jesus. While on earth True Parents laid a victorious foundation of love for both Korea and the world so that the authority of Satan was destroyed. Satan is in a position where he should have to yield his entire world to True Parents even conditionally, without Heung Jin's sacrifice. Heung Jin's position is naturally different from that of God's beloved son, Jesus; Jesus caused deep pain and sorrow to God through his death, whereas True Parents sent their son as a delegate of love to spirit world to relieve God's pain and sorrow by preparing the foundation for the liberation of spirit world. And on this day, so much like Pentecost, I bless Heung Jin in the spirit world and Hoon Sook on earth as an eternal couple.

Hereafter, the substantial holy spirit foundation is established on earth, for Heung Jin has opened a gate through which the spiritual and physical worlds can freely communicate. This has enabled the Victorious Day of Love** to be proclaimed. True Parents' love has led a providence of resurrection to prevail over false love and death. Spirit world has become one with Korea and Heung Jin, and thus Abel's sovereign powers have begun. And, as all kings throughout the world who are Cain sovereign powers become united, Abel sovereign powers can expand. For this reason, not only innumerable people who had believed in Abel-position religions, but also the good spirits who are now trying to work for Judaism, Christianity and Unification Church, can build the foundation for the Kingdom of Heaven in spirit world through their unity as a people under Abel-sovereign powers. All of this has come to pass thanks to True Parents' love. Thus, because God's love can prevail over Satan's dominion, and earthly love and heavenly love can be directly related, we deeply praise Heung Jin's accomplishment.

Heung Jin, before the night you left for the spirit world, True Parents held the Unification Ceremony so that True Parents, True Children, all the blessed families, all the worldly families, all mankind, Christianity and the free world could be united centering upon True Parents, True Children and blessed families. And after-

** Victorious Day of Love: Ae Seung Il, in Korean.

**Yeon Jin Nim's Birthday
February 4, 1984**



**Kwon Jin Nim's Birthday
February 22, 1984**



**True Parents' Anniversary
April 16, 1984**



**True Parents' Birthday
February 7, 1984**



INTERNAL GUIDANCE

The Value of Spiritual Children

By Rev. Ken Sudo

Currently the director of New York Church, Rev. Sudo has worked for many years in education, not only teaching the Divine Principle, but also revealing the deeper issues of "Internal Guidance." This article is comprised from a question & answer session from April of this year.

Why is Father asking that we bring spiritual children? The first point to understand is that it is not for Father's sake but for the sake of husband and wife that Father ask that they have spiritual children before starting their physical family.

The fundamental reason is the restoration course of the fallen marriage of Adam and Eve, and the restoration of the fallen descendants born of Adam and Eve. Before being qualified to start your own family and having physical children, fallen children must be restored. In other words, you must have children first before being qualified to start married life. This is the Principled view of why we must have spiritual children before we are qualified to begin married life.

Why is the number of six spiritual children significant? The reason why we have three or six spiritual children is understood through the family of Adam and Eve. They had three sons: Cain, Abel,

and Seth. Also these three sons were to marry, so including their wives the original number would have been six. Because of this, it is required that husband and wife have three spiritual children on each side or six children between the couple.

This was Father's standard as well. Before Father's holy matrimony, he engaged three of his main disciples, Won Pil Kim, former President Eu, and President Young Whi Kim. After his own Blessing he then blessed them, restoring the three families before starting his own physical family. Through the Blessing our physical children inherit Father's standard, so we must follow Father's standard.

As we are working to fulfill this condition it is important to remember that our purpose for witnessing is not to bring members so that we can start our family. We witness to save the lives of brothers and sisters. This should be our motivation

This is the most fundamental tradition of our True Parents, to sacrifice those they love most to save us.



for witnessing. Even when we bring six spiritual children we do not stop witnessing. We should always have the heart to witness.

Cain Protects Abel

Our physical children are our Abel-type children and our spiritual children represent the Cain-type. Which should come first — Abel or Cain? Of course, Cain should come first, otherwise Abel cannot come. If Abel comes first without Cain, it means Abel will not have the protection of Cain.

Jesus did not have the protection of three angels. When the three wise men

left Jesus, then Satan tried to kill Jesus. Actually, this was not the original plan of God. Jesus was to be supported by many followers and encircled by spiritual children. All his members were to be waiting for his Holy Matrimony and the arrival of his children.

Therefore, before Abel children were even born, Cain and Abel would be united. Cain would serve Abel. Upon that foundation, Jesus was to stand as True Parent. Once Jesus lost the protection of Cain, Satan aimed at Jesus. In Father's case, he was successful at establishing the foundation of True Parents.

Likewise, we are to become True Par-



ents. Without the protection of Cain-type children, our children will be exposed to Satan's attack. When you have many spiritual children, your own children will be surrounded by your spiritual children and it is like they are surrounded by many good angels. If you love your children, then you will want your children to be protected and welcomed. It is a wonderful thing. Also, this is the Principle of Restoration itself. Without accomplishing this, you cannot restore True Parenthood in your own tribe and you cannot inherit Father's standard.

When you have many spiritual children your own children will be surrounded by your spiritual children, and it is like they are surrounded by many good angels.

Pattern to Subjugate Satan

Another important point to understand is the relationship between spiritual parent and spiritual child. We must love Cain before we love Abel. In order to be qualified to love our own physical children, we must love our Cain children first. This is Father's tradition. Without having Cain children, how is it possible to love Cain? Unless you set the standard to love Cain first, you cannot qualify to love Abel. This is the reason that, until Father could restore his Cain foundation he could not love his first children.

Especially in the case of Song Jin Nim, son of Father's first wife, Father could not show love for him even though he was very sad. Father loved his disciples. Even when Song Jin Nim was crying, Father had to put him aside and love his disciples first. This is the pattern to subjugate Satan. We must sacrifice those who we love most to save those who are more distant.

If we love Cain who is distant, then Cain's heart will be melted. When you melt the heart of Cain, then Cain will love whoever you love. Then Cain will take care of Abel. At that time, you will be qualified to love Abel. This is Father's tradition. Father takes care of his disciples and it is the 36 Blessed couples' and Blessed couples' responsibility to take care of the True children.

The reason for this is that originally the archangel was to take care of Adam and Eve. When God created Adam and Eve, He could not take care of them directly, but they were taken care of by the archangel. To save us, Father sacrificed his own

When you melt the heart of Cain, then Cain will love whoever you love.

family so it is the responsibility of the Blessed families to love and care for Father's children. This is the most fundamental tradition of our True Parents — to sacrifice those they love most to save us. There is sacrifice of the Abel side to save Cain, as God sacrificed Jesus, His own son, to save sinners.

Therefore, when you melt the heart of Cain, you can be qualified to have your Abel child. This is Father's tradition. This is how to subjugate Satan. Without subjugating Satan, how can we be free from

Satan? Without being free from Satan, how can we enter the Kingdom of Heaven? This is the reason having spiritual children is the basic or very starting point to build the Kingdom of Heaven. We can never think that Father is just taking advantage of this opportunity to gain members. Father is giving us this chance for our own sake so that we can become our own tribal messiah. Without doing this, how can we begin our family? Because Father loves us, Father is asking us to do this.

TRADITIONS

SHIM-JUNG Holy Candles

Compiled by Nancy Nieland Barton from Rev. Kwak's instructions. This is a revised version from the Winter 1981 issue of the Blessing Quarterly. More in-depth clarification of the history and use of shim-jung candles is forth coming in a book of traditions that will be published in the near future.

On January 5, 1966 at 10:00 a.m., Father gathered ten leaders of the Korean church and blessed one candle and one box of matches for each of them. These candles he referred to as "Shim-Jung" candles. At that time, Father explained that the candles could be burned by us whenever we wanted to do a special prayer condition, were going through extreme difficulties or needed extra defense against Satan's power.

He also told us that such candles could be used at pledge services and at the ceremony to begin married life. Based on Father's victory, God was able to give incredible assistance when we lit these candles and prayed.

Who may obtain a candle

Father gave such candles to the 36 Couples and asked us to multiply them for our members; however he advised us to be careful in selecting the proper time to allow our members to inherit such a tradition. For example, it is best not to pass on such a tradition to someone who is very young in the church or who has constant wavering of faith. He suggested that a minimum of several years attendance to our True Parents is a good gauge. Now that the majority of our spiritually older

members are engaged and blessed, perhaps this is also a time to allow the tradition to be passed on.

How to Multiply Candles

Once a person has a candle, he can make more as he needs. It is suggested, however, that he never completely burn his original candle but save it to make more.

Three new candles can be made at a time. Therefore, to prepare, an individual should purchase three new candles as well as three new boxes or books of matches. The candles must be new but shape does not matter. White or yellow are generally the more acceptable colors. Holy salt the candles and matches and bless them after the same fashion Father used (described below).

The candles should be arranged in a four position foundation representing the positions of God, Adam, Eve, and child.

The candle representing God's position should be lit and then transferred from Adam to Eve to child positions. Then the original candle should be placed in God's position once again.

As the candles burn the prayer should be:

"The purpose of this prayer is to multiply the Shim-Jung candles. Therefore, as You work here, let a holy atmosphere be created. As they burn, let the light be extended. Under Your name and the name of our True Parents, I want to multiply this original candle. Work here according to their benefit and power and multiply them. When they are lit, spread a heavenly atmosphere."

The candles should be extinguished in the same order as they were lit, ending with the original candle.

Birth Dedication Candles

After the 36 couples began their married life, True Parents blessed separate candles which each couple could use during the birth of their babies.

Only one individual representing the couple needs to receive a candle from a church elder. Only blessed couples should be given these candles; matched couples should wait until they have gone through the blessing ceremony.

An elder of the church would follow the same type of prayer ceremony when passing on this tradition as in the Shim-Jung candles.

As with the Shim-Jung candles, new long candles (about 10 or 12 inches and

preferably white or soft yellow) should be purchased as well as matches. These materials should be holy salted to prepare them for use.

To avoid using up your original birth candle, your original candle could be multiplied in the same way as a Shim-Jung candle. Then one of the newly multiplied candles could be used as a central candle.

Process for Use During Birth

Seven candles should be lit to await the birth of a child. The one holy candle is the seed candle. It should be lit first, and then used to light the other candles. This should be the main candle of all seven candles.

Someone at the couples' home should be prepared to light the candles and as many people as possible should pray while the mother is in labor. It is impossible to do this in the hospital. (This does not necessarily mean the very moment that the mother goes into labor because it is not possible to determine how long she will be in labor.) There is no specific prayer content. The use of this candle makes a holy environment to be created for the birth of the blessed child. After the baby is born the candles can be extinguished. Traditionally this is done by pinching the flame between the fingers.

TRADITIONS

HOLY ROBES:

Questions & Answers

With (Lady) Dr. Shin Wook Kim

What is the history of holy robes?

The design of the robes was received in a revelation by Ji Seung Do, one of the earliest disciples of Father. The crowns that True Parents wear were also received in that same revelation. Before coming to the Church, I also saw a similar robe in a vision. As you know, I was spiritually guided to find Father. When I saw that the actual robe was like the one in my vision, I knew that this was a holy garment. These robes were worn by Father and Mother at the holy wedding of the 36 Couples.

What should we wear underneath our robes?

Ceremonial garments consist of the holy robe and all white undergarments. Traditionally men wear a white ba ji jogori and women wear a white chima jogori. If it is not possible to get these, then all-white western clothing can be worn underneath the robe. Men can use a white shirt, pants, tie, socks and gloves. Women can use their wedding dress or an all-white dress.

Are men's and women's robes the same?

The yae bok, or the holy robe is basically the same for the husband as for the wife. Our holy robes are patterned after those worn by the 36 blessed couples. Both robes button or snap on the same side; first on the right side then over to the left side. There are three tassels of beads on each side of the robe and strings of beads on the belt. Each string of beads is about 4 cm. long, so according to the size of beads the number may vary. The beads may be any color, usually a lighter color like white, blue, pink or yellow. The different colors serve as a way for the husband and wife to tell their robes apart.

Should blessed children have robes?

Children may also have white robes, but because they are always growing, it would be difficult to continue to make robes that fit. So western clothing can be used.

When do we wear our robes?

Ceremonial robes are worn during the Three-day ceremony and the Eight-day ceremony. They also can be worn at pledge service for the five church holidays and at other events at the request of True Parents. For example it may be asked that they be worn at the wedding of True children. We never know when Father may request that we wear our robes to a special event, so we should always have our ceremonial robes prepared, with white gloves and socks as well. Also in case of sudden death, we should have a place where we keep our robes, holy handkerchief, and Shim-Jung candle and birthing candle.



HEALTH

Working Toward a Healthier World

By William L. Bergman, M.D.

In considering past human history, there has often been some recognition of the relationship between spiritual life and health, and between restoration and healing. But with the coming of our True Parents, and their teaching of Divine Principle, the clarification of these issues and a revolution in health and medicine can now occur.

In very practical terms as well, with more and more babies being born to Blessed Couples, and as greater numbers of Unification Church members pass through youth and middle age, questions of health care for our members and their families become more relevant.

Father has always emphasized that the innermost core of healing is the reality of the Love of God. As we seek to develop our character and heart and fulfill our missions in the Providence, we hopefully can become vehicles for the Love of God, keeping us healthy and allowing us to generate healthy vibration to our spouses, to our children, and to humanity in general. When someone becomes ill and help is sought, sometimes it can be confusing as to where to turn. As consciousness grows and the New Age dawns, Unification members, along with people in general, become increasingly aware that alternatives in health care exist and choices can be made.

Isshin Hospital

In many fundamental ways, the tradition of a Unification Health Care System has been unfolding in Japan. Our dedicated brothers and sisters have created a full-service, modern hospital center complete with both in-patient and out-patient clinical services. In accordance with Father's advice and direction, Isshin Hospital in Tokyo with its affiliate medical service teams and health projects, combines the most modern, scientific medical technology with elements of traditional oriental medicine such as herbs, fasting, and other more 'natural' or 'holistic' therapies. All of this exists of course on the foundation of prayer, spiritual life, and the tradition of our True Parents.

Medical Clinic

In New York, our long-range goals include the establishment of a medical clinic which can offer the very best of quality medical care. For this purpose we are encouraging the unity of many different medical therapeutic systems, based on their practical effectiveness in solving the problem of human illness. Where different methods cannot be applied simultaneously, we are making such treatments available based on need or a patient's request for that particular kind of treatment. As clinical experience is

gained, the quality of health care service can be modified and consistently improved. It is possible that at some time Father may elaborate a Unification philosophy of health, but until he does, the emphasis is on creating an attitude of respect between professionals of differing viewpoints or differing medical techniques, where concern for the best quality of service is the unifying element.

World Medical Health Foundation

In addition to clinical therapeutic services, the World Medical Health Foundation, organized in 1977 as a public, non-profit educational and research organization, will hopefully become a vehicle for organizing health professionals from many diverse fields who can participate in seminars, conferences, and special lecturing programs. The Medical Foundation will seek to promote not only deeper research of important medical subjects, but can provide a forum for the discussion of the relationship between health and moral values. From the viewpoint of Divine Principle, clarifying and educating the fundamental laws that govern health, disease, and cure can have tremendous relevance with regard to the health of the individual, and the issue of social disease as well.

The "Doctor Within"

Until our professional staff and resources become larger, we have channeled most of our energies towards creating a general medical clinic which emphasizes natural therapeutics and preventive medicine. Dr. Albert Schweitzer once said, "It's a professional secret, but I'll tell you anyway: we doctors do nothing but help the Doctor Within. All healing is self-healing." By this, Dr. Schweitzer obviously did not mean that we can discard physicians, hospitals, and medicines. Rather he was recognizing the basic fact of healing: that every living system has within its own nature the potential and ability to direct self-restorative processes,



to overcome the harmful effects of disease or injury.

This inherent tendency of every living being to adapt and cope with the effects of harmful impact and stress is governed by an extremely creative and intelligent force within the individual. Sometimes this force is referred to as a Vital Force, other times as a Defense Mechanism. By whatever name, its presence determines the resistance of the individual and the strength of its constitution. Natural therapeutics, including such methods as homeopathic, hydrotherapeutic, nutritional-dietetic, etc., work essentially in harmony with natural law to increase the vitality or strength of the person's

constitutional state. This facilitates greater resistance to future disorders or a greater capacity to deal with current disease.

Conventional vs. Natural

One of the questions we're asked the most is whether it is preferable to treat illness with conventional medicine or some "natural alternative." We always try to answer this question in the context of a specific situation involving a real person suffering from an actual problem, rather than from a hypothetical point of view. Conventional (or what might be called modern) medicine is particularly strong in the area of diagnosis. Through the tremendous advancements in modern medical technology, we now have available to us (though it can be expensive) the means for analyzing the disorder of the system in order to delineate "what's wrong."

When it comes to treatment, or correcting the disorder, the issue becomes more complex. Certainly in any life-threatening emergency, whether due to mechanical injury or serious disease, the obvious role of conventional medicine is crystal clear. In such circumstances, modern medicine often makes the difference between life and death. Likewise, when serious infection is present, it may be tragic if conventional antibiotic treatment is not given. But in the case of non-emergent, non-infectious chronic degenerative disease, whether affecting a child or an adult, the utilization of a natural therapeutic approach may be advantageous to that which would be conventionally recommended.

Limits of Conventional Medicine

Very few chronic diseases are considered curable by modern medicine. Physicians honestly admit that the treatment for hypertension, heart disease, asthma, arthritis, allergies, eczema, to name but a few, are not curative but simply manage the disease by controlling or suppressing the symptoms which would return if the medication were dis-

continued. At the same time, it is widely recognized that most, if not all, chemical medicines carry the risk of side-effects, adverse reactions or allergic sensitivities. Thus the potential benefits must be weighed against possible liabilities. This is because drugs may have chemical affinities for certain tissues or organs, but invariably affect the person as a whole, but rarely in such a way as to correct the subtle imbalances in the constitution which are the basis of most chronic disease.

Natural Therapeutics Approach

In natural therapeutics we don't say the person is sick because he has arthritis, for example, but rather he has arthritis because he is sick. In other words, sickness "of the person" is the cause and arthritis is the result, not the other way around. To cure arthritis then, we'd have to "cure the person." Rather than chemically treating inflamed joints, an effort would be made to correct the disorder in the person which has given rise to a problem in the joints. Invariably, this would involve a consideration of diet, lifestyle, emotional factors, etc., and developing an appropriate program that would specifically strengthen that person's system and promote the healing process that is already taking place. If such an approach proved ineffective, resorting to conventional treatment could be on the basis of a risk-benefit evaluation. The point is that a relatively safe, essentially non-toxic method might be considered first which could very well bring about a curative rather than a symptomatic reaction.

Toward the Future

We look forward to the time when we will be able to incorporate many spheres of medical practice into our treatment programs and offer the best of both conventional and alternative methods. In the meantime, we are building upon the foundation of our own clinical training and experience. Before joining our Church, I had been particularly interested in the



ISSHIN HOSPITAL IN TOKYO

homeopathic system based on its adherence to explicit and well-defined therapeutic principles and an underlying philosophy of medicine which seemed often lacking in conventional medicine and many other alternative systems. While I realize the limitations of homeopathy and do not believe that any one system has all the answers or can offer effective treatment in every case, I have especially pursued this type of medicine for two primary reasons. First, it is a system which

is in a realm of what may be called "energy medicine," which can only be understood based on advancements in physical chemistry and quantum physics, especially since the era of Albert Einstein. For this reason homeopathic medicine has its place at the forefront of a revolution in medical therapeutics that will unfold over the next 20 years. Perhaps more importantly, homeopathic medicine has the ability, proven in many clinical cases over a period of 175 years, to correct hereditary disturbances

in an individual. Once successfully treated, though it is by no means a simple process, people can no longer pass such hereditary weaknesses or predispositions to disease to their descendents, or at least to a lesser degree. The implications for our Blessed Families and for people in general are enormous.

Environment and Diet

Apart from the whole issue of medical therapeutics is the related area of prevention. This deals with all those factors that can promote or enhance health as compared to factors which undermine it. In addition to general environmental considerations, which involve the presence or absence of toxins, pollutants, and food or water impurities, the single most important factor is nutrition. More and more it is generally recognized that what we eat affects our health. While it seems to be true that if we are spiritually strong, we are more able to cope with stress almost apart from what we eat, for the majority of us, especially as our physical bodies age, nutritional factors become more important in terms of overall resistance to potentially harmful influences.

Since our constitutional state, particularly in our children and in ourselves as we grow older, is greatly affected by what we consume, issues of diet and nutrition become all the more important. Generally speaking, we should avoid as much as possible highly processed and refined foods, especially if they contain a lot of food additives, chemical preservatives, or artificial ingredients. The closer the food is to its natural state the better it is, though practical considerations and expense usually require us to compromise to some degree. Even the United States Government, supported by substantial independent research of major university centers, is recognizing the relationship between diet and such chronic diseases as cancer, hypertension, cardiovascular disease, arthritis, allergies, etc. As a result, more and more authorities are recom-

mending to avoid or at least cut down the consumption of foods high in fat, cholesterol, salt, and simple sugars. The trend away from pork and beef is more and more emphasized, as we recognize the health risks compounded by the way such meats are commercially prepared.

Even homogenized milk has been implicated in many allergic phenomenon, along with the reports of milk-induced irritation of the lining of blood vessels, leading many people to recommend the use of soy milk, whey-based beverages, and an emphasis on fruit and vegetable juices as an alternative, with vitamin and mineral supplementation to provide nutritional insurance.

Obviously, not all the facts are known, and there still is considerable controversy and disagreement within the health field. But such guidelines hopefully are consistent with the major health trends that seem to be emerging on the basis of impartial research. In the final analysis, with Blessed Couples seeking to sacrifice their families for the sake of the nation and world, we often have difficulty in discerning to what degree we should be concerned with the health of ourselves and our children. The motivation of course in providing for our family's health is so that we can be in a stronger position to help our True Parents in their pursuit of world restoration. As questions arise, and we seek specific answers for real issues from our leaders, we come to gradually understand Father's viewpoint and the tradition he wishes us to establish.

It is my sincere hope that these comments will be of some benefit to you as you seek the fulfillment of God's Will. They are offered in Our True Parents' Name.

For more information, please contact:

William Bergman, M.D.
World Medical Health Foundation
 2 East 37th Street
 New York, N.Y. 10016
 (212) 684-2290, 684-2291

HEALTH

Your Newborn

By Dr. Chet Johnson

(Dr. Chet Johnson was born and raised in Kansas. He graduated from Phillips University, attended medical school at the University of Kansas, had one year of internal medicine training, and is presently in training in Pediatrics at St. Vincent's Hospital in New York City. Dr. Chet joined in California in June of 1979. He was blessed to In Sook Han on July 1, 1982 at Madison Square Garden. Dr. and Mrs. Johnson gave birth to their first child, a son, Apurou Daniel on January 18 this year.)

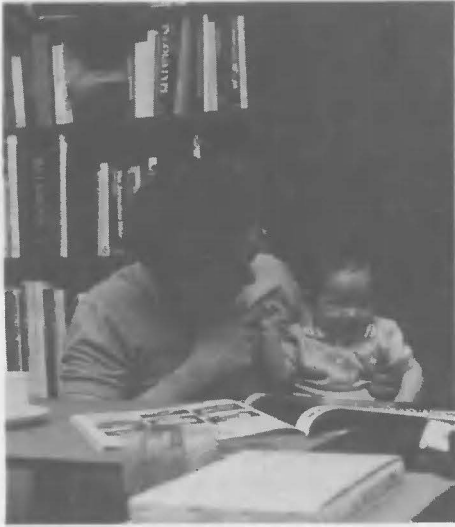
In my last article in the Blessing Quarterly, I discussed some aspects of pregnancy and preparation for childbirth. Now many more of us have children and I thought it might be helpful to share with you some information and ideas about how to relate to and care for your newborn baby.

In future articles, I would like to discuss different aspects of child-rearing which are especially important to blessed families. So I welcome your letters, questions and comments. In this article, I will describe the most current thinking on how newborns perceive their environment through their physical senses of sight, hearing, touch, taste and smell. My hope is that if as parents, we can more fully understand what our child receives through his physical senses, we can relate more fully and deeply. For an excellent discussion on the spiritual environment children need, see Phyllis Kim's article in this same issue.

In general, babies receive from and interact with their environment much more than we (doctors) previously thought. A flood of recent evidence shows that newborns are amazingly sensitive to



their surroundings. This means several things. For one, it means that they probably "pick up" most of what is happening around them. Secondly, it means that mothers and fathers can enjoy their children more fully at an early age. We all know that being parents to blessed children is a big responsibility. My purpose here is not to increase that burden, but rather to increase the joy parents and



children can experience through deeper and more meaningful give and take.

It is important to realize that every child is unique, and that each couple will find unique ways to interact with their child. We would probably all be much better off not to compare our children, one to another, either physically or emotionally. Children come in all shapes and sizes, and with different emotional and spiritual makeups. They will grow and develop at different rates, and each child will express new aspects of God's character. The greatest gift you can give your child is to offer your unconditional love. This will give him or her the confidence to become a creative and productive person, returning fulfillment and happiness to Heavenly Father, to you, and to the universe.

WAKING & SLEEPING

During their first few days and weeks of life, most babies sleep about 18 hours a day. So they are sleeping quite alot — mostly eating and sleeping — but there are also a good number of hours when your baby will be awake and alert. This is

a good time for the two or three of you to spend together. Start getting to know your baby as soon as possible. Oftentimes fathers “hang back” the first few months, but I believe that everyone benefits spiritually and emotionally from interacting as early as possible. It's the time-honored principle of “the more you give, the more you receive.” As a pediatrician, I am with newborns everyday. But still it was a completely new, exciting, and heart-warming experience to feed, diaper, bathe, and play with my own baby boy. Sure, it's hard work and both parents will be tired. That's why it's especially important to spend those few minutes with your baby when he or she is fed, awake, alert, and you can simply enjoy each other.

SEEING

At birth, babies can focus at a distance of eight to twelve inches (20-30 cm.). This is great because this is approximately the distance from your baby's face to your face during feeding, changing diapers or holding him in a cuddle. (The author assumes that both mothers and fathers will participate in all the aforementioned activities.) At first, your baby will hold his gaze only briefly, but the duration will steadily increase.

Babies like bright colors and bold patterns. They seem to be especially attracted to simple geometric patterns, such as checkerboards and bulls eyes. But their favorite object is the human face. They want to look at Mom and Dad! In fact, it is scientifically proven that, given a choice of patterns, babies will prefer the one that most approximates the outline of a human face. As your baby grows, she will look at you for longer periods of time, and more and more at the center of your face. Most babies like to look at the edges of your ears, and then later, by say a month, to look for longer periods of time at your eyes, nose and mouth. She will also be able to increase the distance over which she can see clearly, while at the same time head

and neck muscles are strengthening. In this way, your child can look at just about anything in any direction by 3-4 months of age. But then even more so, she will be most excited when her gaze falls on you. Isn't that fantastic!

HEARING

Babies hear from the moment of birth. Doctors know this because of the moro reaction (startle reflex) that newborns exhibit. Babies seem to prefer sounds that change in quality, like music. It has been shown that newborns prefer and even grow better in an environment where soft music like classical music is played. It is probably better to let them discover hard rock and loud music on their own. Newborns need stimulating, yet peaceful and comforting surroundings. But even more than soft music or nursery rhymes, babies like the sound of the human voice, and specifically that of their parents, both mother and father. Scientists have demonstrated that newborns can recognize and turn towards the sound of their mother's voice when they are only a week or two old.

Try to talk and sing to your baby during all her normal activities — feeding, changing of diapers, and bathing. She will enjoy hearing your familiar voice, and learn to recognize it more and more quickly. It's pretty natural for most of us to alternate spontaneously between "baby talk" and normal language when speaking to babies. It probably doesn't make any difference at all and there is no evidence to show that always speaking in a more mature voice will speed up your child's language development. The most important thing is to communicate freely and lovingly with your baby, which will come naturally from your heart as you daily offer the 100% care a baby needs.

Your baby will respond to mother's voice and father's voice in different ways. Sometimes it seems to the father as if your little child just responds to mommy, but



he will also learn to recognize and smile at the sound of your voice as it becomes more familiar. Infants tend to open their eyes wider and be more actively playful with their fathers, and are generally calmer with their mothers. Principally, this makes a lot of sense and correlates with what Father has told us many times.

TOUCHING

Simply speaking, babies love to be hugged and cuddled. Not only is close parental contact (hugging) essential for physical growth, babies need to be loved and held in order to mature emotionally and spiritually. You cannot spoil your baby by loving him, especially during his first year of life. Other behaviors may spoil him, but hugging and cuddling most definitely will not. Babies will visibly relax and "snuggle" up when held. A firm, secure yet gentle touch is important. Although every baby is different, they tend to prefer soft stroking and a firm hold to patting and bouncing, especially when they are

tired or cranky. This secure, firm touch provides a sense of trust and security which is the foundation for the child's sense that people are trustable and the world is a good place in which to live.

TASTING & SMELLING

Your baby can taste and smell right from the beginning, and as with the other senses, she will have certain preferences. Even at birth, a newborn will prefer the smell and taste of her mother's milk to that of other foods and even to the breast milk of other mothers! Heavenly Father and Heavenly Mother have done everything possible to bring unity between you and your baby. Each baby will have different food preferences as she grows, and she will definitely let you know which ones she likes and which ones she doesn't. Just ask a mother of any 9-month-old! Feeding recommendations are beyond the scope of this article, but in general, wait until six months to begin solid foods (except baby cereal which can be introduced at 3-4 months). Introduce only one new food at a time, and above all, make eating and mealtimes a pleasant experience.

REFLEXES

In discussing reflexes, I hope to help you better understand your baby's abilities, and to discover some of her previously unrecognized talents. We have mentioned the moro or startle reflex, a protective reaction. Other reflexes include the rooting, grasp, stepping, withdrawal, and sneeze.

The rooting reflex is easily observed by gently placing mother's nipple, bottle nipple or even your finger at the corner of the baby's mouth. This reflex, strongest in newborns, causes her to move her head and mouth towards the nipple or finger. This is how your baby finds food.

Babies will curl their fingers around anything small, like your finger, placed in their hand. You may be surprised at the



strength of grip exhibited by your baby's grasp reflex. Another reflex, the stepping reflex, looks like walking movements when you hold your baby upright with her feet just touching a flat, hard surface, like a table. Sneezing is another natural reflex action that your baby uses to clear her nasal passages for easier breathing. When your child sneezes, it is usually because she has dust or mucous in her nose, and not because she has a cold or allergies. Babies can't blow their noses, so they sneeze. It's as simple as that.

Your baby will also involuntarily withdraw from painful or unpleasant stimuli, such as heat, cold, or a pinprick. She will probably also cry! The withdrawal reflex helps to protect your newborn from harm. A newborn baby, say a boy, will also flail his hands and feet to move a cloth that is covering his head. But of course, don't rely on this reflex action to protect him. Use common sense and never leave pillows, large floppy toys or plastic sheeting where the baby is sleeping.

My sincere hope is that we can all learn to love and enjoy our children more completely through understanding and sharing our knowledge and experience. I welcome your letters, questions and com-



ments, and I will do my best to answer them completely, either by direct reply or through future issues of the *Blessing Quarterly*. It would also help me to know the kinds of information and guidance blessed families need in terms of baby and child care. I hope that you will continue to explore and discover the unique and wonderful gift that Heavenly Father has blessed you with -- your child!

RECOMMENDED READING

Baby and Child Care, Dr. Benjamin Spock. 1976. *Pocket Books, NY, paperback, 665 pages. \$4.95.* This time-honored book is my personal favorite. It is available through HSA Publications.

The First Wondrous Year: You and Your Baby, Johnson and Johnson, *Child Development Publications, MacMillan, 1979, \$12.95.* "Guide to baby care and development that's illustrated with hundreds of photographs."

Your Baby and Child: From Birth to Age Five, Penelope Leach, *Knopf, 1978,*

\$9.95. "Detailed coverage of newborn care and development, emphasizing the baby's point of view. Includes many drawings on topics such as feeding and dressing the baby."

Baby Care Basics, and Getting to Know Your Newborn. Free illustrated booklets about caring for and communicating with a new baby. Write to Johnson and Johnson Baby Products Co., Consumer and Professional Services, Skillman, N.J. 08558.

(If you have other books that you have found helpful, please send the title, author and publisher to the Blessed Family Department, 4 West 43rd St., New York, N.Y. 10036. We would be happy to publish these titles in our "Health" section. Or, if you are feeling really inspired about a particular book, write a book review and we might be able to publish it in this magazine.)

Letters and comments may be addressed to:

Dr. Chet Johnson
4 West 43rd St
New York, NY 10036

BOOK REVIEW

Dare to Discipline

By Jennifer Hager

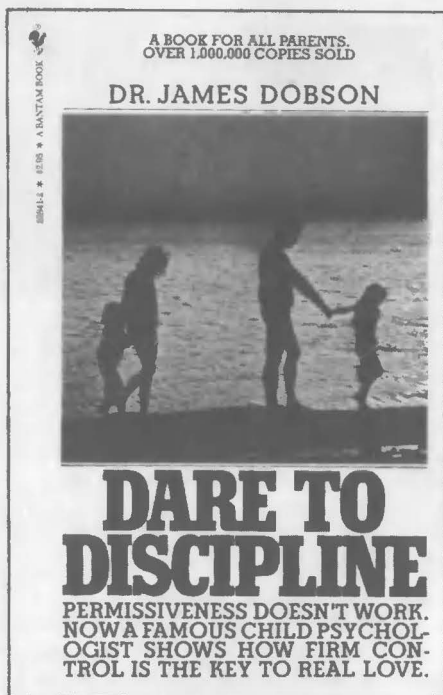
DARE TO DISCIPLINE

By Dr. James Dobson
Bantam Books

How does a child develop into a heavenly, responsible adult? The Divine Principle defines a wonderful image of maturity, plus a clear set of guidelines in its explanation of spiritual laws and how they operate. Our True Parents have done their best to direct us along our unique paths toward perfection. But in spite of all this help, we know that it takes great effort to realize one simple gem of truth. We have had to be reborn and now face the lifelong task of re-growing-up.

Through the Blessings our True Parents give us an opportunity that no generation has ever had: the mission of raising children without original sin. What kind of adults will they become? How will they develop their own understanding of truth and a deep, two-way bond with God? Will they be able and eager to pick up the providential mission of building heaven on this earth?

Of course, we learn how to parent through experience. But unfortunately, we are bound to learn some things at the expense of our children, through our mistakes. In the "tender years" of these children we cannot afford to make too many. We desperately want to raise these children well from God's point of view. So



the posture we assume as parents and the philosophy by which we direct our actions are critical.

In this light I would like to introduce Dr. James Dobson, Christian and psychologist with years of experience in teaching, writing, counseling. He has published close to a dozen books which are favorites in the religious bookstores. In Dr. Dobson's book *Dare to Discipline*, he addresses

"It is through loving control that parents express personal worth to a child."

the great need for a balance of love and discipline in the home and in the classroom. He decries the permissive attitudes which deny a child a secure relationship with authority and frustrate him in his search for meaning. By the term "permissive," Dobson refers to "the absence of effective parental authority, resulting in lack of boundaries for the child . . . and the general confusion that occurs in the absence of adult leadership." Principle teaches us that the most central and precious relationship upon which a person builds his self-worth and self-image is the vertical bond with parents and ultimately, with God. As Dr. Dobson puts it, "it is through loving control that parents express personal worth to a child". Dobson feels as we do, that " . . . we must not depend on hope and luck to fashion the critical attitudes we value in our children . . . Children thrive best in an atmosphere of genuine love, undergirded by reasonable, consistent discipline."

Mutual Respect

Dare to Discipline begins by discussing how to teach respect and responsibility to children. "The most vital objective of disciplining a child is to gain and maintain his respect." And the book reminds us that respect can only "operate on a two-way street." Therefore, parents must clearly identify what the rules are. Children "derive security from knowing where the boundaries are." Leave no doubt in the child's mind about what kind of behavior is acceptable and what is not.

Although a trusting, responsiveness is innate in a child, so too is the insatiable



desire to question and explore. Certainly we can expect episodes of confrontation between ourselves and our children. When a youngster acts in a resistant way it is important that the parent seek to understand what's going on inside the child's mind. Sometimes a child rebels to directly buck authority and then Dr. Dobson suggests that we "give him good reason to regret it." But other times, Dobson cautions, a child's antagonism arises from feelings of rejection, disappointment or frustration. We must carefully deal with those feelings, not only concerning ourselves with the disagreeable behavior. "The most successful parents are those who have the skill to get behind the eyes of the child, seeing what he sees, thinking what he thinks, feeling what he feels." In any case, parental response should be quick and decisive. "Who is going to win? Who has the most courage? Who is in charge here? If you do not answer these questions conclusively for the child, he will precipitate other battles designed to ask them again and again. It is the ultimate paradox of childhood that a youngster wants to be controlled, but he insists that his parents earn the right to control him."



Positive Challenge

Chapter Two is devoted to "the miracle tools," psychological techniques which aid the parent in leading the child to greater levels of responsibility. All of the suggestions are constructive; some of them offer ways to help your child develop his free-will and self-esteem. Dr. Dobson strongly favors a reward system as incentive for children. He cites the famous Law of Reinforcement from behavioral psychology: "Behavior which achieves desirable consequences will recur." The book applies this law in several cases, explaining how youngsters can earn desirable goals, meanwhile developing their own self-discipline and good habits.

For instance, with a 4-6 year-old, you could make a small chart of daily tasks which you and he could check off every evening, awarding a penny for each task successfully completed. Then the parent could help the child to manage the money, planning special treats or outings with the savings. In such a system, we've helped the

child in building responsible behavior plus there are side benefits: "... the child learns to count. He is taught to give to worthy causes. He begins to understand the concept of saving. He learns to restrict and control his emotional impulses. And finally, he is taught the meaning of money and how to spend it wisely." When countered by those who call this method bribery, Dobson asks, "How are you going to get your five-year-old to perform the behaviors listed on the chart? The most frequently used substitutes are nagging, complaining, begging, screaming, threatening and punishing." Dobson feels that rewards need not be material things, but that "verbal reinforcement should permeate the entire parent-child relationship." He spends several pages at the end of the chapter (and each chapter) in relevant questions and answers, followed by a summary of the content.

Of course we know that we are created to function according to spiritual laws. Everything we embrace in the realm of psychology is only a subset under the heading of "spirituality."

Dare to Discipline does not go into the influences of the spirit world on our children's lives. But the author skillfully presents strategies for healthy parent-child growth from the behavioral psychologist's point of view. An operative understanding of simple psychological principles can be very helpful.

At School

One section of the book talks about discipline in the classroom. Dr. Dobson points out that: "... adherence to a standard is an important element of discipline. It is a great mistake to require nothing of children — to place no demands on their behavior." Significant

"It is the ultimate paradox of childhood that a youngster wants to be controlled, but he insists that his parents earn the right to control him."

learning in the classroom can only take place within an atmosphere of order and cooperation. James Dobson beautifully explains how a teacher can win the respect of students and exercise the kind of control which allows for deep student-teacher relationships.

Dobson brings up ideas expressed in A.S. Neill's *Summerhill*. In contrast with Dobson's philosophy, Neill advocates the elimination of all authority. This permissive viewpoint, put in Dobson's words, reads as follows: "God is dead; immorality is wonderful, nudity is noble; irresponsibility is groovy, disrespect and irreverence are fashionable; unpopular laws are to be disobeyed; violence is an acceptable vehicle for bringing change; authority is evil; everyone over thirty is stupid; pleasure is paramount; diligence is distasteful."

This sounds extreme, but we have definitely seen the diffusion of these attitudes in our society. Dr. Dobson gives

strong guidelines to high school and college administrators in hopes to reconstruct the authority of the school.

Difficulties in Learning

There are various barriers to learning that children experience. Some youngsters are "late bloomers." Many 6-year-olds are not quite ready to perform all the neurological functions required for reading. For those unfortunate youngsters who are not yet able but find themselves in the first grade anyway, they quickly fall behind the other children and often develop a poor self-image which haunts and hinders the rest of their education. Even though the late bloomer does catch up with his peers in terms of ability, "once a child begins to think of himself as stupid, incapable, ignorant and foolish, the concept is not easily eliminated." Dr. Dobson suggests a "simple screening test could be utilized" to examine a 5 or





6-year-old for "educational readiness."

The slow learners are "those children having intelligence quotients between 70 and 90. These students comprise nearly one-fourth of the children in a typical school." There are usually no special ed classes for these children. They rarely have the thrill of excelling in any academic task, and they are often socially rejected by other children. Sadly, Dobson notes that the slow learner "often has the least sympathy from his teachers . . . The slow learner gradually develops a crushing image of failure that distorts his self-concept and damages his ego." Dr. Dobson asks that teachers try to give this child an easier academic target and grade him more upon his effort. At all costs, we must teach the slow learner to read. This may require a one-to-one situation. We can praise the child's best and help him to build on his successes.

A so-called "under-achiever" has the intellectual ability, but for some reason he is not applying himself. It has been estimated that "seventy-five percent of all

students go into an academic slump sometime between the seventh and the tenth grades." Parents of this child can either become consistently involved in the child's schoolwork, or outline a system of immediate reinforcement which offers some worthwhile rewards. Dr. Dobson gives several fresh suggestions for dealing with this common problem.

Foundation of morality

One of the most significant chapters in *Dare to Discipline* is entitled "Discipline in Morality." Dr. Dobson believes that sexual energy definitely affects the unity which holds a society together. "When a man is devoted to one woman and one family, he is motivated to build, save, protect, plan and prosper on their behalf." Dobson describes the sweeping sexual revolution "which has still not reached its peak." Guidelines for parents are difficult, but the best approach "begins in early childhood and extends through the years, according to a policy of openness, frankness and honesty." One-to-one ques-

tion and response situations are best.

As Unificationists, we're serious about instilling in our children an understanding of marriage as an eternal commitment. Teaching young people a pure and unselfish standard of relationship is a monumental job. Dr. Dobson offers ideas about when to explain what in a child's development. "Parents should plan to end

symptoms to look for and several case histories. The book ends with helpful hints for mothers, as primary care-givers, and a list of some of the biblical underpinnings for Dr. Dobson's outlook on parenthood. Dobson asks each mother to seek divine guidance: "The concepts of marriage and parenthood were not human inventions. God, in His infinite wisdom,



their instructional program immediately before their child enters puberty;" and then serve as ready resource persons during adolescence.

Beyond teaching loyalty to parents, Dobson says that "children should be taught ultimate loyalty to God." In this area we are extremely lucky, because we can teach our children God's beautiful ideal of the four-position foundation and the fall of man.

Dare to Discipline also contains a chapter all about drug abuse; types of drugs,

created and ordained the family as the basic unit of procreation and companionship. The solutions to the problems of modern parenthood can be found through the power of prayer and personal appeal to the Great Creator."

Dare to Discipline encompasses a wide range of concerns that involve all of us as parents of a new and heavenly generation. I recommend it as an informative and helpful guide. *Dare to Discipline* can be found in the religion section of most bookstores. It is well worth the reading.

CHILD EDUCATION

With our Children: First Steps in the Principle

Interview with Phyllis Kim

Mrs. Kim joined the Church in San Francisco, 1966. She completed her training in education and worked for 6 years under Mr. and Mrs. Sang Ik Choi in the San Francisco family. In 1973 she was sent to New York and went on to secretarial work with Mrs. Won Pok Choi. When Father's children first arrived in America, she was asked to look after them and teach them English. Mrs. Kim has been integrally involved in education and child care in the church for the past 7 years.



“If you want to become true children of God then you must be different from people of the past. You must say to God that you are no longer pursuing ordinary, secular goals. ‘I am Your child, and day in and day out my goal will be to fulfill Your will, and be Your representative, and grow to be worthy of possessing Your love’ — these are the words of true children of God, and nothing will change them.”

Sun Myung Moon

Your Spiritual Bequest

I feel that education of a child, and especially a blessed child begins in the womb. Everything that affects us also affects the child. This is why it is important to prepare for that child through our own life of faith. Just as we would want to give a child good food, we have to feed a child

good “spiritual” food also. I would encourage parents to develop good spiritual habits, including prayer and service as early as possible in the morning. A neat and clean appearance, bright cheerful clothing, and a clear healthy attitude are all important, even in these early stages.

Of course, during this time period when many mothers are involved in IOWC, I feel that great spiritual benefit can come to the child. Witnessing, talking — all of these things that serve the highest possible purpose also serve to expose both the mother and child to the highest spiritual input. Depending on the prayer life of both parents during this time, great benefit can come to the child.

The first teachers of the newborn baby are the parents. To the child, we represent True Parents, and the child takes everything as an example of how he should be.



The things that we have difficulty in overcoming are the things that our children, too, will experience difficulty in. So it's important to realize and keep in mind that we are the first teacher. We can teach in words, but the first teacher is what we are.

Unity of the parents through prayer is especially important in these early stages of the child's development. I feel I cannot stress enough how much the blessed child can receive from the parents' healthy prayer life. Even though this time period itself is very busy, and even in a more normal situation the parents find little time for extra things, I think that it is a good idea to keep a diary for the child, a recording of these historic times.

Heavenly Surroundings

The spiritual environment that surrounds the child must be considered, and only we are able to create this for the child, who is not yet able to move for itself. We can pray while holding the child, bringing

the child to Sunday morning pledge service, reading aloud from the Divine Principle, Father's words or from the Bible. We can sing Holy Songs to the newborn baby, or play recordings of classical music. The infant's room should always be kept tidy, cleaned and vacuumed daily. These things can only help contribute to a proper spiritual atmosphere, which the mother has the responsibility to provide.

It is of great concern to most parents that their child receives the right formal education when he is old enough, but it should always be remembered that the school and curriculum can only build on and support the foundation that the parents have given the child already.

We all know that the essential element that the child needs is God's love, but this comes most directly through the unity of the father and mother. We know however, that we are not perfect before the matching, and even afterwards there are still many things to be worked out. We have the opportunity to raise ourselves



through our prayer and offering. This is why our attitude in our mission can contribute so much to the spiritual health of our child. We have to be humble enough to know who we are, and ask God to help in raising our children. With the right attitude then, we set the conditions for God to work through our particular situation. I feel we are so lucky to be alive in this time, and that Father has made this condition, because through it we have a chance to grow more than ever before. We have a chance to become much greater people.

I would like to talk about child care, and the importance of the person who is

directly looking after the child. Again, I feel so strongly that this person can only do as much as the parents. If the parents are actively praying for the child and the person taking care, then that person can find great spiritual strength also.

Principle Heritage

Once children are old enough to be taught, they should learn about True Father and Mother. Our children already have a respect and love for them of course, as we respect and love True Parents. Children can be taught through simple stories about the values of the Divine Principle, Father's life, the 36 blessed

"We can teach in words, but the first teacher is what we are."



couples, and about their children. This is the time to pass on the richness of our own spiritual heritage. To teach the Divine Principle would take several years, but I think that children can grasp an outline of the Principle even when they are still quite young.

Even in the world we grew up in, we knew what was right and wrong as young children. I feel that our children are born with a greater sense of goodness, and our task is to reinforce these righteous, public views. If we give our children the opportunity to lead good lives with Principle values, seeing their own goodness through us, then they will have the foundation and attitude to live with the right direction in this world. The more serious

we are about this sinless generation, the quicker restoration can come about.

Up until this point, the process of passing on religious tradition to the next generation has often met with failure. The great advantages I feel we have are of course, True Parents, a proper standard, and a deep understanding of the truth. We have to be constantly aware of the fact that we stand in the position of an instrument for God's love. Ultimately love is the most important thing for our children. We can teach them, we can give them our values, but the most tremendous thing we can pass on to them is the love for God.

It is so necessary for us to really understand the Principle, because children will always ask "Why is this?," or "How did this happen?" I feel at the same time though, that the mark of a really good teacher is to be able to respond when needed, "I don't know right now — but I will find out for you." It is a great opportunity for us to apply ourselves to study also. It's a great comfort to know that with the Principle we have more answers than anybody.

Living with God

I feel we need to help our children feel that their daily life can be lived with God, that God is their constant companion. They should be encouraged to take God's viewpoint, respecting and serving their elders, while taking responsibility for their younger brothers and sisters. They can be the initiating point of goodness, inviting others to share in that. In a situation

"We have within our grasp the potential to make a completely new and different generation, where God's love will be evident in all daily life."

“Our children are born with a greater sense of goodness, and our task is to reinforce these righteous, public views.”

where something is wrong, they need to know that they can stand up for what is right, and not be persuaded to do something that is wrong simply because somebody else is doing it. We must help them understand that love is given by God unconditionally, that love is constant and perseveres through everything, and that everybody is deserving of God's love.

We have such a rich heritage to pass on to our children. They need to learn about the holidays, and traditions, about Father and Mother's life and the Church history. About the blessing and celebrations, pledge and the holy songs, about holy grounds and, of course, the Divine Principle itself.

Children have a great need to express their creative ability also, and should receive every encouragement in the arts and sciences, as well as sports emphasizing mind/body unity.

Sharing Your History

Our goal is to create that ideal family where God can dwell, so we want to make a place to practice love. It is good for children to know as much as they can

about their parents and grandparents. They need to feel connected to their parents' mission, and know about the blessing their parents participated in. They need to develop a great love for all the things that God has created, appreciating and understanding their environment too.

Above all, I feel that God is the creator of these precious people, our children, and we have been given the opportunity to raise them. We have within our grasp the potential to make a completely new and different generation, where God's love will be evident in all daily life. I feel so happy to have been given this opportunity.

(Mrs. Kim is very interested in developing a complete curriculum for child education and development. She welcomes any suggestions or material that people might feel appropriate. In particular, she would like to see stories written for children that illustrate Principle values: stories about God, church history, Father's life, and the 36 blessed couples. Any children's songs and Principle interpretations of Bible stories would also be welcome. Mrs. Kim may be reached care of this magazine, or by calling 914-631-9168.)

“It should always be remembered that the school and curriculum can only build on and support the foundation that the parents have given the child already.”

"I cannot stress how much the blessed child can receive from the parents' healthy prayer life."



TESTIMONY

The Power of the Spirit

By Mrs. Nora Spurgin

Part 1

This is Part 1 of a talk given in February of 1983. Part 2 will appear in the next issue.

"In your prayer from now on you can command the spirit world in the name of True Parents, and in the name of the Day of the Victory of Heaven. You can insist that your ancestors in the spirit world must come down to cooperate with their descendants and bring them into salvation. They are supposed to obey, and if they do not you can warn them that they are in trouble. You can give a command like this because you are the direct heirs of the True Adam. Spirit world, including the angels, is in the servant position; the sons of Adam have the authority to command those in the spirit world and they must obey you. Even though they lived 1,000 yrs ago and are your elders many times over, those in the spirit world will listen to you." — Father

"Are you interested in the spirit world? Don't you think sometimes that if you could go there once and see it that an immense new universe would open up to you and completely change your perspective? Do you sometimes desire to know about the spirit world so intensely that you wish you could die briefly to see it, and then come back? Do you have this kind of curiosity? If you have this curiosity then when I say something about this, seek out

what is behind it. Try to see what is behind my power. Don't you really want to penetrate through the wall of this physical plane and see the world beyond with your own eyes? Once you see for yourself you would be in a position to know if what I say is true or not. Do you think you already know about spirit world? Actually you do not yet know for sure. You do not completely understand what you have been hearing." — Father

This talk is a sequel to my previous one about dealing with and getting rid of negative energy (Look for Nora's article, "Healing Your Heart" in the Blessing Quarterly, Vol.4, No.4). Then I mentioned that we need to fill up with positivity. I'd like to talk about active spirituality: directing, using, challenging, and offering ourselves. Many times we think of the spiritual life as one of yielding: praying and surrendering, waiting for the spirit to move us and show us where to go and what to do. This is, of course, a very real part of the spiritual life. However, knowing the Divine Principle in this era, we're being challenged beyond passivity to actually direct the spiritual world ourselves. Father has been saying this all along. But I think that we westerners have tended to pass his words off because we have not understood them.

Last time we talked about getting rid of

all the junk. Now, we're filled with powerful creative energy. How do we use it? How do we direct it; how do we multiply goodness through it? First, as a foundation, I'd like to share some of my own life because I feel that things have happened throughout my life in the church to lead me to be able to consider this.

Becoming a Charismatic Christian

I was raised a Mennonite which is very fundamentalist. Our lifestyle had a lot of goodness in it. You couldn't be too bad as long as you remained within the structure where you had to live a pretty strict life. I was happy as a child and as a Christian. I felt I was always a Christian. I didn't have a conversion experience at a specific time. Sometimes I felt that as a lack. But how do you have a conversion, if you felt you were Christian all your life?

When I went to college I did have an experience which was very much a conversion, not to Christianity, but to a more powerful Christianity. I became involved in a charismatic movement. At a specific point I began to manifest certain charismatic gifts: speaking in tongues, healing, prophecy and that kind of spiritual experience. I was part of a group which was carefully taught. We weren't opened up to just anything, but to a whole new world of spiritual power. It was extremely exciting and energy-producing, positive and powerful. I realized, "God has so much to give us that we don't even tap!" At that time I would spend much time in prayer meetings and other activities and yet I got the best grades ever. Everything was effortless because there was so much spiritual help. That occurred about four years before I joined the Church.

Toward the end of the time I was a charismatic, however, I reached a plateau. A spurt of exciting spiritual growth is often followed by a plateau, a point at which things settle down. Often it's frustrating when you reach a plateau because you want to keep on going and going, but you don't know where to get more energy.



At that time I didn't feel that I had gone down, but flattened out. But still I wanted more. However that's the point at which I met the sisters who taught me the Principle. And then I joined the Unification Church.

From God's Child to God's Co-worker

When I heard the Principle, it impressed me as a powerful truth. But when it came to the lifestyle, I felt "What is this?" It was hard for me to unite with

We're being challenged beyond passivity to actually direct the spiritual world ourselves.

the concept of indemnity, especially indemnity conditions. It seemed like all the focus was on the negative and the suffering. I felt like shouting: "We've got to be victorious people! Let's get out of this suffering!" because it wasn't in my previous experience and I had a hard time to identify with it. I had to find an answer to that conflict. Why did people in the Unification Church struggle so much? Why was there suffering? Why did we have to pay indemnity? Why couldn't we have a "spirit-controlled" life where God's spirit would guide us? Instead we seemed to be bogged down by Satan. I felt that I used to live free of Satan, and all of a sudden I had to consistently guard against him. I wondered, "Is this really a higher life?" It was a real question. Most of the members weren't too sympathetic. I think they felt like: "She has to learn."

My answer came in the realization that we were no longer children or in a child's position to God, but that we were co-workers with Him. Therefore we had to grow up and put aside blissful existence as God's child and share the struggles with Him as well as the responsibilities. We had reached a new era — a time to cultivate new soil, not just continue to work the smooth, old soil. The indemnity that Jesus and the early Christians had paid throughout 2,000 years of Christianity was no longer valid. We had moved to a new stage where there wasn't much

indemnity foundation. We had to make it.

"One floor up"

Let me use an illustration. Think of an apartment house; you are on the first floor and you grow until you hit the ceiling. There on the ceiling looking down at those beneath, you feel like you've grown, developed and matured. In order to get to the next stage you have to go out the door and climb upstairs to get to the next floor. What happens on the next level is that you start on the floor again. You have to make that new foundation, starting at the bottom but on a higher level. I felt here was my answer to the life in the Unification Church: we were starting on the floor of the next level and although we were higher, it didn't necessarily feel higher because we were starting at the bottom. During these years God taught me many things that helped me deal with this difficult life of faith.

Recently, I was studying Martin Luther as a part of preparing for the children's Sunday School. As I reviewed Martin Luther's ideas, his theology and the Protestant Reformation, I thought, "Truly, I'm a product of Protestantism." As a Mennonite and as a charismatic, I was part of the Radical Reformation, characterized by the elimination of rituals. The Reformation represented individual responsibility to God, the importance of faith before works, and freedom in the spirit. Protestant-

The indemnity that Jesus and the early Christians had paid throughout 2,000 years of Christianity was no longer valid. We had moved to a new stage where there wasn't much indemnity foundation. We had to make it.

ism was the reform of Catholicism and the evolution of Christianity into the Abel kind of thinking. I realized how much Protestantism has affected the thinking and spirituality of the west, particularly in America.

Now that we are climbing to the next level to start at the floor again, we must discard this desire to have a relationship with God without working for it. We must earn it. I want to mention a couple of things about spiritual discipline.

Praying for the Messiah

When Hugh and I were in Korea for the Blessing, Father had a number of people give us testimonies. One was a spiritualist lady named Miss Yoon. I don't know where she is now, she might still be working with us. She was certainly a per-

could sit in the mountains and pray for nine years. It would be the most difficult thing in the world for me to do.

Disciplined Spirituality

I feel one of the things we have to learn in the Church and one of the things the Orientals have to offer us is this disciplined spirituality. It's creative, obedient and very disciplined. During the first 21 year course, certain restoration took place which represented the Old Testament Age. Our first experiences in the Church have been legalistic, hierarchical, very much the master-servant kind of obedience. I know it's hard for all of us, especially here in the western world. But the second 21 year course is the restoration of the New Testament, a new level which we will live differently.

God has so much to give us that we don't ever tap!

son who recognized Father, his work and the Divine Principle. I don't think she was a member at that point, but she definitely testified to the church.

She came and gave us her testimony. She told us how she had received a lot of the Divine Principle from the spirit world, and she knew that the messiah was on earth. She was praying to find him. She prayed for 3,000 days to find the messiah. She went to the mountains and prayed for 3,000 days. Are you figuring out how long that is? That's nine years, to pray on a mountain. If anybody in America went to the mountains to pray for nine years to discover the whereabouts of the messiah, we all know he'd end up in some mental hospital! In Korea, she gained 20,000 followers during that time.

You can see the difference in the kind of spiritual discipline, the kind of heart the Koreans and Orientals in general have. We westerners don't think like that and it was hard to me to imagine how anybody

Directing the Spirit World

Recently I heard that we have to teach the saints in the spirit world. I was surprised because I thought the saints already knew the Principle and should lead us. However, they are in the position of becoming the spiritual children to those who know Principle. There are specific methods of claiming saints as our spiritual children, teaching them, and doing conditions for them so that they can ultimately help on the earth plane. I had always wondered why these people didn't help us. Then I realized that actually they can't; they aren't free to. They don't yet understand. They may have some awareness, but only when they are taught specifically and adopted as spiritual children, then they can be followers.

Also Father teaches that we have dominion over the angelic world, and this is something that is coming into our awareness, especially since we are many

We must discard this desire to have a relationship with God without working for it. We must earn it.

more blessed couples. We actually have dominion over the angelic world and thus, after the Blessing, we can direct the angelic kingdom and not just wait for it to use us. Actually the angelic kingdom is often frustrated because angels want to serve us, but can't unless we command them. These are new thoughts for me. I realized that my attitude and understanding of the spirit world was limited and still is. I often waited to be guided or led rather than taking a subject position over the angelic world.

Father has taught us these things all along, but sometimes we have to hear them spelled out several times because they do not naturally resonate within our western hearts. I really believe we can live extremely powerful lives and can multiply the goodness within us hundreds of times over if only we can learn how.

(Part 2 of Nora's talk covers eight excellent, practical guidelines for building a more powerful spiritual life. Don't miss the continuation and conclusion in the next issue.)

New Babies



1. John and Helen Abelseth
Helga Jolen, daughter
9/16/83



2. Ken and Ernestine Alexander
Charise Gabrielle, daughter
11/4/83



3. Edward and Julie Alleyne
Themba Jelani, son
8/21/83



4. Thomas and Soo Yeon Azar
Daniel, son
6/21/83



5. David and Renee Balise
Juliana Rose, daughter
10/28/83



6. Michael and Barbara Beard
Myong Hee Susan, daughter
1/29/84



7. Ferdinand and Jan Blaschke
Thomas Benedict, son
Benno Alexander, son
1/3/84



8. Jackson and Kiyoko Bowman
Joshua, son
12/19/83



9. John and Claire Bowles
Dordji Thomas, son
9/29/83



10. Greg and Keiko Breland
Chiyun Katrina, daughter
8/4/83



11. Richard and Marjorie Buessing
Marric Grace, daughter
7/28/83



12. Nicholas and Hae Young Buscovich
Kibos Nicola, daughter
6/9/83



13. Randy and Nam Sook Casseday
 Leerada, son
 12/8/83



14. Richard and Jae Sook Cohen
 Jarisha Newman, son
 10/14/83



15. Andy and Theresa Combs
 Andrew David, son
 5/29/83



16. Andrew and Lydia Compton
 Alexander Ross, son
 8/18/83



17. Publio and Maria Dela Rosa
Alexander, son
7/16/83



18. Ugo and Doreen DiNovo
Wildor Canugo, son
11/19/83



19. Lowell and Lesa Ellanson
Aralee Clarisse, daughter
10/25/83



20. Robert and Sydelle Enyeart
Han Ja Rose, daughter
7/5/83



21. Giorgio and Theresia Gasperoni
 Marco, son
 7/1/83



22. Hiroshi and Kathleen Goto
 Shinam, son
 Neinam, son
 Jinnan, son
 5/26/83



23. Claude and Anne-Marie Guichard
 Nathalie-Anne, daughter
 7/27/83



24. Carl and Grazyna Hagen
 Jan TaDeusz, son
 9/24/83



25. Patrick and Myung Hee Hickey
Johnmin George, son
7/14/83



26. Steve and Louise Honey
Justin Newman, son
10/15/83



27. John and Darcy Hovard
Elysa, daughter
12/21/83



28. Reinhard and Kaarina Jaeger
Risun Joshua, son
1/17/83



29. Evans and Rachel Johnson
Nancy Ella, daughter
9/5/83



30. Nathan and Debbie Loew
Young II
6/15/83



31. Lowell and Rumiko Mitchem
Jin'ae Sun, daughter
5/12/83



32. Matthew and Bethie Morrison
Darrick Kwonyung, son
7/3/83



33. Emilio and Marcelle Murdica
David, son
9/15/83



34. Spiro and Leslie Olivas
Andrew Winslow, son
7/14/83



35. Kinihiro and Kiniko Onishi
Keiko Sarah, daughter
10/12/83



36. Jim and Carol Osborn
Jeremy Ryan, son
12/12/83



37. Gerald and Iride Ren
Alexander, son
6/11/83



38. Peter and Jane Schepmoes
Carmia Marie, daughter
6/6/83



39. Alois and Wenche Seidl
Roseleen, daughter
12/17/83



40. Jim and Hiromi Stephens
Nari, daughter
11/8/83



41. Paul and Jutta Tobkin
Yusum Kim, daughter
11/11/83



43. Mark and Tamie Wilenchik
Daniel Marcus
5/9/83



42. Charles and Jeanette Walker
Christina Elizabeth, daughter
8/4/79
Catherine Johanna, daughter
1/19/83



44. Doug and Eileen Williams
Jason Douglas, son
1/9/84



We hope you have enjoyed this issue of the Blessing Quarterly. This publication is your magazine, and we welcome your participation. If you have testimonies or interesting articles, we invite you to share them with us.

Also we are eager to announce the birth of your baby! Please send a photo and include: parents' names, baby's name, son or daughter, and the date of birth. All correspondence can be addressed to:

The Blessing Quarterly
4 West 43rd Street
New York, N. Y. 10036