

About Pride and Self-Preservation

Anne-Marie Mylar

June 16, 2019



The Divine Principle as taught by Rev. Sun Myung Moon is a truth that needs to be applied every single day in our relationships. At home, at work, and at play the Divine Principle has a place. Do not keep that seat empty.

Self-preservation is a natural mechanism that exist to help us stay alive. In a protected environment when surrounded by people who care and love this self-preservation sometimes become, "pride". Having too much pride can easily destroy loving relationship between family members, friends, and co-workers.

We need to remember what we learned through the Divine Principle. The hardest things to give is ourselves. Our thoughts, our wants, and our needs are precious to us, they define us. Though we know that we must experience the kind of giving that could erase our own existence, it is hard to do, but it is what we need to do.

When we fight with someone we love, it is because we believe that the other person feels that what they have to say is more important than what we have to say, but in reality - the person speaking feels just like us. The person speaking feels unheard and undermined. The person speaking feels frustrated, just like us.

The fastest way to stop the fight is to remain silent with our voice, but also with our mind, and with our heart. That is what self-deny means - it is the hardest thing to do, but if done correctly, will allow the other person to calm down and do the same. True love will once again flow between both of you, of that, you can be very proud.

Sharing truthfully what we think with our loved ones is necessary, but learning how to do it take time, sometimes it may take a very long time.