

## The Essence of Life

Sun Myung Moon

May 4, 1984

Cheon Seong Gyeong Book 5, Chapter one: Section 3.1



*Photo date and location unknown*

Where there is a nucleus, there must be a reciprocally related being to revolve around it. As electrons revolve around protons, human beings are meant to revolve around God. God can pursue the providence of restoration because the human mind, which is like an electron, naturally relates to the core of God's mind, which can be likened to the proton.

When we seek the word of truth, we can feel God's life pulsating and the harmony of His love. Similarly, by seeking God's life and love through the path of truth, we become people of value.

The truth is eternal and unchanging. Then how can we find the truth while distinguishing between good and evil in this fallen world? We do it through eschewing selfishness and through constant self-effacement.

The Bible also teaches us that those who exalt themselves will be humbled and that those who humble themselves will be exalted (Matthew 23:12; Luke 14:11; 18:14). We are essentially spiritual.

Therefore, when you go to the next world, you will realize more deeply that the essence of being human is in living for the sake of others. Yet why do people persist in living selfishly in all things? It is because all humanity became bound in blood ties to the angel, namely Satan, who contravened heavenly law. (2-137, 1957.3.17)

We must now eat spiritual food. Which should be tastier: physical food or spiritual food? In order to survive and stand on God's side, you need to train yourselves to enjoy the taste of spiritual food more than physical food. The taste of a life centered on spiritual power should far exceed that of a life based on physical might. (131-210, 1984.5.4)