

HJ Heaven and Earth CB Training Center: In the Middle of the Love and Grace

Gi Seong Lee

May 15, 2026

Inaccurate Automatic Translation



1,564th Cheon Shim Won

prepare song

Bow and Pledge #7



opening prayer of gratitude

Most Honorable Heavenly Parent

Beloved True Parents of HEH

Today as well, without fail, your precious group of hearts shimjeong are connected to this Center, and I sincerely thank You for the grace of allowing us to gather together for this devotion.

Your children who experience and long for Mother's Heart are here at this Place. Heavenly Parent, please be with us here at this all-night vigil devotion and please work from the very moment we begin. I earnestly pray and wish only that we may more deeply realize the sorrowful circumstance of Heaven, and that a work of wailing may occur.

Since Father's Seonghwa, we wish to become those who fulfill Mother's Wish to move forward with Spirit and Truth. Please allow us to hear Heaven's Voice through today's devotion, and the Voice of the Conscience that is connected through our hearts that we step forward further in the Direction Heaven Desires and Guides, knowing that Heaven is always with us.

Now that we have welcomed the Providential Golden Age,



where we can attend our Heavenly Parent in substance, and the Era of Blessed Families' eternal HMM, please show through us that Heaven is Living and Breathing. Please work through us so that Heaven's Power can be shown on this earth.

Please allow us to find those righteous people whom You have prepared, as we build a tower of devotion for the subjective Heavenly world can lead and command to Your Heart's Content.

We earnestly pray for Mother's Longevity and Health.

Yu Su Hun

--



Chanyang

HJ Praise

'Thank You My Life'

Kim Sang Oh Team Leader

HJ Testimony

Jo Jahna

Academy

youngest of 1 son and 3 daughters



Ishim Church

General and Spiritual WSs and Academy for 6 months.

I was away from the church for 4 years, starting with my father's cancer, the bad relationships with people around me began to gradually worsen. I offered earnest devotion, but not receiving an answer, I felt a sense of futility and layed down everything including the church.

At the end, with my mother's devotion, my heart recovered, but my faith did not, and with that and as a last chance effort I entered the 9th 2-day Workshop. Actually, I harbored doubts about what I could feel through this Workshop. Since childhood, I could not sleep in places other than my house, and in high school my insomnia worsened so that I could only barely fall asleep after 4am.



With the SW performing works more than any other time, during the Workshop I was able to fall asleep at midnight, and I could concentrate without fatigue even through the lecture hours. I realized that sleep was also a work of the SW, and as soon as separating the spirit interfering, the problem went away. I experienced each trivial prayer fulfilled as if Heaven were holding me strongly, and the period in which I felt no answer happened because the degree of my devotion was insufficient and did not reach Heaven. Gradually, I was able to pray with tears, and as a group leader, I experienced feeling that Heavenly Parent was together with me.

In the middle of the love and grace I received, I heard the news of True Mother's trial. Thinking that if I entered the Spirituality Workshop I could establish the foundation for victory. But Mother came to walk the indemnity course alone, and then I returned to realize more about the Providence and greater apology, because I would not have come to the Workshop, if Mother had not been in such extreme experience.

Being advised from the lecture, I continued to ask about my own mission. For a few days, there was no response, but then I felt to go to the academy, but was concerned about a competitiveness there, but resolved for the 19th Academy, and came to be in the HR Human Resources and General

Affairs Team which invested in unseen places.

When halfway through the Academy activities and a fellow student on the team left, I came to take over as a captain, which was more than I deserved. It was decided suddenly, and to keep the team going, I resolved for it until the next person prepared by Heaven arrived. All I could do was try to be an example for the team members regarding the activities of maintaining 24-hour devotion by rotation of the teams. (tears)



I participated by continuing with a heart of devotion, even if I had to do it alone on a holiday.

Being captain was incredibly difficult for me, especially at times when a request came from another team, and I had no choice but to push my team, even knowing that each member's own work was already sufficient. So, feeling sorry during every all-night vigil, I prayed earnestly with tears every time.

I felt frustrated with myself and suffocated by that heavy burden of being captain. Spending time in that way, I felt that I could do it no longer. So, with the heart that it was okay, even if I were criticized for being so weak, I requested a consultation with the Cheon Shim Won Team Leader. Through that consultation, I discovered myself trapped within the frame of the team.

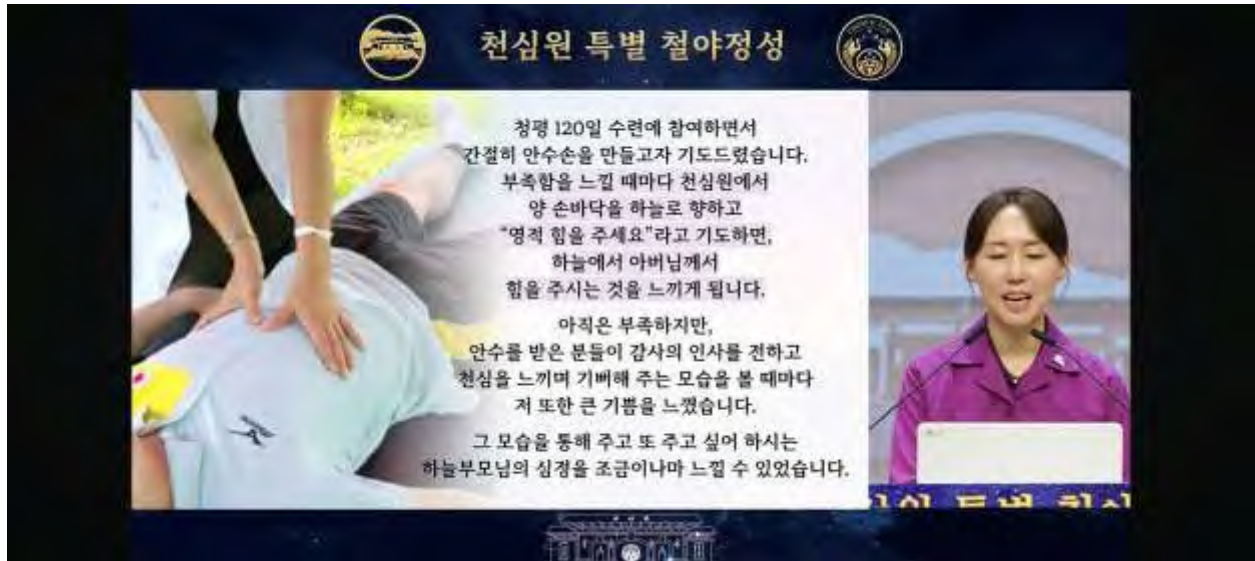


Although there are many teams, I know that the academy is not limited to one team, and the teams must become one and invest themselves for Cheon Shim Won for True Mother, but I was not practicing that correctly. With all activities, rather than concluding what my limit is by thinking it is by my work that the mission and everything is fulfilled. Rather than obsessively looking for what my mission is, I engaged in all activities conducted from Cheon Shim Won from my position and considered it all as my mission. Then everything came to me as gratitude.

I had not been aware of the current Era of the Providential Golden Age. I came to know that Heaven personally educated me through the position of captain. I am now finishing my 6-month period and

heading out into society. With much grace and love, I also received the Blessing in the 26th Blessing Ceremony.

Thanks to the foundation of my mother who served as a Cheonhwa Service teacher for over 30 years and was strong in Workshop activities, and my father who supported my mother and was always an example of faith through morning HD. Conveying my very great gratitude for the Heavenly Grace of Heavenly Parent Who called me all the way to the academy and Personally taught me, I will conclude. TYVM (sweet girl for Heaven)



HJ Praise

Japanese Workshop trainees

'Wings of Promise'



HJ Testimony

Kato Yunami

gratitude

I lived the life of a? dormant family member, drifting from both church and home and not conversing with family... thinking my heart would be filled being with friends instead...

However, when I was stalked by a friend, my body and mind became exhausted, and I returned home. Hearing from a Workshop experience of my sister who met True Mother directly, I thought I also wanted to have that experience...

After 3 WSs, I'm active as a 9th Academy and Spirituality Workshop and then another before Moshim, feeling inadequate still. I had time to face myself continuing to write heart notes and doing HD prayers and thinking about what Moshim is.

On the 39th day, after Cheon Shim Won night vigil, suddenly the words AFAL and AO resonated in my heart. Simultaneously, I came to deeply feel that it is because True Parents loved us with True Parents's absolute love that we are able to have AFAL and AO.



When the 8th Moshim Workshop began, I invested all my power, with every day a fight to my limit with sweat also in the Cheon Shim Won night devotion, wanting not to lose to satanic things...

Until now, I have tried to be loved by Heavenly Parent, but the moment that I felt Heavenly Parent's Love in the praise devotion, I realized that I was already being loved but had been unable to accept it.

Also, while shedding tears, I felt that True Parents were also shedding tears with me. When wanting to repay the love, I had a dream of Mother smiling at me and holding my hand and crying. And I felt that Mother will surely return from the Palace. However, the thought occurred to me that simply waiting for Her return was not the way, but to go strongly for the foundations of our seniors not to go to waste and to be able to receive Mother well when She comes.



The 2nd week of the Workshop, despite doing calling out names every day, I felt myself drifting and when I thought of True Parents no words would come out, and I realized my mind and body were not becoming one.

My body also reached its limits and I felt nothing when praying. In that exhausted state and in calling out time, I shouted only Mother with all my strength, but then something rising in myself and something linking me. I realized that if I call out with the willingness to truly die, They will respond to me as never before.

Through that process, I realized that I must live by the same standard as our Parents, and I do calling out as soon as waking and also do 130 bows. I also came to feel that Place in my heart where HMH resides, and my heart pounded with excitement of actually realizing becoming one with HMH by offering everything.

Furthermore, when I thought about how True Mother had been carrying the additional weight of our devotion responsibility during the 1,095 days, I felt that I must surely devote all in this 40-day Workshop period. I saw my past pride in the way I had lived while leaning on Heavenly Parent and True Parents, and tears would not stop. (tears)

Specifically, the image of my past, leaning on my mother and treating her coldly at times, and realizing that she is also a child of HPs. And I wanted to practice filial piety all the more because of that.



At first I thought Moshim was patience and lonely and solitary, and realizing that Heavenly Parent had Loved us even in such solitude, and tear would not stop. Through this Workshop, I realized that moshim is the filial heart of a child wanting to respond to the parent. Thinking of that child, and because Heavenly Parent first invested absolute love, I realized I must live responding to that Love. (tears)

Even now, like the heart of a parent wandering frantically for the child, I am crying out and seeking for my Parents every day with the deep relation of a parent and child and that the dream of One Family Under Heavenly Parent is not just a simple ideal, but the very heart of love itself that says a Parent wants to make their child happy, and a family wants to live while laughing together.



I think this Moshim Workshop is not a simple Workshop but for truly becoming one with the Heart of Heavenly Parent and True Parents. During this period, I will practice a heart of Hyo Jeong that can practice this way of life.

After returning to Japan, I want to convey true love through art, in order to convey True Parents joy and comfort. Also, I vow to live in the position of a servant of servant with a heart of moshim. With this I will conclude... TY

HJ Praise

Korean Workshop trainees

'Happiness'



HJ Report

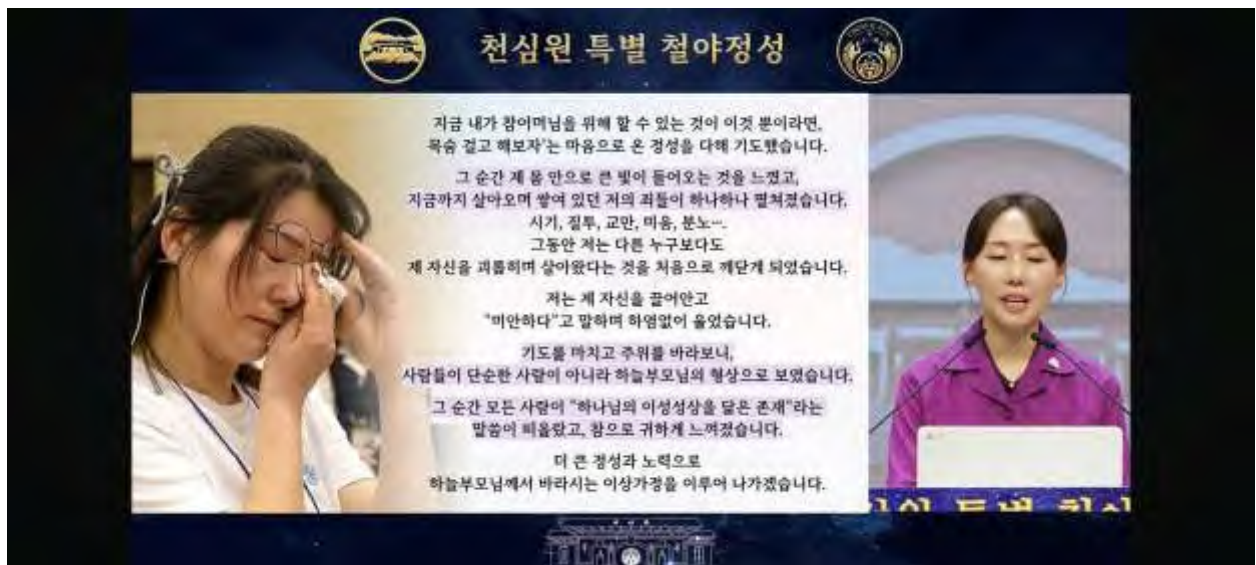
Kim Guy Yon Lecturer

Korean Workshop Team

Beloved and honorable Blessed members...

Title: 'Mother's Love is God's Love'

283rd Korean 40-day Workshop



True Parents's Words: True Parents are not people who simply flow away. Do you know how much God labored and how much God through religion shed Blood until the Teacher proclaimed the Name 'True Parents'. The Position of God is to agonize over how to restore True Parents out from the fallen humanity.

Restoration came from the expressed Parents. The reason Jesus came was to restore the fact that Adam and Eve fell; but, since there was not condition for Him to do it, Parents must come to substitute for all of that. In 1960, 'True Parents'... True Mother came to this Providence and True Parents had to persevere through all this Providence and be grateful in a position where gratitude was impossible, and to show us an Example of forgiving, loving and uniting.

What is God's historical wish for 6,000 years? It is to find one's Mother. Just like this

Word of True Mother:

Since we found our True Mother, now it is time to return Glory back to our Parents, by attending Them as a filial child. And with that resolve the trainees offered their time, emptying themselves and working together learning to be renewed.

Today, one trainee learned the naval breathing ceremony...

1. True Mother's Words about our bodies...

It means you must love your own body, your physical body given by God more, saying to oneself, 'I am pretty. I am lovely. Heavenly Parent made me with devotion.'

And so, you need to love your own body more than looking at your husband with love. Some people may be a bit surprised, but True Parents have said that the thing we cannot switch with this entire universe is our physical life on this earth. It is a time of really actualizing true love and realizing HPs Dream and offering gratitude and giving back glory to Them.



So, our life on earth is very important. And True Mother, it feels that She has given us this Word with the whispering love of a Mother's Heart. To show this, we have Asena Keiko who has worked on naval breathing therapy.

She has done the 40-day Workshop 2 times, the GPP once and is also doing ansu and was also a nurse, and she went abroad as a volunteer as well. She experienced True Mother's love for this world. And this is her testimony from going to Africa:



'The thing I felt most deeply while returning from Kenya was the heart of wanting to help the struggling people and not just simply start from my own thoughts. While doing medical volunteer work realizing that Heavenly Parent wanted to save Africa through me, over the course of several decades, just as True Mother said that the continent Heavenly Parent most wanted to love and embrace was Africa, which had lived a difficult and insufficient life.

She learned the naval breathing way and resolved to achieve victory in this 120-day Workshop.

testimony: While participating in this 120-day, I resolved to make my hands ansu. If I felt inadequate I would pray at Cheon Shim Won vigil with both hands' palms facing Heaven saying, 'Please give me spiritual power. And I would feel Father giving me strength. Though I feel lacking, when seeing the

people give thanks and joy from receiving the ansu, I felt joy and at least a little bit of the Heart of Heavenly Parent Who wants to give and give again.

When thinking of the true medicine that Heavenly Parent Desired, I felt the heart that I must learn more deeply the healing grace of Cheon Shim Won and the work of ansu, and convey the naval breathing therapy through which Cheonshim flows. Just like the saying, 'Mother's Hand is a medicine,' I want to guide people through the world's simplest yet mysterious abdominal breathing massage, containing the true love of True Mother Who warmly touches and heals the pain of Her children.



The abdomen and the belly and the naval is really the center of our body. You can see the heart, the right kidney, bladder, reproductive organs, intestines, stomach, liver, gall bladder, etc., the important organs.

So, this trainee has told us the five movements of our naval, when done with the heart of Heaven and hyojeong, Heavenly cheonshim will flow. So, let's try this out together right now as we straighten our back and see a video and follow her.

video

Every time you do this, think of True Mother and how She is truly loving your body.

HEALING OF THE FAMILY

True Mother: If you live the Life the True Parents have shown, you will automatically go with the Parents. No one's help is needed in that regard. Because you lack experience and are insufficient, the TC exists, where you are to resolve the affairs of your own family yourself.



Families, even listening to the teachings how to do things, many BF's have hardships, but we can see when our body and mind unite after listening to Heavenly Parent and True Parents Teaching...

testimony, sorrowful heart toward her husband and mother-in-law and didn't see the point of her staying at home and came to the CP. Living in Japan, my self esteem dropped significantly and did not feel loved, except from the GW's when she felt True Parents were entering her heart. And when cleaning in the Place where True Mother had offered worship, Mothe appeared over the wall.

I was shocked to see that all of my sins were there together with Her, and while praying earnestly at Cheon Shim Won, I saw the sins of our family. The heart arose that this was why True Mother was walking the path of suffering. And I offered a prayer of repentance tears. And with a heart that, if this is all I can do for True Mother, let me do it at the cost of my life. Then I felt the sins of envy, pride, anger... I have lived while tormenting myself like this...

Then looking around, people appeared as a being of Heavenly Parent and True Parents, and the words that every person is a being resembling the Dual Characteristics of God came to mind and felt truly precious to my heart.



With greater devotion and effort, I will move forward to fulfill that ideal family that Heavenly Parent desires. Sometimes during the unison resonance prayer, when I call out Aboji, Omoni, that's the point when she could really tell everything to Heavenly Parent and True Parents, completely opening my heart (and I really resonated with her about that as well)

And when we align ourselves with Heavenly Parent and True Parents is when the fallen spirit ways leave.

And she also wrote a letter to her husband:

'Honey, I am sorry for hurting your heart. In the depths of my heart, while I respected and loved you, it seemed I wanted you to love and cherish me more, but now I understand. I respect you. I love you. The answer to everything was my love for you.'



And with this realization she is still attending Workshop...applause to support her

And this family came, and there was a time for drawing the family position, which is a role play to see where all are at, placing them where you think they are and then seeing that, you see at which standpoint they are all looking at you with love.

We are currently going to do the 2nd True Family Workshop, which we moved to the weekend by request. I hope this can be a way to resolve the family conflict in themselves.

As we receive a lot of grace, we see how much love we are receiving from True Mother, waiting for us and protecting us. Especially, this Workshop was right after the dissolution situation in Japan, and True Mother said:

'Take heart. Heaven is clearly alive and working now. Looking with eyes of faith, you can see Heaven is by no means silent but has unceasingly led history toward Providential Will and the love of children.

What may seem like only turmoil and crisis, from the eyes of Heaven, we can see that Heaven has already prepared a victory.



So, please dear members of Japan, do not give up. Heaven has prepared everything. Just like True Mother, Who has never given up, we have the mothers from H Japan.'

I thought these mothers from H Japan had come together as a group, but actually came individually with their heart of devotion for True Mother. They offered prayer devotion on Mother's Path, did CY sessions, special prayer room devotion and vigil devotion as well. They are the Korean wives in Japan.

testimony: It has been a long time since I came to Japan. Since my physical parents passed, CP feels like my childhood home. Though it is a bit lonely and empty without True Mother, I tried to Mother amidst nature while working hard with the praise work, and I feel the grace as I separate spirits and treat my exhausted body borrowing Mother's Hand and Father's Hand.



When shouting for Mother to return to the Palace, my chest felt tight as if to burst, but after calling it out loudly, it became much lighter.

Every morning while walking to the Blessing Tree, True Mother's Tree, the Hyo Jeong Tree and on Mother's Path, I really feel the love of the nature and stroking many parts of my body as if reshaping me here. I am at a loss for words, because it feels as though Mother is still embracing Her lacking children, and feeling Her love even looking after us more than Herself. Mother I miss You so much...

video testimony... She was teaching Korean to the Japanese for 27 years. Father gave us the 6,500 couples special instructions to go and love the Japanese people and restore them. But you as missionaries and

secret members with the mission of evangelists, love the Japanese people and restore them.'

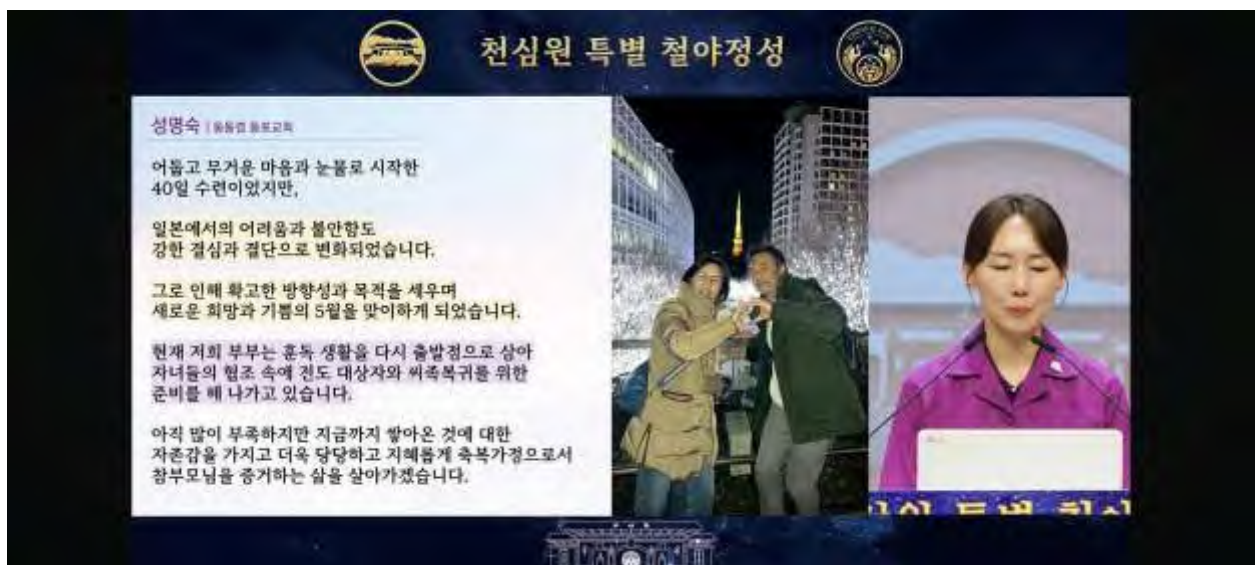
I always have those words engraved in my heart, and I try very hard to love the Japanese people, and they trust me because I am the teacher with this beautiful attitude.



I came to the Workshop with concern for the 2nd gen after the dissolution order, and it makes me grateful when I see Japan's N.A.B.I. I want to put down deeper roots of faith and become a role model.

another... thinking they must return to the point zero, and how to face Mother now. We prayed while handing over the church keys to the lawyer. I vowed that we would make a new start (replacing dissolution with new resolution)

From two years ago, I hurried here with the heart that, if Mother could feel just a little comfort and strength seeing us here, that would allow us to push forward also with greater strength. I am vowing to never forget the devotion offered here and continue it with Mother's Heart with me in the unchanging activities until now, working harder to expand home church to develop the region and by establishing that place in our region so that surely the perception of our church and the environment will change.



testimony

The Workshop started with a dark heart and tears, transformed to welcome a new May of love and joy and we do HD and preparations for witnessing with the cooperation of our children, continuing confidently and wisely...

Dear members of Japan, if your heart is tired and wounded, please come to the TC.

I entered the Workshop, after hearing a Voice, 'Offer devotion for True Mother.' I am so grateful to

fathom just a little bit how much difficulty Mother has endured, and put on Herself on our behalf until now. I have been able to know and experience much more of it than before. Attending Workshop 3 times, it was always moving and something new no matter how many times hearing it. I will continue devotion after the Workshop.

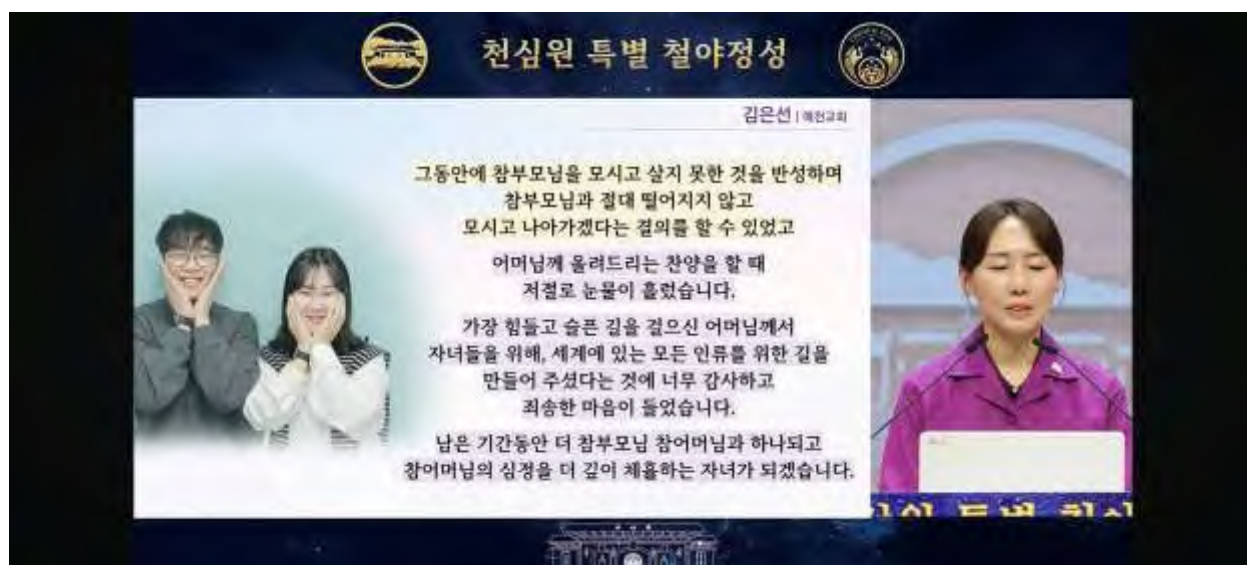


another: While seeing how neglectful I was to offer devotion for True Mother, I had tears and for True Mother Who walks the path for us and the world, I will go forward not forgetting realization here.

283 and 284 Workshop trainees came together to pray at the Hyo Jeong trees and holding the tree and the person's shoulder with them, offered a desperate prayer.

another... When I think of my failure to really pray like a war where there would be no lack and hardship the more on Mother... We must absolutely not remain making an excuse but run out on that path that is one with You Mother and repay the trust of True Mother.

Let us sing this sone of true heart to True Mother



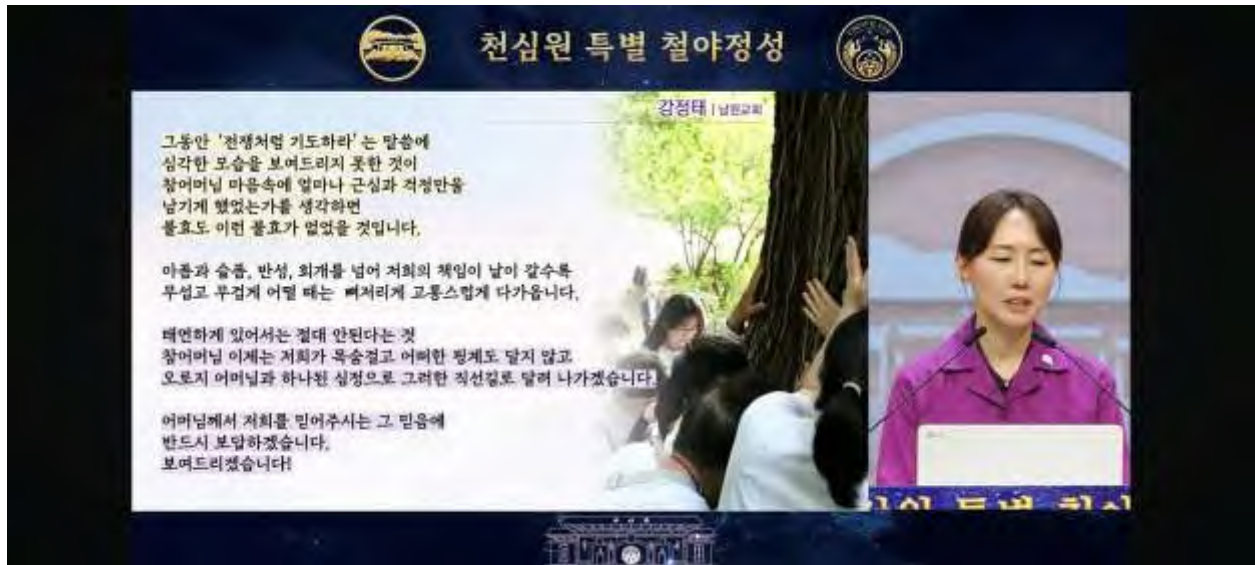
Break

Hoon Dok Hae

True Parents Who Practice and Show the Path of True Parents, True Teacher and True Owner that God is. If we are to become such sons and daughters we must be like God in all these ways. This is the 3 Great Subject Thoughts and the Model is God.

As fallen, it is not possible to return the conscience to its original position because it has not formed a perfect perpendicular line.

All 6.5 billion people are living while under the illusion that the angle they have made in their own way is their own owner is the orthodox and supreme one (their priority of motive and practice) This means that, until a vertical angle of the shortest distance which can be measured by forming an absolute standard appears, no one can find a path to be saved.



Beloved world leaders, the One Who has come with the Key that can rescue humanity from the shackles of the fall and guide them to the Heaven Realm in a position unprecedented in history, is the very Rev. Moon (Who found the Truth Principles and has true love for founding the Holy Wedding with the OBD) standing before your eyes right now. It is by no means a position found because the person deserves it, but a position established by Heaven, giving the Seal as the Savior, Messiah, Lord of the 2nd Coming and True Parents (True Parents plural) of Humanity. It is a Position of giving absolute release outside of the sphere of Satan's influence. The One Who directly shows the path of practicing True Parent, True Teacher, and True Owner, the path of directing the 6.5 billion people branches of humanity back to the 90% angle of the conscience. It is the very Owner, Rev. Moon (True Parents).



The AGSs in the SW are multibillions listening to this fact with one voice. Not only great saints including Jesus, but all thinkers and philosophers, including Communists are shedding tears of gratitude before this immense reality. This is because, for those that have gone to the SW, there is no way to be saved without give the Blessing grace.

HJ Praise

Cheonshim Choir

'I Will Love You With My Life'

President Lee Gi-seong's Message

451 at one Japanese church affiliation are offering devotion in- person gathered and online.

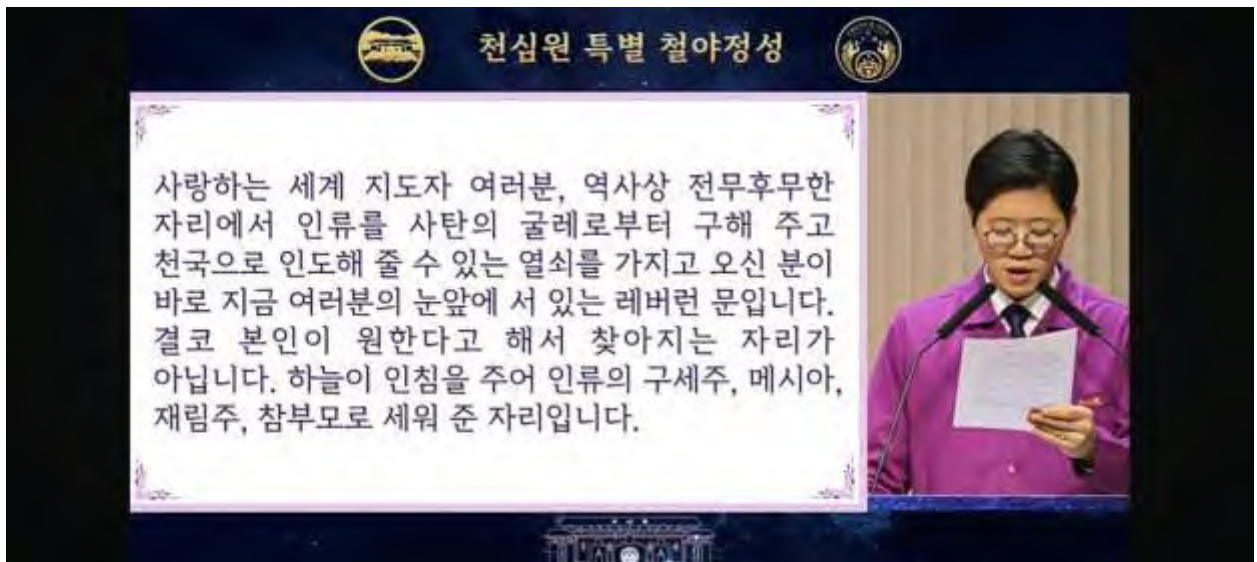
100,000 places on You Tube from H Japan...



Benin and Thailand and Taiwon...

550 people are here long-term training

Opening ceremonies today... 109 members came for 3-day...



From Africa, they gave us a song, and along with Song Maria, Mrs. Maria, they also came from the Catholic religion and received the Blessing and the son is here as well, and the students and teachers are here as well and will be listening to the Principle, even they are not members, they will receive education for the character education in Zambia. This is their preparation Workshop.

The son was the first in his class by his grades, and he brought his teacher here with him. Last year, the Zambia leader came to encourage the members of the Workshop. applause to that team

And if you can help Mrs. Maria, I would be grateful, such as eating H G Burger or going on the cruise, she would come to the office to ask for help. If you as well could help her to change the environment in Zambia to be where Heavenly Parent can substantially reside... Also the mayor there, if people who know True Parents can be Providential influence for moving forward...

And we had a time to really pray for Zambia as well, for the Providence to be realized there... And it is a very grateful thing that the relationship with them is very good as well. Our Mrs. Maria is not a national leader or special missionary or anything, but out of her heart, she is just being active like this for the will, for True Parents.

There are some who move when pushed, but stay still otherwise. Some of the 2nd gens are very passive in their faith. But we need to reflect on ourself as well. The Providence says to do tribal messiah, but if not emphasized a lot, we may be too still. But if our heart is really owned by Heaven, no matter if people tell

us to do it or not, your heart would move accordingly, more active instead of passive.

So, Mrs. Maria is offering devotion as well for having Heaven work... applause



and through that Iva sevo's and his wife went to Zambia as missionaries, she has received revelation and organizes our words and sent us the documents/letter she wrote. We collected that and created it into a book, a very beautiful book. Those two continue to offer devotion in Zambia and I have heard how they are still offering devotion there as well, and that is a precious sight.

And if we base our faith on whether our parents say to do something or not for us to act, then when our Parents are no longer here, we won't do anything.



So, no matter how much you live for the Will, if your child does not inherit that, it just flows away. If you are buried in Paju or a holy place, if your faith does not be inherited, maybe the child might say not to put their parents there.

We heard testimony that she prayed earnestly for her father when he had cancer, but then she stopped everything. But her mother still offered devotion and offered her daughter a 3-day Workshop. The daughter had a hard lifestyle unable to sleep, but she experienced the SW working and allowing her to fall asleep.

Is ther anyone who realized, 'Oh, this is the SW working'? To realize this, her tears continued and she connected to the Spirituality Workshop and Academy. She became a captain and the pressure was too much and she cried with many hard days.

In all honesty, our Cheon Il Guk leaders should have a heart like her, and offer devotion saying how lacking they are. If a captain has this level of difficulty, those in a higher position, how much hardship, how much do we need to pray for them... If we talk badly about that person, their heart would be so heavy and hurt. There may be those so emotionally hurt and heavy.

There were a lot of celebrities as well who were accused and they couldn't stand that weight and left this world. When you throw a rock and it hits a frog and the frog dies right away... We really need to pray carefully first for Heaven and True Parents, our national and regional leader and pastor. True Parents

taught us to start by praying for those at the highest position.

She said she learned to be conscious of being an owner, the position of the owner is 'If I crumble, then everything crumbles' so she was prepared more by Heaven to do things for the Providence and how amazing her mother's sacrifice working 30 years as the Seonghwa teacher. Through her mother was connected to the 2026 Blessing as well... applause



Taking a deep root of faith is something that takes time. When you go to church they say that they have to receive the Workshop, and then the child goes to a short Workshop but still doesn't understand the Heart of Heavenly Parent and receives Blessing and then the Blessing breaks, that kind of cycle, if you really want your child to love their husband as Heavenly Parent does, we need to focus on setting our child's deep root.

No matter how much your husband tries to shake your child's faith, it has to be set in the deep root that it will not be taken out. That is when we can truly say we have fostered our 2nd and 3rd generations.

There might be situations for 2nd gen, where for 1st gen there are husbands who don't have faith but the mother's have faith, but this created a painful wound for the children as well. We really need to become one, with the wife giving everything of herself to the husband and achieving absolute obedience to open the doors of Heaven in our family first.



The most important cornerstone is the Absolute Faith, Love and Obedience of True Parents... (Hicicomeri) she went through distancing from faith and ill experiences... and then by her sisters going to Workshop and meeting True Mother, she went to the 40-day and received 3 more WSs. This is not what someone dragged her into but she kept feeling she was insufficient and had to offer more and more.

Many leaders, as soon as the 40 days were finished, they didn't have the thought oh I am still lacking, but just went back home. When we said the 21-day was being extended to 40-day, they complained. We can't do pastoral work through complaining.



In the past, pastors thought they had to fill in the numbers, so begged members to come. But now, I believe everyone is here because they want to... There is (?) CEO, and this couple, every year at May they come to the 40-day. Last time the (sahmonim), his wife, would write beautiful poems and we put them into a book of poems, and it's very beautiful...

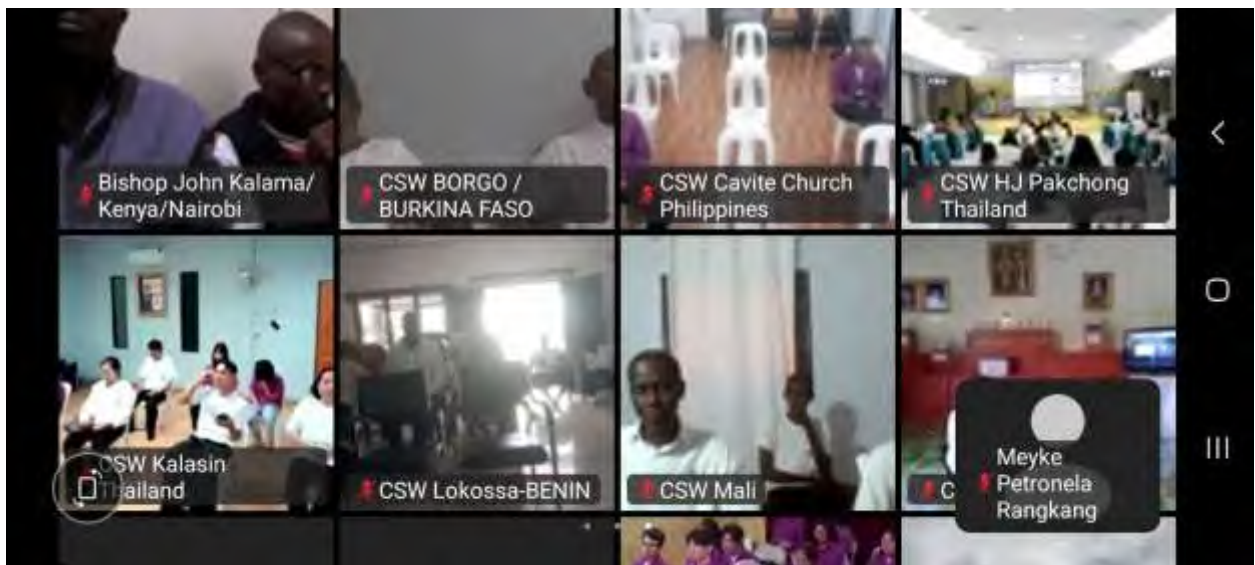
(video cut off some here I'll try to fill it in from LV Cheon Shim Won)

Calling out / Fight Song

Chanting

Prayer and Praise

Kim Myung Wok prays



Bow

Oeg Monsei

TY (and we love you)