

Day 7: Deeper

M. Eaton and Demian Dunkley

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Demian spoke to us first thing to set the tone for the day.

“You don’t have to stress about perfection—you have to stress about effort and investment and doing your best. Yesterday was the first day you saw me starting to mingle as a participant. My experience was that we need to go deeper. We need to really ask our lecturers to challenge us more deeply.

“The average age here is 27, but in reality you are world leaders. Whether you knew it or not, that is what True Mother is investing in. We want to appeal to your deepest heart and minds and draw the best of out each of us.”

Deeper we went.

Today is the first day of the lunar New Year, the day Unificationists especially strive to celebrate God, our Heavenly Parent. Throughout the day, we had time to reflect on our resolutions for the New Year with God in prayer and to share those resolutions with our families.

Our new lecturer, Christine Froehlich, helped us in this by educating us about very practical ways in which to grow spiritually. She delved into the contents of the Divine Principle and shared that the beginning of a spiritual life is to offer ourselves. This offering begins with the purification of prayer, in the process of honestly talking with God and inviting God to teach us every day.

On the study of scripture, Christine shared, “I cleanse my heart and my mind through the study of the word of God. How can we cultivate happiness as we go through this process? By sharing, studying, and reflecting on God’s words. Chew on them, think about them, digest them. We are responsible to feed ourselves spiritually with what we need.”

We’re still learning what that means. How do we feed ourselves spiritually and lead on that foundation of spirituality and relationship with God and True Parents? We’re gaining insight every day from the lecturers, from each other, and from this beautiful place. We haven’t met True Mother yet, but we’re learning that she and True Father and God are here with us—that they are always with us -- in heart and in spirit; and that our lives will be transformed in proportion to our realizing that.

It’s both a scary and a beautiful opportunity. We’re doing our best to act on it.