

The Heart-Power Programme



Do you remember ever reading Father's words:


“Don't say, 'Where is love?' Don't say, 'I expect love from my spouse.' If you do, peace and love can never be realised within your family. There is no love until we put our love in.” ?

Have you ever wondered,

HOW DO I DO IT?



to be able to do it you need:

- Absolute commitment to the Blessing
 - Willingness to try new things
 - An adventurous spirit
 - Readiness to forget the past, and move on into 2008
 - To be desperate enough to make one more effort
- 

The most important thing to remember is:

- We need truth to guide us, but the power to do what is right comes from *being loved.*

Creating love in our homes is our MOST URGENT PRIORITY.

Creating love between husband and wife is the source of that.

Give and Take Action

“God created two kinds of human beings, giving men what women need and women what men need, in order to fulfil love.”

Words of Father Moon

What is it that men and women have that the other needs?

LOVE and RESPECT

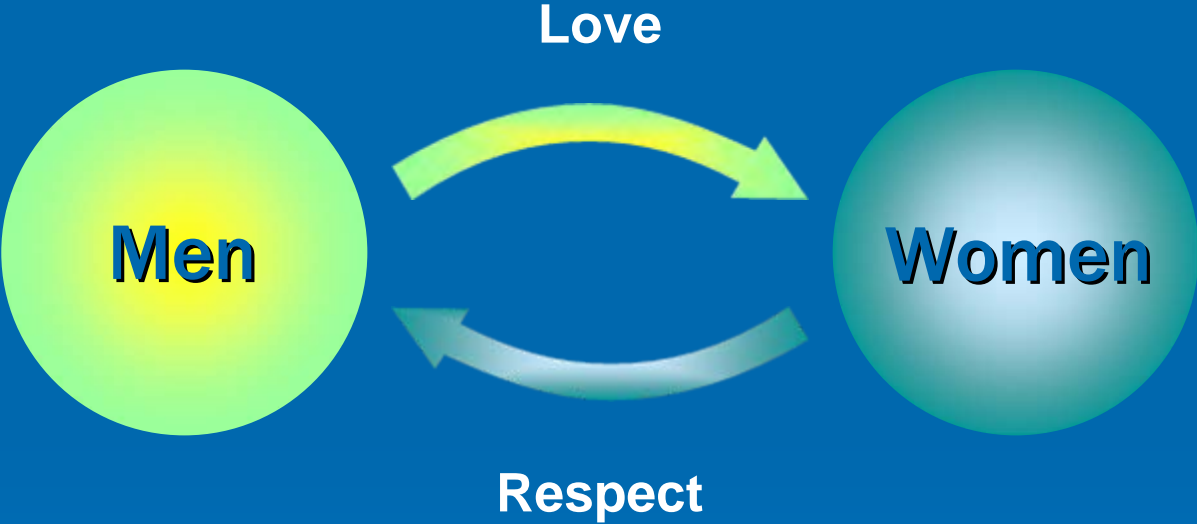
- The deepest need of the other
- MEN need to feel respected for who they are regardless of their performance.
- ***It is their deepest emotional need***

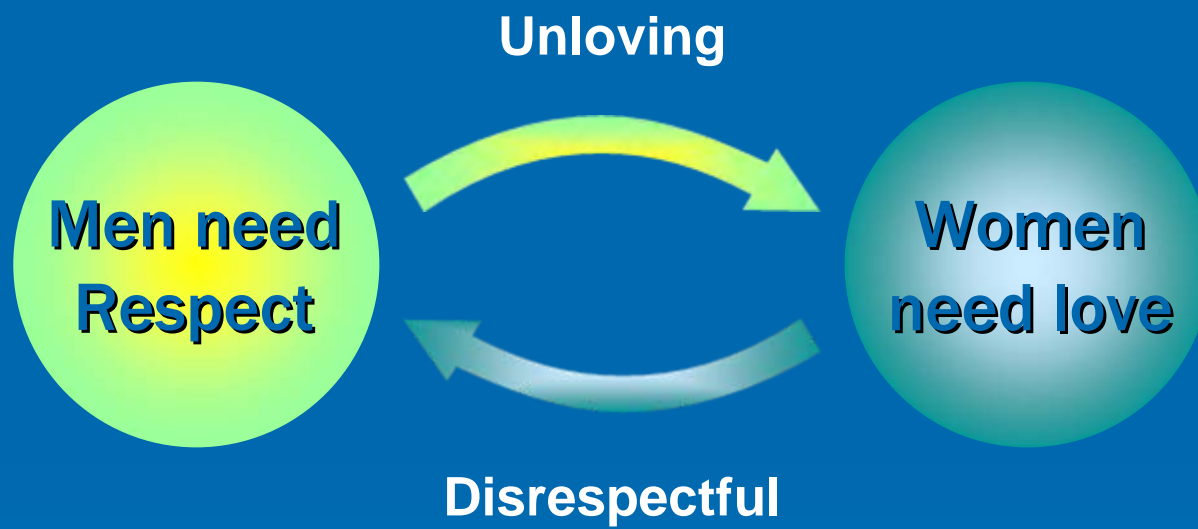
- WOMEN need to feel loved for who they are apart from their performance.
- ***It is their deepest emotional need***

- Trust the good will of the other – they are crying out for their need to be filled.

When you feel deflated:

- Wives:
“I feel unloved, did I just come across as disrespectful?”
- Husbands:
“I feel disrespected, did I just come across as unloving?”
- We need love and respect as much as we need oxygen!





“We can realise many things when we reflect upon our life. We should think of our shortcomings as a springboard to leap to a higher place, a higher dominion. We should have confidence. **When we make effort, God will help us. Otherwise He cannot.** God is always behind us, pushing us to improve. So as a result of our shortcomings we can strengthen and improve ourselves till we ultimately reach perfection. We should see everything in this light. We can go in either direction depending on our way of thinking. **With negative thinking we will decline, but with positive and constructive thinking we can develop to a higher level.**

This is God’s attitude, so we should see things in the same way. God wants to teach us through our shortcomings to help us improve. The reason I spoke about this today is that **everyone has shortcomings. That isn’t unfortunate, but an opportunity to improve ourselves. We shouldn’t let our faults discourage us; we should use them to improve ourselves instead.** You should feel that **this is God’s blessing, God’s encouragement to become whole.** We can reach perfection by making extra effort to cope with and compensate for our failings. We must confront them with courage and effort to strengthen and complete ourselves. In this way we can contribute to the establishment of God’s Kingdom of Heaven.”

Young Whi Kim; Our Faults: Obstacle or Opportunity

An exercise which I dare you to do for 40 days

- It is called “The Power Love Formula” in “How to improve your marriage without talking about it - finding love beyond words”, by Patricia Love and Stephen Stosny
- It is one of the best books I have read for helping me understand the crux of the problem between men and women, and more importantly what to do about it!

Our Fallen Nature

...gets in the way and causes us to repeat the mistakes of the past and create give and take between attacking and being defensive...tit for tat...but can we decode this behaviour and realise that we are actually provoking a response of shame and fear in each other?



SEEING from GOD'S POINT of VIEW

- God loves both husband and wife regardless of their performance!
- God is grateful for all your efforts, and for your spouse's.
- God wants to show us all better ways.

“Recreate your minds... You need a new start....a revolution of heart and love, faith and determination are needed.” True Father 1991 July 1st

Men and women are different

...in that men tend to feel shame more easily than women who tend to feel fear.



**Defensive Words
or Behaviour**

How it works...

- Men have a heightened sensitivity to feel shame and inadequacy, for example when they are criticised or nagged at. Shame may lead a man to hide and not speak about it, but show it with annoyance, impatience, anger or shutting down.

Women feel fear of being isolated and shut out very strongly, for example when their husband doesn't answer them, or if they are left too often alone with children in a 'nuclear family'.

Hormone interaction:

Cortisol is secreted during certain negative emotions.

Hyperarousal causes a "cortisol dump" the purpose of which is discomfort, to cause you to fix the situation. "The pain a woman feels when her man shouts at her is caused by the sudden release of cortisol. A man feels this same discomfort when he is confronted with unhappiness or criticism. "He is not avoiding her, but essentially trying to avoid a cortisol hangover for the next several hours." (p.13)

How do we provoke shame and fear in each other?

Shame

She may do it by:

Invading his space
Criticising
Rejecting his love
Having a judgemental attitude
Being condescending
Nit-picking
Fault finding
Talking incessantly
Insisting on her own way
Making up rules

Fear

He may do it by:

Being angry
Withdrawing
shutting down
Being sullen
Being irritable
Procrastinating
Being controlling
Pouting
Being preoccupied
Being Threatening

Wisdom can help us

- “Women, the men in your life will definitely be more loving, compassionate, and nurturing if you can understand and accept their vulnerability to shame and reduce the ways you trigger it.” (p.21)
- Men, she’ll be more peaceful and happy when you give your reassurance that you can care for the family together; your listening and active presence, and responsible behaviour and tenderness. Women’s worries and anxieties are soothed by that.

Changing Habits

- Can you change?
- How can improvement happen?

1. Recognise your mistake

2. Feel sorry

3. Sincerely repair (repeat and repeat)

It Hurts

- The deepest form of hurt comes from hurting someone you love.
- Acknowledging how your behaviour – intentionally or unintentionally – hurt your spouse will make you **uncomfortable**.

No one wants to feel that agony, but the only way to move towards connection is by going through the pain.

Giving what your spouse needs will sooth the pain away.

Transform the pain with:

IMPROVING -

Make yourself happier/ a little better

APPRECIATING -

Value your partner

CONNECTING -

Genuinely care

PROTECTING

- help him relieve his dread of failure as a provider, lover, protector and father
- help her relieve her fear of isolation, deprivation and harm

➤ If you feel like :

➤ Make a small change to:

blaming.....appreciate!

withdrawing.....connect!

attacking.....protect!

Four Steps

1. Hold your partner in your heart during four crucial times of the day

Focus your attention to him/her close to your heart. “Come up with a brief gesture that acknowledges your partner's significance. It can be repeating a phrase like 'You are so important to me' or 'You give my life value'. It can be simply reaching out your hand for a brief touch or making eye contact. Whatever you come up with should, of course, come from the heart.”

**1.(cont.) Hold your partner in your heart
during four crucial times of the day**

It can be done completely within your own heart and mind. The times are –

- 1. When you wake up**
- 2. As you go out for the daily tasks**
- 3. When you come back home**
- 4. Before you go to sleep**

Step Two

2. Hug your partner six times a day for six seconds

A full body embrace

“They can start out being forced but will become genuine at about the fourth or fifth second, provided that you are still attached and not yet in the contempt stage of detachment.

This kind of embrace increases serotonin levels to give a general calming effect”

Six Hugs!

When you reach the 7th hug at the end of the day, which is full of **connection** and **compassion**, you will know you have reached 'love beyond words'.

Transforming
Fear and shame



into Connection
and Compassion

Step Three

3. Hold positive thoughts about your relationship

"This is easy once you get started. At some point during your workday, as often as you can do it, stop for ten seconds to think positive thoughts about your partner and your relationship." List three...

1.....

2.....

3.....

Step Four

4. Make a contract to hand out love with compassion and generosity

If it's your husband, look him in the eyes and tell him something about him self that you really appreciate (make sure you keep eye contact while he looks away, and then looks back for reassurance). Some examples are:

- Let him or her know that you believe in them
- Speak in a kind voice
- Put a love note in a place where he or she will find it .
- Tell him/her thank you for one thing he/she did that day which you really appreciate.

step four continued

Write the contract out in legal-type language, as a serious commitment.

Remember **compassion** and **generosity**

It can start like this:

“In return for the privilege of loving you, (my spouse’s name), I commit myself to the following generous gesture/s...

- 1.
- (2.)
- (3.)

When will you start?

Take time to pray, think, reflect...

Perhaps 3 days...

Maybe 3 hours will be enough.

Maybe 3 seconds! (Because you are already doing it!)

Don't wait for your spouse to change.

There's such an urgent need for us to create
happiness in our lives.

Use the power of your mind and decide to
make a difference.

Encouragement from Hyung Jin Nim

“ Don't beat yourself up all the time over the wrong decisions of the past or 2007. See 2008 with fresh eyes. See yourself with a new vision and look at yourself as a victorious person that God sees.” Jan 12, 2008



Is your mind saying “it’s too much for me; I’m too busy?”

- Once you decide what you will do, it takes *less than 5 minutes a day!*

Is your mind saying – “oh she’s just saying hugging will fix everything” ?

- All the four steps will transform your mind, heart, emotions and energy...all four are important.
- If you forget something, be **gentle** with yourself, and just go on when you remember.

Thankyou for listening!

