

# A Life of Gratitude

Dr. Chung Sik Yong, July 10, 2022

I have a very urgent meeting from headquarters today, so this morning's devotion was recorded just one hour beforehand. Thank you for your understanding. I think we will inform you more in detail about what happened.

Yesterday, the Sub-Region 1 GPA Workshop was held at the New Jersey KEA Church. 24 GPA members in Sub-Region 1 who graduated this year attended the workshop.

I shared with them the very practical guidance, the importance of prayer, HoonDok Hae, having 3 spiritual children, and writing appreciation diary every day.

We took a beautiful group photo. They (have) a strong determination to dedicate themselves for God's will. Of course, some of them will return to GPA.

Today I'd like to talk about "A Life of Gratitude" from *True Mother's Anthology, Book 1*.

*We must attend God and ultimately complete Cheon Il Guk. This must begin from the individual. Father said that Cheon Il Guk is the nation which is achieved when two people become one. How can a person live with complete unity of body and mind 100 percent of the time? This is a fundamental issue that we must practice through our faith. Hence, before I criticize your wrongdoings, I want to remind you to first begin with a grateful and pure heart toward Heaven. Those who can say, "Thank you," honestly and without reserve, are people who have attained enlightenment. If you can attain oneness on the individual, family, church, tribe and national levels, then one world centered on God will automatically be realized. (2012.11.11, CheongShim Peace World Center)*

*Have those in the first and second generations led a life of gratitude toward True Parents? There must be no complaints or grumbling on our path. The reality of both the second generation and the first generation deeply concerns me as I see a lack of the most basic element of faith—a heart of gratitude toward everything. Just as is mentioned in the Bible and the Divine Principle, a common person of faith first offers gratitude to Heaven. However, we have unconsciously strayed into a self-centered life of faith. (2013.07.05, Hawaii)*

True Father said that God's Cheon Il Guk is achieved when two people become one. However, the first task that must be solved is to unite the mind and body because if my mind and body don't become one first, then two people can't become one.

True Mother asked, "How can a person live with complete unity of body and mind 100 percent of the time?"

As a solution to this problem, True Mother says that you should not decide what's right and wrong about the other person, and (should) not criticize others first. Begin with a pure heart with words of gratitude for everything.

She said that those who have developed a habit of giving thanks in their life of faith have already reached a different spiritual level and become people who have attained enlightenment.

She said that if you repeat this grateful lifestyle and make it a habit, eventually you will unify your body and mind, and it will become the basis for two people to become one.

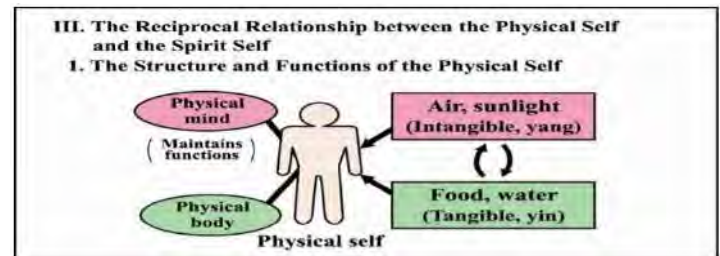
What True Mother is worried about is that our blessed 2nd generation do not have a heart of gratitude for the first generation, the generation of their parents. Gratitude is something you can never feel if you lead a self-centered, selfish life. On the other hand, when you have a desire to live only for the sake of the other person, gratitude is automatically felt.

Mother continually talks about a life of gratitude. This is a really important point.

## LIVING DIVINE PRINCIPLE: The Principle of Creation 58 - The Reciprocal Relationship Between the Physical Self and the Spirit Self

### The Structure and Function of the Physical Self

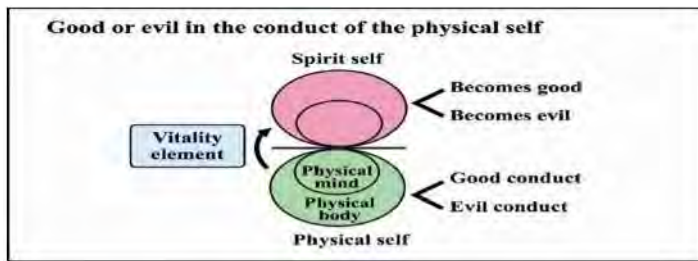
• *The physical self consists of the dual characteristics of the physical mind (subject partner) and the physical body (object partner).*



• *The physical mind directs the physical body to maintain the functions necessary for its survival, protection and reproduction.*

• *For the physical self to grow in good health, it must absorb air and sunlight, which are intangible, yang types of nourishment, and eat and drink food and water, which are tangible, yin types of nourishment. The body has give and take with this nourishment through its*

digestive and circulatory systems.



- Good or evil in the conduct of the physical self is the main determinant of whether the spirit self becomes good or evil.

- This is because the physical self provides a certain element, which we call the vitality element, to the spirit self.

- In our everyday experience, our mind rejoices when our physical self performs good deeds but feels anxiety after evil conduct. This is because vitality elements, which can be good or evil according to the deeds of the physical self, are infused into our spirit self.

Based on this EDP content, let me explain in more detail.

### The Dual Characteristics of the Physical Self and the Spirit Self

All entities are composed of dual characteristics. Therefore, human beings also have the dual characteristics of the physical self and the spirit self. If human beings had not fallen, we would be able to naturally understand the spirit world and the spirit self with our spiritual senses in the same way that a person with a healthy physical body can naturally understand the natural world with his physical senses.

Due to the Fall,, human beings fell into ignorance of not only God, but also themselves. Thus, human beings had fallen into a position of not even knowing that there is a spiritual body inside themselves. Therefore, it is important for us to first have a basic understanding of human beings.

### The Structure and Functions of the Physical Self and its Dual Characteristics

Just as human beings are made up of the dual characteristics of the physical self and the spirit self, so too are the structure and functions of the physical self. Thus, the physical self consists of the dual characteristics of the physical mind (subject partner) and the physical body (object partner).

The physical mind directs the body to maintain the functions necessary for its survival, protection and reproduction.

Instinct, for example, is an aspect of an animal's

physical mind. Instinctual elements are also an aspect of a human being's physical mind. The desire for food, clothing and shelter are categorized as part of the physical mind, and the physical body is part of the physical mind's external form. Therefore, the physical mind and physical body have the relationship of internal nature and external form, that is, a relationship of intangibility and tangibility.

### The Role of the Physical Self and the Growth of the Spirit Self

- The most important role of the physical self is its influence on the growth of the spirit self.

- > If the physical self practices goodness, the spirit self becomes good. If it practices evil, the spirit self will also become evil.

- The physical self provides a certain element to the spirit self, which we call the vitality element.

### How to Grow the Physical Self and Become Healthy?

Tomorrow I am going to talk about how to grow the spiritual self and become healthy.

1. The physical self must absorb air and sunlight, which are yang types of nourishment.

2. The physical self must drink good water and eat good and healthy food, which are yin types of nourishment.

That is why to take care of your physical self, you must select very good, healthy food. Otherwise if you eat the wrong food, then you really spoil your physical body.

3. The physical self must receive life elements (God's love) from the spirit self.

That is why we need to know that our physical self needs to get life elements from our spiritual body. When our spiritual body receives God's love, it is felt influences our physical self.

- The Word and God's Love

We need to practice God's word and do a lot of hoondokhae . When our spiritual body receives God's love, then automatically (it) returns really good elements to our physical body

4. The physical self must live centered on the spirit self and overcome the direction of the physical mind.

That is why we need to know how to overcome our four kinds of (physical) desires: the desire for eating, materials, sex and sleep, how to handle all four of these desires very well. If we handle them very well, our physical body will become very strong and healthy.

5. The physical self must provide good vitality elements to the spirit self.

- Therefore the physical self must live for others.

Our physical self always needs to sacrifice for the sake of others. Then it becomes very healthy. We need to know this principle.

**TODAY'S YOUTH MINISTRY: During the Formation Stage, You can Restore Your Original Nature if you Keep the Law of the Word Carefully**

*5. Just as the law of the body is necessary for the body to become healthy, the mind needs the law to preserve itself well. However, the laws of the body and the laws of the mind have been enemies until now. If you follow the law of the body, the mind suffers; if you follow the law of the mind, the body suffers. They didn't listen to each other. That is why the Bible, Romans 7:22-24 says, "For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death?" The reason we keep the law of the Word in the process of restoring ourselves is to find our original nature. During the formation stage, if I keep the law of the Word, my heart is at ease and I am happy.*

Because of the fall of man, body and mind are always at war. Since human fallen nature is stronger than our original nature, we always try to control our minds through our bodies.

The great Apostle Paul also frankly expressed his own battle between the body and mind in the Bible, Romans 7:22-24. He said, "For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death?"

My goodness. Even St. Paul lamented again and again the contradiction of his body and mind fighting. We see that he also struggled and made effort constantly to get rid of the evil mind that came in through his body anytime.

The reason we keep the law of the Word in the process of restoring ourselves is to find our original nature. Therefore, during this formation stage, the law of the Word must be regarded as life. If I keep the law of the Word well, my heart is at ease and I am happy.

So as a fallen man without the stimulation of the word, it is impossible to control our physical body. It cannot be done (simply) by training, determination and a strong will. There is a limitation. In order to overcome our physical limitation and our fallen nature, we need to borrow strength and power from the spiritual world .

When you really empty (your) mind and really ask God to help you overcome this kind of issue, God surely can help you. But without God, without prayer and jeongseong, if you just want to overcome (this with) your own power and strength, it is impossible. That is why in the formation stage one of the most important thing is how to handle our physical body through God's word. God's word is very powerful. God created human beings through his word and he expressed his heart through his word because his word is his love.

That is why when we have God's love through his word, we have the power to control our physical desire and we can really follow the law of our mind.

**The Impact of Ancestors' Legacy on Descendants**

*6. However, some people fail to keep the law of the mind and they follow the law of the body, leading to a state they cannot bear. Such a person can also be viewed as a result of lineal sins related to their ancestors. It is because they are very deficient in morals and have sinful bloodlines due to their ancestors. Also, we can see that if there is a lack of filial piety towards parents, that is passed on to the descendants. Among our ancestors, if there is an ancestor who won in human relationships or who lived a proud life, their descendants will have a higher level of religious belief. If some people serve their ancestors well and keep the wonderful traditions they left behind, their descendants will want to believe even if they aren't taught to believe. They want and try to believe even if no one teaches them.*

If you look at your blood lineage and fallen natures, you can quickly see what kind of sinful people your ancestors were. This is because you are the product of your ancestors.

All of our genetic factors are inherited from our ancestors, so they are passed on as they are /to our descendants.

Therefore, in order to solve this problem, it is necessary to meticulously examine what kind of fallen natures I have inherited from my ancestors, accept it as a reality, and take countermeasures against it.

For example, many people become completely possessed by fornication thoughts, or become addicted to pornography and cannot get out of it. To them, overcoming this may seem almost impossible.

In this situation, I must accept the fact that not only myself, but many of my ancestors could not get over this problem, so it was eventually passed on to me. And know that if I cannot overcome this problem myself, I will pass it on to my children and future generations.

To deal with this kind of problem, first, don't think of this problem as your own problem, but have the consciousness that you should overcome it with all of your ancestors. Today, as blessed families, we should know that by solving this problem, my ancestors will be set free, and my descendants will be freed from this evil.

Therefore, we, together with our ancestors, should cling to heaven over this serious matter and repent until tears come out. We must pray, "Help me, God! How much did you worry about this problem, and how many tears did our ancestors shed and struggle over this problem? As a person who knows God's will and the principle, I must overcome this problem, so please give me spiritual strength."

That's why you need to pray for Adam's family. You need to think about Adam and Eve's situation and Cain and Abel's situation, all our ancestors' situations. Cain inherited from Adam's family all kinds of Chapter Two spirits, evil spirits, fallen nature, fornication spirit. We need to think about that.

Because of that how many tears God shed. "Heavenly Father, I don't want to be like Adam and Eve, like Cain and Abel." We need to seriously pray about this.

We must fight seriously over this issue. First, we must overcome unrighteous sexual desires with the power of the Word, and we must shed many tears of repentance on behalf of our ancestors whenever we have a fornication thought. You must lament a lot over yourself. Therefore, we must completely crucify our unrighteous sexual desires and live as Jesus and True Parents. (We must) completely crucify these kinds of unrighteous evil desires. This is a serious issue. In order to overcome that, we need to shed a lot of tears. You cannot overcome this with your own power. God and the Holy Spirit need to intervene. Otherwise, how can you overcome (these things).

You need to know the seriousness of fornication thoughts and fallen nature. That is why you really need to kneel down: "Heavenly Father, I cannot overcome (this) by myself. You need to intervene (with) me. Otherwise, what shall I do? I don't want to be Adam and Eve or some ancestor really possessed by an evil spirit and a fornication spirit."

You need to have that kind of lamentation like St. Paul who had a lot of Satans(?). "How much of a miserable guy I am, Heavenly Father."

Children who easily rebel against their parents or do not obey them are evidence that there were many such unfilial ancestors in their lineage. The more this is true, the more I need the determination to gain the power of

the Word and be more filial to my parents.

I said that it is difficult to find descendants who have improved (on) the problems of their ancestors and are better than their ancestors throughout history. It is a fact that they have had the same problem as their ancestors and have continued to multiply the sin even more until now.

Conversely, among our ancestors, if there is an ancestor who won in human relationships or who lived a proud life, their descendants will have a higher level of religious belief. If some people serve their ancestors well and keep the wonderful traditions they left behind, their descendants will want to believe even if they aren't taught to believe. They want and try to believe even if no one teaches them.

That is why (we need to) purify our blood lineage. This is very important. If we purify our blood lineage, we get rid of our fallen nature and all good things we can pass to our children and descendants.

When you see the reality of your blood lineage, what quality blood lineage you have, you know immediately that. Someone who has a lot of Chapter Two thinking and fornication and other kinds of fallen nature, you know yourself very well. You inherited this from your ancestors. Some part of your fallen nature (may be from) ten or 20 or 100 generations before. You need to accept that reality.

"OK. This is my reality. This comes from my ancestors. But I want (all this) to finish with my generation. Because I met God and True Parents, I already know the Divine Principle, I already know what to do. I don't want to repeat the same problems as my ancestors." (And you shed) tears of repentance.

You know (from) the Divine Principle how difficult it is to control your physical body. You need to study God's word. You need to get the stimulation from God's word because God's word is God's love.

### **Descendants of Good Ancestors are Witnessing Guests**

*7. When some ancestors say that when they were on earth, they lived immorally without obeying laws and order, or that they lived while worrying their parents, their descendants not only refuse to listen, but also refuse to believe. They do not try to keep the law of the Word. There are people who are happy by keeping the law like this, but on the other hand, there are also people who are very distressed. The more people have deep faith since their ancestors' time, the more their descendants will have clearer blood, and when they hear the news of the new era from heaven, they open their*

hearts and accept them. These are the people we witnesses need to find. Descendants of good ancestors agonize over the problems of life, and they long for the truth while questioning whether there is a God or what is the purpose of life.

When we witness, we should meet descendants of good ancestors. Of course, we should witness to all people, but we should witness to other people and descendants of evil ancestors AFTER meeting people prepared by Heaven and forming a foundation of love.

Descendants of good ancestors are bound to be connected to our Will surely. The problem is that there are no people on God's side that will meet them.

Without being approached by us, no one will save them. That is our portion of responsibility. We must clearly know that such people are there and go out and find them with this belief.

According to True Parents's word, the reason we all came on this path of God's will today is thanks to our ancestors merit.

### **When the Body Follows the Law of the Kind, You can Maintain Spiritual Health**

8. *If the witnesser meets the person whom heaven has prepared and witnesses by saying, "You are struggling with these problems! I met this truth, solved my life problems, and tasted joy. You, too, listen to me once and see if your problems are solved." The person will hear it and come to empathize with it. Those connected in this way are meant to remain in the will. However, if I say that I came to believe after following someone, or that I came to believe because someone was good to me, they will stop when faced with a trial in the middle. This is because the essence of faith is that in the process of body and mind fighting each other, all human beings try to find the subject of their mind. For those who are on the path of restoration, this is the first gateway to faith. Those who admit to the conflict between body and mind in this way will be liberated by keeping the law of the Word. By keeping the law of the Word, such people gain the secret to victory in their hearts, gain wisdom, and then experience joy. By doing so, my sense of responsibility is strengthened, and I feel that the law of the Word is not a painful law, but is really the law of my original nature.*

People who are prepared by Heaven are sure to have concerns about the problems of their life. If there is something good, they always have an enthusiastic mind to accept them, and they emphasize well.

We have to testify to these prepared witnessing guests how much we have changed after hearing the

word. Those connected in this way are ... (likely) to remain in the will.

However, people that say that they came to believe after following someone, or that they came to believe because someone was good to them are people who were lead by members affection or bonded according to the good atmosphere, and when the environment becomes bad, they will surely betray.

Therefore, we have to meet people who genuinely long for the truth.

If you joined because of someone's love, you can betray them on the way. That's why you need to have conviction by truth. You need to confirm that God really does exist through the Divine Principle and practice. Do you understand what I mean? Then you really accept that True Parents are the messiah and savior of all humankind through your spiritual experience. Then you can overcome and face any difficult issues because you have received a confirmation. If you join from a good environment, by someone's pushing or someone's affection, without confirmation through your own spiritual experience, when an evil environment comes, when persecution comes, surely you will change your heart and mind.

Those who admit to the conflict between body and mind in this way will be liberated by keeping the law of the Word. By keeping the law of the Word, such people gain the secret to victory in their hearts, gain wisdom, and then experience joy.

Therefore, my brothers and sisters, during the formation stage, you can restore your original nature if you keep the law of the Word carefully

That is why studying God's word is very important. The habit of hoondokhae is very important. This is really formation stage. This is the basic standard for growing up very well.

### **LIVING TESTIMONY: I'm a Living Testimony for Whom Anything is Possible (Testimony of Takayoshi Miyamoto)◆**

*NOTE: This lightly edited transcription may contain errors and omissions. Indecipherable or uncertain words and guesses are tagged with a "(?)" and indecipherable phrases, with an ellipsis "...". First, second and third person pronouns have been left as spoken if the meaning is clear, and other apparently Korean English expressions have been preserved. Some repeated phrases have been eliminated. This text and the PowerPoint slides from this speech are available as PDF files at the top of this text. Audio only is available at [anchor.morndev.com](http://anchor.morndev.com), [spotify.morndev.com](https://open.spotify.com/anchor/morndev) & [audio.morndev.com](http://audio.morndev.com). Notes or transcripts of Dr. Yong's Morning Devotion speeches from November 11, 2020 through March 29, 2022 are available as six paperback books at cost at [Lulu.com/Shop](http://Lulu.com/Shop) -- search for Dr. Chung Sik Yong -- and as PDF downloads free of charge at [MDBooks.Hoondok.com](http://MDBooks.Hoondok.com).◆*

Episode 258

# Morning Heart Devotion

The 16<sup>th</sup> 40 day Jeongseong Condition (23<sup>rd</sup>  
day)  
258 day (623)

**A life of gratitude**  
감사생활

July 10, 2022  
North America HQ

40-Day Special Devotion for a Successful Songjwa Festival Celebrating  
the 10th Anniversary of True Father's Holy Ascension  
**Commencement Service for a Successful Vision 2027** 結  
at the New York Korean Family Church  
July 03, 2022 Venue: North Haledon, NJ FFWPV (Ministry USA) New York Korean Family Church

Cain's Responsibility



# SR1 GPA Workshop

7.9.22





# SR1 GPA Workshop



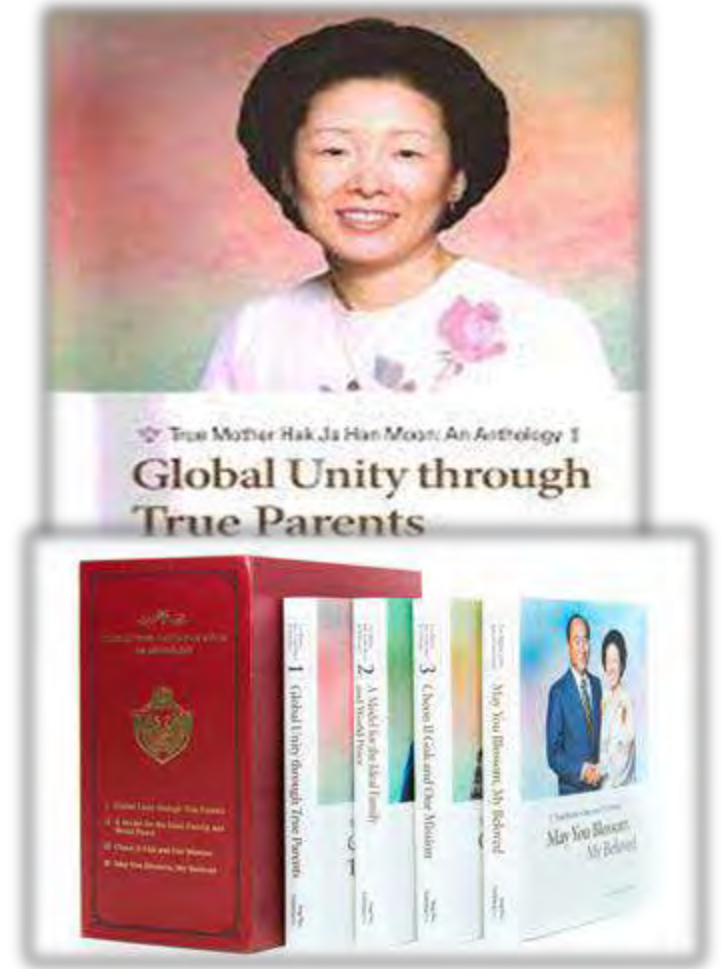
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# A life of gratitude

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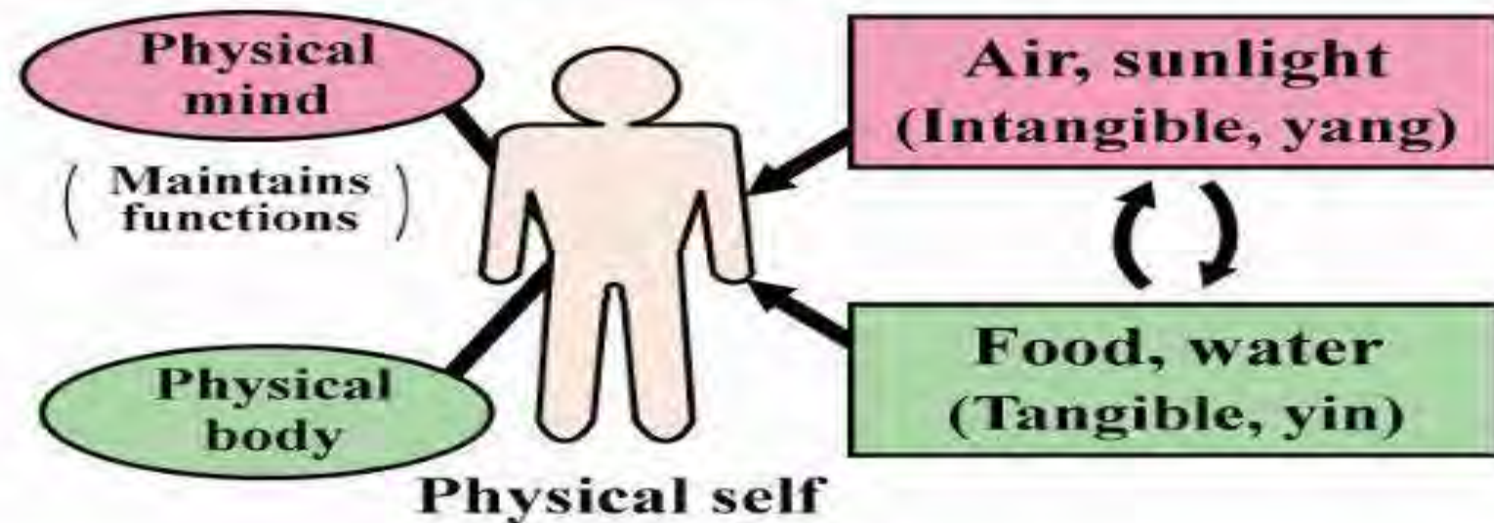
**Living Divine Principle**

# The Principle of Creation 58

-The Structure and Function  
of the Physical Self-

### III. The Reciprocal Relationship between the Physical Self and the Spirit Self

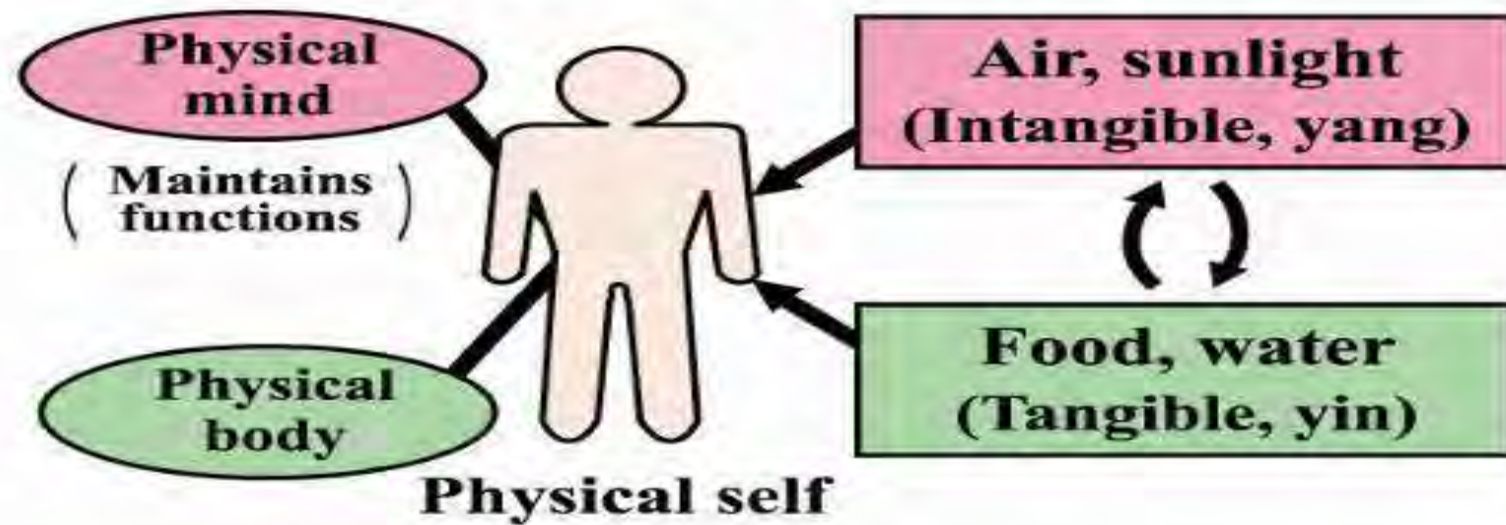
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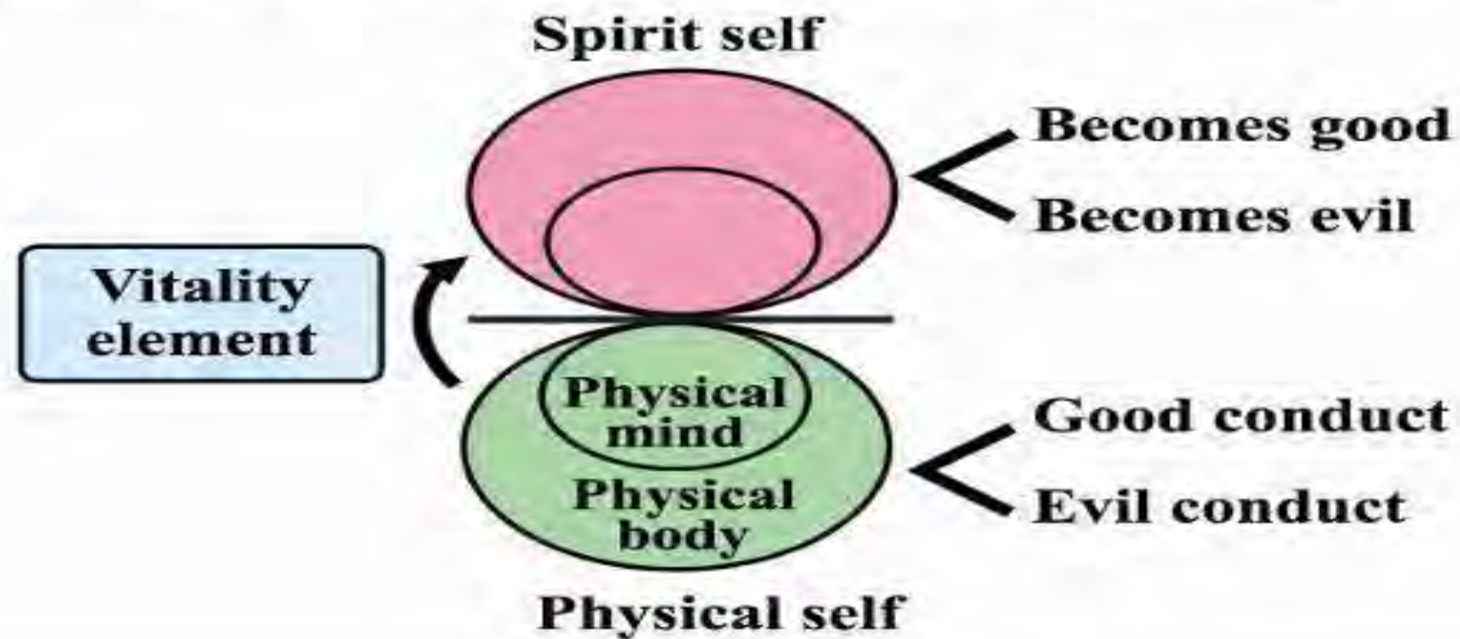
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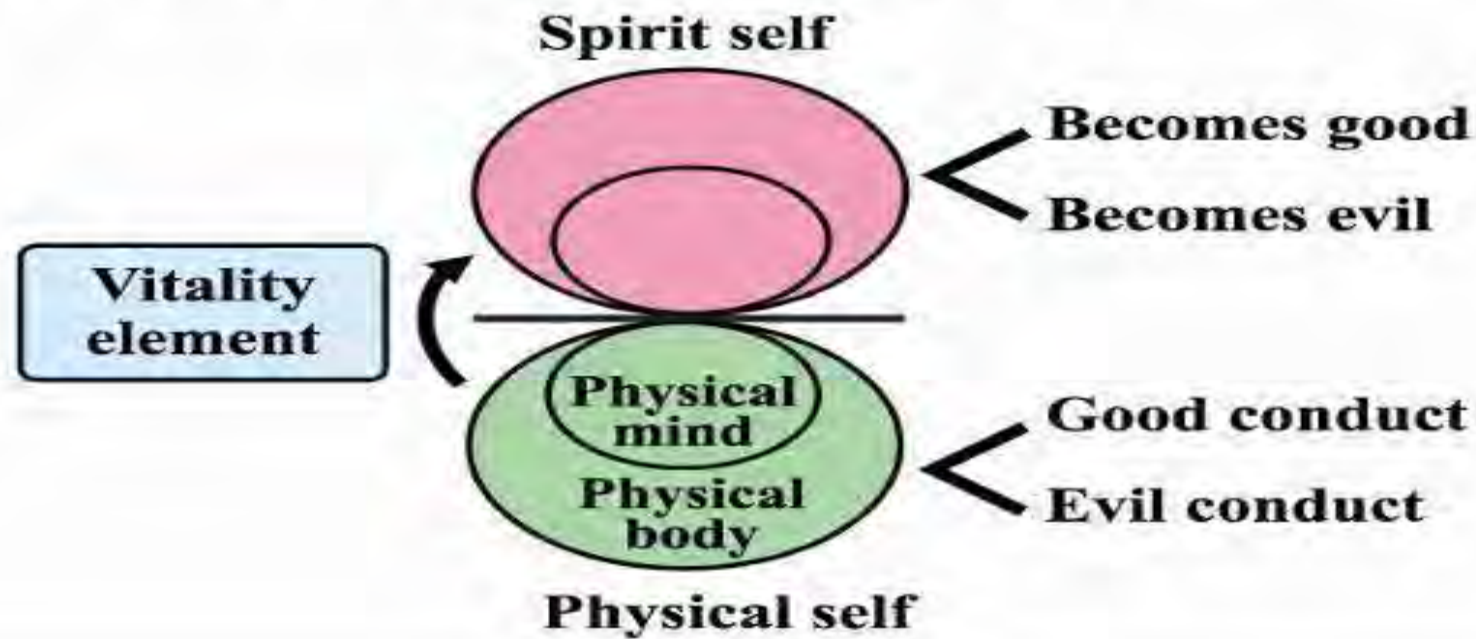
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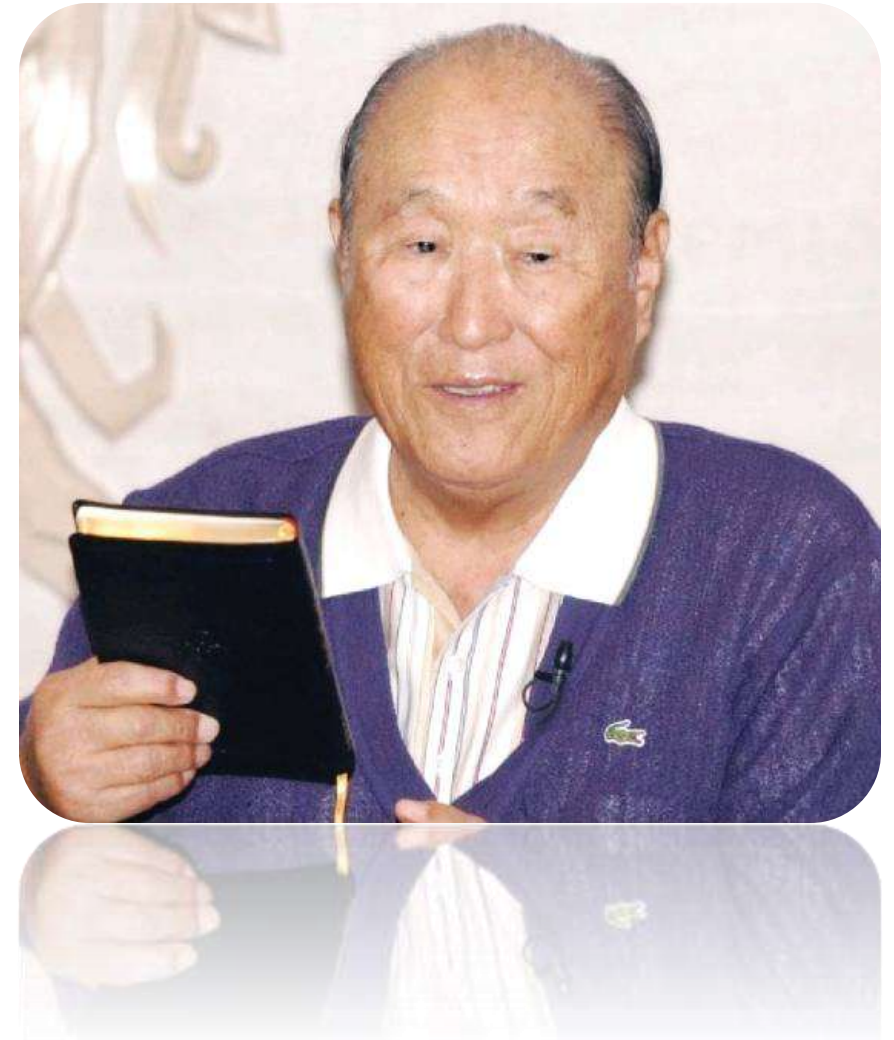
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# The role of the physical self and the growth of the spirit self



- The most important role of the physical self is its influence on the growth of the spirit self.
  - If the physical self practices goodness, the spirit self becomes good. If it practices evil, the spirit self will also become evil.
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# How to grow the physical self and become healthy ?



- ① The physical self must absorb air and sunlight, which are yang types of nourishment.
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- ③ The physical self must receive life elements (God's love) from the spirit self.
  - The Word and God's Love
- ④ The physical self must live centered on the spirit self and overcome the direction of the physical mind. (4대욕망 극복)
- ⑤ The physical self must provide good vitality elements to the spirit self.
  - The physical self must live for others.

# Today's Youth Ministry

During the Formation Stage, You can Restore Your Original Nature if you Keep the Law of the Word Carefully

y  
소생기에는 말씀의 법을  
잘 지켜야 본성을 복귀할 수 있다

## During the formation stage, you can restore your original nature if you keep the law of the Word carefully

5. **Just as the law of the body is necessary for the body to become healthy, the mind needs the law to preserve itself well.** However, the laws of the body and the laws of the mind have been enemies until now. If you follow the law of the body, the mind suffers; if you follow the law of the mind, the body suffers. They didn't listen to each other. That is why the Bible, Romans 7:22-24 says, “For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death?” **The reason we keep the law of the Word in the process of restoring ourselves is to find our original nature. During the formation stage, if I keep the law of the Word, my heart is at ease and I am happy.**





6. However, some people fail to keep the law of the mind and they follow the law of the body, leading to a state they cannot bear. Such a person can also be viewed as a result of lineal sins related to their ancestors. It is because they are very deficient in morals and have sinful bloodlines due to their ancestors. Also, we can see that if there is a lack of filial piety towards parents, that is passed on to the descendants. **Among our ancestors, if there is an ancestor who won in human relationships or who lived a proud life, their descendants will have a higher level of religious belief. If some people serve their ancestors well and keep the wonderful traditions they left behind, their descendants will want to believe even if they aren't taught to believe. They want and try to believe even if no one teaches them.**

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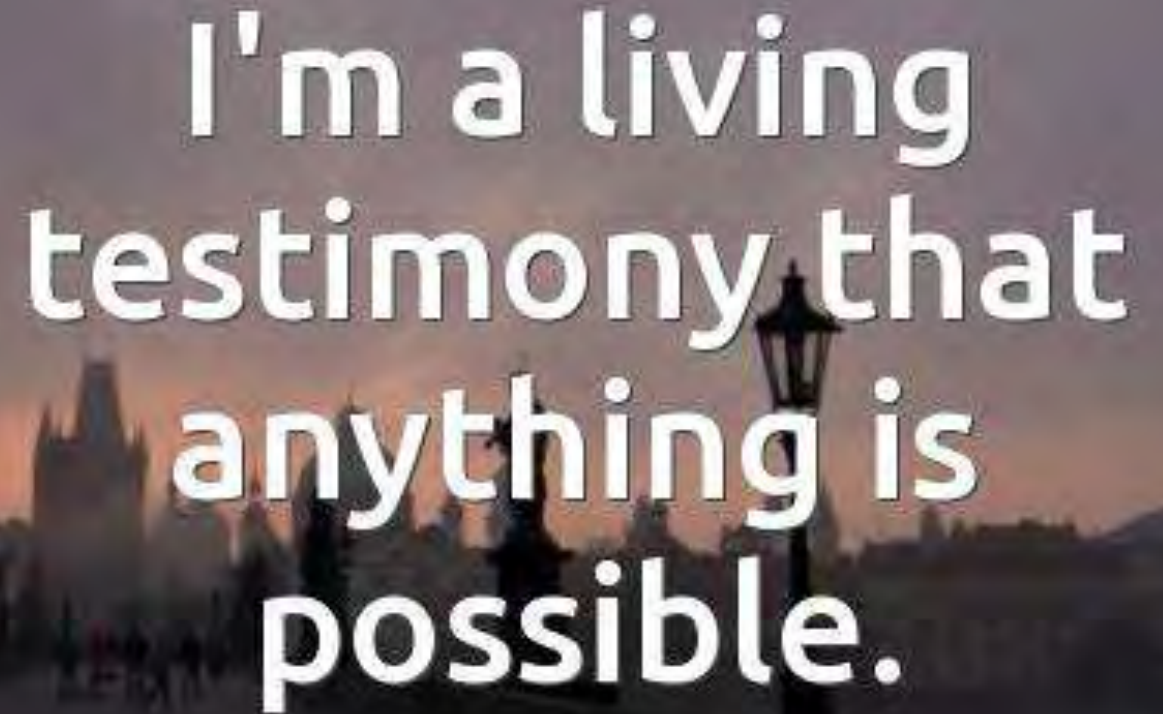
**Descendants  
of good  
ancestors are  
witnessing  
guests**

7. When some ancestors say that when they were on earth, they lived immorally without obeying laws and order, or that they lived while worrying their parents, their descendants not only refuse to listen, but also refuse to believe. They do not try to keep the law of the Word. There are people who are happy by keeping the law like this, but on the other hand, there are also people who are very distressed. **The more people have deep faith since their ancestors' time, the more their descendants will have clearer blood, and when they hear the news of the new era from heaven, they open their hearts and accept them. These are the people we witnesses need to find. Descendants of good ancestors agonize over the problems of life, and they long for the truth while questioning whether there is a God or what is the purpose of life.**

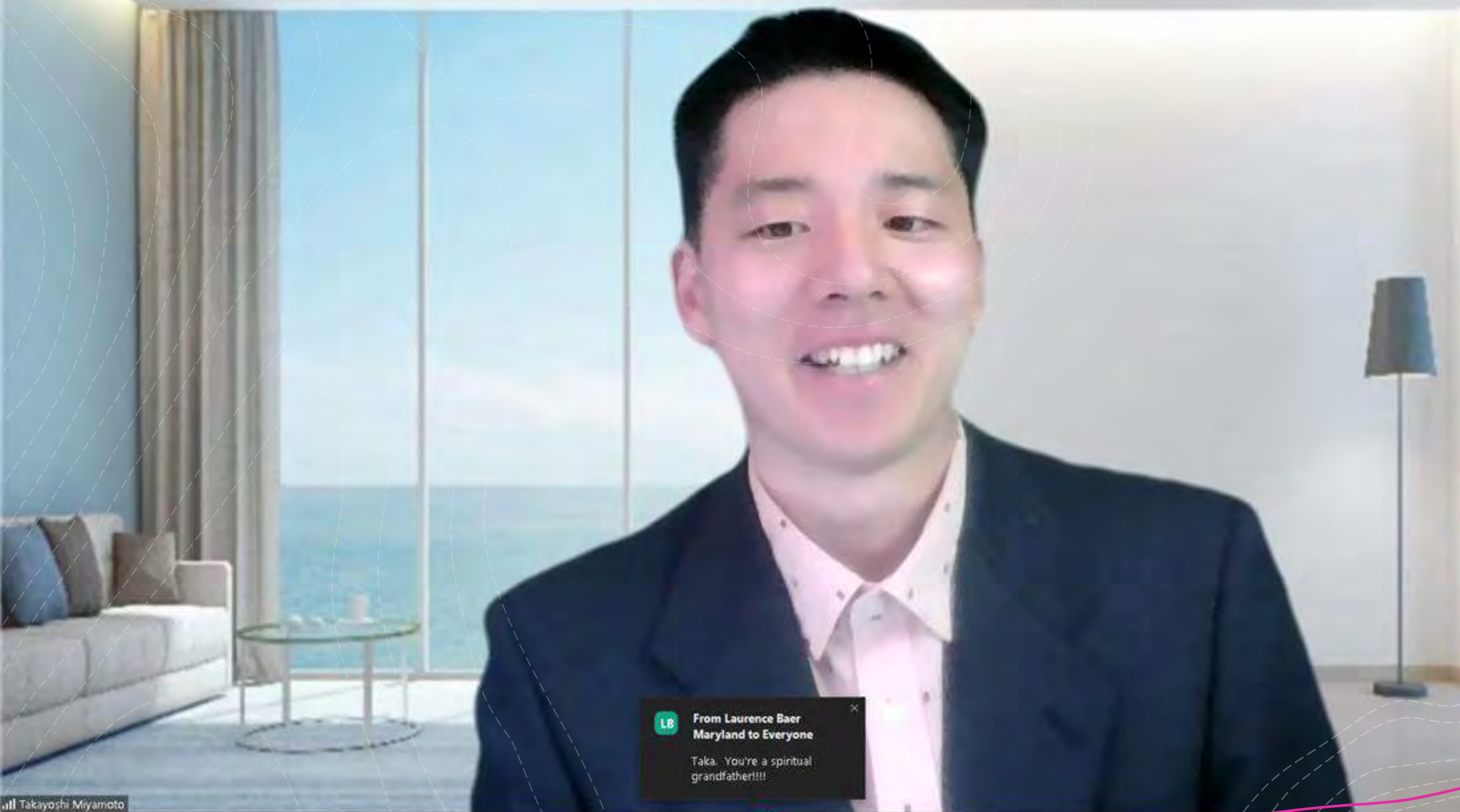
**When the  
body  
follows the  
law of the  
kind, you  
can maintain  
spiritual  
health**

8. If the witnesser meets the person whom heaven has prepared and witnesses by saying, “You are struggling with these problems! I met this truth, solved my life problems, and tasted joy. You too, listen to me once and see if your problems are solved.” the person will hear it and come to empathize with it. Those connected in this way are meant to remain in the will. However, if I say that I came to believe after following someone, or that I came to believe because someone was good to me, they will stop when faced with a trial in the middle. This is because the essence of faith is that in the process of body and mind fighting each other, all human beings try to find the subject of their mind. For those who are on the path of restoration, this is the first gateway to faith. Those who admit to the conflict between body and mind in this way will be liberated by keeping the law of the Word. By keeping the law of the Word, such people gain the secret to victory in their hearts, gain wisdom, and then experience joy. By doing so, my sense of responsibility is strengthened, and I feel that the law of the Word is not a painful law, but is really the law of my original nature.

# Living Testimony



I'm a living  
testimony that  
anything is  
possible.



Dr. Michael & Maria Kiely NY

Media Ministry

Yasutaka Ozawa

NJ- Peter & Monika Lewis

HSA UWC

ipad

**LB** From Laurence Baer Maryland to Everyone

Taka, You're a spiritual grandfather!!!!

Takayoshi Miyamoto

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1.JPG

Award Ceremony  
典暨表揚大會  
華人聯合會 CPFWP-USA







Filial Piety Festival & Award Ceremony  
孝情慶典暨表揚大會  
美國全球和平華人聯合會 CPFWP-USA

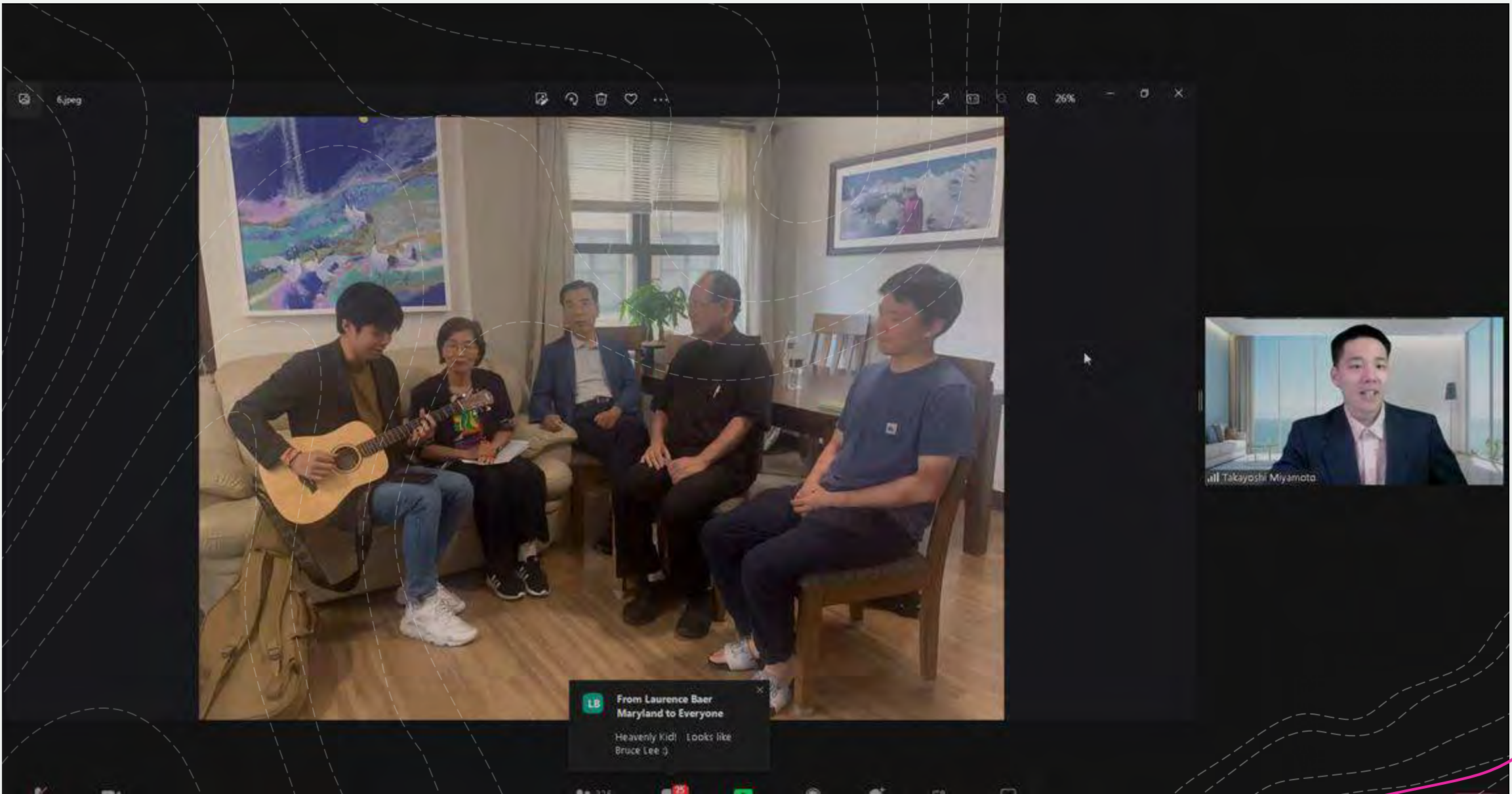


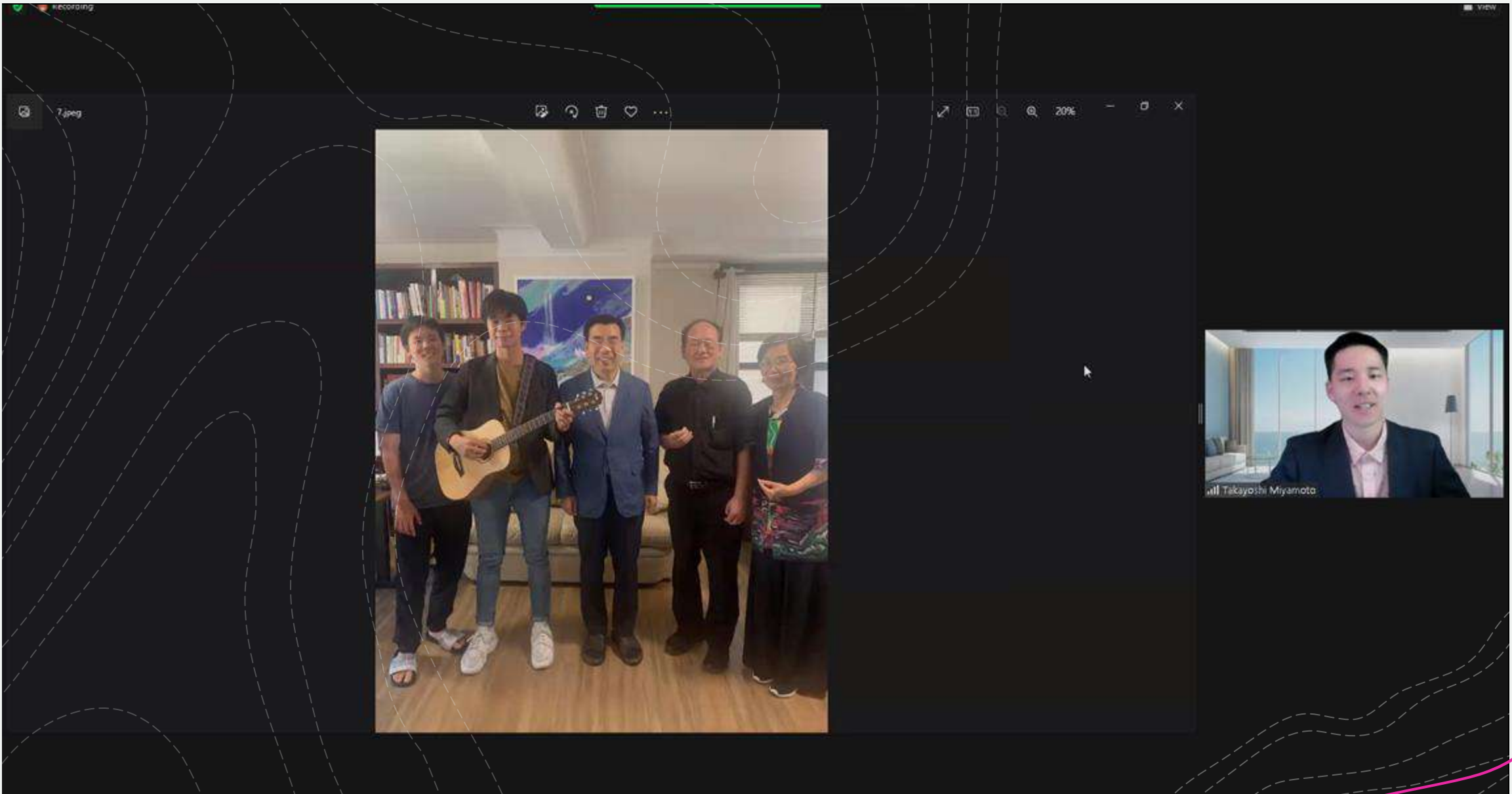
Takayoshi Miyamoto













**Thank you so much**