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Our Master's Answers to The Questions

"What is your attitude about people knowing of your visit and your identity?"

"It is always best to teach the truth first. If the truth is acceptable to them as the revelation from God, then they will be led to the conclusion, and will be guided by the Spirit-world to know me. That is more natural.

"One should not be forced to accept the conclusion, because he will be repulsed. Teach the Principle first, intellectually, and guide the student to the spiritual experience by having him read books on the spirit-world or by taking him to a spiritually gifted person. Help him to have a spiritual experience if possible. In this way, lead the student to find the conclusion by himself. It will be the most thrilling thing for him.

"When you discover the most precious thing by yourself, you will not lose it, and you really know the value of it. But if you are told, you can not see the value. We often lecture without giving the final conclusion.

"Once they accept the truth without doubt, then they will also accept the conclusion. But if they are not sure about the contents of the Principle, then it is no use. Because the Principle is so precious, we are very slow in presenting it.

"Once they reject the conclusion, they will not be open-minded. We do not want people to stumble. Often people will want to know not only the conclusion, but also the person as well. We must be very careful. It is all right to say Sun Myung Moon has been here, but no need to say who HE IS. It is their business to find out by themselves."

"How large is our movement now in this country?"

"Our movement in this country is very young. I do not know how many members we have exactly. But often in a religious movement the number does not show the strength of the movement. At the present stage, number is not important.

"The important thing is what kind of tradition we establish for future generations. The early followers should set up a very high pattern of life and work, so that others can follow. We want to set up a splendid standard of faith and life. Our movement in Korea started in 1954. Since that time we have been stressing quality rather than quantity in these ten years.

"In Korea, our movement is officially recognized by the government and the people as the strongest religious movement, full of spirit and dedication."

(Source: "Master Speaks", MS-1, Unified Family Washington, D. C.)

Happiness: New Light on an Old Subject

By John Kord Lagemann

If we knew in advance what we were looking for, happiness would be easier to find. That is the problem which Abraham H. Maslow, professor of psychology at Brandeis University, tackled at the start of his career some thirty years ago.

Instead of theorizing about the nature of happiness, Maslow decided to study the happiest men and women he could find, and see what guidelines their experiences offered. (His thesis is developed further in Motivation and Personality, published by Harper & Row).

"I chose my subjects from among colleagues, students, friends, casual acquaintances, and people I admired in public life. I talked with them, watched them at work and at play and studied their backgrounds. They were, in most ways, like the rest of us, yet they seemed to have an Extra Dimension - the ability to use themselves fully, to become everything they were capable of being."

Professor Maslow invented a name for them that has entered the language of psychology: "Self-actualizers".

"Unlike geniuses, self-actualizers are not endowed with inexplicable gifts having little relation to the rest of their personality. Their creativeness is more like that of unspoiled children.

"I learned from a housewife that a first-rate soup can be more creative than a second-rate painting. From a businessman I learned that founding and running a company can be highly creative activity. A young athlete taught me that a perfect tackle can be as esthetic a product as a sonnet and can be approached in the same spirit."

How can self-actualizers be identified? What do they have that we have, but do not use?

Professor Maslow found that all of his subjects shared, in varying degrees, Certain Attitudes.

1. Commitment to Work:

"I never met a happy individual who was not committed to a job or cause outside himself. Because such persons have a mission in life, they are not self-centered and introspective. For them happiness is a by-product of work and duty."

To have work that you feel you must do is useful. That is why mothers with babies don't get sick as often as other people. When Professor Maslow's wife asked the advice of a well-known sculptor about her work, which was going badly at the time, he replied, "Get on the job every morning right after breakfast like a plumber who might be fired if he does not get with it. Work as if your life depended on it. You will find it does."

2. Self-Acceptance:

These people accept themselves and their own natures without shame or anxiety. In the face of misfortune, they suffer like anyone else, but are able to put up with what can not be changed and get on with the business of living. They are less likely than most of us to pine for what might have been.

This kind of self-acceptance also enables self-actualizers to grow old gracefully. Women don't feel they have to remain eternally young. Men don't pretend to be more successful or important than they are, and they make little effort to hide their shortcomings.

3. Tolerance of Uncertainty:

These people know how to live with the unknown without feeling threatened or frightened. They accept it and often are attracted by it.

When they don't know the answer, they admit it. In fact, they tend to seek out the unknown rather than to insist on accepted truth.....

This willingness to face the unknown allows self-actualizers to get along easily and naturally with a wide variety of people regardless of age, education, class or color.

4. Realism:

Self-actualizers are realists, and they have an unusual ability to detect the spurious, the fake and the dishonest. They don't look at life through rose-colored spectacles or through a glass darkly. They see what is there rather than their own wishes, hopes, fears. Because they see people as they really are rather than as they wish them to be, they are seldom disappointed in others. ... They do not blink at the ills and injustices around them, but neither do they believe that the world can be set right overnight through social and political panaceas. They are not extremists, either of the left or of the right. Most of them had their episodes of impatience and rebelliousness in their youth, and most have settled down to a calm, good-humored, hard-working effort to improve society from within.

5. Appreciation:

Self-actualizers have the wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, however stale these experiences may have become to others. Reading the paper in the morning, getting to work, puttering around the yard, visiting friends, arranging a bouquet, watching a sunset - all are sources of continuing pleasure. Each event, each person encountered is in some way unique. ... None of the qualities found in self-actualizers is beyond the capacity of the average person to emulate, not even their peak experience. These are the moments of pure positive happiness when all doubts, fears and tension are left behind and there is a feeling of oneness with the universe.

Such moments lift us from the business of living to the meaning of life. Einstein spoke for all self-actualizers when he wrote:

"The fairest thing we can experience is

the mysterious. It is the fundamental emotion which stands at the cradle of true art and science."

(Source: The Christian Herald, Oct., 1967; Reader's Digest, Oct. 1967)

BRIEF NEWS REELS

Berkeley, California

Terre Hall moved from the Berkeley Chapel to a small apartment about September 15th.

Marie Laux returned from her trip to Portland after attending Maxine's graduation and spending two weeks there.

Mrs. David Kim and Joon-Soo, and Gerald Johnson plan to move back to Oakland from Berkeley by October 30, 1967. The new location is next to the old Oakland chapel.

San Francisco, California

On October 29th the Little Angels are scheduled to make their third performance in the Bay Area.