

Establishment and Life of Hoon Dok Hae

Young Ho Yoon
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"The purpose of Hoon Dok Hae is to resemble Heavenly Parent who is the original substance of the Word. You should read Hoon Dok Hae to become the second True Parents. If you practice Hoon Dok Hae often spirit world will cooperate with you. Heavenly Parent resides where Heavenly Parent's Word is read. Good spirits in the spirit world are resurrected and carry out works of cooperation. Therefore, Hoon Dok Hae is the path to receiving support from the spirit world."

Establishment of Hoon Dok Hae

On September 1, 1997, at the commemoration of the 8th Anniversary of Heavenly Parentism in Belvedere, New York, True Parents, saying, "Today we are entering a new age," gave guidance for a new faith tradition for this new era of reading True Parents' words. On October 13 at the Victoria Plaza Hotel in Uruguay, True Parents named this practice "Hoon Dok Hae" and emphasized its importance saying, "All blessed families around the world should spend one hour every day in the practice of Hoon Dok Hae, beginning at 6:00 a.m."

Hoon Dok Hae is a life tradition we should follow absolutely, because reading True Parents' words strengthens our faith, and gives us the resolve and motivation to practice the things that we have just read about in our daily lives. True Parents said that we need to live by the Word as the absolute standard, and instituted Hoon Dok Hae to establish such a tradition.

"You should read at least one hour every day. If you cannot do it in the morning, then you should read before you go to bed at midnight or 1:00 a.m. I am doing this too. While touring South

America, I practice this even if it is past midnight, no matter how tired I am. You must not miss a single day. Do you understand?"

A life of Hoon Dok Hae

Hoon Dok Hae is a gathering of people to study True Parents' footsteps, sympathize with their hearts, and aim to become substantiations of the Word in order to become one with True Parents and inherit their victorious realm. The ultimate purpose of Hoon Dok Hae is to realize God's Will and fulfill it by achieving oneness in heart with Heavenly Parent through the practice of reading True Parents' words.

The word "Hoon Dok" means to engrave God's Will on your heart and mind by reading aloud. By reflecting deeply on the words and their meaning as you read, you will find lessons contained in True Parents' words. Moreover, its purpose lies in experiencing the hearts of Heavenly Parent and True Parents by understanding interpretations of the Word from both a theological viewpoint and from the aspect of heart.

True Parents said, "The purpose of Hoon Dok Hae is to resemble Heavenly Parent who is the original substance of the Word. You should practice Hoon Dok Hae to become the second True Parents. If you practice Hoon Dok Hae often spirit world will cooperate with you. Heavenly Parent resides where Heavenly Parent's Word is read." That is why True Parents said we should value Hoon Dok Hae even more than eating food and practice it every day.