

The 20 Daily-Life Habits That Make a Supremely Happy Couple

**A Guide to the Happiest Married Life
in the Era after the Coming of Heaven
Based on the Speeches of True Parents and Dae Mo Nim**

**With Appendix: Self-Grading Monthly Score Tables
on the 10 Daily-Life Habits**



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*To My Absolute, Unique, Unchanging, and Eternal Wife,
Yasuko Masuda (1946–2010),
with My Deep Thanks
for Her Untiring Practice of True Love
Here on Earth.*

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Introduction

This book is in large part the English translation of my Japanese booklet, *Kouten Jidai-no Niju-no Seikatsu Shukan* (The 20 daily-life habits in the Era after the Coming of Heaven), which was published by the CheongShim Graduate School of Theology in April, 2009. The Japanese booklet on the 20 daily-life habits was an excerpt from the manuscript of my book project, a work in progress at that time.

Therefore, from another perspective, I can also say this book largely consists of the English translation of sections from my thick Japanese book, *Makotono Ai-to Zettai Sei-to Kenkouhou* (True love, absolute sex, and health), which was published in January, 2010 as a revised and enlarged edition of my previous Japanese book with a similar title. I selected and translated a number of sections that are related with the 20 daily-life habits that make a supremely happy couple.

This book is written in the style of dialogues and consists of questions and answers so that readers can easily understand its contents. Chapter 1 presents **the 10 daily-life habits that make a supremely happy couple** in the Era after the Coming of Heaven, and explains them by referencing the speeches of True Parents and Dae Mo Nim.

Chapter 2 presents **additional 10 daily-life habits that make a supremely happy couple**. It is recommended that the first 10 habits, listed in Chapter 1, be practiced everyday, that is, *always*, and these can make for a supremely happy couple. The addi-

tional 10 habits, in Chapter 2, can also make for a supremely happy couple, and it is recommended that these be practiced at least *sometimes*, if not everyday. Chapter 3 presents my answers to four questions, and explains in detail about the **habit of “sleeping naked together”** that was mentioned in the first 10 habits in Chapter 1.

I have attached **“Self-Grading Monthly Score Tables”** in Appendix A, so that you can make a self-evaluation and grade your couple’s practice of “the 10 daily-life habits that make a supremely happy couple.” I hope you will grade the degrees of your practice of these 10 habits every month and compare this month’s scores and grade with those of the previous month. I am convinced that when many of our Blessed couples attain the status of “A+” pure-love couples in the Couple’s Self-Grading Monthly Score Table, we can naturally accomplish the mission of restoring our surrounding community as well as the mission of the clan messiah, and then *Cheon Il Guk* (Heavenly Kingdom) will naturally settle down on the earth.

I would like to encourage you to compare your own scores and grades of the practice with those of your friends in your local church. It will be a good stimulus to your improvement to know your own level of practice in comparison to other couples, among your friends. As our vertical Father-Mother, God wants all of us to become “A+” pure-love couples. I believe the majority of Blessed couples can/will become “A+” pure-love couples in reality from now on under the guidance and protection of the 400 billion absolute good spirits, and that *Cheon Il Guk* (Heavenly Kingdom) will gradually, but surely, settle down on earth.

At the time of the 11th International Leadership Seminar for World Peace, sponsored by the UPF Association of the Alumni of the Distinguished Universities in Japan, and held at the Cheongpyeong Youth Training Center in Korea in July, 2008, I presented 7 habits (out of the first 10 habits) applicable to all married couples in this world, even before the Blessing, as a **“Method for the Improvement through Practice,”** as a way to improve the conjugal relationship. No matter how bad their relationship may be, a married couple can, without fail, improve their conjugal relationship, if they only practice these habits. This is why I named it the “Method for the Improvement through Practice.”

As for the “10 daily-life habits that make a supremely happy couple,” I will present the words of True Parents and Dae Mo Nim repeatedly on each habit in most of the cases. I personally came to practice these 10 habits largely because I had read their speeches, which repeatedly touch on these habits, in virtue of my job as a professor in True Parents Studies at the CheongShim Graduate School of Theology.

If you have not yet been practicing these habits, please read carefully and repeatedly the speeches of True Parents and Dae Mo Nim in this book. If you are part of genuine Blessed couples and deeply respect True Parents, after reading their speeches repeatedly, the motivation to experiment with these habits in your daily life will surely well up from your heart. Undoubtedly, you will come to say to yourself, “As True Parents have taught us repeatedly like this and even presented to us an ideal model of practice in their daily lives, let’s try to practice these habits in

our lives.”

After practicing these habits on an experimental basis, you may cease practicing them if your couple does not feel good. Nonetheless, after practicing these habits experimentally, I am sure your couple will end up in practicing them continuously because you will come to feel a deep sense of peace and goodness in your heart. In other words, you can feel genuinely happy, and you can feel the presence of God by practicing them.

Any couple can, without fail, become an “A+” pure-love couple by faithfully practicing the “10 daily-life habits that make a supremely happy couple.” There is no need to pay any extra expenses when practicing these “10 daily-life habits that make a supremely happy couple.” Therefore, no matter how poor a couple may be, they can still practice these “10 daily-life habits,” without worrying about money. If a husband and wife faithfully practice these “10 daily-life habits” while here on earth, the couple can live in happiness eternally, simply by continuing to practice these daily-life habits of true love in the spirit world, after both ascending into Heaven.

I really hope that all couples will faithfully practice, not only the first “10 daily-life habits that make a supremely happy couple,” but also the additional 10 habits, and truly become “A+” pure-love couples living in supreme happiness in the new Era after the Coming of Heaven. I am sure God will always dwell in such “A+” pure-love couples.

I am happy to share the fact that my wife really liked the original Japanese booklet on the 20 daily-life habits and, of all my publications, praised it as never before. The memory of her

praise of the original Japanese booklet greatly motivated me to publish this English translation of the book as quickly as possible, for the sake of English speaking couples around the world. The thought that my two sons and two daughters in the United States could read this English book, unlike my previous Japanese books, also encouraged me to change my plan, and work hard to translate and publish this book.

Unlike the original Japanese booklet on the 20 daily-life habits, to this English book, I have attached a new Appendix (B) and added two extra questions and answers that are related with my wife's struggle with her stomach cancer, and her ascension. One question addresses the dangers of a couple's living separately due to work away from home, and is based on my personal experience of discovering my wife's terminal stomach cancer in July 2009 and my losing her early this year, 2010. The other question concerns the issue of whether or not angels really work at the Cheongpyeong Training Center and CheongShim Hospital. This new Appendix B is, in a sense, a tribute to my wife, and this book is dedicated to her with my profound gratitude for her untiring practice of true love here on earth.

Chapter 1

The 10 Daily-Life Habits That Make a Supremely Happy Couple

This Chapter 1 will present the **“10 daily-life habits that make a supremely happy couple”** by answering two questions related with this topic. We could easily say that **“holding each other’s hand”** or living **“hand in hand,”** which True Parents and Dae Mo Nim have recommended, is the main characteristic emerging from these **“10 daily-life habits that make a supremely happy couple.”**

“Special spiritual energy” comes out of our fingers and palms, as we know from using them to separate or get rid of our evil spirits during the Holy Song session of the Cheongpyeong Workshops. So if we live hand in hand as a couple, we can receive the effect of a hand massage, which contributes not only to our spiritual health (happy feelings), but also to our physical health. To “live always hand in hand” just like True Parents is part of the True Parents’ rules of health and constitutes the main part of the **“10 daily-life habits that make a supremely happy couple.”**

Q.1.1: You presented a checklist of the “10 daily-life habits that make a supremely happy couple” in your lecture at the Cheongpyeong 40-Day Workshop. I found

it very useful in our practical life. Could you explain it again?

A: I will enumerate the “**10 daily-life habits that make a supremely happy couple**” that I have been presenting in my special lectures at the Cheongpyeong 40-Day Workshops, since 2004. I originally called it “a checklist that make an A+ pure-love couple.” Dae Mo Nim, however, has repeatedly emphasized the importance of changing our daily-life habits. Therefore, since 2008 I have renamed it as “**a checklist of the 10 daily-life habits that make a supremely happy couple.**”

- 1. We should always walk hand in hand when we go out with our spouse.**
- 2. We should always hold our spouse’s hand when we watch TV together.**
- 3. We should always hold each other’s hand in bed and have pillow-talk before going to sleep.**
- 4. We should sleep naked together in one bed every night.**
- 5. We should call each other at least once a day during the daytime and always keep in touch.**
- 6. We should bow down before a picture of True Parents, recite the Family Pledge, report to God facing each other and holding each other’s hands, and bow (down) to each other to close, every morning and every night.**
- 7. We should always send off and welcome home our husband (wife), by holding his (her) hand, kissing,**

and/or hugging at the front door when he (she) goes out for work and returns from work.

- 8. We should always talk to each other politely, and with respect.**
- 9. We should practice *hoondokhae* [i.e., reading True Parents' speeches] together every day.**
- 10. We should make love at least twice a week.**

These 10 points of advice are not my personal advice, but are from True Parents and Dae Mo Nim. Therefore, readers must not talk about these 10 points as coming from Prof. Masuda. I merely gathered these 10 points together as a practical “checklist of the 10 daily-life habits,” from the guidance of True Parents and Dae Mo Nim, concerning our lives as a husband and wife.

From my personal experience, I am sure that even if we practice only half of these 10 points, our conjugal relationship will tremendously improve and be carried on a strong ascending wind current. If you haven't practiced any of these habits yet, I strongly recommend that you immediately put them into practice. Try them out! You have nothing to lose!

Q.1.2: Could you share, and explain the particular speeches from True Parents and Dae Mo Nim that endorse “the 10 daily-life habits that make a supremely happy couple” which you presented at the Cheongpyeong 40-Day Workshops?

A: I would like to present True Parent's and Dae Mo Nim's speeches that support these “10 habits that make a supremely

happy couple.”

1. We should always walk hand in hand when we go out with our spouse.

As for the first habit of “**always walking hand in hand**,” I would like to introduce True Parent’s speech delivered on May 5, 2005, the one-year anniversary of *Ssang Hab Shib Seung Il* (The Day of Total Victory with the Unity of a Pair of Fives).

It has become a rumor here that Reverend Moon is always walking hand in hand with his wife. Usually in Korea, the husband keeps walking on and on ahead of his wife, who walks behind him. Then, the wife wonders, “How busy is he, walking that fast?” Reverend Moon, however, walks hand in hand with his wife. (May 5, 2005) ¹⁾

Dae Mo Nim has also repeatedly mentioned that True Parents always hold each other’s hand while walking outside, and she has taught us that we Blessed couples should emulate them by always holding each other’s hand in our daily lives.

True Parents hold each other’s hand while watching TV and while walking outside. True Parents always hold each

1) Sun Myung Moon, “A speech delivered at the Dedication Ceremony of the Headquarters of the FFWPU,” *Family* 438 (July 2005): 47. Translation is mine. If the original source of quotation is not written in English, English translation will be all mine throughout this book below, but hereafter I will omit noting, “Translation is mine.”

other’s hand in their daily lives. You know that, don’t you? True Parents say, “Follow us by watching our lives.” ... (March 27, 2002) ²⁾

True Parents are the ideal model for all Blessed couples and always “walk hand in hand” in their daily lives, not only in the United States, but also in Korea. Up until now, just as in Japan, top Korean leaders such as the President and the First Lady, or the chairman or president of a major company and his wife, have never had the habit of walking together hand in hand in public, in Korea. All Blessed couples, however, should emulate True Parents and practice the culture of true conjugal love in the new Era after the Coming of Heaven without being influenced by the old traditions of the past age.

Hyung-jin Nim also always walks hand in hand with his wife, Yeon-ah Nim. During the fall semester of 2006, when he frequently guided our CheongShim Graduate School’s *hoondokhae*, he always, without fail, walked hand in hand with his wife between their car and our Chapel on the fourth floor of the main building, before and after the gatherings. I was very happy to see the beautiful scene of their walking hand in hand.

As we can tell from the practice of using our fingers and palms during the Holy Song sessions at Cheongpyeong workshops, “special spiritual energy” comes out of our fingers and palms. That’s why I recommend walking “hand in hand” rather

2) Dae Mo Nim, “Let’s know myself and change my life,” A speech at the 61st Cheongpyeong 40-Day Workshop, *CheongShim* 7 (November 2002): 27.

than “arm in arm.” So, if we walk hand in hand as a couple, we can give and receive the effect of a hand massage, which contributes not only to our spiritual health but also to our physical health. I wholeheartedly recommend “always walking hand in hand” just like **True Parents; it is part of the True Parents’ rules of health: “Become an absolute Blessed couple of one heart and one body.”**

May 5, 2004 was the day of the beginning of the **Era after the Coming of Heaven**, and True Parents declared that day as *Ssang Hab Shib Seung Il* in Korean. Because there was no official English translation, I have translated *Ssang Hab Shib Seung Il* as the “**Day of Total Victory with the Unity of a Pair of Fives**” and explained its meaning in English. *Ssang* means “a pair.” *Hab* means “unity.” *Shib* means “ten,” which also symbolizes perfection and totality. *Seung* means “victory.” *Il* means “day.” Therefore, it has the meaning of the day of total or perfect victory that consists of the unity of a pair of fives.

When walking together, or watching TV together, or sleeping together, and so on, in the new Era after the Coming of Heaven, a husband and wife are advised to hold each other’s hand, and every time when the husband and wife hold each other’s hand, it brings about the unity of a husband’s *five* fingers and a wife’s *five* fingers. Therefore, we can view it as symbolizing the “Day of Total Victory with the Unity of a Pair of Fives,” that is, *Ssang Hab Shib Seung Il*, which is the beginning day of the “Era after the Coming of Heaven.”

When we walk hand in hand, we should sometimes remind ourselves that “walking hand in hand” brings about the unity of

a husband's *five* fingers and a wife's *five* fingers and symbolizes the "Day of Total Victory with the Unity of a Pair of Fives," which is the beginning day of the "Era after the Coming of Heaven." We should always walk hand in hand and at least sometimes give deep thanks to God in our hearts for the fact that we now live in the unprecedented new "Era after the Coming of Heaven," when a husband and wife can completely become one and when God can dwell within us.

- 2. We should always hold our spouse's hand when we watch TV together.**
- 3. We should always hold each other's hand in bed and have pillow-talk before going to sleep.**

I would like to introduce four speeches of Dae Mo Nim, in which she talked about the second and third habits of holding each other's hand intimately, while watching TV, and while in bed before going to sleep.

True Parents hold each other's hand while watching TV and while walking outside. True Parents always hold each other's hand in their daily lives. You know that, don't you? True Parents say, "Follow us by watching our lives." I sometimes watch how True Parents are doing in their lives. When they watch TV, how are they doing? They are watching TV while holding each other's hand. When they listen to music, they are listening while holding each other's hand and responding to the rhythm. We

Blessed couples must resemble such True Parents. (March 27, 2002) ³⁾

You must not simply go to sleep when you sleep at night. You should sleep holding your husband's hand or other part. ...

When watching TV after dinner, you and your husband must not sit apart. For example, while watching TV, you should hold your husband's hand and put it on your lap or put your hand on your husband's knee or use his lap as a pillow. If you act in this way, you can receive love from your husband in many ways. But many wives do not act in such a way. Love is what you nurture and create with your own effort. (July 13, 2004) ⁴⁾

Some couples sit apart as if they were fighting when they watch TV, or when they watch their children playing. That is not good. We can say a husband and wife were utter strangers to each other in the past from some viewpoints. Therefore, without their effort to stay close and to care about each other, they gradually drift apart. Therefore, you have to sleep holding each other's hand and

3) Dae Mo Nim, "Let's know myself and change my life," A speech at the 61st Cheongpyeong 40-Day Workshop, *CheongShim* 7 (November 2002): 27.

4) Cheongpyeong Heaven and Earth Training Center, ed., *Makotonaru Tsumano Yakuwari* (Role of a true wife) (Gapyeong-gun: Cheongpyeong Heaven and Earth Training Center, 2004), 15. Hereafter the official name "Cheongpyeong Heaven and Earth Training Center" is abbreviated just as "Cheongpyeong Training Center" in the rest of this book.

watch TV holding each other's hand. (August 24, 2004) ⁵⁾

On the bed at night, after scratching on the back of the spouse to increase comfortableness, or massaging the legs, or touching the ear and head and so on to each other, a husband and wife should hold each other's hand and squeeze it tightly in the end to say "Good night!" together before going to sleep. Such a husband and wife are a happy couple. (July 18, 2008) ⁶⁾

It seems that many Oriental Blessed husbands are not good at expressing love in their daily lives. They repeatedly recite "**absolute faith, absolute love, and absolute obedience**" with their lips. Nonetheless, when it comes to practicing true love with their own hands, many of them seem to be hesitant to follow True Parent's and Dae Mo Nim's advice in their daily lives, as obediently as a small child. In particular, many middle-aged and older husbands in their 40s and above tend to resist throwing away old and familiar habits and avoid practicing completely new ones in their daily lives.

When we come to think of it, we Blessed couples have miraculously encountered the greatest teacher in human history who can teach us how to practice true love in our daily lives. Our True Parents have taught us how to attain the supreme happiness as a

5) Cheongpyeong Training Center, ed., *All Was Love: Dae Mo Nim's Words and Testimonies of Grace* (Japanese version), (Gapyeong-gun: Cheongpyeong Training Center, 2004), 124-125.

6) Dae Mo Nim, "Let's start 40-day course to witness the husband," *Shukufuku Katei* (Blessed family) 51 (Winter 2008): 51.

married couple, not only by words, but also by concretely showing us the best example (ideal model). We Blessed couples have the miraculous opportunity of inheriting the greatest heavenly fortune and happiness through our True Parents. Nonetheless, if we don't practice their teachings about our conjugal life, the greatest heavenly fortune and happiness will fly away from us.

I recommend that all Blessed couples obediently practice these words by discarding old ideas and habits of the fallen world in the Era before the Coming of Heaven. Those who cannot practice obediently due to their old inflexible ideas from this fallen world are unfaithful and foolish persons who have given up on the task of becoming a married couple of supreme happiness.

Unless we Blessed couples can become supremely happy couples and demonstrate a life-style as a genuinely happy couple, we will never succeed in witnessing to and converting others. Only when we really become supremely happy couples and manifest the life-style of a genuinely happy couple, can we succeed in witnessing to our neighbors in our surrounding communities as well as restoring the relatives in our clans in accomplishing our mission as a clan messiah.

In the United States, the Mormon Church (Church of the Latter-day Saints) has now grown bigger than the Episcopal Church, which is affiliated with the Anglican Church of the United Kingdom. The key to its success consists in the happy family-life of its members. Reportedly, a very small number of its members joined the Mormon Church because of its unique theology. The majority of its new members joined because they were attracted

by the happy family-life of the Mormon Church members.

This will also be the case with the Unification Church. All Blessed couples can now practice the “daily-life habits of true love that make a supremely happy couple” under the protection of the absolute good spirits of our ancestors in this new Era after the Coming of Heaven. Therefore, the time has now come when it is possible for us to live a truly happy family-life, and the Unification Church can grow explosively from now on.

I used to be a typical Japanese man who was poor at expressing love. Nonetheless, thanks to my job as a professor in Unification ethics at Sun Moon University, and more recently at the CheongShim Graduate School of Theology, I have seriously researched and become very familiar with True Parent’s and Dae Mo Nim’s speeches on the practice of true love in our daily lives. After collecting True Parent’s and Dae Mo Nim’s speeches on the practice of true love, I felt compelled to put them into practice.

By faithfully implementing such teachings, my wife and I felt so peaceful and happy that we soon made it a rule, for example, to hold each other’s hand while in bed before going to sleep and while watching TV together. My wife and I always felt very peaceful and happy feelings through holding each other’s hand. As a result, my wife and I always held each other’s hand whenever possible, because it felt very good. While she was still alive on earth, my wife repeatedly said to me, “It is my happiest time to have ‘pillow-talk’ while holding each other’s hand in bed.”

4. We should sleep naked together in one bed every night.

As for the **“sleeping naked”** part of the fourth daily-life habit, I will explain it extensively in Chapter 3 of this book. There I will quote True Father’s original speech, **“From tonight on, a husband and wife must sleep naked together,”** to a great extent and explain its providential meaning, and related issues, through answering four questions on this daily-life habit. Therefore, in this section, I just focus on the latter part of this fourth habit (**“sleeping together in one bed”**), and I will introduce Dae Mo Nim’s and True Parent’s words.

A husband and wife must sleep together under one quilt and live feeling in love with each other, just as couples do in Korea. But many married couples in Japan sleep in separate futons or beds. It is fundamentally wrong to sleep separately. (August 22, 1998) ⁷⁾

Also in another family, the husband used a back room, and the wife used a small room; they lived their lives separately under one roof. Such a life is really wrong.

You all sometimes fight with your husbands, don’t you? Even when you fight, you must absolutely not sleep in a separate room by taking your pillow with you. (July 13, 2004) ⁸⁾

7) Dae Mo Nim, “Messages from Dae Mo Nim 2,” *Family* 359 (December 1998): 59.

8) Cheongpyeong Training Center, ed., *Makotonaru Tsuma-no Yakuwari* (Role of a true wife), 19.

True Father also said, at the Cheongpyeong Training Center after the Pledge Service on True Children’s Day, in November 2006, **“a husband and wife should sleep naked in one bed, not in two separate beds.”**

You husbands and wives should completely take off your clothes and sleep naked together every night, embracing each other in one bed, not in two separate beds. Then, is it possible for a husband and wife to quarrel every day? Is it possible for them to quarrel in the morning and sleep together at night? It is impossible. (November 21, 2006) ⁹⁾

Although your husband’s snoring sound is very loud and noisy, a husband and wife should sleep together in one bed, even if they must use ear plugs, as a daily-life habit in the Era after the Coming of Heaven. The 3M Company in the United States invented very effective soundproof ear plugs for the astronauts of NASA, and they are on sale at a cheap price, even at the store at the Cheongpyeong Heaven and Earth Training Center.

5. We should call each other at least once a day in the daytime and always keep in touch.

I would like to introduce Dae Mo Nim’s speeches about the

9) Sun Myung Moon, “A speech after the Pledge Service of the 47th True Children’s Day,” at the Cheongpyeong Training Center, <http://ww3.familyfed.org/FujioFolder/1121Pubu.mp3>.

fifth daily-life habit of a couple: staying in touch with each other during the daytime by making phone calls. The first speech concerns her advice to husbands on their daily attitudes while working outside the home, and was delivered during the 5th Special 8-Day Workshop for Blessed Husbands.

Therefore, if you do not make any call to your wife, not even once, in the daytime before coming home, and if your wife is not sure what you are doing in the daytime, we can say such a husband is wrong. Some husbands have long talks with others over the phone, but hesitate to make a call to their own wife. During your lunch break, you should not think, “Because my wife is an adult, she has of course finished her lunch.” Rather, you should become a husband who calls your wife during the lunchtime and ask, “Did you really have lunch?” (January 28, 2002) ¹⁰⁾

The second speech contains Dae Mo Nim’s advice to wives on their daily attitudes, after sending their husbands off for work, and was delivered at a Cheongpyeong 40-Day Workshop for Blessed Wives.

During the daytime, a wife visualizes her husband working hard outside the home. ... Of course, if the wife can have faith in her husband, it will be an admirable thing. But you should become a wife who calls your hus-

10) Dae Mo Nim, “Husband is love,” A speech at the 5th Cheongpyeong 8-Day Workshop for Blessed Husbands, *CheongShim* 6 (April 2002): 36.

band and asks, “What did you eat for lunch? Was it delicious?” (July 13, 2004) ¹¹⁾

Before my wife came to Korea for the treatment of her stomach cancer in the summer of 2009, I had worked alone in Korea as a professor, and my wife had lived separately in New York, except for summer and winter breaks. Nonetheless, thanks to a great reduction in the cost of international phone calls from New York, my wife called me every morning and every evening, and it was our couple’s daily habit that we talk on the phone twice a day. Always staying in touch with each other through phone calls was tremendously helpful to us for our heart-to-heart relationship.

In recent years, thanks to the providential benefits of the Era after the Coming of Heaven, the technology of cell phones has developed very rapidly, and the cost of phone calls has dropped sharply, especially when using alternative lines. Consequently, no matter where the husband may be, and regardless of where the wife is, it has become possible for a married couple to freely have an intimate talk. Therefore, when the husband and wife work separately in the daytime, the couple should make a conscious effort to develop a close heart-to-heart relationship by communicating regularly over the phone.

6. We should bow down before the picture of True Parents, recite the Family Pledge, report (pray) to God

11) Cheongpyeong Training Center, ed., *Makotonaru Tsumano Yakuwari* (Role of a true wife), 16.

while facing each other and holding each other's hands, and bow (down) to each other at the end, every morning and every night.

If a husband and wife live together, I recommend that at the time they begin a new day in the morning, and when they end their day and before going to sleep in their bed, the couple bow down together to the picture of True Parents, recite the Family Pledge, and report (pray) to God, facing each other and holding each other's hands.

My wife and I liked to offer a full bow to each other lowering the head all the way down to the floor. However, if you and your wife are neither Korean nor Japanese, the couple may make a slight bow to each other while standing, and hug warmly after greeting to God and True Parents, ideally with a full bow. My wife and I also made it a rule to hug each other and to say each other, "Let's do our best today," or something like that, in order to encourage each other in the morning, or "Thank you very much for your hard work for today," to show thanks at night, after bowing to each other. It is important for us to practice the daily-life habit of expressing love and respect not only to God and True Parents, but also to our spouse.

Here is Dae Mo Nim's advice on the importance of offering a bow to God and True Parents and reporting (praying) to them every day:

Every member has a picture of True Parents in their home. The picture conveys the meaning that True Par-

ents, who are united with God, can come to your home and are, indeed, at your home. God and True Parents do not exist in a place far away from you. You must think that spiritually they are always watching your whole life. It is very important in our life of attendance that we thank God, who is the origin of true love, and True Parents who have come as the substantial embodiment of true love.

When we live in the evil world, in the realm of Satan, it is very difficult to live without the protection of God and True Parents. I recommend that you offer a bow to the picture of True Parents in the morning, saying, “I will really live with God today. I will work centering on God and True Parents, without showing any self-centeredness and arrogance.

When you come home after the day’s work, you should examine whether or not you have lived the entire day with God, saying, “Heavenly Father and True Parents, thank you very much for allowing me to come home safely. Thank you very much for allowing me to come home without any accident from this evil world.” You must make this kind of practice your daily-life habit. You cannot faithfully live a life of attendance if you live a life half-heartedly.¹²⁾

Since May 2004, we have entered the new Era after the Com-

12) Cheongpyeong Training Center, ed., *Seiyaku Jidai-no Cheongpyeong Yakujito Shukuhuku Katei-no Michi* (Cheongpyeong works and the way of Blessed family) (Seoul: Seonghwa Publishing, 2000), 186-187.

ing of Heaven, and True Parents directed us to change the style of reporting (praying) to God after we entered the new Era. Because the 6th daily-life habit involves the couple's daily reporting (praying) to God, I will explain here more about this change in the style of reporting (praying).

At the gathering to celebrate the Foundation Day for the Nation of the Unified World on October 3, 2004, in Korea, True Father instructed us that representative reporting (prayer) to God in official settings, such as on Church Holy Days, should not be done alone by a single representative leader any longer, but by a representative couple (a husband and wife together) in the following posture.

- 1) When offering the prayer-report, the representative leader no longer stands alone in front of the altar facing True Parents or facing the congregation, but the representative husband and wife will stand together facing each other.**
- 2) Both the husband and wife will slightly bend the fingers of both hands, extend both hands in front of each other, place each other's right hand with the back of the hand upon the palm of his or her spouse's left hand, combine each other's fingertips in both hands, and lightly hold hands with their fingertips. Then, a couple offers a report (prayer).**

True Parents offered a report (prayer) to God with this posture in the Holy Marriage Blessing Ceremony of the Parents of

Heaven and Earth Opening *Cheon Il Guk*, in 2003. When True Parents officiated the Marriage Blessing ceremonies during their world speaking tours in 2005 and 2006, the officiator-couple and all the couples who received the Marriage Blessing also took this posture of facing each other at the time of the benedictory prayer-report.

In the Era after the Coming of Heaven, all the couples who received the Marriage Blessing have taken this posture when the officiator-couple offered the benediction. At the time of the Marriage Blessing of our ancestors at the Cheongpyeong Training Center, all Blessed couples who represent their ancestor couples are now also directed to take such a posture at the time of the benedictory prayer, if both the husband and wife are present there as a couple.

In my interpretation, this change of posture corresponds to the change of God's mode of existence from the old "Era before the Coming of Heaven" to the new "Era after the Coming of Heaven." In the old Era before the Coming of Heaven, or the age of the fallen world, especially before "the Coronation Ceremony of God's Kingship" performed in 2001, God was an "existence of complete transcendence" in regard to the fallen world most of the time. At that time, it was not always possible for God to dwell within us because of evil spirits or low spirits dwelling within us.

After the Coronation Ceremony of God's Kingship in 2001, however, God's providence made rapid progress and culminated in the dawn of the new "Era after the Coming of Heaven" on May 5, 2004. It then became possible for God to descend to

earth and always live, as an “existence of immanence,” with our True Parents and with us Blessed couples on earth, if we are completely united with them, in this Era after the Coming of Heaven.

Specifically, since our True Parents moved into the Cheon Jeong Peace Palace in 2006, they have become the substance of God’s temple, and God now always resides in True Parents on earth. Thanks to the great victory of our True Parents, the new providential age has dawned when we can unconditionally receive the special grace of “the realm of complete freedom” from Satan’s accusation. Therefore, as the representatives of the victorious True Parents, we Blessed couples can now become God’s branch temples wherein God always dwells.

Revelation 21:3 of the New Testament prophesied the **advent of “a new heaven and a new earth”**: **“See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will always be with them; he will wipe every tear from their eyes.”**¹³⁾ The new Era after the Coming of Heaven corresponds to the age of the advent of “a new heaven and a new earth.” In fact, True Parents declared:

We are in the era after the coming of heaven! I proclaim the beginning of the long awaited new heaven and new earth, which billions of your ancestors in the spirit world, who have come and gone in history, have yearned for. This is the era of the kingdom of the peaceful, ideal

13) *The Holy Bible*, New Revised Standard Version.

world. (February 23, 2007) ¹⁴⁾

We can say that the Era after the Coming of Heaven is the new age wherein the prophecy of Revelation in the Bible is to be fulfilled.

In this manner, God, who existed only outside our Blessed couples in the past Era before the Coming of Heaven, can now reside within us and dwell with us on earth in the new Era after the Coming of Heaven. We can probably say that the time has come when we Blessed couples are allowed to fully represent the “True Parents of Heaven, Earth, and Humanity.” They are sometimes referred to as “the horizontal True Parents” and they have now become the complete substantial manifestation of God, who is sometimes called “the vertical True Parents.”

Because God basically existed externally outside of the Blessed couples in the past, when reporting (praying) to God, we did so with the outward posture of facing an altar with True Parents’ picture on it. In the new Era after the Coming of Heaven, however, we are now allowed to offer reports (prayers) as a couple with the inward posture of facing each other, in the sense of reporting to God who is dwelling within us. Today, in the new Era after the Coming of Heaven, even if True Parents are present, the representative Blessed couple are to offer a report (prayer), not facing the True Parents, nor the altar, nor the congregation, but facing each other with both hands extended and clasping each other.

14) Sun Myung Moon, *Pyeong Hwa Hoon Gyeong* (Seoul: Sunghwa Publishing, 2007), 223.

In this manner, the new Era after the Coming of Heaven is the age when we Blessed couples can manifest ourselves as God's substantial being or God's living temple, and dwell together with God. We can say that, in accordance with such a providential advancement, the posture of the Blessed couples' reporting (praying) to God has also changed.

In the old Era before the Coming of Heaven, when Blessed couples prayed together, they faced the altar with True Parents' picture on it. However, in this new Era after the Coming of Heaven, we are now allowed to offer a report (prayer) as a couple facing each other and holding each other's hands just as True Parents have done in this new era. Of course, it is not a sin for a couple to offer a prayer in the old style of facing the altar. Nonetheless, I believe we Blessed couples can receive and feel a greater degree of God's grace if we offer a report (prayer) together as a couple facing each other and holding each other's hands as a clan messiah who represents our clans.

My wife and I personally changed the style of our couple's reporting (praying) to the posture of facing each other with both hands extended and clasping each other. As a result, we became more deeply conscious that God does not reside in heaven far away from us outside our home, but in fact dwells within the bodies of our couple here on earth. As we looked at each other's face while reporting to God, the spouse's face sometimes appeared to be like God's. Consequently, more and more, my wife and I came to feel that each of us was a precious reflection of God's duality of masculinity and femininity.

7. We should always send off, and welcome home, our husband (wife) by holding his (her) hand, kissing, and/or hugging at the front door when he (she) goes out for work, and returns from work.

As for the seventh habit, we should always select at least one point (“**holding his or her hand, kissing, and hugging**”) and practice it. Of course, we are free to practice all of them at the same time as expressed above. Here are True Father’s words concerning a wife’s attitude when her husband comes back from work. This speech was delivered at a Japanese Women’s Workshop in Korea in 1993.

When your husband comes back from work, you should not stay in a back room, but stay near the front door and say “Darling!” Every husband wants to hear such a word at least three times. When the husband returns from work fatigued and exhausted, he desperately wants to receive some words of comfort from his wife and children. If his wife says from the back of the house, away from the front door, “Who is it?” three times, without thinking of her husband’s exhaustion, it will completely deflate her husband’s loving feelings for his wife in an instant.

Therefore, taking these things into consideration, around the time of the husband’s anticipated return, you should wait for him near the entrance and then at the first sign of his return, say to him, “Darling! You’re back,

welcome home!” Nothing else can give greater happiness to your husband than this. This greatly encourages your husband, and he thinks, “Sure enough, my home is my Heavenly Kingdom.” (December 21, 1993) ¹⁵⁾

Dae Mo Nim also spoke to wives about their attitudes when a husband leaves home for work in the morning.

You also should not simply let your husband go to work in the morning. At least hold his hand when you see him off. (July 13, 2004) ¹⁶⁾

Dae Mo Nim also spoke to husbands about their attitudes when a husband leaves home for work in the morning.

According to the wishes of almost all wives, when their husband leaves home for work, some wives want him to hug his wife, and other wives want him to hold his wife’s hands or kiss her. Have you done that? There are more husbands who have not done that than those who did. Those who say, “I have done that,” only practiced it once in a very great while. Is that true? That is not good.

You should make the wife’s hands and the husband’s hands, after the hands get hot loving feelings, remain hot

15) Sun Myung Moon, *Houkan Shurenkai Mikotobashu* (Speeches at a Japanese women’s workshop in Korea) vol.2 (Tokyo: Kogensha, 1995), 55.

16) Cheongpyeong Training Center, ed., *The Role of a True Wife* (Gapyeong-gun: Cheongpyeong Training Center, 2004), 13.

all day long. If you do that, you will come to watch no other woman but your wife. Other women will become invisible to your eyes. Therefore, you must really become a husband who can hold your wife's warm hands and who can affectionately hug your wife and kiss her. (January 28, 2002) ¹⁷⁾

A husband has to become a person who can give absolute love to his wife. In particular, some husbands in the Unification Church are expressionless in the morning. Look at men in the secular world. They are not like that. You have to become a husband who can embrace your beloved wife even in the morning. When you become a husband who touches her breasts and hands in the morning, your wife can live on such love at home during the day.

The person who lives and thrives on her husband's love is the happy wife. When a wife eats such love, she can live during the day for the sake of her husband and children. Husbands do not realize this. When a husband leaves home for work, he should hold his wife's hands, hug her tightly, touch her breast, or kiss her. If a husband acts in such a way, his wife will be enchanted and filled with feelings of euphoria, thinking, "I am the happiest woman in the world." Is this true or not? (March 27, 2002) ¹⁸⁾

17) Dae Mo Nim, "Husband is love," *CheongShim* 6 (April 2002): 36.

18) Dae Mo Nim, "Let's know myself and change my life," *CheongShim* 7 (November 2002): 26.

When Mr. Kamiyama stayed in Danbury Prison with True Father, regularly there was a time for prisoners to see their wives and families. When True Mother visited True Father, they always kissed each other intimately in public. True Father also ordered Mr. Kamiyama to kiss his wife, who regularly visited him, boldly in public without hesitation.

One of the things Mr. Kamiyama learned from True Father in prison was the importance of expressing affection between a husband and wife. In fact, watching Mr. Kamiyama's hesitant attitude toward his wife, in prison, True Father ordered him to **“teach our members to express affection more openly between a husband and wife,”** after his release from the prison.¹⁹⁾

As representatives and successors of True Parents, we Blessed couples are expected to inherit the manner of expressing our affections from True Parents and should accomplish one heart, one body, one mindset, and one harmony as a husband and wife just like True Parents. Many Blessed husbands seem to be poor at expressing affection to their wives. Throwing away the old culture of conjugal relations in the past Era before the Coming of Heaven, Blessed husbands need to learn and inherit the new heavenly culture of true conjugal love that True Parents have shown us as an ideal model. True Parents taught us, through their actual lives, the daily-life habits of true love in order for us to become supremely happy couples.

Dae Mo Nim spoke to Blessed wives about the importance of

19) “Interview with Mr. Kamiyama: Experience in Danbury prison,” *Today's World* (July 1985): 30.

getting rid of past daily-life habits in order to become a “wife whom the husband absolutely needs” at a Cheongpyeong 40-Day Workshop for Blessed Wives. She said:

If you think, “I feel embarrassed; I cannot act like that because of my shy character,” you will never be able to change yourself. A wife has to lead the family in order to establish a true family by all means. Only then can we create a true family here on earth and go to the spirit world as a true family.

The habits of our daily lives are very fearful things. If you fight and fail to become one with your husband here on earth, do you think you can immediately smile at him and spend time with him, even if you go to the Kingdom of Heaven? Because our daily-life habits are eternal, even if we go to the Kingdom of Heaven, these habits of our daily lives on earth will be applied fearfully exactly as they have been.

Therefore, unless we change our daily-life habits, we cannot become filial sons and daughters in front of God. As I always say, we have to change the habits of our daily lives here on earth. (July 13, 2004)²⁰⁾

Therefore, it is very important for a husband and wife to learn and practice the ideal daily-life habits of true love here on earth in order to live a supremely happy life as an absolute, unique,

20) Cheongpyeong Training Center, ed., *Makotonaru Tsumano Yakuwari* (Role of a true wife), 30-31.

unchanging, and eternal couple in the spirit world.

8. We should always talk to each other politely with respect.

Dae Mo Nim spoke to women about the importance of a wife's words toward her husband as follows:

You have to watch your language. When you speak to your husband, you should not roughly say, “Did you do it?” “Did you eat?” or “When will you come back?” You do not have to say it too politely by using “Could you please?” or “Would you please?” But at least you should use polite words and respect your husband. If you respect your husband, your children can respect him as their father. (March 27, 2002) ²¹⁾

Rev. Jeon Soo-won (36 couples) also advised us about the importance of always using polite words with respect to the daily conversation between a husband and wife.

From now on, every day you should make effort to use at least one phrase that makes your wife happy. Even if the meal is not so delicious, you may say, “Yah, it's so delicious, thank you.” Even though the relationship of the husband and wife is the closest one, you must attach im-

21) Dae Mo Nim, “Let's know myself and change my life,” *CheongShim* 7 (November 2002): 26.

portance to manners. You should not have a frivolous conversation with your spouse. You should talk to each other using polite, respectful expressions.

You must not make casual, frivolous talk with your spouse as if you were speaking to a casual friend. Why not? This is because all of your talk with your spouse influences your children. Women must absolutely respect your own husband. If the wife does not respect her husband in front of your children, your children will not respect their father. ²²⁾

As a matter of course, a husband should also talk to his wife with respect. Some languages (e.g., Japanese) have a conspicuous difference between the male daily language and the female daily language and an implicit bias against women in their languages. We should make efforts to speak a new language of true love in the new Era after the Coming of Heaven.

9. We should practice *hoondokhae* (i.e., reading True Parents' speeches) together every day.

Let me first introduce True Father's speech which conveys the importance of centering on the vertical love of God in order to bring about genuine unity between a husband and wife.

Those who received Blessing must attach importance

22) Jeon Soo-won, *Kanshasuru Shinkou* (Thankful faith) (Tokyo: Kogensha, 1996), 168-169.

to the vertical God rather than the horizontal attitude, as God requires it in order to set up the horizontal foundation of love. It is only by practicing love centered on the vertical love that we can enter the Heavenly Kingdom. ²³⁾

It is very important for us to practice *hoondokhae* in our home if we want to receive God's vertical love. True Parents have practiced *hoondokhae* every morning more earnestly than any member in the world and have presented the best model for all of us in the practice of *hoondokhae*, as well. Even if it is only for a brief time, if a husband and wife regularly read True Parents' words together every morning, the couple can receive a great amount of spiritual blessing, and can accomplish one heart and one body on a higher level, centering on God's vertical love. Here are True Parent's words on the significance and purpose of *hoondokhae*:

The purpose of practicing *hoondokhae* is to resemble God who is the substance of the Words. We practice *hoondokhae* to become the second True Parents. ²⁴⁾

How can we set up the tradition? All the contents of my entire life are the tradition. Therefore, I initiated *hoondokhae* to bestow the tradition.

23) Sun Myung Moon, *Shukufuku Katei-to Risou Tengoku* (Blessed families and ideal Heavenly Kingdom), vol. 1 (Tokyo: Kogensha, 1998), 1297.

24) Korean source is *Selections from Rev. Sun Myung Moon's Speeches*, vol. 321, 32.

The words of *hoondokhae* are not words that will pass away. You must know that they are all kinds of the teaching materials for practice that enable you to settle down on earth.

You must inherit the tradition. And you must practice the tradition after knowing it. You must inherit the tradition during the day and night. The education to make you inherit the tradition is *hoondokhae*. As it is the place to learn the tradition, once you know it, you must act in accordance with the way that Heaven and I have made efforts to set up with difficulty, and establish your own family and nation. This is very important. (June 26, 1999) ²⁵⁾

You must practice *hoondokhae* in order for your family to settle down for ever. This is the spiritual food. Just as you can physically grow by yearning for the physical food and eating it deliciously, you can spiritually grow by eating the spiritual food deliciously. When the family settles down in this way, the liberation will develop on earth. (April 2, 2000) ²⁶⁾

You practice *hoondokhae* to find out what you will do for the day, that is, something for you to leave behind.

25) Sun Myung Moon, *Mikotoba Kundoku-to Reikai Douin* (Reading of the words and mobilization of the spirit world) (Tokyo: Kogensha, 2005), 14. Korean source is *Selections from Rev. Sun Myung Moon's Speeches*, vol. 302, 278.

26) Moon, *Mikotoba Kundoku-to Reikai Douin* (Reading of the words and mobilization of the spirit world), 16.

You do not practice it just to hear the words. You practice it in order to live. You practice it to expand the environments of re-creation by becoming the subject. Therefore, you are expected to practice it each and every day. (November 21, 1998) ²⁷⁾

As we can see from these words of True Parents, it is very important for us to practice *hoondokhae* as a daily-life habit.

10. We should make love at least twice a week.

Some Blessed couples seem to think that the act of sex is a secular act. Therefore, they rarely make love, and quickly finish the act of love-making within a brief time; in their view, to shorten the time of love-making and thus save time for God's providential work is a sign of the most faithful couples.

Nonetheless, this kind of attitude in love-making is wrong. The act of love-making is a holy act for Blessed couples, and is strongly recommended by God. It is the act of welcoming God into our home, and offering special joy to God the Father-Mother. Therefore, True Father told us to make love more frequently and for a longer time than the couples of this world.

True Father told us to make love earnestly even by dedicating our life to that act.

27) Moon, *Mikotoba Kundoku-to Reikai Douin* (Reading of the words and mobilization of the spirit world), 18. Korean source is *Selections from Rev. Sun Myung Moon's Speeches*, vol. 308, 94.

What is the privilege of the human beings as the lord of creation? That is the privilege of love. Animals make love for propagation once a year. Human beings, however, transcend the seasons. This is our privilege. The home is the place where we should bloom by dedicating our life to this act and by drawing the image of our special ideal of love. (August 28, 1995) ²⁸⁾

It seems that some Blessed couples feel that just to think about sex, or to imagine sex itself, is a bad action. Nonetheless, the act of love-making by a Blessed couple is not an illegitimate act, but an act of true love centered on God. Therefore, True Parents recommend that we earnestly **“think every day”** how to make love.

Where will God and human beings meet? God will meet human beings when man and woman make love and become one, that is, when they become one centering on their sexual organs. Because these sexual organs fell, they devastated this world; they ruined heaven and earth. That’s why these organs became evil.

When you, man and woman, make love, you should think that you are going to welcome God. When you look at your lower body, you should think every day to yourselves, “How shall I connect this organ centering on love? How shall I serve and welcome God? How can I make

28) Sun Myung Moon, “My responsibility,” *Shukufuku* 86 (Fall 1995): 58.

love centering on true love?” (March 23, 1993) ²⁹⁾

Dae Mo Nim has also repeatedly emphasized to Blessed wives at the Cheongpyeong 21-Day Registration Workshops that Blessed couples make love more frequently and more willingly.

When I personally talk with Blessed wives, there are really many wives who reject their husband’s desire for love-making, saying, “I don’t like it,” when a husband says to his wife, “Let’s make love.” That is, however, a wrong attitude. Who is the owner of the wife’s sexual organ? Because the husband is its owner, the wife must completely open her sexual organ for him, so that her husband can freely come and play in there to his heart’s content. Otherwise, he will go outside the home. Among the fallen members I have personally talked with, there are husbands who fell because their wives failed to fulfill their responsibility as a wife. Because the wife was lacking in the heart for love-making, her husband ended up in doing it outside the home.

Therefore, the wife must completely open her sexual organ, so that her husband can really come and play in there; she must open her heart and body, so that her hus-

29) Sun Myung Moon, *Uchu-no Konpon* (The root of the universe) (Tokyo: Kogensha, 2002), 214. Korean source is *Selections from Rev. Sun Myung Moon’s Speeches*, vol. 246, 73. Cf., Sun Myung Moon, *Cheon Seong Gyeong* (Seoul: Sunghwa Publishing, 2006), 1724.

band can freely visit various places (of her body). Did you understand? The wife must open her heart and body. While your husband makes love to you, you must let him enjoy visiting a stream, a rocky stretch, a riverside field, a flower garden, a mountain, and a grass field.

You must study and study again how to let your husband enjoy visiting various locations of “creation” [i.e., female sexual organ]; so you must learn to open it for such a purpose. Do you understand? God presented such a scene for me by drawing its picture. Nonetheless, even though God drew such a picture for me, we Blessed couples have failed to actualize this scene, and do you know who has been practicing it? It is Satan! It is women in bar rooms! The women in bar rooms have learned it first and practiced it as an evil means. The women on Satan’s side are practicing such a scene more frequently.

That’s why I am teaching this sex education and the conjugal-life education for you. There is no other meaning. Why am I teaching such an education? Even though the Blessed couples on God’s side must practice it more frequently, who practiced it more frequently? Those on Satan’s side did! Therefore, as a husband and wife, you must have a time to make love really to your heart’s content, holding each other’s hand. Do you understand? (Yes.) (March 21, 2001) ³⁰⁾

30) Dae Mo Nim, “As a good mother and a good wife,” A Speech at the 10th Cheongpyeong 21-Day Registration Workshop for Blessed Wives, *CheongShim* 4 (May 2001): 26.

Here are Dae Mo Nim's words about a couple's sexual life, which she spoke to Blessed wives at a Cheongpyeong 40-Day Workshop in the summer of 2004.

God explains about the act of love, saying, “Play as much as you want,” and “The more you make love, the greater the amount of joy and beauty you generate.” When a man and woman give and receive beautiful love with each other, an inseparable bond of heart is created between the two. The act of love-making creates an emotional bond. It is not because the emotional bond is already formed that you make love. You should not think in reverse. You must not say, “I do not feel love, so how can I make love to my husband?” You are to nurture a loving heart while making love. Then a man and woman can become one in heart and body while nurturing their hearts. Then the couple becomes happy. When you act in that way, the wife will not feel discontented, nor will the husband. (July 13, 2004) ³¹⁾

Generally speaking, as a daily-life habit to become a supremely happy couple, a married couple should make love at least twice a week, except during the period of menstruation if they live together. Of course, there are individual differences and age differences in the preference of frequency of the couple's love-making. The best frequency of love-making seems to

31) Cheongpyeong Training Center, ed., *Role of a True Wife*, 16-17. Translation was revised.

be 3 or 4 times a week in the case of couples in their 20s and 30s, who eagerly want pregnancy, and around twice a week for those couples in their 50s and over. At the 3rd Cheongpyeong 21-Day Registration Workshop for Blessed Wives in 2000, True Father told those wives without a child that they **“should make love once in two days”** to make sure to give birth to a baby.

Nonetheless, in the act of love-making, the most important thing, after all, is not its frequency or quantity, but its quality. The most important point in love-making is that a husband and wife be deeply moved by God’s creativity and His heart and offer deep thanks to God while making love beautifully with respect and love for each other, so that God can be moved by watching the beautiful scene of their love-making.

In love-making, if a couple wants to make love beautifully with respect and love for each other, centering on God, a husband should, without fail, make sure to spend sufficient time for foreplay, and quality time for after-play, this for the sake of his wife, every time they make love. Because many young men do not understand the importance of foreplay in love-making, True Father, in his speech on the Korean *Chuseok* festival in 2008, specified that husbands should always spend at least **“15 minutes”** for foreplay in love-making, so that wives can feel the utmost joy.

Immediately after ejaculation, some husbands always turn their back to their wife and quickly fall asleep, facing the wall. This is a very bad habit that makes for an unhappy wife. Wives of such husbands will come to feel used by her husband, only for his selfish need and cannot feel love from him. There must be a

sweet and intimate time of the after-play after every love-making if a couple wants to become a couple of the supreme happiness.

It is reported that a wife can feel supremely happy when, whispering words of admiration and thanks to her (and to God in the case of a Blessed couple), her husband gently kisses her, hugs her tightly, and has intimate pillow-talk with her while they embrace each other or hold each other's hand, every time after love-making. Unlike men, women's sexual excitement and feelings do not drop sharply at the end of love-making. Therefore, a husband should always be responsive to his wife's need for "heartistic" love at the end of each love-making.

For those relatively young couples, before menopause, "to make love" means sexual intercourse that accompanies the act of insertion as a matter of course. For those couples after menopause, however, there are frequent cases that make it difficult to have ordinary sexual intercourse because of malfunction, or health problems of their aged sexual organs. Even in these cases, however, it is still possible for the couple to feel the joy of love and satisfaction simply by kissing and caressing with the use of their hands and mouth (both tongue and lips) apart from the act of insertion.

I would like to clarify that for those couples after menopause, "to make love" does not necessarily mean to have sexual intercourse that includes the act of insertion. This clarification is in consideration of those older couples, so that they can also easily reach the grade of "A+" in self-evaluating and scoring the degree of the couple's practice of "the 10 daily-life habits that

make a supremely happy couple.” For more details concerning the “**Self-Grading Monthly Score Tables,**” please see Appendix A.

Chapter 2

The 10 Additional Habits That Make a Supremely Happy Couple

Chapter 1 has presented the first 10 habits that make a supremely happy couple in the new Era after the Coming of Heaven on the basis of the speeches of True Parents and Dae Mo Nim. Chapter 2 will present the 10 additional habits that can make a supremely happy couple, these habits also being based on the speeches of True Parents and Dae Mo Nim.

Q.2.1: I am grateful that you have shared the “10-point checklist” of the habits that make a supremely happy couple. If you were to create a “20-point checklist” by adding 10 more points to that list, what would be the contents of items 11 through 20? Could you create such a list and share it with us?

A: On the basis of the words of True Parents and Dae Mo Nim, I’ve introduced a list of 10 daily-life habits, which Blessed couple should *always* practice every day. Likewise, on the basis of the words of True Parents and Dae Mo Nim, I would like to introduce items 11 through 20, which Blessed couples *should* practice. These items are, however, concerned with habits that the Blessed couples should *sometimes* practice, except item 11,

which is recommended that we *always* practice.

11. We should always carry about our spouse's nails or pubic hairs in our purse as precious treasures.

True Parents recommend that we pick up and always carry with us our spouse's pubic hairs that came off when a husband and wife made love, ideally when a couple made love for the first time after the Marriage Blessing. Or, we should always carry with us our spouse's nails, which we clipped, ideally the ones we clipped for the first time after our Marriage Blessing. We should always carry them about with us in our wallet or purse whenever we leave home. I introduce True Father's words concerning this habit.

Male pubic hairs and female public hairs that came off when a husband and wife made love are precious. Spouse's nails that you clipped after making love for the first time are also precious. Those of you who carry about these things, which last for a long time, in your wallet or purse as precious treasures wherever and whenever you go out, can never be tempted to have an extramarital affair. Therefore, from now on, please carry about such mementos with you. Do you understand? (January 19, 2002) ³²⁾

Thus, True Parents recommend that we always carry about

32) Sun Myung Moon, "Cheon Seong Wang Rim Palace is the most beautiful palace," *CheongShim* 6 (April 2002): 20.

our spouse's pubic hairs or nails in our wallet or purse as a reminder of the absolute and eternal partner of the Marriage Blessing wherever and whenever we go out.

12. We should kiss as often as possible and sometimes do an artistic deep kiss using our tongues.³³⁾

Here are Dae Mo Nim's words to Blessed wives about kissing their husband every morning, delivered at a Cheongpyeong 40-Day Workshop for Blessed Wives:

When your husband wakes up in the morning, you should say "Good morning" and kiss him on the cheek, even if you are advanced in age. (July 13, 2004)³⁴⁾

On the day of the Korean *Chuseok* festival in September, 2008, True Father spoke to us on the steps of love-making at night. In this talk, he recommended that **"the wife suck her husband's tongue,"** and the deep kiss is included as a step as a matter of course.

When a husband and wife lie on the bed (to make love), they are to lie on the bed by taking off their clothes, uniting their mouths, and connecting their chests. The wife is to

33) For True Father's words that recommend the practice of "kiss to the spouse's sexual organ" and "deep kiss," see the answer to the related questions in Yoshihiko Masuda, *True Love, Sex, and Health* (Gapyeong-gun: CheongShim GST University Press, 2008).

34) Cheongpyeong Training Center, ed., *Role of a True Wife*, 13.

suck her husband's tongue, and the husband is to suck his wife's breasts. In the end, convex and concave will fill up to make them disappear and to make flat plains. (September 14, 2008)³⁵⁾

It is reported that a couple's frequent kiss to each other in love will strengthen their immune systems and contribute to their longevity on earth. True Parents have recommended that we practice various types of kissing as a husband and wife, including an artistic deep kiss once in a while using our tongues.

13. We should sometimes take a shower/bath together and wash each other's back.

Dae Mo Nim has recommended to the Japanese Blessed couples that a husband and wife take a shower or bath together and wash each other's back as a daily-life habit. She said to them, **“A husband and wife should take a bath together and wash each other's back and so on in their daily lives, shouldn't they? They should certainly do so.”** (July 18, 2008)³⁶⁾

Blessed couples can and should take a shower or bath together as a husband and wife. It is a good act for a wife to show her beautiful naked body to her husband and visually stimulate him. Even if a wife gets older, she will look as attractive as or

35) Sun Myung Moon, “A speech at *Chuseok* festival,” *Family* 479 (December 2008): 13.

36) Dae Mo Nim, “Let's start a 40-day course for witnessing our husbands,” *Shukufuku Katei* 51 (Winter 2008): 51.

more attractive than before in the eyes of her husband if his love for her deepens.

Especially after exercising together and sweating a lot together outside the home, a husband and wife had better take a shower together at the same time after coming home without waiting for his or her turn. It is not good for our health to be in a wet undershirt for a long time.

True Father also made it clear that he had True Mother sometimes wash his back. He stated as follows:

Because True Mother will do everything for me, regardless of what I ask her to do, that makes me happy. If, going into a bathroom, I say to her, “Oh dear! I feel itchy on the back. Please scrub my back as it’s covered with dirt,” she will be happy to scrub me. (Laughter and clapping of hands) True Mother can feel happy if she loves me more than any woman does. That is artistic and makes us happy. (November 19, 1998) ³⁷⁾

As for taking a bath, women have a tendency to sometimes prefer taking a long, relaxed hot bath. Women’s taking a bath can contribute to their good health. In contrast, husbands are not advised to stay in a very hot bathtub for a long time, not only because it increases the risk of a stroke due to sudden heightening of their blood pressure soon after leaving the bathtub, but also because it can have bad influence on the health of the male

37) Sun Myung Moon, “A speech at the 39th True Children’s Day,” *Family* 360 (January 1999): 26.

sexual organ.

Therefore, although it is recommended for a husband and wife to take a bath together, it is not recommended for them to stay in a very hot bathtub together for a long time. A daily-life habit that is strongly recommended is only for a couple to take a shower/bath together and wash each other's back and so on. Thus, after washing each other's back and so on, husbands should make efforts to leave the bathroom relatively early, either by going inside the warm bathtub only for a relatively short time or by taking a brief shower.

14. We should sometimes clip our spouse's fingernails and toenails.

In particular, when your pregnant wife is in the latter period of pregnancy, it becomes difficult for her to cut her toenails by herself because of her extended belly. Therefore, if your wife is pregnant, you should pay attention to your wife's toenails and, if necessary, clip them for her.

I introduce True Father's speech about clipping the husband's fingernails and toenails, which was delivered at a Japanese Women's Workshop in Korea, in 1993.

You should follow what I say. When your husband comes home from work before 5 p.m., it is still not dark in the summer. So check his fingernails and neatly clip them if they are long. Without doing such a service, you are not qualified to receive your husband's love. Do you understand? (Yes.)

Make sure to do it twice a month or so. You should follow what I said and practice it. (December 21, 1993) ³⁸⁾

True Father also states that he is a happy man because he can have True Mother clip his fingernails and toenails. Thus, he testifies to the fact that True Mother's clipping his fingernails and toenails is a daily-life habit in his life.

Am I a happy man or an unhappy man? ("A happy man.") Am I a happy man? ("A happy man.") Why am I a happy man?

Why am I happy? When my hair has grown long, I present my head to True Mother, saying, "Omma, my hair has grown long." Then, she will cut my hair for me. When my fingernails have grown long, I say to her, "Oh dear! My fingernails have grown long; please clip my fingernails." Then, she will clip them for me. When my toenails have grown long, I say to her, "Oh dear! Please clip my toenails because they may rip up the socks." Then, it is True Mother who will clip them without any complaining.

Because True Mother will do everything for me regardless of what I ask her to do, that makes me happy. (November 19, 1998) ³⁹⁾

38) Moon, *Houkan Shurenkai Mikotobashu* (Speeches at a Japanese women's workshop in Korea) vol.2, 56.

39) Sun Myung Moon, "A speech at the 39th True Children's Day," *Family* 360 (January 1999): 26.

True Father recommends not only that a wife clip her husband's fingernails, but also that a husband should clip his wife's fingernails, and wash her hair. It is important for a husband and wife that they should not end up with **only** the wife serving and doing something for her husband one-sidedly, but with both the husband and wife practicing small acts of love for each other in our daily lives.

It is a chaste and loyal woman who cuts her husband's hair, shave his beard, and clip his fingernails, and who can take a nap on his lap. While a wife takes a nap on her husband's lap, he will clip her fingernails. This is restoration through indemnity. The husband should also wash her hair. I cannot do so because I have never learned how to do it, but I am now thinking about learning it. (August 28, 1995) ⁴⁰⁾

15. We should sometimes clean the wax out of our spouse's ears, using our lap as a pillow.

True Parents recommend that we clean the wax out of our spouse's ears, using our lap as a pillow. The following speech by True Father about a wife's cleaning the wax out of her husband's ears was delivered at a Japanese Women's Workshop in Korea, in 1993.

When a husband comes home, his Japanese wife often

40) Sun Myung Moon, "My responsibility," *Shukufuku* 86 (Fall 1995): 58-59.

shouts to him immediately, “First, take a bath and clean yourself,” but he is usually not so willing to do so.

...Therefore, you should rather say to him, “It is OK to take a bath later.” Then, if he is tired, you should prepare dinner for him, saying, “Please have a meal.” Then, saying, “Please take a rest,” you should let him lie down on your lap in such a way as you do for a child, and clean the wax out of your husband’s ears. (December 21, 1993) ⁴¹⁾

Not only should a wife clean the wax out of her husband’s ears, but also a husband should clean the wax out of his wife’s ears. A husband can symbolically experience the father’s heart through his wife, if he cleans the wax out of her ears, while letting her lie down on his lap in such a way as he does for his small child. At the same time, his wife can symbolically experience the daughter’s heart through her relationship with her husband, if she has her wax cleaned out of her ears on her husband’s lap.

16. We should sometimes let our spouse take a rest using our lap as a pillow on a sofa.

From my experience, this method of taking a rest even for 10 minutes is very effective in getting over fatigue of the eyes and giving a rest to the brain. Of course, when you take a rest longer than 30 minutes, it is more effective for you to sleep in a bed. However, when you want to take a rest only for 10 or 15 min-

41) Moon, *Houkan Shurenkai Mikotobashu* (Speeches at a Japanese women’s workshop in Korea) vol.2, 55-56.

utes, this method has a very good effect on resting and refreshing your eyes and brain. If you ask your spouse to wake you up at a certain time, you do not need to set an alarm clock. When you let your spouse take a rest on your lap for 10 or 15 minutes, if you meditate, read a book, or doze, time will fly by very quickly.

If you take a rest with your head on the lap of your lovely wife/husband, you can go back to the heart of childhood at your early age and feel peaceful and happy. True Father told us that if a wife lets her fatigued husband take a nap on her lap after his return home from work, he can enjoy the peaceful feelings of real happiness.

Instead of pushing a husband to take a bath after his turn, if a wife sets up a dinner table, saying to him, “Please come inside the home quickly. You must be very tired,” and if she lets him eat while embracing him and says to him, “Please take a bath after taking a nap on my lap,” how happy her husband will be! (November 19, 1998) ⁴²⁾

Just as the case with a husband’s cleaning the wax out of his wife’s ears while letting her lie down on his lap, if a husband lets his tired wife sometimes rest on his lap for a while just as he does, or did, to his small daughter, he can symbolically experience the feelings of father through his wife, and his wife, the feelings of daughter through her husband. The supremely happy couples are

42) Sun Myung Moon, “A speech at the 39th True Children’s Day,” *Family* 360 (January 1999): 26.

those who are symbolically experiencing all of the Four Great Realms of Heart, namely, children’s realm of heart, brother/sister’s realm of heart, conjugal realm of heart, and parental realm of heart, through the conjugal relationship in their daily lives.

17. We should sometimes massage our spouse’s shoulder or other parts.

It is prohibited to massage the shoulders or other parts of the opposite sex except for one’s spouse. It is also prohibited to receive these massages from the opposite sex except from one’s spouse. It is strongly recommended, however, that we massage the shoulders or other parts of our own spouse. I would like to encourage you to massage your spouse with your hands as frequently as possible and as earnestly as possible to move the heart of your spouse.

If a loving husband and wife give sincere massages to each other with his or her hands, the couple will become healthy not only physically but also spiritually, thanks to the spiritual energy emitted by his or her fingers and palms. I strongly recommend that a husband and wife give massages to each other with his or her own hands as part of the **“rules of health: Become an absolute Blessed couple with one heart and one body.”**

18. We should sometimes go to a coffee shop only as a couple and enjoy talking with each other over coffee or tea.

It is important to have some time with only your spouse,

without the children, and to talk with each other in a calm place with a good atmosphere. This practice is mainly for the sake of wives, who are usually not satisfied with their husbands because men would otherwise not listen to women's words attentively and to the full extent.

Dae Mo Nim even recommends that a couple have a trip to stay overnight or a couple of days away from their home without taking along a child, so that a husband can sufficiently listen to his wife's words from her heart and liberate her resentment and misunderstanding. In her speech on the importance of listening to the wife's words, she said,

Men's thinking is very simple. That is different from women. Husbands easily forget their wife's wrongdoings after a certain period of time. But that is not the case with women. In some cases, women never forget the memory of her husband's wrongdoings even until the time of death.

Therefore, if a husband wants to be liberated from his wife's resentful memory, he should make a trip of two nights and three days' stay or so away from home only with his wife. At first, after briefly talking with her, the husband is to say, "If you have something you want to say to me, please tell me everything." At the beginning, his wife may say a lot of what is beyond his understanding. In spite of that, the husband should keep on listening to her. Even if the wife's talk does not make any sense and is a result of her huge misunderstanding, even if he wants to

run away from the place, and even if he comes to feel like wishing to die quickly as a result of her talk, he should endure. Saying, “Is that so?” and “Is that so?” the husband should keep on listening to his wife.

Then, after she has said everything she wants to say, she will not say anything because she has nothing left to say. In this way, when the wife has uttered everything inside her, the husband should love and treat her as if she were a small child, saying, “Now I see. Now I see.” From here, if the husband and wife begin a new conversation, the couple can make a happy family. (July 13, 2004) ⁴³⁾

If a husband listens to his wife’s talk sometimes for two or three hours attentively in his daily life, there will be no need for a couple to spend two or three days just to talk with each other. It is very important for a husband to become a “best friend of his wife’s heart” who always and willingly listens to her talk to the very end.

19. We should sometimes see a movie/video/DVD with our spouse, holding each other’s hand affectionately.

If a couple does not have enough time or money to enjoy a movie together at a movie theater, you can borrow a DVD of a dramatic, touching movie and enjoy it at home holding each other’s hand affectionately.

43) Cheongpyeong Training Center, ed., *Makotonaru Tsumano Yakuwari* (Role of a true wife), 7-8.

20. We should sometimes participate in a voluntary service project together with our spouse.

If you participate in one of the various volunteer service projects to help the handicapped, or those children and families in extreme need due to disease, accidents, or natural disasters, you will naturally come to feel the heart of gratitude for your good health and for the relative comfort of your living circumstances, even if you are not rich. According to many scholars in marriage counseling, rather than withdrawing into the small world of a married couple, to share a higher public purpose with one's spouse in the larger society is very beneficial to a married couples' uniting into one heart at a deeper level.

In the TV/movie entertainment world of Korean society, there are a number of famous married couples of actors and actresses who are called the "couples of lovebirds." One of the common characteristics for all these "couples of lovebirds" is that they have their own favorite voluntary service projects, and are always happy to participate in these service projects together as a couple; consequently, they deeply respect and love each other.

True Parents' central teaching is that we practice true love and live for the sake of others. I am convinced that when a husband and wife sincerely practice such teaching from our True Parents' and really live for the sake of others, together, they can deepen the heart of respect for each other and become an ideal "couple of lovebirds" who are no less deeply in love than the famous ideal Korean couples of its entertainment world.

Our Unification movement has also a number of service projects and NGOs for peace, and for the handicapped and the needy. If there is no branch office of these service projects and NGOs in your local area, you can volunteer to set up a branch group of these projects in your local community and start a service activity together with your spouse.

Although there are many voluntary service projects in and around the Unification movement, we should not forget that the most important voluntary service activity that God likes most, is witnessing. Witnessing to a person by teaching the Divine Principle and testifying to True Parents' life and activities constitutes the most important part of living for the sake of that person. Witnessing to a person means giving true love, true life, and true lineage to that person. If you and your spouse restore numerous spiritual children by witnessing, they will give spiritual stability and fortune not only to your couple, but also to your children, because their thankful ancestors' spirits will come down to protect your whole family.

Chapter 3

On the Daily-Life Habit of “Sleeping Naked Together”

This Chapter will explain in detail about **the habit of “sleeping naked together every night,”** which was mentioned among the first “10 habits that make a supremely happy couple” in Chapter 1. This Chapter consists of four questions and answers on the issues concerning **the habit of “sleeping naked together”** in the new Era after the Coming of Heaven.

Q.3.1: I heard that since entering the Era after the Coming of Heaven in the spring of 2004, True Father has given the direction that “Blessed couples should sleep naked together every night.” Could you give a more detailed explanation of the meaning of that direction?

A: True Father gave this direction to Blessed couples, that **“from today on, couples must sleep naked together every night”** on April 19, 2004, on the 45th True Parents Day, in New York, as quoted below. His speech on that day consisted of two central points: one was the beginning of *Ahn Shi Il*, and the other was the new direction that **“couples must sleep naked together every night.”** Thus, **“sleeping naked”** is one of the new traditions of the new Era after the Coming of Heaven that was

started in the spring of 2004.

This new direction was not something True Father just suddenly thought up and added, while speaking on other important topics. With some reflection, it becomes obvious that he gave this direction only after a long and careful consideration and reflection. True Father therefore mentioned in his speech that this direction is **“important.”**

Nonetheless, it seems that many Blessed couples around the world have been unaware of the significance of this direction, and have ignored it. Therefore, I will introduce True Father’s words on this direction with a fairly extensive quote taken from his speech on the 45th True Parents Day, in 2004.

When you sleep, do you, husband and wife, sleep together, or separately? I am concerned with it. (“We have both cases.”) Both cases? (Laughter) Do you sleep with some clothes on, or without any clothes? (Laughter) Please do not laugh. This is an important topic to talk about. ...

...When the wife lies down naked on the bed first, or when the wife comes into the bed later after taking off her clothes, if she goes closer to her husband, she will feel his warmth. Therefore, the wife will feel good and say in her heart, “Oh, I am glad I’ve become his wife.”

As she lies down on the bed and feels good and peaceful, she will touch her husband’s face, eyes toward nose, and then ears with her hand. Also, after touching his face, she will touch his shoulder with her shoulder, his arm and

hand with her arm and hand, and finally caress his leg and foot with her leg and foot. Then, what is the final gift that has remained untouched? While the wife touches his thing [i.e., sexual organ] and the husband her thing, the couple sleep nestling next to each other. Is it unhappy, or happy? (“It is happy.”)

A husband and wife wish, “We want to become one through raw flesh by taking off our skins.” Moreover, the couple wishes to take off their flesh and also bones and to unite into one by bone marrow, and they make a sound “Tin Tilo Tin” and all kinds of sounds. They enter into a state where their minds reel and then into a state where they almost lose their consciousness. Then they enter into a spiritual state of ecstasy beyond description with such a joyful and mystic state of mind. Is it happy for a husband and wife to sleep naked nestling next to each other in such a joyful and mystic state? Or is it happy to sleep without feeling each other’s skins by wearing five or six layers of clothes?

Let’s make a promise today. Those who have decided to sleep with clothes on contrary to my words, please raise your hand. If you do it for 10 years, you will end up in divorce. It is not good to sleep in such a way even for a week. ...

I have more things to talk to you, but I will stop here today. Today’s points are “*Ahn Shi Il*” and “To become one, even to the bone, by sleeping naked.” Do you understand? (Yes!) ...

Today’s topics are these two: “Ahn Shi Il” and “To sleep naked together every night.” All couples will have to sleep naked from today on.

A husband and wife must sleep naked together from tonight, but there is not enough space here. Therefore, they can sleep naked in the corner. Or, they can sleep touching and loving each other’s body in a sleeping bag or under a blanket covered around chairs. ...

And you will have to give birth to sons and daughters.
(April 19, 2004) ⁴⁴⁾

I would like to recommend that those Blessed couples who have not yet practiced this direction of “**sleeping naked**” try it out, after reading True Father’s speech and discussing it with their spouse. Moreover, to sleep naked is reported to be helpful for our health.

During *hoondokhae* at East Garden in the spring of 2004, which was the turning point when we entered the new Era after the Coming of Heaven, leaving behind the old Era before the Coming of Heaven, True Father also repeatedly told the members that “**couples must sleep naked every night**” from now on. Moreover, he told us that True Parents have also started to sleep naked since the spring of 2004.

The new Era after the Coming of Heaven is the age during which Blessed couples will completely restore the positions of the original Adam and Eve before the Fall. In my view, the in-

44) Sun Myung Moon, “A speech after the Pledge Service on the 45th True Parents Day,” *Family* 425 (June 2004): 30-39.

struction that **“couples must sleep naked every night”** has a providential meaning that we will symbolically restore the positions of sinless Adam and Eve before the Fall, who used to live naked with purity and innocence.

By sleeping naked every night, we can resolve God’s deep grief which He felt at the scene of Adam and Eve’s hiding their sinful parts due to the Fall. In other words, the Era after the Coming of Heaven is the time when Blessed couples should return joy to God by living together naked like the original innocent Adam and Eve, even if only during night, and by making love beautifully without any clothes on in the presence of God as the original Adam and Eve should have done.

True Father once uttered at Belvedere, as if he were talking to himself, **“Because Adam and Eve used to live innocently in the nude before the Fall, the time must come again when we live naked, if the providence of restoration is completed and if the original world before the Fall is restored.”** At that time, I received the impression that he had not yet figured out how to satisfy this providential requirement. I had no idea that there might be a way to satisfy this condition without violating the laws of decency in our society.

Nonetheless, the new Era after the Coming of Heaven, which symbolizes the original world before the Fall, has now arrived. After hearing True Parent’s instruction that **“couples must sleep naked every night”** around the time of the beginning of the Era after the Coming of Heaven, I was deeply moved by the heavenly wisdom of True Parents, who managed to satisfy the providential requirement without violating any law of this world.

True Father also delivered the following speech at the Cheongpyeong Training Center after the Pledge Service on True Children’s Day in November, 2006 in which he told us once again to **“sleep naked every night.”**

You (Blessed couples) should completely take off your clothes and sleep naked every night embracing each other in one bed, not in two separate beds. Then, is it possible for a husband and wife to quarrel every day? Is it possible for the couple to quarrel in the morning and sleep naked together at night? It is impossible. The day and night are different. When one day passes, the darkness of the night can erase all the negative memories in the daytime. Therefore, during the night after the daytime, you should take off all your clothes and live by becoming completely naked. You will not be forgiven unless you are liberated. (November 21, 2006)⁴⁵⁾

At *hoondokhae* on September 9, 2008, True Father mentioned again about his instruction of **“sleeping naked.”** He said:

I told you to take off all your clothes and sleep naked when a husband and wife sleep at night, but no one practices it. Only if you live sleeping together naked at night,

45) Sun Myung Moon, “A speech after the Pledge Service of the 47th True Children’s Day at the Cheongpyeong Training Center,” <http://ww3.familyfed.org/FujioFolder/1121Pubu.mp3>.

will you come to understand the preciousness of your husband or your wife, as well as the preciousness of your own body. (September 9, 2008) ⁴⁶⁾

True Father also spoke to us on the day of the Korean *Chuseok* festival, September 14, 2008, that we Blessed couples should live joyfully together nestling to each other after taking off all our clothes.

You Blessed couples should not feel ashamed to live naked taking off all your clothes. After taking off all your clothes in any way, for example, taking them off while sitting down, taking them off while standing up, taking them off while lying down, or taking them off while lying face down, the result is exactly the same, isn't it? So I told you to live naked. I told you to live joyfully together nestling to each other after taking off all your clothes. Is that a bad instruction or a good one? ("A good one.")

Think and imagine! After a husband and wife quarreled in the morning, can they say at night, "Please take off all your clothes and come in"? After fighting, the husband or wife will naturally come to say, "Don't come into the bed." A spouse who quarreled will become ashamed to take off all his or her clothes; when looking at the bodies, the bodies of a man and woman are different. How can a woman who is different from a man live naked nest-

46) Kim Fujio, *Seihou Kenbunroku*, 15 September 2008.

ling up to a man? After quarreling in the morning, can a spouse who has a different body live naked nestling up together? Even if you don’t like it, you must have a heart to enjoy the relationship in order to sleep naked nestling to each other. Otherwise, you will end up in kicking away the quarrelling spouse from the bed. (September 14, 2008) ⁴⁷⁾

Because I had been working as a professor in Korea, away from my wife in New York, I began to practice True Parent’s instruction of sleeping naked when I returned home in the summer of 2004. As a result of sleeping naked together, I became fascinated with the indescribably nice feelings of greater skin contact in bed. At the same time, I began to sleep better than before since my stomach was no longer constricted by the tight elastic band of my pajamas. I was once again deeply impressed by the practical wisdom in True Father’s speeches, which have been delivered for the sake of our greatest happiness, as well as for satisfying the requirements of the providence.

Moreover, it is reported that sleeping naked is good for the health of men and women, especially for their genitals. Men’s testicles produce the male hormone and sperm most efficiently when they are 3 or 4 degrees °C lower than the body’s temperature. Therefore, medical specialists suggest that a husband who wants his wife to become pregnant avoid wearing brief-style underwear. When a man’s testicles are forced to stay close to his body or are heated in a stuffy environment that prevents sweat

47) Sun Myung Moon, “A speech at *Chuseok* festival,” *Family* 479 (December 2008): 18-19.

from evaporating quickly, their function will decline or stop due to the rise in their temperature. Hence, men can enhance the function of their testicles if they sleep naked at night.

Some women wear a nonporous nylon panty in bed at night. In such cases, however, the vagina will get stuffy, and yeast (*Candida*) infection is sometimes caused by one of the fungi that commonly exist in the vagina, where it can abnormally proliferate. Some doctors suggest that women with a yeast infection stop wearing any underwear at home, wearing instead a long skirt in order to hide the fact that they are not wearing underwear. Therefore, to sleep without a panty will also promote the health of women's genitalia.

Since it is very comfortable to sleep naked, not a small number of married couples in this world also do so every night in the United States and Europe. For example, Mrs. Victoria Beckham, the singer and wife of the world-famous football star Mr. David Beckham, of the United Kingdom, testified on the CNN *Larry King Show* that both her husband and she sleep completely naked every night.⁴⁸⁾ They are rich enough to buy the most expensive nightclothes, but their choice of "going natural" shows that it is better than any luxurious nightwear in this world.

Since it is very comfortable to sleep naked, not only married couples but also many single men and women also sleep naked in Western nations. The famous American actress Marilyn Monroe once said, "I always sleep only with Chanel No. 5 on." This means that she always slept naked without putting on anything

48) Cf., Victoria Beckham's answer at Larry King Show on 12 December 2007 at CNN TV in Korea.

except her perfume.

To sleep naked is a desirable action that we are expected to carry out in this Era after the Coming of Heaven. It is not an action which we do to set up an indemnity condition. Therefore, sleeping naked should not mean living a painful life, but rather it should mean for us a return to the natural and original life of peace and happiness before the Fall.

It is true that Japanese houses are very cold in winter since most of them are structured suitable for summer, and have neither a central heating system like houses in the West, nor a floor-heating system like in Korea. I believe, however, that it is still possible for Japanese couples to sleep naked even in winter, if they use one or two extra blankets. If you feel too cold on the shoulders in the midst of winter because of the lack of heating in your room, I suggest, as a compromise, that you go to bed wearing clothes only on your upper body, leaving the lower part of your body naked, because the providential requirement in this Era after the Coming of Heaven is that we do not hide our holy sexual organ during the night.

Even before the beginning of the Era after the Coming of Heaven, in the spring of 2004, Dae Mo Nim also repeatedly advised Blessed wives to **“sleep without wearing any underwear and leave your sexual organ completely open, so that you can receive your husband’s loving touch anytime.”**

It would seem, however, that if we make it a habit of sleeping naked every night, the human skin would become stronger as we become more used to coldness. The TV news in Korea reported that some Japanese children at a certain kindergarten spent the

daytime naked to the waist every day, even during winter. The news reported that their mothers were very happy that their children no longer caught colds because such a practice had had a good effect on their health.

If a couple lives with their children or with other family members and if there is no bathroom in the couple's bedroom, they will surely find it convenient to have nightgowns within easy reach. A nightgown does not have any buttons, so you can put it on and take it off very quickly. If you sleep naked you should keep a nightgown within easy reach, so you can put it on quickly in case of emergency, such as in an earthquake or fire.

Furthermore, if you sleep naked, you will find it most comfortable to sleep in the bed between an absorbent 100 percent-cotton bed-pad and 100 percent-cotton bed-sheets, like beds in first-class Western-style hotels. However, if you sleep naked, your perspiration and your body fluid (love juice and sperm) will more frequently become attached directly to the bed sheets. Therefore, you will have to wash them more frequently than would be the case in which you wear pajamas or other night-clothes.

As presented above, from the viewpoints of love, sex, and health, it is very advantageous for couples to sleep naked together. Therefore, I am convinced that this habit of sleeping naked together every night will become very popular throughout the world, as a happy family movement that promotes good health and happiness for husbands and wives. In my view, as the number of Blessed couples increases throughout the world, this habit of sleeping naked together will gradually become estab-

lished as a new aspect of the bedroom culture of all humanity in this emerging Era after the Coming of Heaven.

Q.3.2: I heard that the mass media in Korea reported that “sleeping naked is good for one’s health.” Could you elaborate some more on this?

A: The mass media in Korea recently reported that when you go to bed, if you sleep naked you can reduce stress. According to the report, stress is caused by a stimulus to the sympathetic nerves in the body. It explains that if you sleep naked, you can reduce the stimulus to the sympathetic nerves and thus reduce the stress. Consequently, it is good for our health to sleep naked.

In response to the question, “Is sleeping naked good or bad for health?” (listed on the Internet website of questions-and-answers on health, sponsored by the National Health Insurance Agency of Korea since March 4, 2007) this same content was presented in the answer: “It is good for one’s health to sleep naked.” Thus, just as True Parents recommended, the National Health Insurance Agency of Korea has also clearly affirmed the daily habit of sleeping naked as good for health.⁴⁹⁾

In other words, the Korean Academy of Medicine confirms that “it is good for health to sleep naked,” based on recent scientific research. Therefore, I can also recommend with confidence

49) See <http://news.msn.co.kr/gate/article/print.html?id=200703041906441600>. For the Internet website of questions-and-answers on health sponsored by the National Health Insurance Agency of Korea, see <http://hi.nhic.or.kr>.

that you faithfully practice True Father's instruction that we **"sleep naked every night"** in this Era after the Coming of Heaven. As the True Parents now practice every night, sleeping naked as a couple is one of the True Parents' rules of health: **"Become the absolute Blessed couple of one heart and one body."** I recommend it on the basis of the recent scientific evidence, as well as from the teachings and practice of True Parents.

Q.3.3: Could you please share any words of True Parents about bedroom manners with regard to the couple's sleeping naked every night?

A: As presented above, we are expected to sleep naked in the new Era after the Coming of Heaven. True Father says that we should not feel ashamed even if our husband or wife gazes at our body in the nude or at our sexual organ when we go to or come back from the bathroom.

When a husband strides over you on the bed for going to and coming back from the bathroom, will you kick your husband away, shouting, "You should be hit by thunder. Damn you!" because he strides over you? Or, will you bend your body and kindly support his body with your hand to help him stride over you easily?

If you are a wife, will you kick your husband away, or kindly support his body to help him stride over you? Those who are proud wives, please answer! Those who

are proud husbands, please answer! When a husband strides over his wife, if she says, “Thank you for becoming such a husband as striding over me like this! My husband believes me so much that he freely strides over me when going to and coming back! This was my long-cherished desire even in my dream. Thank you very much for realizing my long-cherished desire, today.” Will she gaze at his face, or his triangle area [i.e., sexual organ]? (Laughter) Why are you laughing? Answer me!

You must be interested in your husband’s sexual organ, saying to yourself, “Now I see what my husband’s sexual organ looks like when watching it from below.” When you smile gazing at it by yourself, do you think your husband will trample on you, saying, “Such a woman! Why do you laugh rudely?” Or, looking back at you, will he embrace and kiss you?

... Is there any scar to hide between a husband and wife? (June 7, 2005) ⁵⁰⁾

True Father has stated that, between them, a husband and wife have nothing to hide, and are allowed to gaze upon their spouse’s sexual organ from below, and freely appreciate it when he or she strides over their spouse on the bed. He also says that there is no problem with a naked husband’s striding over his wife. True Parents say there is no secret or scar to hide between a pure and innocent husband and wife. In this way again, our

50) Sun Myung Moon, “A speech at the service on the 43rd Day of True All Things,” *Family* 439 (August 2005): 24.

True Parents have told us that they, too, practice the habit of sleeping naked every night in this Era after the Coming of Heaven.

Q.3.4: Our young son has become an elementary school student, but still sleeps with our couple on the floor in the same room. Even in this situation, is it best for our couple to sleep naked?

A: I think you should at least sleep with your lower body completely naked as the second best way, or as a compromise, if you feel uncomfortable sleeping totally nude with a small child in the same room. Even before the spring of 2004, when the new Era after the Coming of Heaven began, Dae Mo Nim repeatedly advised Blessed wives at the Cheongpyeong 21-Day Registration Workshops as well as the Cheongpyeong 40-Day Workshops that **“you should sleep without wearing any underwear and leave your sexual organ completely open, so that you can receive your husband’s loving touch anytime.”**

For example, Dae Mo Nim spoke to Blessed wives at the 10th Cheongpyeong 21-Day Registration Workshop as follows:

You wives have been in the bed wearing a bra, an undershirt, and a long panty. In addition, you put on long training pants, and furthermore, even a pair of socks, saying, “My feet are cold.” ...

From now on, however, you must absolutely not go to bed in such a way. You must keep your sexual organ completely open. You must keep it totally open. When you go

to bed together with your husband, why do you wear long training pants? When I look spiritually, Japanese Blessed wives like to wear long training pants in bed more than any other wives in the world. That is wrong. ...

By the way, who is allowed to come to that place and play there? Who is allowed to come to the woman’s sexual organ, which is the manifestation of all creation? That is your husband. Our True Father has taught us that the owner of the woman’s sexual organ is her husband, hasn’t he? You have thought, however, that the owner of your sexual organ, which contains the beauty of all creation in a miniature form, is yourself. That is why you have slept in bed wearing long training pants, a panty, and even socks. You all have thought that it is your own. This is wrong.

Who is the owner of “creation” [i.e., woman’s sexual organ]? That is her husband. Therefore, who is responsible for keeping it all open and for having the man visit the natural world, creation, so that he can joyfully play there with a lot of fun? That is his wife. You must know this clearly. (March 21, 2001) ⁵¹⁾

Therefore, if you somehow feel it is inconvenient to sleep totally naked, I would recommend that, as the second best way, you go to bed wearing a long T-shirt that reaches your knees or a one-piece sleepwear item such as a muumuu, but without wear-

51) Dae Mo Nim, “As a good mother and a good wife,” *CheongShim* 4 (May 2001): 25-26.

ing a panty, so that you can be completely naked on the lower part of your body once you pull your nightwear up around your upper body.

It may be very difficult for many Blessed couples to feel comfortable with the following words of True Parents because the traditional cultures of this world have a strong sense of privacy. But True Father has never told us that it is “bad” for parents to reveal their nudity or their love-making to their children. Rather, True Father has repeatedly stated that **“Blessed couples should not feel ashamed even if their children see them making love, beautifully.”**

This may be one of the methods of educating little children, in the Era after the Coming of Heaven, that Blessed parents reveal to them how deeply in love they are by allowing the children to see their parents sleeping naked every night and by telling them that their parents follow the tradition of True Parents in this new age. However, this may be revolutionary from the perspective of our contemporary society, which is still mired in the customs of the old Era before the Coming of Heaven.

Appendix A

Self-Grading Monthly Score Tables On “The 10 Daily-Life Habits That Make a Supremely Happy Couple”

◆ A List of the 10 Questions on the Practice of “The 10 Daily-Life Habits That Make a Supremely Happy Couple”

- Q.1. Have you practiced walking hand in hand when you go out with your spouse?**
- Q.2. Have you practiced holding your spouse’s hand when you watch TV together?**
- Q.3. Have you practiced holding each other’s hand in bed before going to sleep?**
- Q.4. Have you practiced sleeping naked together in one bed?**
- Q.5. Have you practiced calling each other at least once a day in the daytime?**
- Q.6. Have you practiced bowing down to a picture of True Parents, reciting the Family Pledge, reporting to God while facing each other and holding each other’s hands, and bowing (down) to each other in conclusion, every morning and night?**
- Q.7. Have you practiced sending off, and welcoming home, your husband (wife), by holding his (her) hand, kissing, and/or hugging at the front door,**

when he (she) goes out for work and when he (she) returns from work?

Q.8. Have you practiced talking to each other politely, and with respect?

Q.9. Have you practiced hoondokhae [i.e., reading True Parents' speeches] together every day?

Q.10. Have you practiced making love at least twice a week?

◆ Scale for Scoring Points

Your answer to each question can receive 0 to 5 points.

Your answers to all 10 questions in total can receive from 0 to 50 points.

5 points: We have always or almost always practiced.

4 points: We have frequently practiced.

3 points: We have sometimes practiced.

2 points: We have practiced once in awhile.

1 point: We have rarely practiced.

0 point: We have never practiced.

◆ Couple's Monthly Score Table
(Each Question 0-10 points; Total 0-100 points)

| | Q.1 | Q.2 | Q.3 | Q.4 | Q.5 | Q.6 | Q.7 | Q.8 | Q.9 | Q.10 | Total | ABC |
|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-------|-----|
| Jan. | | | | | | | | | | | | |
| Feb. | | | | | | | | | | | | |
| Mar. | | | | | | | | | | | | |
| Apr. | | | | | | | | | | | | |
| May. | | | | | | | | | | | | |
| Jun. | | | | | | | | | | | | |
| Jul. | | | | | | | | | | | | |
| Aug. | | | | | | | | | | | | |
| Sep. | | | | | | | | | | | | |
| Oct. | | | | | | | | | | | | |
| Nov. | | | | | | | | | | | | |
| Dec. | | | | | | | | | | | | |

Couple's Monthly Scores and Letter Grades

Couple's Total Score: 0-100 points

Couple's Earned Grade:

A+: 95-100 points

A: 90-94 points

A-: 85-89 points

B+: 80-84 points

B: 75-79 points

B-: 70-74 points

C+: 65-69 points

C: 60-64 points

C-: 55-59 points

D+: 50-54 points

D: 45-49 points

D-: 40-44 points

F: 0-39 points

I hope that husbands and wives can both quickly obtain the full score of 5 points for many, if not all, of the 10 questions by faithfully practicing the daily-life habits of true love. Then the couple can obtain **5 points + 5 points = 10 total points** for a question. When a couple can obtain a perfect score of 10 total points for a question, I interpret this as meaning that this couple has achieved the standard of “*Ssang Hab Shib Seung Il*” which means the “**Day of Total Victory with the Unity of a Pair of Fives**” and the beginning of the “**Era after the Coming of Heaven,**” the time when we can joyfully live together with God.

When we can obtain a perfect score of 10 total points as a couple for almost all of the 10 questions, we can easily achieve over 95 total points and can receive the grade of “A+.” The letter grade of ABC is decided, not by the relative percentage among couples, but by the absolute total number of points for each couple. Therefore, it is possible that every Blessed couple can achieve the grade of “A+.”

If a couple can even only faithfully practice the “**10 daily-life habits that make a supremely happy couple,**” then that couple can become an “**A+**” **pure-love couple** without fail. There is no need to pay extra expenses to practice the “**10 daily-life habits that make a supremely happy couple.**” Therefore, no matter

how poor a couple may be, any couple can always practice these **“10 daily-life habits”** without any financial concern.

If a husband and wife faithfully practice the **“10 daily-life habits that make a supremely happy couple”** here on earth, that couple can live in happiness eternally by continuing to practice these same daily-life habits of true love in the spirit world, after ascending into Heaven.

I sincerely hope that all couples will faithfully practice these **“10 daily-life habits that make a supremely happy couple”** and truly become “A+” pure-love couples living in supreme happiness in the new Era after the Coming of Heaven. I am sure God will always dwell in such “A+” pure-love couples.

Appendix B

The Dangers Associated with a Couple's Living Separately Because of a Job Away from Home

My beloved wife, Yasuko, ascended into Heaven at the CheongShim International Hospital on February 14 (January 1 by the Heavenly calendar), 2010 as a result of her terminal stomach cancer. The Seunghwa Ceremony for my wife was held on February 18 under the care of the CheongShim Unification Church, and she was buried in the Korean Unification Church's 2nd *Wonjon* at Chuncheon City. I am deeply grateful to the numerous Blessed families around the world who kindly prayed and gave warm encouragement for my wife's healing during her two operations and hospitalization at the CheongShim Hospital, since August 2009, until her ascension.

Even though more than five months have passed since my wife's ascension, I still occasionally receive questions about her fight against her illness or the background of her ascension. This is why in this Appendix B of this English book, unlike the Japanese booklet, I decided to address the two questions related to my wife's fight against cancer and her ascension, partly selecting from my new Japanese book *Makotono Ai-to Zettai Sei-to Kenkouhou* (True love, absolute sex, and health), which was published in January, 2010. This question-and-answer section is missing from my English book, *True Love, Sex, and Health*,

because it was published in January 2009, before the time she was diagnosed with stomach cancer.

Thus, finally, I would like to offer here words of my heartfelt thanks to those many members around the world who, with deep concern, kindly cared for my wife and my family with their sincere prayers, communications, and financial contributions, during my wife's hospitalization and ascension. I have learned anew the real preciousness of the friends in our faith and the classic lesson that "A friend in need is a friend indeed!" I can never thank them enough, for ever.

Appendix Q.1: I heard that on the basis of your recent experiences, you have come to strongly emphasize the dangers caused by living alone by taking a job that compels one to leave his family behind. You mention that taking a job away from one's family has a bad influence on the health of the couple. Could you provide a detailed explanation about this?

A: I made and presented objective self-score tables about the "10 habits that make a supremely happy couple" in an Appendix to my Japanese booklet, *Kouten Jidai-no Niju-no Seikatsu Shukan* (The 20 daily-life habits in the Era after the Coming of Heaven), which was published in April 2009. Based on these objective self-score tables, I evaluated our couple's practice of true love during every month of the past few years. It turned out that our couple's monthly score often repeated: A, F, F, F, F, F, A, F, F, F, F, F, and the average mark for every year was an overall "F (failure)."

Honestly speaking, before the strict objective evaluation of our relationship, I was living in a subjective fantasy, and at the end of the process of grading, I finally realized “Oh, we had a problem” and was shocked by the results. Getting an “F (failure)” as the average mark of every year meant that we had not been practicing true love in our life. This also meant that we had not been practicing the rules of health: “Become an absolute Blessed couple of one heart and one body” that True Parents and Dae Mo Nim have taught. In fact, it is impossible for couples to faithfully practice the daily-life habits of true love and True Parents’ rules of health in a daily life wherein one spouse takes a job that results in his leaving his family behind, even if the couples are eager to practice the habits.

In July 2009, when my wife was diagnosed with stomach cancer, I was so surprised. It came out of the blue and was a big shock. But then again, I had already had a bad feeling that something was wrong when I discovered the results of the self-score tables that I had made and applied to our couple a few months prior to the diagnosis. That spring I discovered that as a couple, we rated an “F (failure)” for the 10 months during my working alone in Korea every year. It was then that I had a hunch: “Oh, this will be dangerous.”

As a result of this, when my wife was diagnosed with stomach cancer, I felt much regret and realized that it happened because we had not faithfully practiced the True Parents’ rules of health: “Become an absolute Blessed couple of one heart and one body,” and because I had continued for over 15 years the unprincipled life of working alone at a job away from home,

separated from my family. It is clearly an unprincipled life to work alone at a job that separates an individual from his spouse and family for most of the year. It is an unprincipled life to leave one's spouse behind in the pursuit of work for many years. It is definitely not the type of life that God is pleased with.

My eldest daughter graduated from a medical school in the United States and became a medical doctor (still an intern) at a hospital in Detroit City. In regards to her mother's diagnosis of stomach cancer, my daughter remarked: "If I kept a small bird in a cage surrounded by several cats, the bird would die soon because the small bird would become severely stressed and would be unable to eat peacefully."

My daughter's words were not meant to criticize me directly, but it did make me realize my failings. Because I had started my new post in Korea alone, and was away from home for a significant amount of time every year, I did not sufficiently fulfill my responsibility as a husband. I left my wife to face life's hardships alone for over 15 years, which inevitably must have caused her significant stress.

When I look at her situation, I realize just how much stress and difficulty she must have faced. For over 15 years without her husband, she lived in a foreign country, America, where she could not speak, write, or read freely. She was in a completely different culture and society, with foreign rules and a completely different educational system. On top of that she had to raise four children alone and manage her retail business at a small indoor shopping mall, all without her husband to depend on, because I had left my family behind to take my teaching job in Korea.

All that my wife had to depend on were her church friends and other secular friends who knew the wisdom of the world. With insufficient support, she fought alone while running about in utter confusion. Because my wife was always busy with continuous work, there was no time for her to eat slowly. She became accustomed to swallowing her entire meal in a very short time.

When I look back, I feel so much regret because I should have realized the danger of leaving my family behind. Early on, in 1999, when I had a stroke at Sun Moon University, I should have realized that I needed to live together with my wife. It is so important for a husband and wife to live together because then they can monitor each other's health. If the husband and wife look at each other every day, and if they are interested in each other's body, they are more likely to notice if something is amiss. Also, if a husband and wife spend time together and consistently massage painful areas of their spouse's body, they will be able to check the status of their spouse's health and catch any problem early on through observation, touch, and massage. If this careful attention and early awareness of potential problems exist, a couple can prevent serious illness by catching problems before they become serious.

In 1999, as a result of the periodic medical examinations given to the faculty and staff of Sun Moon University, I found out that I had high blood pressure and that I should take the proper medication to control it. But, because of my busy schedule and work, I ignored it for a while. This neglect caused a greater problem for me later on, a brain hemorrhage. If I had lived together

with my wife, we could have managed my health together. She could have helped me take proper care of my medical problems, which might in turn have prevented the bleeding in my brain.

During this time, as a result of the brain hemorrhage, I was facing serious health problems, and it was determined that it would be very good for my health if I went to Cheongpyeong. So, after getting permission from the President of Sun Moon University, Dae Mo Nim invited me to be a professor at CheongShim Graduate School of Theology in the spring of 2004. My life in Cheongpyeong has been wonderful. Cheongpyeong has a nice environment that promotes good health. The area is endowed with clean air, pure water, beautiful nature, and woody hills for daily hiking. In addition to the benefits of the environment, I could also receive many benefits spiritually, being able to frequently participate in Cheongpyeong Workshops and *hoondokhae* at the Cheon Jeong Peace Palace with True Parents.

Also, the food served at the cafeteria of CheongShim Graduate School of Theology was much healthier than that served at Sun Moon University. The food service that catered to the CheongShim Hospital was also in charge of the meals at our Graduate School, which meant that the food tasted better and was far more nutritious than what I was previously accustomed to. My life as a professor at CheongShim Graduate School of Theology made me much healthier than before because the environment greatly resembles that of the CheongShim Hospital.

Thanks to the grace of Cheongpyeong's environment, my life became very healthy, but the life of my beloved wife continued

to deteriorate because she couldn't have her husband with her since the time he was in Korea. As a result, her situation was like that of a lonely widow. She worked everyday like a workhorse, alone, with nobody to help her, and her hardships continued.

In connection to one's taking a job away from home and leaving one's family behind, another decisive factor that has a bad influence on health is a lack of health insurance. If a husband works full time for a company, generally speaking, his dependents (wife and children) can receive the benefits of family health insurance. This policy is, however, usually not applied to dependents living in a foreign country. If my wife and children came to Korea to live with me, they also would have automatically been qualified for health insurance as my dependents. However, they lived in the USA. So they managed with overseas travel insurance for Japanese citizens, which was more economical than the regular private health insurance coverage in the United States.

My wife, however, could not receive that insurance any longer; when she became a naturalized citizen of the USA, she lost the qualifications needed to obtain overseas travel insurance for the Japanese. In addition to no longer being qualified for overseas insurance, my wife also faced difficulties in obtaining other cheap health insurance due to my income in Korea that exceeded the level for her to be qualified for the subsidized health insurance in America. This became problematic because when problems with her stomach worsened, she had no health insurance coverage in the United States and could not get a specialist's timely help, which she needed.

In the beginning I did not worry too much because I thought if something serious happened she could always come to Korea and get help. My wife could easily come to Korea where she could receive the health benefits of my insurance and have operations and such if she should get seriously ill. But it was unfair of me to think in this way. A wife should always be able to receive the benefits of health insurance, whether sick or not, and be able to have regular medical examinations without having to worry about expenses. Providing this peace of mind is one of the most important responsibilities of a husband.

My wife was very self-sacrificing, patient, and frugal, and avoided spending money just on herself. She would always think of others first and make providing for their needs a priority. When I received the True Parents' instruction to go to the Czech Republic and Slovakia for missionary work as a Japanese Ambassador for Peace, she willingly agreed with my going there at my own expense. She also willingly agreed with me in borrowing a large sum of money from a bank and lending it to a senior Japanese Blessed family without requesting any loan interest from them, so that they could pay for their family's hospital charges. But then my wife would hesitate about getting health insurance for herself and paying the expensive fees, because it would be only for herself inasmuch as she was the only one in our family without health insurance.

My wife became all the more hesitant about paying for the expensive health insurance around the beginning of 2009, when in the currency exchange market the value of the US dollar vis-à-vis the Korean won went up sharply, that is, the value of the

Korean won vis-à-vis the US dollar fell sharply. That is why I stopped the remittance of the cost of living to my wife in America from my salary in Korean won, telling her to temporarily use the money in her bank account because the value of the American dollar vis-à-vis the Korean won would soon fall sharply just as the value of the American dollar vis-à-vis the Japanese yen had dropped sharply. Therefore, my wife hesitated even more about paying the expensive cost for health insurance only for herself.

I recently read a newspaper article about a research study that found that the sum of the husband's income greatly influences whether the couple can live a long life together. This made me feel so sorry for my wife.

In the case of stomach cancer, many experts also point out the importance of early treatment through early detection. For early detection, periodic medical examinations are crucial. After visiting the CheongShim Hospital and seeing my wife's condition, which failed to improve even after her operations because of the late-stage stomach cancer, Dae Mo Nim emphasized: **“All Blessed families should, by any means, receive a medical examination at least once a year.”**

I strongly recommend that all Blessed families obtain health insurance, get periodic medical examinations, and get a specialist's diagnosis early on, especially if the stomach has any problem. As a husband who has the responsibility for protecting his wife's health, I feel so deeply sorry for my wife that I often cannot hold back my tears. Because her health insurance expired and she could not get further coverage, she could not go to a

specialist in America to get an exact diagnosis, when necessary. As a result, my wife's stomach cancer was discovered too late, and it became terminal.

In conclusion, and based on my own experience of taking a job away from home, and leaving my family behind for more than 15 years, I am certainly against maintaining this kind of life for an extended period of time. In Korea, there are many middle-aged men who live alone, leaving their wives and children abroad while they study English. This is a big problem. Many of these middle-aged men who live alone have come to suffer from serious geriatric diseases, such as high blood pressure or heart trouble, because of their unhealthy irregular meals and lifestyle.

Human beings were not created to live alone. Human beings were created for marriage, and to live as a couple. Being in a marriage partnership is the best state for human beings and can lead to a happy and healthy life. This is especially true if they live peacefully hand in hand with each other every day, if they are interested in the state of their partner's bodies, if they experience loving physical contact in everyday life, and if they live everyday with a smile. Then, they can reduce each other's stress, build strong immune systems, and maintain overall physical and emotional health. That is the central message of the **“rules of health: Become an absolute Blessed couple of one heart and one body”** which True Parents and Dae Mo Nim have taught us.

I have eagerly studied these rules of health that True Parents and Dae Mo Nim have taught. The finding of my wife's terminal cancer, however, made me acutely realize that I had not faith-

fully practiced them every day with my wife. Consequently I have come to strongly encourage others to stop as soon as possible their unprincipled lifestyle of taking a job away from home and leaving their family behind because it makes the daily practice of these rules of health impossible. I have also come to emphasize the importance of practicing these rules of health *every day as a couple* as much as possible.

Especially now, the age of paying indemnity is providentially over, and we are in the new Era after the Coming of Heaven. Therefore, in this new Era, True Parents have also emphasized the importance for Blessed couples to do things (e.g., prayer-report) together with their partner and to participate as a couple in public events such as the Church Holy-Day Celebrations as much as possible.

Appendix Q.2: It is reported that in other hospitals, many patients of stomach cancer are completely healed or can live for several years after being diagnosed with it. But your wife passed away within a year after she was diagnosed with it. Is it true that healing angels really work at the Cheongpyeong Training Center and CheongShim Hospital?

A: I have never directly received this question from any member of our Church. I felt, however, the existence of this unspoken question in the heart of some members around the world. Actually our second son, Takamasa, said to my wife and me at our home in New York in August 2009, before our departure to Korea for the treatment of her stomach cancer, “I can believe in

God, True Parents, and Dae Mo Nim, if Mama is cured or gets better at Cheongpyeong, but I can't believe in God, True Parents, and Dae Mo Nim any longer, if Mama is not cured or doesn't get better at Cheongpyeong.”

When my wife's health got worse around December 2009 because of the loss of her ability to eat any food after two operations for her terminal stomach cancer, she was very much worried about our second son's losing faith in God, True Parents, and Dae Mo Nim (Cheongpyeong Spiritual Works). She regularly participated in the Holy Song (Ahnsu) Sessions at the hospital and made every effort to recover from her illness, not only for the sake of herself, but also for the sake of our children, especially for the sake of our second son who did not have firm faith in God and the spirit world. Nonetheless, the discovery and operations for her stomach cancer were too late for it to be cured, even with the focused help of the angels (I have already explained above the reasons for the delay of its discovery).

When the 15th Anniversary of the Cheongpyeong Special Works Workshop was held in January 2009, our second son and two daughters came to Korea from the United States to take care of their beloved mother in the last days of her life on earth. Our children and I prayed desperately for her miraculous recovery from the cancer during the Special Workshop, but in my view it was my wife that prayed most seriously for our children in her heart on the bed so that they would not lose their faith even if she passed away, as her health gradually deteriorated.

Although no miraculous healing happened to my wife during the 15th Anniversary Special Workshop, her earnest and cease-

less motherly prayers to keep or strengthen the faith of our children brought about the small miracle of a photo of our son with angels. When our daughter took a picture of our second son at the Cheongpyeong Training Center immediately after the Holy Song session, a number of balls of light showed up with him and around him in the room. It was our somewhat skeptical children who first told me that “angels” appeared in the picture.

Frankly speaking, I was previously not sure about the pictures of angels on the leaves of the Tree of Love, like small light bulbs, when I saw them several years ago. Nonetheless, I could easily agree with our children in their view about angels on the picture because they took it with our family’s ordinary digital camera without adding or changing anything through a computer. As a result of the picture, our second son has become less skeptical, or more serious, about the existence of angels and the spirit world. I have also come to be firmly convinced, now more than before she became ill with her stomach cancer, that **healing angels really work at the Cheongpyeong Training Center and CheongShim Hospital**, although they may not be able to cure all diseases.

I am pleased to share with members around the world the picture of our son with an angel at the Cheongpyeong Training Center during the 15th Anniversary Cheongpyeong Special Workshop in January 2009. I strongly believe it was my wife’s deep motherly concern and serious prayers for our son that made it possible for angels to become visible in the picture. So I am always very grateful to my wife every time I see this picture. I am also very grateful to God, True Parents, and Dae Mo Nim for

allowing this small wonderful phenomenon to happen for the sake of our family, even though my wife was not miraculously cured.

I also realized that God allowed this picture to be materialized not only for our family, but also for numerous members around the world who kindly and sincerely prayed for my wife's recovery, so that they may not lose hope in the Cheongpyeong Spiritual Works. That is why I decided to attach this picture to this book. I believe it can give new hope to them even after hearing the discouraging news of my wife's ascension.

As an old saying says, "Seeing is believing." Thus, I have attached the photo here so that you can judge for yourself whether or not angels exist at the Cheongpyeong Training Center.

**Photo of our son, Takamasa, with an angel attached to him
at the 15th Anniversary Cheongpyeong Special Works
Workshop in January 2010**

