

*Practical Plan for World Peace:
Unificationism—The Teachings of Sun Myung Moon*
by Jon Quinn

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FIRST BLESSING

CHAPTER ONE

PURITY

The first value we need to live is to be absolutely sexually pure. To restore the Fall of Man we value virginity before marriage and fidelity after marriage. We support the crusade for abstinence and fight Hollywood's crusade for pre-marital sex. Father says we should "teach youth to keep their purity before marriage and, when they reach adulthood, to marry under the Blessing of God" and "pledge to their spouse that they will maintain absolute trust and fidelity as husband and wife" (10-20-01). In the *Old Testament* Moses said God revealed to him in the Ten Commandments "You shall not commit adultery." In the *New Testament* Jesus taught that if a man lusts for a woman he is committing adultery: "You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart" (Matthew 5:27-28). In the *Completed Testament* Father teaches "Absolute Sex." He says:

Then, what did God expect from Adam and Eve? God expected absolute sex from them. (8-1-96)

Absolute Sex is centered on God, and free sex is centered on Satan. (12-19-90)

Absolute sexual morality is based on true love. The man is the owner of his wife's sexual organ, and the woman her husband's. A woman's hymen should be broken only by her eternal husband. No other. (10-12-08)

If the reproductive organs are this important, to whom do they belong? A wife's reproductive organ belongs to her husband, and a husband's belongs to his wife. In this circumstance, a person's reproductive organ can be unlocked by one key and one key only. Under no circumstances should you make a spare key. This absolutely cannot be permitted. The wrongful use of this key leads to the destruction of the family and the nation. (5-8-01)

In God's ideal there is no concept of free sex. Only an absolute, eternal sex concept. Unchanging and unique sex concept. This way leads to the Kingdom of

Heaven on Earth. This is a most logical conclusion. Therefore, be very careful regarding your love organ. Never allow yourselves to be seduced by this satanic secular world. The fallen love practiced in this secular world is very dirty. Is this clear? (Yes.) Your sexual organ exists for the sake of your True Love partner. Not for anyone else.

Only the Unification Church is able to provide this ultimate truth to humankind. We are the ones who can consolidate and unify this entire world regardless of race, religion and nationality and build an ideal world under God. Therefore, we should have pride and continue to strive toward reaching that goal. (5-26-96)

Convex and Concave

Do you need your absolute partner? [Yes!] God created women with a concave form and men with a convex form, so they will fit together to make a perfect unity. That is how God created man and woman. Once the union is made, it is unchangeable. That is God's formula. But look at the situation in America, where marriages are breaking up. American people are heading to the dungeon of hell. Can you deny that? My teaching is right and should be accepted by everyone. Despite that, the world has tried every possible way to persecute me. I have become the most fearful figure in America and in the world.

You Americans, do you have something to be proud of? Americans are on the brink of falling down to the dungeon of hell. Who can change that? Only Father Moon and the Unification Church. Nobody else can. Who can save the world and liberate it from free sex, homosexuality, drug abuse, lesbianism and frenzied dancing? [Father.] Only God. All of these are on the opposite side of God. Only God can break this pattern and change things. Who can save the people of the world? Not America. Unification members, representing the people of the world, can lift up the world.

Before free sex and similar phenomena took place, you recall the streaking fad—naked people running around. When they got naked and saw no distinction between man and woman, they said, "We are all friends." That developed into the practice of free sex. As friends, there is no distinction between the different sexes, so they could see no difference between man and woman, woman and man, woman and woman, or man and man kissing and sleeping together. "What's so bad about it?" they asked. That's their attitude. They called themselves friends while sleeping together as man and woman. Do you call that friendship? Just because they join concave and convex shapes together, is it a true relationship? That's the way of Satan, because Satan denies the right of possession. (4-23-95)

The practice of free sex creates incredible confusion and destruction within human beings. This kind of evil practice did not come about by chance. There is an evil force behind it all. If Satan advocates the practice of free sex we can be sure that God advocates absolute sex. This means one eternal partner. Never two.

Satan's goal is to destroy this world, the world which God created in order to fulfill the ideal of love. That is why a confrontation between free sex and

absolute sex exists. In the world of absolute sex our love partner is our absolute partner. Where did the concept of homosexuals and lesbians come from? Even insects and animals do not practice homosexuality. However, human beings, who were created as the highest beings in God's creation, dare to practice such evil. (6-23-96)

True Parents appear only once in history, to clearly explain its course, direction and result. Only one time in history will True Parents appear, creating a clear starting point, establishing a clear direction, and producing clear results.

When I accomplish world unification, false concepts will be erased. (423-95)

Those who are single must be resolved not to be stained. Keep your virginity pure. Can you make love without God's permission, knowing all these things? Everything must be motivated by God. That is how God created man, centered on love. If you have that in mind you will realize how precious love is. And we must be loving in that way. (1-272)

ABSOLUTE SEX

Father teaches that God wants each of us to be absolutely pure. He criticizes the idea of free sex. He calls the opposite of free sex "absolute sex". Here are some passages from speeches where Father talks about absolute sex versus free sex:

...the families of all humankind should settle down, centering upon absolute sex, which is God's ideal of creation, and the couple's relationship which is centered on absolute love. (Midnight, January 1, 1998)

This seed was sown in the garden of Eden. To reverse it in the last days we must work with youth and the family. Our catch phrase is absolute sex, pure love. Absolute sex is for the sake of absolute love: unique, eternal, unchanging and absolute. Catholics and Protestants may link the fall to eating literal fruit, but that does not explain the lineage problem. That's why the engrafting process must take place. Jesus Christ came with the true lineage, for engrafting to God's lineage. ("Children's Day Speech" October 31, 1997)

TOTAL CONTROL

Absolute sex means that even if there are beautiful women, your eyes will not turn. If we do this, can you keep yourself from temptation? Do you know how much suffering Heavenly Father and I went through to establish absolute sex? Even if there were one thousand beautiful women and True Father were thrown in with them, even if they were to touch me, I would have total control. Restoration involves the path in which you must give the most beloved partner to the enemy and bless them. Do you understand? Free sex was initiated by our ancestors. The only thing that will absolutely shatter free sex is absolute sex.

VERY SERIOUS

The Kingdom of Heaven can start only through the lineage from True Parents. The time has come to reveal everything. If you don't know absolute sex, then grave consequences will ensue. You have to walk bearing the cross of love. The easiest way is to walk the path of absolute faith, love and obedience. True Father is very serious when he thinks about absolute sex. You have to understand that

you are truly indebted to True Parents.

PLEASE BE CAREFUL

I am worried when I assign 120 sisters to each country whether they can keep their purity. Many national messiahs are living alone, so I cannot relax and find peace in my mind because I wonder whether, when they face temptation, they can handle it. I think there may be one or two thinking in the wrong way. Please be careful. I don't say these words in vain. If you make a mistake, you will affect thousands of ancestors, generations and descendants. Absolute sex! You Western members must memorize this important point. You have to emphasize this point. There will be immediate punishment and consequences. Until now, True Father knew about many cases but did not say anything. Do you know what is the greatest sin? The one who destroys the ideal of heaven and earth by disobeying absolute sex. This is the gravest sin. The time will come soon when this will be encrypted into the law system. ("Leaders Meeting" January 3, 1997)

DIFFERENT BREED

We Unification Church members understand the concept of the Fall do we not? (Yes) Do we love the concept of the Fall or hate it? (Hate it) Why do you hate it? Because it is the destruction of absolute sex. Do you want changeable sex or unchangeable sex? (Unchangeable sex) Most of Americans don't agree with you. You are a different breed. A breed not found in the secular world. ("Our Responsibility in Becoming Children of True Parents" February 16, 1997)

Since the human Fall originated in the misuse of love, humankind lost True Love. Thus the problem arises: How can we recover True Love? The loss of True Love means falling through adultery. In other words, True Love became degraded by misusing the sexual organs, and in order to restore it, we need to use these organs in the right way. Just as the seed of fallen love was planted in the Garden of Eden during the first ancestors' youth, so in these final days, mankind will harvest the fruit of the Fall among our young people. That is the reason why today we find so much chaos and confusion, centering on the issue of sex. This problem can only be solved with what I call "Absolute Sex." Only the concept and practice of Absolute Sex can prevent the destruction of the family and reverse the corruption of our youth.

Absolute Sex is centered on God, and free sex is centered on Satan. Historically, world literature and the media have often stimulated free sex. But from now on, you literary figures and journalists should lead the way to prevent free sex. Free sex should completely disappear. ("True Family and True Universe Centering on True Love" June 16, 1997)

Blessed Couples have sex only with each other forever. Blessed widows or widowers are celibate for life. Father says, "How many husbands would you want, one or two or more? What happens if your one and only husband dies? Then you will live by yourself until you get to spirit world also." (4-22-79)

If a Blessed couple does not have children and one of them divorces or dies then the other can remarry if he or she wants to. But if a Blessed Couple has one or more children and one of them dies or becomes possessed to get a divorce, the other spouse should not remarry no matter how long they have to live a celibate life and no matter how lonely they may feel. Children should not

have to deal with the confusing relationships in blended families with step-parents. The fewer half-brothers and half-sisters and step-parents children have the better. It is best if they had none. Father says:

In God's ideal there is only one father and one mother. In this world of Satan there are many different mothers and fathers in one family. This is miserable for the children. (4-18-96)

True love requires total devotion, total love and total giving to only one mate. (6-20-82)

“Why does the woman have the womb. For the sake of receiving the seed. Then to have the baby. Only when man puts the seed in the mother's womb can life come about. Man's responsibility is to give the seed to the woman. The key to a woman's womb should only be held by the one husband. Absolutely, only one.” (4-23-00)

Sometimes American young people run away from home because they are longing for unchanging parental love and they aren't receiving it from their parents. True love never changes, so any parent who cares for his children always loves them, no matter what tragedy overwhelms their home. Even if the father dies, the mother has a strong urge to live in order to keep loving her children. Any woman who just wants to remarry and doesn't care about how her children feel will have nothing left, either love of her children or her husband. Children in that situation feel left out and cold when they are at home, and they usually go their own way. But children whose mother is still devoted and loving them more than ever, even after the father dies, will be completely devoted to her and never betray her expectations.

Even though her husband is dead, that woman is not losing anything. More than ever her children will reciprocate the love she is giving them. The more she devotes herself to her children, the more they will return love that is even greater than their father's when they grow up, knowing she dedicated her life to them. Then the vertical love between a mother and son is more beautiful than the love between the husband and wife. The same is true for man. If the mother dies then the father can find tremendous beauty and value in loving his children. (5-26-79)

Let's say a Blessed man or woman has children and divorces and remarries. He or she is condemning the other to a life of celibacy. The children see this and the world sees this. Hopefully, the traitor will see the hurt he or she is causing and return to the family. By staying celibate for life that person will also be a living example of the consequences of breaking the sacred vows made at a Blessing.

The *New Testament* says that marital unfaithfulness is the only cause for a divorce. Blessed couples are given no cause for divorce. Couples who were married outside the blessing of True Parents can divorce but Unificationists should not. Good and evil history is transforming rapidly and the providence of the time allows for this kind of transitional change. Father says, “Parents must never divorce” (3-19-05). Blessed couples live for their children, not themselves. Their children's feelings come first, not theirs. Father says, “Once you are married, you cannot do whatever you like. You are to follow the destiny of your family at the risk of your life” (*Blessing and Ideal Family*). Children do not want Mommy and Daddy to divorce. Divorce shoots holes in their spirit and weakens them.

Men should not have female friends that they spend time alone with, talk to on the phone, write letters to or email. Men have men friends and women have women friends. This includes relatives who are not blood-related such as brother-in-laws and sister-in-laws. Older boys should not have relationships with girls. It is best to separate teenage boys and girls in school. They should not study and play games together. When Unificationists get together for picnics, socializing and educating young Unificationists at workshops let's separate teenage boys and girls. It would be best if retreats and workshops were not coed. Those who like to have retreats on a weekend to teach young Unificationists about the meaning of the Blessing and how to have a successful life and marriage and how to witness should have only sisters or only brothers attend. It is a distraction to mix teenage boys and girls together. They should live and learn in separate spheres. Young Unificationist brothers and sisters who are teenagers or older should not play and study together. They should always be separated so they never touch each other and never get to know each other and become friends. Father warns, "You cannot let boys and girls run freely together" (5-5-96). Men should be very careful in the workplace and make sure they are not alone with a woman in a room or car even if it is non-blood related family members like brother-in-laws and sister-in-laws. Sadly there have been cases where older children have sexually abused their younger brothers and sisters. It's hard to think negative and not be trusting but it is our responsibility to be very careful and do our best to protect our loved ones from being attacked by predators.

In the book *The Chung Pyung Providence and the Way of Blessed Family* Dae Mo Nim says:

It Is a Sin Even to See or Touch the Fruit.

Some of our members may think that seeing or touching is not a problem, as long as they do not eat of the fruit. But these people are distorting the *Principle* to suit their thoughts and actions. They draw a certain line, and suppose that they do not fall as long as they do not go over the line. But the fruit is not to be touched, or seen, as well as not to be eaten. God has clearly commanded not to see, touch, or eat of it. It means never to treat a man or woman who is not my spouse as a partner of love, see them, or touch them. We must never do such things as taking off clothes, seeing, or touching before a man or woman who is not our spouse. We can be people of the Heavenly Kingdom only when we keep absolute conjugal fidelity and form a true couple and true family of true love.

Do Not Create a Situation Conducive to Fall

Everyone has lust in the heart because the root and cause of the sin lied in lust. But we should not create something that lights the fire of lust. When men and women are together, they must use caution in every situation. A man and woman should not be alone together. When their meeting is necessary, they can meet in threesome, five-some, etc. rather than meeting alone. When you give a counseling, whether in the church or office, you should definitely keep this in mind. While a man and a woman sit together by themselves, they may start touching each other in the course of counseling and comforting, whereupon the Satan will invade them and coax them to eat the fruit.

As True Father has said, when a man and a woman are alone together, they should not close up all the doors. Since men and women are a plus and a minus, when they come into contact, they cannot but spark up and fuse into one. So if someone is not your spouse, absolutely do not hold his or her hand. When members start holding hands with some feelings, the plus and minus may get a spark, and eventually plunge them into a pit of passion. When they start holding hands, they will come to embrace each other; when they embrace each other;

they will come to kiss each other; and after this, they will touch each other and finally eat the fruit.

If you provide the cause, the result is bound to appear. Watching adult videos and reading adult books will lead you to fall. We should know that the Satan is hiding inside these things. Throw away all the adult stuff from your drawers, if there are any. Someone had a troubled heart and visited a friend to receive some consolation, where they watched adult materials together and finally fell. Sometimes, people fall when they go to a video room together. Men sometimes fall when they go to an adult barbershop.

Siblings of opposite gender should not sleep together. Also, when some relative visits your home, a male relative should not be allowed to sleep with your daughter. Even if your children may be small, going to elementary school or even kindergarten, it is already dangerous to leave them by themselves. Also, do not ask a brother of yours to keep the house while you are gone, or ask others to do something, trusting them because they are members or thinking that your child will have no problem. You should also be careful if you have to entrust your children to a neighbor's home in order to go somewhere. The Sung Hwa students (secondary school church members) are advised not to sleep in places other than their own home except during the workshops.

You should absolutely not have a boyfriend or girlfriend. Before the Blessing of God and True Parents, boys and girls should not be together as lovers. In order to keep and protect the fruit, you should be dressed correctly and maintain correct heart. Sometimes, you may misstep while trying to discuss personal things with a boy or girl of the other sex who are close to you; so if you want to discuss them, do so together with more than two people. At the time of Sung Hwa gatherings, boys and girls may err while a boy and a girl stay up all night alone together or while a boy takes a girl home. In the case of college students, they sometimes fall while doing a meeting or on adults' days.

Unificationists do not date other Unificationists or outside people or spend time alone with those of the opposite sex. There is to be absolutely no physical contact between single men and women in or out of our movement. They do not shake hands if they can get out of it. At hoon dok hae on January 12, 2005 Father told an elder who was with a group of young Unificationists, "make a special generation which have an absolute love standard." He told these young Unificationists, "You have a big responsibility to thoroughly establish an absolute standard between man and woman. Don't even shake hands." Father says:

Father tells unmarried men and women not to shake hands if possible because the electricity of love flows through holding hands. The spark of love cuts a wound in the mind of the other person. The wound made by love cannot be healed with any medicine in this world.

In the Unification Church, we tell young boys and girls to not even shake hands. We must know that Satan is always spying on us and that this is the way Satan takes revenge.

Until the Blessing, the Unification Church members who are unmarried should not shake hands with each other. If we think of love in terms of electricity, if it is 100 volts, all 100 volts should fuse properly instead of becoming dimmed by something that short-circuits the electricity on its way. (*Blessing and Ideal*

Family)

Do you think that you should give your first kiss to your eternal spouse or to some other playboy? (Spouse.) That is your original mind responding. Even holding hands and giving your heartistic embrace should be only for your first love. Pure gold will transmit electricity using every part of that gold. This is how pure men and women are possessing that same eternal value. (5-5-96)

If brothers cannot shake hands with sisters then they certainly cannot hug other single sisters with the exception of blood related females. Dancing for singles, especially ballroom dancing, is out of the question. Young men and women should not touch each other. Ballroom dancing is not a healthy way for young people of the opposite sex to relate to each other. Only married couples or blood relations should dance together. A brother-in-law should not dance with a sister-in-law. Strangers should not dance with each other. Dancing is not the way to learn social graces and etiquette and how to relate to the opposite sex. Father is not being paranoid when he advises single people to not touch each other. He is giving wise advice. We are not of this world. Father speaks strongly against so much physical contact between the sexes that Satan has made fashionable, "It is the custom in America to greet each other with a hug or a kiss. When Father first came to America there were many women who tried to greet him in this way. Even in South America, that kind of phenomenon occurred. Father placed a boundary around him, so that within one meter no one can come close to him. It is very difficult actually. What kind of kissing custom is this? Does it originate from the Fall, or is it the original kissing custom which God gave to Adam and Eve? (After the Fall.) Therefore, Father wants to spit it out." (6-996)

Ideally, single people's matches should be approved by their blessed parents or if they do not have parents in the movement then they are approved by a blessed couple who knows and vouches for the single person.

Unificationists have peace of mind because they discipline their sexual organs. They do not have any sexual addictions such as pornography and fantasizing about someone other than their spouse. Father often speaks vividly and graphically about being strong when we are tempted. He says, "Some women tried to tempt me, even accusing me of not being a real man because I didn't respond." We need to be strong when tempted. Reading Father's words over and over helps us to become strong.

Here are a few examples from some speeches Father gave where he talks about being sexually tempted and how we are to be strong and resist the incredibly enticing forces that want to destroy us:

Sometimes you have to test yourself. Imagine yourself in certain situations. Imagine you are going to a dance where you are well dressed, looking your best and having an enchanting evening. Ask yourself, "Would I falter, or am I confident that I wouldn't?" You have to check yourself, "Am I going to fall if I go to this point or beyond this?" It is necessary to foresee possible future situations in order to test yourself.

I have done the same thing. I have often imagined difficult situations, saying, "What if, knowing what I know, I was cast into a room with hundreds of beautiful naked women. What would be my response? Is my organ going to be excited or not? Will it take a resting position or not?" In all seriousness, I have imagined such a thing. What if they represented the beauties of all different races, from East and West? The temptation would be very difficult, not easy. You can only imagine the degree of that temptation. (3-1-92)

...even if we were in a room with 100 naked beauties, we should control ourselves and not give in to temptation. (1-1-90)

If you brothers found the most beautiful woman in the world stark naked in your bed, what would you do? You would have to be like a eunuch, feeling completely neutral. (6-15-80)

Everything you do has consequences for good or evil. Let us say that a man of goodness is put into a room with a gorgeous beauty queen who is stark naked. A man of goodness can face that kind of situation without anything happening. That is because his way of thinking is, "How can I contribute to her well-being?" It is not, "How can I take advantage of her or use her?" He always thinks of how to serve others. Such an attitude is what we call true nobility. (3-11-84)

When a beautiful woman is sitting beside us, the conscience warns us not to touch her, but the body wants to touch and kiss her. The power of love has been demonstrated to be more powerful than the power of conscience. This kind of danger exists only temporarily. It is not a permanent state of affairs, because once men and women grow to perfection and are united with God's True Love, no power under the sun can break that. It would be impossible for men and women to be unfaithful to one another once they reach the complete dominion of God's love, because the body would not have that freedom. The mind would be completely in control. If your discipline is such that your conscience wins over the dictates of your body, including the temptation of illicit love, then you shall win a ticket to heaven. (2-15-94)

The meaning of the human fall is contamination of the lineage. The misuse of the sexual organ created a false lineage. We should have confidence that "I have nothing to do with fallen Adam and Eve." How many times has True Father been tempted by many women. Do you women like Father? Love or like? True love? That is one man and one woman relationship. If there were no True Mother, then all of you could be in the position of candidate for his bride. American women are so aggressive and may try to kiss Father! In Japan and America intelligence organizations tried to trick Father by sending beautiful women to seduce True Father.

They reported that they had failed to seduce him. Have any of you heard True Father say, "Come on, let me kiss you." Nothing like that. There have been many occasions when True Father was in bed and beautiful women came to his bed and begged: "It takes only five minutes. If you don't do it, I will die." What would you do? True Father concentrated and nothing happened. (2-18-01)

Seduction is your worst enemy; turn yourselves off from it, even in your dreams. Western leaders, do you understand? [Yes.] You have to be able to control your sexual desire; even spiritually you may be tested. You have to be the king of controlling your love organ. My lifelong motto is: before trying to govern the world, first become the king of self-control. When I was a student in Japan, all kinds of temptations came. One woman came into my bedroom, naked, and said if you don't take five minutes to make love to me, I will kill myself before your eyes.

Go out and claim yourself as True Parents and do what God wants you to do.

The people who tried to reach enlightenment failed because of the love temptation. I treat women as my daughter, grandmother, queen, aunt—always as a family relative. If you cannot control your sexual desire, tear your love organ off your body. Hundreds of my female followers wanted to live with me, without marrying, and I had to find an excuse (that would not destroy them). The love organ attached to your body does not belong to you. You are not the owner of it. (1-2602)

Men, suppose that after you are blessed, the most beautiful woman happens to stand beside you. Do your eyes and five sensory organs turn to her? Do your hands try to hold her hand or body? There are a lot of beautiful women in the world. Don't try to get away from beauty; instead, you should train yourself so that your mind and body can ignore her attraction and you desire to touch your wife instead.

Women, suppose that after you are blessed, you happen to meet a handsome man on the street. Is your mind attracted to him? If so, you are a slut!

Your sexual organ is absolute. You have an absolute part, the palace of your sexual organ. Although it may not look that special, if the sexual organ is used wrongly, the world, history, family and everything is destroyed. Man's sexual organ is made to be erect vertically. Vertical! Man should remain faithful to his cause rather than to woman. Because Eve did not keep her chastity, she fell and seduced Adam. This is the very problem. You have to deny this.

Then what is marriage? Through marriage, a man and a woman, who are each half, combine their sexual organs and become completed. A man becomes perfect through a woman centering on love, and he makes a woman complete. Through true love, they become complete and fulfill the unity of love. Through the joining of their sexual organs, man's blood and woman's blood united in one melting pot. From that place sons and daughters are born. You should know that that place is more precious than children, spouse or God.

ONE KEY, ONE LOCK

Because I talk like this, I seem to be a heretic! What is that place? It is more valuable than children, spouse and parents. Without that place, even parents, spouse and children are worthless. Because it is so valuable, you should tightly lock the door of your sexual organ so that nobody can see it. It is like a valuable treasure which you should preserve throughout your life. There are only two keys to the door: the wife keeps her husband's key, and the husband keeps his wife's key.

Are you women going to take the key of only one man? Free sex is when you take ten or 100 keys! An opened door through which everybody comes and goes incessantly is a door that has no lord. To act like a slut is to ruin your house of love. (1-1-97)

God knows what Satan wants. Through free sex, Satan wants to stop every last person from returning to God. In other words, Satan wants to destroy all humanity and create Hell on Earth. Is not the world in which we live today Hell on Earth? Therefore, we will find the road to Heaven by going 180 degrees opposite the direction of this Hell on Earth. When the Lord of the Second

Advent comes, he will show us the 180 degrees opposite path, as a means to save the world and lead us to Heaven.

Then what is the road that is 180 degrees opposite the way of free sex? The path of free sex was laid because of the false parents. Therefore, True Parents have to come to straighten the wrong path. God cannot intervene. No authority nor any military, economic or political power can do it. It was caused by false parents. Therefore, it takes True Parents to cut it open with a scalpel. True Parents should operate with their scalpel; that is the only way humanity can be saved.

The one who sinned has to indemnify the sin. It was in the family that a false marriage took place which corrupted the lineage 180 degrees. Therefore, True Parents must come and bestow marriage that is in a direction 180 degrees opposite, in order to open the path to Heaven.

Then, what did God expect from Adam and Eve? God expected absolute sex from them. You world leaders gathered here tonight, please learn this truth and take it back to your countries. If you start a campaign to secure absolute sex in your country, your families and your nation will go straight to Heaven. When there is absolute sex, an absolute couple will emerge automatically. Words such as free sex, homosexual and lesbian will naturally disappear.

Father Moon has lived an entire life overcoming a suffering path in order to initiate this kind of movement worldwide. Now the time has come for Father Moon to trumpet the fanfare of victory and move the entire world. Therefore, I am grateful to God.

The family sets the cornerstone on the road to world peace. The family also can destroy that road. It was Adam's family in which the destruction of the foundation of human hope and happiness took place. Therefore, when we establish the Family Federation for World Peace and Unification, the road going 180 degrees opposite the direction of the satanic world will be open, and for this we cannot help but give thanks to God. Without following this road, there is no freedom, happiness or ideal!

I wish that you would center on the absolute sexual organ, unique sexual organ, unchanging sexual organ and eternal sexual organ, and use this as your foundation to pursue God. You should realize that this foundation should become the foundation of love, life, lineage and conscience. We also have to realize that the Kingdom of God on Earth and in Heaven will begin on this foundation.

When we are born as a man or woman, who is the owner of our sexual organ? Actually the owner of man's sexual organ is woman, and the owner of woman's sexual organ is man. We did not know that the sexual organ is owned by the opposite sex. This is a simple truth. We cannot deny this truth. Even after history progresses for thousands of years, this truth will not change.

Every man thinks his sexual organ belongs to himself, and each woman thinks her sexual organ is her own. That is why the world is perishing. Everyone is mistaken concerning ownership of the sexual organs.

Adam and Eve both erred by thinking their sexual organ was their own

possession.

If all men and women admit that their sexual organ belongs to their spouse, we all would bow our heads and become humble when we receive our spouse's love. Love comes to you only from your partner. There is no love other than love for the sake of others. We must remember that we can find absolute love where we absolutely live for the sake of others. When you return home, you should expect to wage a war against the satanic world.

Wherever you may go, please try to spread Father Moon's message through television or other media. You will never perish. What force can turn around this world of Hell? It is impossible to achieve this unless our sexual organ is used in accordance with an absolute, unique, unchanging and eternal standard centering on God's true love which is absolute, unique, unchanging and eternal love. God is the original owner of the sexual organs.

Let us go forward all together for this common cause. Let us become the vanguard that will carry out God's true love. This is the very mission of the Family Federation for World Peace and Unification. Now, please go back to your homes and affirm with your spouses that your sexual organs are absolute, unique, unchanging and eternal. Proclaim that yours is truly your spouse's and what your spouse has protected so well until now is truly yours. And please pledge that you will live your life with gratitude and in eternal service to your spouse. In such families, God will dwell eternally and, centering upon them, the world-level family will begin to multiply. (8-1-96)

This is how the original sin, the root of all sin, came into existence. This is why it became necessary for human beings to find rebirth. Rebirth is necessary because the problem relates to lineage.

The Bible also depicts the archangel symbolically, as a serpent. Why is that? The serpent's tongue splits into two at the end, and so the serpent came to symbolize a person who uses his one mouth to say two completely different things, or a person who will use any means to accomplish his selfish purposes.

A man's reproductive organ is shaped like the head of a poisonous snake. It is always looking for a hole to slither into. A woman's reproductive organ is concave, like the wide-open mouth of a poisonous snake with fangs. Once this snake bites, poison quickly spreads through the body, bringing eternal death. Adultery does not just destroy the individual, but also the family, clan and nation. In the Garden of Eden, Satan defiled the chastity of youth. He is harvesting the fruit of that crime in the wave of immorality that is engulfing the world's youth in this time of the last days, when history reaches its conclusion. (2001 American Tour)

Lucifer was attracted to naked Eve. You must resist this temptation.

Imagine if you will, Adam as a young boy in the Garden of Eden, wild and running around investigating everything and leaving Eve by herself. They were both naked and unashamed originally. As Eve's body was maturing, suddenly the archangel approached her with an evil intent in his heart. Sometimes Eve would sit in the lap of the archangel and their sexual organs would be quite close to one another. They were accustomed to seeing the animals around them

mating and caring for their young. Then, in the blink of an eye, easily a relationship occurred between them. The Archangel took interest in this kind of phenomenon, so he took action. It is that easy to fall into an illicit relationship of love.

As a young, strong man, ask yourself, if you were in that situation with a pretty naked woman sitting on your lap, don't you think that you would experience the same temptation? (Yes.) As a man, in order to fulfill restoration through indemnity, no matter if a beautiful naked woman is in front of you touching your body, your love organ should not become erect. Rather, it should remain almost as if it were dead, without feeling. That is the action for indemnity. (5-4-97)

When you men and women embrace and touch, the woman's bosom touches the man's chest. God shows His romantic nature in the way He formed the shapes of men and women. The bosom of a woman extends outward while her sexual organs are inside. The man has a flat chest but his sexual organ extends outward. This is the balance of physical shapes. God is truly a romantic lover, a great scientist. We cannot deny God's existence once we observe the harmony and balance between men and women.

The breast of the woman is not only a symbol of love but also a source of life for her babies; through the breast, she feeds life to her child. The breast is large and rounded, but in the center the nipple is a different color. This illustrates God's dramatic character; He wanted to focus attention on that nipple, the central point. Perhaps you think this is a most amazing sermon you are hearing! When a man looks at a woman he naturally looks at her bosom — God made men that way and it is not bad. That is the most mysterious area to a man and his attention is naturally drawn to it. If a man has no such an urge or interest, that person is not really a man. (1-2-83)

One day in Washington, D.C., I saw a girl walking around on the street wearing only the bottom of her bikini. She had nothing on top. I'm sure she was thinking: I'm perfectly free; I'm at liberty to expose myself wherever I desire. So I will wear my topless bikini on the street in broad daylight." Nobody said anything to her; people were walking by her, trying not to stare. Amazingly, one Oriental man who happened to be Father Moon was so disgusted by this that I scolded her and made her feel ashamed. There are two ways to react to such an incident: one person would feel apathetic and say, "I don't care." The other person will feel deeply concerned and want to do something to stop it. Which kind of reaction is needed for a healthy society? Certainly the second one. I don't think that girl will go around in her topless bikini again.

I would like to see all Unification Church members reacting to their surroundings with a strong conscience not being apathetic at all. You must be people who care and who will work to build a healthy society. If a society continues to reject such efforts, it will eventually decline. (12-27-81)

Literally, what the Bible expresses as the serpent in the Garden of Eden, is the sexual organ. The snake gives poison. From a one time connection with the woman's sexual organ, the heavenly world was destroyed. One time. A snake slithers around and when someone comes too close, it strikes out, attacks, and that person is poisoned. Woman is so fearful of that snake mouth. That serpent symbolizes both sexual organs, man's and woman's. The organs that have

poison. Once one bites the other, then that is the end. This is what the Fall of Man was about. But now this is the lineage which does not have that poison in it.

Father never sleeps before midnight, no matter how tired he is, and he never spends idle time. He always speaks to people about God; about the things which you have heard a million times before—still Father continues to speak. When everybody goes to Heaven, there will be a great competition for the best mouth. A great prize will be given to the greatest mouth in history. Whose mouth do you think will win, Confucius, Jesus, Mohammed, or Father Moon's mouth? You have to inherit that same tradition, as well. You should be constantly teaching and teaching, just as I do. (3-1-92)

Sun Myung Moon is perfect. His family and his followers are not perfect. We want to be supermen and superwomen but we fall short of the glory of God every day. We are sick and need a doctor. The world is sick and needs us to be their doctors. What medicine do we give ourselves and others to make us well? How do we overcome our character flaws? How do we counsel others and where do we go when we need counseling? Sadly, people are fallen and we are afraid that we will be hurt if we open ourselves up to others about our secret sins. We are afraid we will be mistreated, given bad advice and will be betrayed. There are plenty of books and movies made that show the true stories of people. A daughter of a famous Hollywood actress wrote a book titled *Mommy Dearest* that was made into a movie which showed her mother as being neurotic and cruel. We don't want our children to write a *Mommy Dearest* or *Daddy Dearest* book about us. Unfortunately, we can't help but be less than perfect parents and many people deal with the bad habits and wounds they got from their incompetent parents. We are all a mixture of good and evil. We have shortcomings that hurt ourselves and others. Many people have addictions and go to support groups for everything from addictions to alcohol to food to sex.

We are doomed to struggle our entire life against the demons that invade our minds and push us to break our New Year's resolutions. We cannot fight sin alone. Satan works to get us alone and then invade. We can't win the battle of the mind and heart with our will power. We need help. How do we organize the Unification Movement so that it is a place of healing and growth? How do we train the youth to be stronger than us and for each generation to be stronger than the previous? How do we end the battle of the sexes?

Many try to find help in self-help books and psychologists. There are many good ideas, practical strategies and tips from some "experts" on success and relationships we can use in our goal of achieving mind/body unity. The problem is finding good books and good people to help us. One of the best tactics for fighting temptation is to have a friend or friends that we can turn to in time of weakness. Joshua Harris and some other Christians teach the concept of accountability. Harris writes, "Share your struggle with someone else. Sharing your struggle with a parent or trusted Christian friend is one of the best ways to overcome [temptation]."

In an article on the web entitled, "Hold Me Accountable", we read:

How would you react to this encounter? One of your closest friends invites you to talk over a cup of coffee. "Friend," he says, "I've been struggling with a particular sin over the past couple months and it's bringing me down. I don't think I can shake it; not on my own. Would you hold me accountable in my fight against this sin?"

If you are like the vast majority of Christians, you don't know how you'd react because it has never happened to you. Odds are, though, the very thought of this

encounter makes you uncomfortable. Why? Because sin is ugly. The very moment you accept that offer, a Christian brother (or sister) not only promises a continued exposure to his sin, but also you commit to him a revelation of your own heart, knowing fully what personal ugliness lies beneath the surface. The possibility of finding people out, and being found out yourself, is unnerving.

Pushing through these emotional challenges, however, is just the first obstacle to clear in establishing and maintaining a successful accountability group. Once you make it past the prospect of being held accountable, forming and continuing an accountability relationship provides several challenges. Questions arise. "With whom should I be accountable? Should I be accountable to someone of the opposite sex? Is there an alternative to this uncomfortable accountability? What happens when my initial enthusiasm wanes?" Successfully answering these questions will help determine whether an accountability relationship is right for you.

BUDDY SYSTEM

He goes on to say that we should not have an accountable partner be someone of the opposite sex who is not our husband or wife. What Christians do not know about is Father's concept of Trinities where 3 men and 3 women form a close bond in friendship and help each other. Because men are to be strong protectors of women it would be better for a man to share with his trinity brothers his struggles during rough times than burden his wife. I think we should seriously consider having men never being alone like Mormon missionaries are never alone. Perhaps we should have a buddy system where at least two men are always together and two women are always together. Being alone is dangerous.. Let's have a lifestyle where men and women never do anything alone. I understand a person may feel they need some alone time to meditate but if it is not in some remote wilderness where they cannot be tempted then I question its value. I saw a television show once where a man had tried to quit smoking so many times using many strategies and finally decided to spend a month camping out in the wilderness away from anyone and going through withdrawal from his addiction.

PAIR SYSTEM

A woman can also get help from her trinity sisters with her attempt to combat sin and seek encouragement but why not have all women paired up like women Mormon missionaries are. Even though a man's wife is his soul mate he should not take work home with him and make his wife nervous and fearful as he talks about the dragons he had to slay that day. In the military the leader does not want to show weakness to his followers. If he struggles he takes it higher. Rather than having a paid minister be the person who men go to for help they should live next door to their trusted trinity buddies and together they fight the good fight against the forces of darkness. Ideally young people will be able to turn to their parents to share their struggles and if their parents are not capable then they could go to an elder in the trinity who would help them be true to their core values. We shouldn't have to go to secular psychologists who do not understand evil spirit world and hopefully we shouldn't need to go to psychiatrists and get pills to help us out of depression. Let's make the Unification Movement a place of spiritual growth where no one gets hurt. Let's create trinities that will help us break bad habits and become the champions Father wants us to be: "Your goal is not me but God. You must become a champion who will move the heart of God and also touch the hearts of mankind." (10-1-97)

Father speaks out strongly against incest. One the most important events in human history was the coronation of God. In his speech titled "The Coronation Ceremony of the Kingship of God" he said, "Incest, illicit love relationships and all such problems stem from this confusion and chaos.

Grandfather and granddaughter, grandfather and daughter-in-law, etc.... These incestuous relationships occur because people revolve around without knowing their center, and consequently they catch and consume one another. In this era of confusion, of great chaos and family-level confusion, whether of immediate family or relatives, everyone revolves around randomly to hook up with one another without any order....”

Father says:

Satan made this enormous complication of love. Man made it bad and woman retaliated and made it worse. Ethics, with a very weak muscle, tried to slow down the decline. But then along came free sex. Who made that happen? (Man.) But man has been involved in free sex all the time. Take American soldiers. Wherever they went, they lived with other women. This brings animosity, so now in order to defend themselves, they say “let’s have free sex.” Satan has no other way. So now that you have seen it for a few decades, is anyone satisfied with it? Can any woman or man say that it’s a good idea? Free sex has even evolved into incest and relationships between grandfathers and granddaughters. Of course they feel guilty, but then they say, “Do not feel guilty.” When different colors of water come together, it becomes dirty.

With free sex are men or women comfortable? Is free sex practiced by age group? No; the inclination is to cross age groups. The old attack the young, even the infant is not safe. It is the grandparents’ responsibility to see to the welfare of their offspring. For those who practice free sex, do they want free sex with another who has had many sexual experiences or one who is pure? (Pure). We see that they look to the younger. This is worse than the animals. Professors and teachers always look at their students. Can any concept of family exist here? This is exactly what Satan wants. Does God love that? God hates that the most. Who sobs more because of love, men or women? (Women.) What are we going to do about that? Can the President of the country do anything? This President [Bill Clinton] does not look to be strong in that regard. Religious leaders in America make the same mistake. Who will repair this? Is this normal or sick? It’s very sick, sick, sick. Everyone is affected by this.”

He teaches that when a man tries to overcome his fallen nature Satan attacks by sending a “beautiful woman” to bring him to ruin. Unificationists who work to help True Parents are prime targets for Satan. Father says, “Now people lost Heaven, religion, the world, nation, society and the family. They deny grandparents, parents, husband and wife, and children. They deny God and religion. Men and women all fell to the isolated individual position of a fallen archangel. No matter how much they desire, train or resolve to do so, they cannot overcome lust. Therefore, when someone attempts to achieve perfection, Satan will attempt spiritually to make him fall. A beautiful woman will appear and ask him to embrace her. If he surrenders and embraces her, it is over. Centering on love, life and death divide. Unless they have spiritual experience, people do not know how deep this problem is. Our body is the stage of Satan. To restore this stage to the ideal position, God worked and experienced disappointment over and over. Therefore it has taken thousands of years.” (1-13-01)

The most powerful book in human history has been the Bible. It often teaches the virtue of sexual purity. There are many powerful passages explaining how God wants us to fight Satan’s enticing temptations to fall and enjoy the wonderful world of pure sex. For example, in Proverbs 5 we are given the wise advice from Father to son that men should not go near girls and women who believe in free sex or prostitutes who believe in paid sex: “My son, pay attention to my wisdom, listen well to my words of insight. ... the lips of an adulteress drip honey, and her speech is

smoother than oil; but in the end she is bitter as gall, sharp as a double-edged sword. Her feet go down to death; her steps lead straight to the grave. She gives no thought to the way of life; her paths are crooked, but she knows it not.” This is poetic language saying men should stay away from loose women.

We read, “Do not go near the door of her house, lest you give your best strength to others.” In other words, a man will lose strength and become weak if he indulges in illicit sex. A man will lose his wealth and feel sad if he does not listen to sound advice on being sexually disciplined: “strangers feast on your wealth and your toil enrich another man’s house. At the end of your life you will groan, when your flesh and body are spent. You will say, ‘How I hated discipline! How my heart spurned correction! I would not obey my teachers or listen to my instructors.’” The Bible, like Father, speaks bluntly saying that a man should be satisfied with his wife’s breasts and not break the tenth commandment in the Ten Commandments that commands a man to not covet another man’s wife. Since every girl and woman is destined to have a husband then that means a man should not lust after any woman because she is someone’s wife. Proverbs 5 poetically calls a wife a deer and says, “A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be captivated by her love. Why be captivated, my son, by an adulteress? Why embrace the bosom of another man’s wife?”

This means that men should not look at pornography, go to topless bars and fantasize about other women’s breasts. He should never compare his wife’s breasts or anything else about her to other women. And a woman should not compare her husband to other men. The Bible wisely teaches us to be satisfied with our mate. It would be best for young people to marry in their teens. One reason there is so much premarital sex is because so many wait too long to marry. Proverbs 5 says, “May you rejoice in the wife of your youth.” We can also read into this that God’s plan is for every single man to rejoice in having a wife. There are no exceptions for homosexuality. God made the universe to be a pair system of plus and minus and masculine and feminine. If you have any temptation to violate this common sense law of the universe and want to be a homosexual please pray and seek help if necessary. Eventually every human being who has ever lived and will live will have a mate of the opposite sex who will be their soul mate forever. When we are tempted to break God’s rule because Satan puts a beautiful temptation in front of us let’s focus on the spirit more than the flesh. Let’s focus on our love of our values and not let our emotions rule us like it did Adam and Eve. When you are tempted think about your values, your goals and know that God is watching you and wants to give you the highest happiness. Father has pioneered total strength of character. Follow his example and not those lost souls in Hollywood.

WOMEN SHOULD NOT WEAR SHORTS

The elder sister who speaks for Dae Mo Nim teaches “Let’s be dressed properly and neatly. (Satan likes navel-exposing T-shirts sexually revealing clothing, etc., so don’t wear such things.)” She says that boys and men should not have long hair: “Always keep your hair neat, in other words, clean and short.” To girls and women she says they are to never wear shorts: “Don’t wear T-shirts that expose your navel. Don’t have your nails grow long. Don’t wear short pants. Avoid things Satan likes. If you want to make Satan run away when he sees you, you have to appear clean and pure.” If girls and women are not to wear shorts then that means they should not wear dresses above the knee and they should not wear swimsuits in public. I write more about dress code in my book *Dress Code for Witnessing*.

Proverbs 5 ends saying, “For a man’s ways are in full view of the Lord, and he examines all his paths.” This means God is watching you all the time and knows which path you are walking down. “The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast.” When we sin we are enslaved. “He will die for lack of discipline, led astray by his own great folly.” Many have died spiritually and emotionally because they lack discipline. The “folly” and foolishness of

millions of people have even led to physical death from such diseases as AIDS. If you are reading this and are single please understand that God is watching you and loves you and does not want you to have an unhappy life. Look for your soul mate and be loyal when you marry. If you are a virgin keep your purity. If you are not, resolve to never fall again. Don't waste any time thinking about former lovers. If you are married focus on your mate. Don't think sexually about anyone else. If you are widowed or in a situation where you have to wait to be with your spouse later, please be strong and patient. Get busy serving other people and don't have a pity party.

We are in a fierce cultural war because we are in the Last Days. In the *Divine Principle* we learn that Satan rules this world and when the Messiah returns Satan will unleash his deadliest lies and work through his champions to thwart the Lord of the Second Advent. Since 1920 America has listened to the voices of Satan's ambassadors. God's ambassadors have lost the cultural war. Satan's central figures and their books rule America. We should pity, not lust after, Hollywood stars, nudists and feminists who do not understand modesty.

There are many books, writings and videos by the Cain side. The most famous and influential man would be Hugh Hefner, the founder of *Playboy* magazine and his ideology of nudity and fornication is called "The Playboy Philosophy". The most influential woman on the Cain side is probably Betty Friedan. Gloria Steinem and Helen Gurley Brown are also famous in advancing Satan's terrible sexual revolution. Friedan's book, *The Feminine Mystique*, was written in the early 1960s just as the wonderful book *Fascinating Womanhood* by Helen Andelin was introduced in the early 60s. Betty's book won the debate. America embraced Friedan's core values instead of the true family values in Andelin's book. The tragic result was that America became a Sodom and Gomorrah. Hugh Hefner and Betty Friedan are divorced and Steinem is barren. Helen Andelin and her husband built a magnificent family. We reap what we sow.

There are good books on the Abel side for purity but very few know of them and most people would not be interested in them. When the Cain side reviews these books they always call the authors "dangerous" and "unrealistic." Two of my favorite authors are a Mormon couple whose books on purity and traditional family values have revolutionized my life. They are Aubrey and Helen Andelin. They champion biblical values of morality and family. Hefner, Friedan and Steinem hate the Bible. The Abel side loves the Bible. This is the core division between Cain and Abel. The Andelin's have many children and grandchildren. Their ideology works. Their opposition's ideology does not work. I encourage you to study Abel books that give God's core values such as Aubrey Andelin's *Man of Steel and Velvet*, Helen Andelin's *Fascinating Womanhood*, and books by Joshua Harris.

DISCIPLINE

We learn in the Bible and from Father that we are commanded to have the discipline to keep our bodies clean. We are not supposed to put anything impure into our body. The Bible says, "You are God's temple and God's spirit dwells in you" (1 Corinthians 3:16). This means that Unificationists never drink alcohol and never use tobacco. Alcohol and tobacco are poisons. Father teaches:

In the Orient we have a saying about wine and women stimulating mischief. This refers to a person who gambles and what have you. Almost all crimes stem out of here. There is no big crime case which doesn't have something to do with wine or women. Drugs of course are just a much stronger form of wine. After using drugs you have no control over anything including women. Your conscience has been acting as a brake, but soon the brake doesn't work anymore. Thousands of years of achievement can be washed away overnight because of drugs and women. We have a saying in the Orient to be aware of these things.

Do you have wine in your house? Why not? Because Satan sent millions of people to hell through using alcohol. Satan sent millions and billions of people to hell through misusing sex. The basics of the human being will be destroyed by drugs. Cigarettes come in between. First it begins with having a cigarette and then they say, "Let's go have a drink of wine." Next they use drugs. A man takes his cigarette and puts it in a woman's mouth and already they are connecting. Then they drink, sharing their wine and drugs also. What God hates most, what God does not want to see is this illicit love. Adam and Eve fell because of that. Every breakdown within society, the cause of our rotten society came about because of that power. This culture and civilization have been destroyed through sexual activities. These are Satan's strong, formidable weapons. (4-26-92)

We have to change the taste of American young people. We have to change their habits. They need healthy habits instead of habits which lead to decay. Now they have a free sex habit, drug habit and drinking habit. They try everything to excite themselves but all they find is zero. What America needs is more exciting stimulation, something stronger than drugs and alcohol. Something which would satisfy them and never disappoint them. What is it? The True Love habit. All you have to do is just get a hold of a part of it and hold tightly and you will feel the whole world become yours. You will feel all the world will come to belong to you. If I get a hold of that something and I can't move it alone, someone will come and help me. So I am excited, I am stimulated all the time. That kind of something is what we need to get a hold of. Father will forgive you so therefore raise your hand, who drank after they came into the Unification Church? You were seeking something, so you drank. Do you think that was something nice you've done or something you shouldn't have done? [Shouldn't have done.] Why? It makes you feel good. You can smoke and do whatever you want to do that helps make you happy. Why do we say we shouldn't do that? Because those are the very weapons of Satan. By giving into them, drawing from that and making it a habit, they are the very weapons to kill your own mother and father and brother and sister. Like a spy's weapon, that kind of thing destroys your most beloved family. Drugs, alcohol and tobacco are those kinds of weapons. How can we understand God's plan and heart? Free sex is Satan's real secret weapon. Through free sex Satan can bring the end of all nations and all humanity. We inherited dirty blood lineage from our ancestors. How can we relax? Those who took a glass or two of alcohol or even tobacco, are you going to continue that or never even think about that? When you are going up there to the peak do you think you can have a half a pack of cigarettes or a small bottle of wine in your pocket? You need every ounce of energy. Even our ordinary clothing, if it is not holy salted and consecrated, we will not put it on, so how can we carry tobacco or alcohol? Would it become a hindrance at the peak or not? With that kind of mentality you cannot even reach here. (3-1-91)

The tradition of Unification Church Blessed families is completely the other way around from the rest of the world. A model must be built.

The Blessed families here are doctors for the sick and decaying country of America. All American families are broken down with illness, how can they save themselves? They need a doctor. In the Blessed families we see a cure to bring about the True husband and True wife, for the True father and True mother, True brother and True sister. Otherwise we cannot save the American

family system.

Blessed families should be doing awesome things, but sometimes they do bad things themselves. That is no good. Most of you drank beer and wine before you joined the church, didn't you? Especially women! There is hardly anyone who never drank alcohol. Now you drink, not openly, but hiding it. Father understands that kind of beer is more delicious than the beer you drink openly. Those who say, "Yes, I stealthily drank a few beers," raise your hands and you can be forgiven. If you don't you will carry this with you to spirit world! Only a few of you raised your hands, but Father feels all of you have done this. ... From today, we should not drink.

We have to win over the satanic world. Satan has very strong weapons which include wine and drugs. He uses them to destroy heavenly orderliness. Drugs are destruction itself. They are the palace of Satan.

Sixty thousand people die every day and end up in hell in spirit world. Nobody is thinking about stopping and reversing this trend, only Father Moon thinks about it seriously. Do you think God will look at this and say, "You are doing the right thing," or do you think He will say, "Let them go to hell?" So, will you ever smoke? Will you ever even pretend to smoke? Those who say, "I will still smoke once in a while Father," please raise your hands. In all seriousness, if you are so hooked, Father will give you a forty day grace period. You can get over that habit within this forty days. If you want to do that most quickly, you can smoke three cigarettes at the same time. Continue that for forty days and at last you will say, "I don't like those cigarettes!" and you will throw them out. It is the same with wine. You can put a hose into your mouth! You can do this for forty days, but not more. Those who promise and pledge, "Father I will never smoke, I will never drink again," please raise your hands. Drugs too and sexual activity too. Illicit love is the worst thing you can imagine. You must have correct sexual action. Today we have a new beginning as far as these matters are concerned. (4-26-92)

Father is intoxicated by True Love. I don't need anything else to further intoxicate me. God intoxicates me. True love intoxicates me. That is the joy of my life. ... Satan is trying to confuse the environment and confuse society. That is why people think their best friend is drugs, alcohol, tobacco and free sex. They live with a vainglorious attitude, embracing materialism, food, selfishness and homosexual love.

What about whiskey? Father has little knowledge about whiskey, about the best name brand and so on. I have heard that there are also so many good beers. I don't even know what is out there.

Water is sweeter than anything in the world, much sweeter than whiskey.

The mind should be the master over the body. But in fallen man this is the opposite, because Satan has made it this way. How painful this life must be! What about yourself? Who is the master? Is the mind controlling the body or the other way around? In a way we are all in a struggle, fighting within ourselves. All the good work of saints and religions have been created to restore and strengthen the mind, to restore it back to the original position. Through this we can have a true, happy life. This is the purpose of religion.

The work of religion is to booster the strength of the mind so it can subjugate the body. No matter what the name of the religion, they have all been working for this same good goal. If that is the case, then all good religions have to have something in common. This common thing is that they are trying to suppress or torment the body. This is the work of religion. Therefore, all religions are working against the craving of the body. Whatever the body wants, religion says, "No."

American society is pursuing the body's freedom, the body's pleasure; it is the body-society. We can observe this here. Why should we torment our own body? Because my body has become the stage where Satan lives. Satan always uses the body, becoming arrogant, showing off and saying, "I'm supreme; I'm number one." This is Satan's way of life, an arrogant demonstration through the body. Furthermore, artificially intoxicating oneself, for example, the use of alcohol and the creation of a drug culture. In so many ways, American life is artificially intoxicated. They intoxicate themselves living an artificial life, smoking tobacco, etc.

What about whiskey? Father doesn't even know the names of good whiskeys or good beers. Satan is bringing bottles of whiskey and showing them off in front of God. "Look at this gold color," Satan would say. He deliberately leaves half a cup on the table and goes to the bathroom. "God, look at this! It is so delicious. What about it, for a change, at least one drink with me?" God sees and pretends He never saw or heard it.

An even more incredible example is cocaine. You are on a high, on a trip and Satan would say, "God you don't know this kind of joy. This is heaven. I feel so high." God will not be shaken, not by one iota. God will say, "Get behind me Satan. You don't know my one secret. I have a far greater heavenly intoxicating agent. It is natural, not artificial, and will last forever. This is true love."

True Intoxication

If we are living in true intoxication and are really intoxicated by true love, how happy we will be. Yes or no? Do you think Father tried smoking, drinking or drugs? No. Then does this mean he never had any fun? He doesn't sleep very much, no entertainment, no sports, just working morning and night. Does he have any fun? Father is intoxicated by one thing, True Mother! [Applause]

You Unification Church members gave up your bad habits. What fun is there then? Father Moon has no carnal fun, but further he is persecuted even today! Father said these never bothered him at all. He is intoxicated by true love. I don't need anything else, that's the joy of my life. Today is the 71st birthday but he looks 20-years-old.

If someone gives you a cigarette will you put it between your two fingers? What about a can of beer or whiskey bottle? Everyone has an innate desire to live a good life. But when you come here, Father completely shuts this out. (2-20-91)

We Are Different

We are completely different from the satanic world; we have nothing to do with that world. Alcohol, drugs, free sex and homosexuality all are habits of the

fallen world. We have nothing to do with those things. (21-93)

Some members wonder what is wrong with drinking a little alcohol, smoking or taking drugs. Liquor, for example, will only play an invading role and upset your balance, making you commit some mistake. (2-8-81)

In our towns, there will be no liquor store. (10-24-99)

ONLY HOPE IS THE UNIFICATION MOVEMENT

In a speech titled Declaration Day of Heavenly Parentism (9-1-97) Father said:

Absolute sex is the solution to the problem of AIDS

How can this kind of action be prevented? Unless we have men and women as individuals and in groups applying themselves to stop and to prevent the practice of free sex and all the immorality of this secular world, we have no hope to save the world from this problem. The only hope is the Unification Church, because we promote absolute sex.

This absolute sex is the sledge hammer with which to hit Satan who is using tools such as cigarettes to begin enticing or seducing men and women. It is customary in the Orient for men to smoke, but women usually do not, because according to the traditional Oriental view any woman who smokes is really low class, like a prostitute. However, nowadays cigarettes, and of course alcohol and drugs, are being used by both men and women to seduce or create a certain rapport between men and women in the wrong direction. What does alcohol do to you? Once you become intoxicated the other party can usually control you easily. It doesn't matter whether you are a man or a woman. You can be pulled or you can pull someone else to do whatever you want to do with them. So what do people do after they become drunk with alcohol or intoxicated by drugs? Engage in free sex. As you know, America has launched wars against drugs many times, but all have failed. America should have given this responsibility to me with its full support; then I could have ended this problem a long time ago.

When I started the campaign for world salvation, many people in the world thought that just like the fig tree in the time of Jesus I would bear no fruit. Eventually, however, as time passes people are coming to realize that the fruit of Rev. Moon, like the clean-cut, clean action, clean idea, clean everything Unification Church members with a higher moral standard than they can even imagine, is really ripe and the right one.

People are coming to recognize the efforts of Rev. Moon

So now people are coming closer to me and are recognizing the contribution of my efforts to this world. The parents and relatives of our members in particular have started opening their eyes wider and wider because they see the reality, and the truth of my teachings. They see that in there can be found the characteristics of a true man and woman, true husband and wife, true family, nation, world and beyond. So that turning around 180 degrees opposite to the direction of this present world they are amazed to see within Unificationism the amazing standard of every level of true king from that of the individual king to the cosmic king. Seeing how wonderful it is they want to bow down; the same is

true for you. The world outside is now changing its direction 180 degrees.

Think about the world situation. The sun is now rising in that world of darkness, lighting up every corner of it. That sun is Sun Myung Moon.

So, since you know the truth, do you think you have a right to go after smoking and drinking, drugs and free sex? Now we know the identity of Satan. Satan has used smoking, drinking, drugs and free sex to destroy all of humanity. These things are Satan's armament! Once they are used or practiced, everything breaks apart, creating Satan's dungeon of hell on this earth.

Some may feel that it would be rude to turn down a glass of wine or bottle of beer or some kind of drink in social situations. Father could care less that other people may be uncomfortable that we make it known we absolutely don't drink alcohol. If there is a toast then put the glass to your mouth but don't drink. I asked Bo Hi Pak if Father ever drank alcohol and he told me he never does. Neither should we. Here is a quote where Father speaks strongly against social drinking: "Do the Blessed families of the Unification Church use drugs? [No!] Do they practice free sex and free dating? No, man and woman do not touch outside of the Blessing. Do we drink alcohol? [No!] But you are American youth and American youth like that direction! [No!] Father heard that some members of ACC began drinking. It may be just for social reasons, but it is no good. Father thought he should tear their mouths apart. Father won't do it; Father will let you do it. If Father tears someone's mouth apart because he drank alcohol, it is not good for obvious reasons. But, if you did it, Father doesn't feel there would be any problem. Do you think this is a laughing matter or would you really do it? Have you ever thought, "I will be the one who knocks out everyone in my community who uses drugs or indulges in free sex"? Have you ever imagined that you would sweep them out? How can a person who never thought that way save America? Concept will never save America. Only by your living the concept can you save America." (4-26-92)

In the book *The Chung Pyung Providence and the Way of Blessed Family* Dae Mo Nim says:

Do Not Drink or Smoke

Do Not Defile the Body, Which Is God's Temple, with Drinking or Smoking

Our mind and body are God's temple, a place of God's dwelling and visit. God waits to be able to come into us, and yet He cannot do so unless our mind and body are clean. We must not defile this beautiful temple with drinking or smoking. We should maintain our mind and body beautiful, clean, and fragrant so that God can visit and dwell in it whenever He wants.

My mind and body are neither mine nor Satan's; it is God's. Hence, when our members drink or smoke, Satan rejoices, whereas God cries. God cannot come where my physical and spirit self have become hazy like fog through smoke and alcohol. Only when I am clear and pure, can God dwell in me, and I in God, which will entitle me to the Heavenly Kingdom.

So I cannot go wherever I want to go or do whatever I want to do because this is my body. We should live with an attitude that asks, "How can I wash my clothes clean and keep my mind pure so that God can come and stay long with me?" Since my mind and body are not mine, I should keep them fresh, clean, and elegant. When we see ourselves after drinking or smoking, we can notice our mind and body becoming dirty beyond comprehension.

Hence, people of faith should refrain from drinking, smoking and other activities

that cause hallucination, which worldly people are fond of. Since we are descendants of the fall, when an anger erupts from us, we sometimes engage in these activities. But we should be able to digest and settle it down with God's heart and love. People of faith cannot drink or smoke.

True Parents have come in order to establish the blessed families in the state before the fall of Adam and Eve. If we recognize as people of faith the value of True Parents, we cannot drink or smoke. Since we have received Blessing of such noble people, we should strive to resemble them, and in order to resemble True Parents, we cannot drink or smoke.

Drinking and Smoking Bring In the Satan and Evil Spirits and Cause Cancer

Satan works through drinking and smoking. In other words, these activities play a great role for the Satan's operation and thus serves as an occasion of fall. There are so many cases where drinking induced fall. Families that make mistakes commit them while drunk. There have been many people who fought with their spouse, went out and drank in rage, fell while drunk, and came back to repent.

Drinking ushers in the Satan. There are many spirits who come in through drinking. An unimaginable number of spirits infiltrate into our body through drinking and smoking. True Father has given a strong direction to eliminate our members' drinking and smoking practices. Drinking and smoking cause dreadful diseases.

Dae Mo Nim says, "The husband and wife should never fight. If they fight, they should resolve it right away. They should pray and end it all in the same place, and never separate and use different rooms."

Unificationists should never drink alcohol, even in the blessing marriage ceremony called the Holy Wine Ceremony. We should change it to Holy Juice Ceremony. We don't manufacture wine, sell wine, or buy wine.

The Mormon Church has written about their absolute values: "The world may have its norm; the Church has a different one. It may be considered normal by the people of the world to use tobacco; the Church's standard is a higher plane where smoking is not done. The world's norm may permit men and women social drinking; the Lord's church lifts its people to a norm of total abstinence. The world may countenance premarital sex experiences, but the Lord and his church condemn in no uncertain terms any and every sex relationship outside of marriage."

Abraham Lincoln never drank alcohol because he said it made his mind dull and his opponent in the Civil War, Robert E. Lee, was also a teetotaler who said, "My experience through life has convinced me that, while moderation and temperance in all things are commendable and beneficial, abstinence from spirituous liquors is the best safeguard of morals and health."

There is an interesting book by Samuele Bacchiocchi titled *Wine in the Bible: A Biblical Study On the Use of Alcoholic Beverages*. He argues that Jesus drank unfermented grape juice, not fermented wine. He writes, "This book addresses from a Biblical perspective the most prevailing, costly and destructive habit of our society, the drinking of alcoholic beverages. ... Many well-meaning Christians find the fundamental justification for their moderate drinking of alcoholic beverages in the teachings and example of Jesus. ... The claim that Christ used and sanctioned the use of alcoholic beverages has been found to be unsubstantiated. The evidence we have submitted

shows that Jesus abstained from all intoxicating substances and gave no sanction to His followers to use them.”

Drinking in the Bible was a cultural value, not an eternal value. We have to pick and choose what is cultural and what is eternal in the Bible. We have to understand how we follow Jesus. Jesus, like all other Jews, was circumcised. The Bible teaches male circumcision because it was an indemnity payment for the misuse of Adam’s sexual organ. That tradition is defunct. It is now wrong to circumcise. The Pope, priests and nuns have been celibate for two thousand years because they read the Bible as saying it is the highest spiritual act to follow Jesus in not marrying. Sun Myung Moon teaches that they should marry. The era of celibacy is over.

FOOD ADDICTION

Every person should be physically and mentally healthy. Jesus said our bodies are temples, which means they are sacred. Shakespeare wrote in *Hamlet*: “What a piece of work is man! how noble in reason! how infinite in faculty! in form and moving how express and admirable! in action how like an angel! in apprehension how like a god! the beauty of the world! the paragon of animals!” The vast majority of people are far from being “the paragon of animals.” Have you ever seen a fat deer?

“I can’t believe the sad state of American health.” That’s what Arnold Schwarzenegger stated soon after his appointment as chairman of the President’s Council on Physical Fitness and Sports by then President George Bush. “But America’s secret tragedy,” he added, “is America’s children.” He explained his remarks by referring to the fact that 40% of all American youngsters between the ages of five and eight already show at least one heart disease risk factor: physical inactivity, obesity, elevated cholesterol or high blood pressure.

One American General wrote, “Only three in 10 young men and women in our country are physically fit to serve in our military due to health problems such as obesity, asthma, lower joint issues, heart disease, dental problems and diabetes.”

MODERN PLAGUE

Robert Pritikin writes that America in the midst of a “Modern Plague”: “Sixty million Americans suffer today from cardiovascular disease, or illnesses of the heart and arteries. Each year, more than one million Americans are diagnosed with cancer ... thirteen million Americans have adult-onset diabetes. Twenty-five million suffer from osteoporosis, or porous bones. More than one hundred million are overweight, with more than 25 percent of them obese.”

“The solution to most of these illnesses already exists. Scientists know with certainty the vast majority of these diseases are preventable with appropriate diet and exercise. The problem we face is that we do not want to take the medicine.”

What is an appropriate diet? One thing is for sure. We need to have the discipline to stop eating the Standard American Diet or SAD. In the *Unification News* for May 1996 Mrs. Hsu (pronounced Shoo) wrote the following article saying the “physique” of many Unificationists is not good: “Over the last ten years or so, I have noticed a rather troubling development in the physique of quite a few Unificationists. We used to be a movement of slim, trim, almost athletic, people. Now I see many familiar faces residing on top of bodies with increasingly bulging waistlines. Part of the reason surely lies in the unhealthy eating habits of many Unificationists.” The Bible says, “for the kingdom of God is not eating and drinking [also translated—not food and drink], but righteousness and peace and joy in the Holy Spirit” (Rom 14:17). Unificationists are taught by Sun Myung Moon to be physically fit. He often chastises those who are overweight. Many studies

show that Seventh Day Adventists live longer and have lower rates of cancer and coronary heart disease than the general population. They take diet and nutrition very seriously. Unificationists should be healthier than they are.

TAKE CARE OF YOUR HEALTH

Father says, “You must take care of your health” (10-24-08). Father is very sensitive to the health of our physical bodies and the environment. He teaches there is an intimate relationship between the earth and every person. To achieve perfect physical health means we must achieve perfect oneness with nature. He says:

Who will educate the people to become filial children in the family, a patriot in the nation, a saint in the world and fulfill the way of the family of a divine child? No one can do that in the fallen world. At least 80% of this should be taught in the family. In order to have dominion over everything in your surroundings you should dominate with love. The most important thing for a person is the land. On the land there is water and air and sunlight. The four key elements for life can be found on the earth. God created all this. It’s critical. All of this constituted the motive when God created an agent that could become His ideal partner for creation. Earth, water and air were necessary. Even if there is earth and water, without sunlight, life cannot exist.

There should be mountains and water. Fish can be found in water and beasts can be found in the mountains. Man should raise plants and animals and love water. Plants and animals should be raised and consumed in love. Anybody who curses what they eat shall become poor. Those who depart from the natural garden shall find themselves in solitude.

People should know how to catch fish from the water and hunt in the mountains. Man is the lord of creation. In a village the animals and birds know who will be blessed.

From now you should love water in your daily lives. All things of creation yearn for water. Is there any animal or being that can live without consuming water?

If you are God’s son you should be like a king and love the water. The water, too, wishes to be drunk by those loved by God.

Those who have conflict between their mind and body have no relation with God.

I’ve been to all types of bodies of water. I’ve caught all sorts of fish.

Heaven apparently had guided me so that I could use this experience as material to teach you.

Members of the Unification Church would be able to treat themselves without going to the hospital. (4-12-08)

WATER

In his book *Perfect Weight* Jordan Rubin says we should never drink tap water, “Make your No. 1

beverage purified, non-chlorinated water. Install carbon-based filters at the kitchen faucet.” A very interesting book about the spirituality of water is Barbara Henley’s *Water and Salt, the Essence of Life*. Be sure to read it. She recommends reverse osmosis for water purification. Also check out *The Healing Power of Water* by Masaru Emoto.

Barry Sears writes in his book *A Week in the Zone*:

The first person to recognize food as a wonder drug was Hippocrates, the father of medicine, who instructed us to “let food be your medicine, and let medicine be your food.” Now some twenty-five hundred years later, we are just beginning to understand the importance of his words.

Make no mistake about it; food is a powerful drug. In fact, it may be the most powerful drug you will ever take. However, like any drug, food can help you or harm you depending on how you use it. Used correctly, food can make you more energized and healthier with the guarantee of a longer and more active life. Used incorrectly, food can become your worst enemy robbing you of a healthy body, healthy weight, and a healthy mind, as millions of Americans are quickly finding out for themselves. Most important, if food is used improperly, it can also shorten your life.

If food can be a harmful drug then one of the most addictive is the deep-fat fried donut. We should not eat white flour such as in donuts. We should have something healthy like an apple for a snack instead of chips or a candy bar. One of the most popular and long running television shows is *The Simpsons*. Homer Simpson is a comic figure who is the epitome of stupid, undisciplined, selfish fallen nature man who is obsessed with donuts. One time he said, “This donut has purple in the middle, purple is a fruit.”

The motivational speaker, Jim Rohn, says, “We’ve all heard the expression, ‘An apple a day keeps the doctor away.’ Well, I’ve got a good question for you: What if it’s true? Wouldn’t that be easy to do—to eat an apple a day? Here’s the problem: It’s also easy not to do.”

EPIDEMIC OF OBESITY

I believe one of Satan’s most powerful tactics to hurt and kill us is to mobilize spirit world and ignorant people on earth to eat the wrong kinds of food. The forces of darkness in the spirit world and from many people in the food industry on earth encourage people to eat junk food instead of nutritious food. There are thousands of books on food, nutrition and diet. There are thousands of researchers studying nutrition and there are thousands of ideas on what is the proper diet for human beings and animals and why there is an epidemic of obesity. Women should feed their families wholesome food so their loved ones will not develop so many terrible diseases and ailments from eating bad food like sugar, white flour and soy oil.

Unificationists should not be carbohydrates addicts like most people are today. Sugar is a poison. We should be the healthiest people on the planet. That means we need to study health and live a disciplined life. Here are some excellent books that I believe have great insights into achieving excellent health:

Suicide By Sugar: A Startling Look at Our #1 National Addiction by Nancy Appleton

Lick the Sugar Habit by Nancy Appleton

Doctor Yourself: Natural Healing That Works by Andrew Saul (www.doctoryourself.com)

Total Health Program by Joseph Mercola (www.mercola.com)

The No-Grain Diet: Conquer Carbohydrate Addiction and Stay Slim for Life by Joseph Mercola

(www.mercola.com)

Generation XL: Raising Healthy, Intelligent Kids in a High-Tech, Junk-Food World by Joseph Mercola

Take Control of Your Health by Joseph Mercola (www.mercola.com)

The Hundred-Year Lie: How Food and Medicine Are Destroying Your Health by Randall Fitzgerald (www.hundredyearlie.com)

The Coconut Diet: The Secret Ingredient That Helps You Lose Weight While You Eat Your Favorite Foods by Cherie Calbom

The Omega Rx Zone: The Miracle of the New High-Dose Fish Oil by Barry Sears

The Fat Resistance Diet by Leo Galland

Nourishing Traditions by Sally Fallon (www.westonaprice.org)

Eat Fat Lose Fat by Sally Fallon and Mary Enig

The Maker's Diet by Jordan Rubin

Perfect Weight by Jordan Rubin

The Metabolic Typing™ Diet by William L. Wolcott (www.metabolytypingonline.com)

Perricone Weight-loss Diet by Nicholas Perricone

The Rosedale Diet: Turn off Your Hunger Switch! by Ron Rosedale

The Omega Diet: The Lifesaving Nutritional Program Based on the Diet of the Omega-3 Oils: to Improve Mental Health, Fight Degenerative Diseases, and Extend Your Life by Donald Rudin

The Omega-3 Connection by Andrew Stoll

The Ultimate Omega-3 Diet by Evelyn Tribole

The Real Vitamin & Mineral Book by Shari Lieberman (www.drshari.net)

The Gluten Connection by Shari Lieberman

Dr. Duke's Essential Herbs: 13 Vital Herbs You Need by James A. Duke

Dr. Atkins' Vita-Nutrient Solution: Nature's Answers to Drugs by Robert Atkins

Health Secrets Of The Stone Age: What We Can Learn From Deep In Prehistory To Become Leaner, Livelier And Longer-lived by Philip J. Goscienski

The Whole Soy Story by Kaayla T. Daniel (www.wholesoystory.com)

Sugar Shock by Connie Bennett

Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease by Gary Taubes

The Unhealthy Truth: How Our Food Is Making Us Sick - And What We Can Do About It by Robyn O'Brien

Healthy for Life by Ray Strand (www.raystrand.com)

Orthomolecular Medicine For Everyone: Megavitamin Therapeutics for Families and Physicians by Abram Hoffer and Andrew W. Saul

Fire Your Doctor! How to Be Independently Healthy by Andrew Saul (www.doctoryourself.com)

Vitamin C: The Real Story, the Remarkable and Controversial Healing Factor by Steve Hickey and Andrew W. Saul (www.doctoryourself.com)

The Gerson Therapy: The Proven Nutritional Program for Cancer and Other Illnesses by Charlotte Gerson (www.gerson.org)

Integrative Nutrition by Joshua Rosenthal (www.integrativenutrition.com)

The Energy Balance Diet: Lose Weight, Control Your Cravings and Even Out Your Energy by Joshua Rosenthal (www.integrativenutrition.com)

The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss by Marc David

Tooth Truth by Frank J. Jerome

Cure Tooth Decay: Heal And Prevent Cavities With Nutrition by Ramiel Nagel

Healing Our Children: Because Your New Baby Matters! Sacred Wisdom for Preconception, Pregnancy, Birth and Parenting (ages 0-6) by Ramiel Nagel (www.curetoothdecay.com)

Real Food: What to Eat and Why by Nina Planck

Nutrition and Physical Degeneration by Weston A. Price (www.ppnf.org)

The Fluoride Deception by Christopher Bryson (www.ppnf.org)
The Devil's Poison: How Fluoride Is Killing You by Dean Murphy
Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention, and Treatment of Cancer With Special Reference to the Value of Vitamin C by Ewan Cameron and Linus Pauling
How to Live Longer And Feel Better by Linus Pauling
Healing Cancer: Complementary Vitamin & Drug Treatments by Abram Hoffer and Linus Pauling
Regain Your Health, Maintain Your Health: The Linus Pauling Way - Vitamin C by Herwig Lange
Vitamin C the Common Cold and the Flu by Linus Carl Pauling
Ascorbate: The Science of Vitamin C by Dr. Steve Hickey & Dr. Hilary Roberts
Cancer: Nutrition and Survival by Steve Hickey and Hilary Roberts
Healing Children's Attention & Behavior Disorders: Complementary Nutritional & Psychological Treatments by Abram Hoffer
Healing Schizophrenia: Complementary Vitamin & Drug Treatments by Abram Hoffer
Enzymes & Enzyme Therapy : How to Jump-Start Your Way to Lifelong Good Health by Anthony Cicho, Abram Hoffer
Psychiatry Yesterday (1950) and Today (2007): From Despair to Hope With Orthomolecular Psychiatry by Abram Hoffer
Dr. Max Gerson: Healing the Hopeless by Howard Straus, Barbara Marinacci, Joanne Shwed, and Abram Hoffer
Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins by Thomas E. Levy
Optimal Nutrition for Optimal Health by Thomas E. Levy
Stop America's #1 Killer by Thomas E. Levy
Uninformed Consent: The Hidden Dangers in Dental Care by Hal A. Huggins, Thomas Levy
The Roots of Disease: Connecting Dentistry & Medicine by Robert Kulacz and Thomas Levy (www.tomlevymd.com)
It's All in Your Head: The Link Between Mercury Amalgams and Illness by Hal A. Huggins (www.hugginsappliedhealing.com)
Why Raise Ugly Kids?: How You Can Fulfill Your Child's Health and Happiness Potential by Hal A. Huggins (www.hugginsappliedhealing.com)
Excitotoxins: The Taste That Kills by Russell L. Blaylock (www.russellblaylockmd.com)
Root Canal Cover Up by George E. Meinig
A Chocolate a Day Keeps the Doctor Away by John and Suzy Ashton
Mega-Vitamin Therapy by Ruth Adams and Frank Murray
Your Body Is Your Best Doctor by Melvin Page
Alcoholism: The Cause and the Cure by Genita Petralli
Optimum Nutrition for Your Child's Mind by Patrick Holford
The Magnesium Miracle by Carolyn Dean (www.carolyndean.com)
The Magnesium Factor by Mildred Seelig
I Have Cancer: What Should I Do?: Your Orthomolecular Guide for Cancer Management by Michael J. Gonzalez, Jorge R. Miranda-Massari, Andrew W. Saul
The Cure for Heart Disease: Truth Will Save a Nation by Dwight Lundell
The Arginine Solution: The First Guide to America's New Cardio-Enhancing Supplement by Robert Fried
The Coenzyme Q10 Phenomenon by Stephen Sinatra
NO More Heart Disease: How Nitric Oxide Can Prevent—Even Reverse—Heart Disease and Strokes by Louis Ignarro (www.drignarro.com, www.nomoreheartdisease.net)
The Homocysteine Revolution By Kilmer S. McCully
The Vitamin D Cure by James Dowd (type in his name at youtube.com for interviews)
Water and Salt, the Essence of Life by Barbara Hendel (www.swansonvitamins.com)
Squeezed: What You Don't Know About Orange Juice by Alissa Hamilton

The Healing Power of Water by Masaru Emoto (www.masaru-emoto.net)
The Coconut Oil Miracle (Previously published as *The Healing Miracle of Coconut Oil*) by Bruce Fife
The Coconut Oil Miracle by Bruce Fife (ww.coconutresearchcenter.org)
Coconut Cures: Preventing and Treating Common Health Problems with Coconut by Bruce Fife
Cooking with Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative to Wheat by Bruce Fife
Coconut Lover's Cookbook by Bruce Fife
Saturated Fat May Save Your Life by Bruce Fife
Coconut Water for Health and Healing by Bruce Fife
The Palm Oil Miracle by Bruce Fife
Eat Fat Look Thin: A Safe and Natural Way to Lose Weight Permanently by Bruce Fife
Virgin Coconut Oil: Nature's Miracle Medicine by Bruce Fife

Check out the following DVDs on health:

Sweet Suicide: How Sugar Is Destroying The Health of Our Society by Nancy Appleton (www.ppnf.org, www.nancyappleton.com)
Sweet Fire: Understanding Sugar's Role in Your Health by Mary Toscano (www.marytoscano.com, www.amazon.com)
Sweet Misery: A Poisoned World (ww.amazon.com, watch entire show online at www.topdocumentaryfilms.com)
Healing Cancer From Inside Out by Mike Anderson (www.amazon.com)
Blue Gold (www.bluegold-worldwaterwars.com, www.amazon.com)
The Beautiful Truth Movie (www.thebeautifultruthmovie.com)
King Corn (www.amazon.com, www.pbs.com, www.kingcorn.net)
Bad Seed: The Truth About Our Food (www.amazon.com, www.badseed.info)
FoodMatters (www.foodmatters.tv, www.amazon.com)
What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You by Ray Strand (www.raystrand.com)
Valerie Hall's Controlling Blood Sugar by Valerie Hall (valeriehallnutrition.com)
The Fluoride Deception: an interview with Christopher Bryson (www.amazon.com, watch entire documentary online at www.topdocumentaryfilms.com)
Professional Perspectives on Water Fluoridation (www.amazon.com)
The Whole Truth About Milk - Raw vs. Pasteurized by David Gethoff (Amazon.com)
The Truth About Organic Food by David Gethoff (Amazon.com)
Killer at Large : Why Obesity is America's Greatest Threat (www.killeratlarge.com, amazon.com)
Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer and What You Can Do About It by Participant Media (www.foodincmovie.com, www.amazon.com)
The Future of Food (www.thefutureoffood.com or rent at ww.quakerearthcare.org)
Food Beware: The French Organic Revolution (www.amazon.com)
We Feed the World (www.we-feed-the-world.at, www.amazon.com)

One of the most amazing things I have ever read is books on taking megadoses of Vitamin C (ascorbic acid). Be sure to have every member of your family study everything by Andrew Saul. If you are not a reader get Saul's audio of his book *Doctor Yourself*. Also check out his website doctoryourself.com. Saul is prominent in the DVD *FoodMatters* (www.foodmatters.tv). He talks about how important vitamins are such as Vitamin C taken in megadoses. He advises anyone who has cancer to take tens of thousands of milligrams of Vitamin C intravenously. One of the greatest scientists in history, Linus Pauling, wrote books on the benefits of taking high doses every day. He has several books such as *How to Live Longer and Feel Better*, *Healing, Cancer: Complementary*

Vitamin & Drug Treatments and *Vitamin C and the Common Cold*. He gives convincing proof that taking mega-doses of vitamin C instead of the inadequate government's Recommended Daily Allowance can drastically help prevent getting diseases such as cancer and curing some who have cancer. Go to YouTube.com and search for videos on taking high doses Vitamin C everyday of your life. There are some video by Thomas Levy teaching the incredible healing properties of Vitamin C. His book *Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins* is an absolute must read if you care about preventive medicine. At YouTube there are videos of Linus Pauling teaching about the amazing benefits of taking many thousands of milligrams of Vitamin C every day. Don't listen to the traditional medical and journalistic establishment that constantly preach the lie that vitamins are dangerous. Be sure to watch the video *The Beautiful Truth Movie* (www.thebeautifultruthmovie.com). It tells how many people have been cured of cancer and other deadly ailments by taking organic vegetable juice. You will find little truth in what is considered mainstream thought. You have to go to alternative medicine that the majority of medical doctors call quacks to find out how to be healthy and cure yourself when you do get sick.

Being physically healthy can help us to be morally pure. If we are addicted to junk food we become physically weak and this could influence us to be weak mentally and weak emotionally. There is a powerful argument made by some writers that the deficiency in our diet of Omega-3 fats has affected our brains and therefore our emotions. We cannot let our emotions overcome our intellectual values. Before 20th century factory farming the average person ate organic, pasture-fed meat which gave them these essential oils. It makes sense that Satan would attack our physical ability to think clearly by taking out this nutrient that is vital for our brain and many other crucial parts of our body. Everyone must take a multi-vitamin and also Omega-3 supplements every day so we can be physically strong enough to fight off Satan's many temptations. Check out the most popular website on health at www.mercola.com. At his site Joseph Mercola advocates getting your omega-3s from Krill Oil. Study what he has to say.

The best vitamins in the world are made by a company called Melaleuca. You can't buy their products at a store. Go online to their website www.melaleuca.com, order all their supplements and make sure every blessed family takes them every day of their life. We need to be strong to fight the good fight and inspire others with our healthy lifestyle. Also order their green cleaning products. We should work to eliminate toxins in our home such as bleach and other toxics chemicals. This great company has great videos to watch at their website that explain why their products are better for your health and the health of our planet than other products. We need to stop polluting our bodies and homes.

The Alaskan company Vital Choice has the purest salmon I have ever seen. There is a serious problem of fish having high levels of deadly mercury they got from polluted coal plants. Father grew up in a pure environment and he eats a lot of fish such as salmon that he fishes for in Kodiak, Alaska. And he probably eats very little white flour junk food. I'll bet this helps him be physically strong and mentally awake.

At www.vitalchoice.com we read:

The human brain is more than 60% fat! The majority of fat in the brain is the type that cannot be made by the body, but must be supplied by the diet. The fats essential for optimal brain activity are the omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The omega-3 fatty acids have beneficial properties that have been studied in the treatment of a number of mental conditions ranging from depression and bipolar disorder to schizophrenia, Alzheimer's, chronic fatigue syndrome and stress.

Today's society is relatively deficient in these powerful brain building omega-3 fatty acids.

The brain requires more omega-3 fatty acids than any other system in the body.

With sufficient quantities of EPA and DHA in the diet, the membranes of the brain perform at their peak level, which is essential for regulating mood, emotions, and staving off depression.

SUGAR FREE

Nancy Appleton is correct when she says that sugar is most people's number one addiction. Check out her books such as *Suicide By Sugar: A Startling Look at Our #1 National Addiction*. White flour also raises our blood sugar and causes so many problems. Unificationists should only use sweeteners such as stevia or erythritol because they have no effect on the glycemic index. Sugar is a poison. It is America's most popular drug of choice. We should never consume it. There is a low glycemic sweetener called xylitol but some people complain about it causing gas and mild diarrhea. You may find erythritol to be better. One website says this: "Erythritol (pronounced ah-rith-ra-tall) is the sugar alcohol (polyol) that has the least impact on blood sugar. Erythritol has almost zero calories, carbs, and glycemic index. The reason is a bit different that most sugar alcohols, which are only partially absorbed in the small intestine. Most (60-90%) of the erythritol is absorbed into the blood, but is then excreted in the urine. Because of this, erythritol tends to produce much less intestinal distress than other sugar alcohols." So if you want to make lemonade use erythritol. Thomas Levy in his book *Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins* teaches that we should just give up the idea of dessert and sweets all together. Would you feed a million dollar race horse junk food? We are worth more than a horse. We should eat only nutritious food. Let's end the tradition of giving sweets like cake and ice cream on holidays. Let's banish the idea of dessert and comfort food. Be sure to watch these DVDs with your family so they can understand how dangerous sugar is: *Sweet Suicide: How Sugar Is Destroying The Health of Our Society* by Nancy Appleton (www.ppnf.org, www.nancyappleton.com), *Sweet Fire: Understanding Sugar's Role in Your Health* by Mary Toscano (www.marytoscano.com, www.amazon.com)

YOUTUBE.COM

YouTube.com is an amazing site because it has so many great videos. Type in the name of the authors above such as Joseph Mercola (who I consider one of the greatest authorities on nutrition) and you will probably find great videos of them. Type in "sugar is bad", "sugar addiction" or something like that and you will find interesting videos on how bad sugar is. Watch videos on everything from vitamin D to organic food. We should only be eating food that is organically raised on rich soil and animal food should be from free range animals. We should not be eating so much processed food that is probably genetically modified. We should only be using coconut or palm oil for cooking. Begin by reading and watching every video of Dr. Mercola to begin with and become knowledgeable about what is nutritious food. Your family's life depends on it. For pet nutrition check out www.mercolahealthypets.com.

In the *Perricone Weight-loss Diet* Nicholas Perricone writes that fast food restaurants have done tremendous harm, "Fast food has now become a ubiquitous part of our landscape. According to

Eric Schollosser, author of *Fast Food Nation*, on any given day one out of four Americans has a meal from a fast-food restaurant.” He writes:

Our goal in Perricone Weight-Loss Diet is to learn how to recognize and avoid sugary and starchy foods, so that we maintain even levels of blood sugar and insulin. Recognize? Yes, because many foods that look healthful can contain added sugars, dangerous trans fats, and an ingredient called high fructose corn syrup, which will defeat weight-loss goals and have a negative impact on overall health.

KEEPING IT SIMPLE

Some scientists and researchers believe that many of the health problems are caused by our departure from the hunter-gatherer diet, which constituted of nuts, seeds, berries, wild greens, fruits, fish, fowl, and game. This is a fascinating theory and I do agree with the premise that natural, unprocessed foods are always the best choices. To be healthy and maintain normal weight we need all of the food groups—but not those that come from the laboratory. Our protein source needs to be pure, fresh (when possible) wild fish and other seafood, and free range chicken and turkey that are hormone and antibiotic free. Our carbohydrates need to be fresh fruits and vegetables, preferably organic. And we need good fats, such as those found in salmon, sardines, and other cold-water fish, extra virgin olive oil, nuts, seeds, and avocado. These “good” fats will help us absorb nutrients from our vegetables and fruits, keep our cells supple, our skin glowing and wrinkle-free, our brains sharp, and our mood upbeat. We also need dietary fat to burn fat.

By upsetting the delicate with extreme fad diets and ridiculous concepts, whether it is no-carb or no-fat or whatever, we create ongoing physical and mental health problems, including obesity, accelerated aging, and wrinkling, sagging skin. It is no coincidence that the rise of antidepressants such as Prozac occurred during the nonfat food craze of the 1980s—after all, our brains are comprised mainly of fat, and when we starve our brains of valuable nutrients, we become depressed. Salmon, with its rich complement of essential fatty acids, has been shown to be an excellent treatment for depression. Some studies have shown that it is more effective than powerful drugs in treating depression—without the side effects.

This hidden inflammation is a novel and previously unrecognized “missing link” in our obesity epidemic. ... people were losing weight on my anti-inflammatory diet. I advocated eating ample quantities of cold-water fish like wild Alaskan salmon, sardines, anchovies, mackerel, herring, shad, and trout—ideally one fish meal per day. I also strongly recommended the use of nutritional supplements like omega-3 fish oil, CLA (conjugated linoleic acid), glutamine, Coenzyme Q10.

Brightly colored fruits and vegetables signal the presence of antioxidants, Nature's natural anti-inflammatories. Wild Alaskan salmon also contains a powerful antioxidant, anti-inflammatory (responsible for its deep pink/red coloring) known as astaxanthin, reported to be more than one hundred times stronger than vitamins C and E combined. Further, I realized that the single most powerful causative agent for reducing inflammation was the high levels of essential fats ... particularly the omega-3 essential fatty acids found in high-fat fish and fish oil. ... The onset of the low-fat diet deprived brain cells of the critically essential healthy fat needed for normal brain function.

WATER

Logic tells us that when we have an unwanted fire, we throw water on it to put it out. Therefore it makes perfect sense that water would help quell the cellular inflammation that goes on in our bodies. In fact, this is true. Water will decrease inflammation in the body.

Water naturally suppresses the appetite and helps the body metabolize stored fat. Studies have shown that if we decrease our water intake our fat deposits will increase. Conversely, an increase in water intake will reduce fat deposits. ... When we give our bodies adequate water (six to eight 8-ounce glasses per day—or approximately two quarts), we should notice a decrease in our appetites.

COCONUTS AND COCONUT OIL

Long vilified as an unhealthy food choice, coconuts and coconut oil are now rightly taking their place as not only a healthy food and a healthy type of fat, but also as a food that appears to promote weight loss. According to the study “Medium-Chain Triglycerides Increase Energy Expenditure and Decrease Adiposity in Overweight Men,” published in the medical journal *Obesity Research*, diets rich in coconut potentially stimulate weight loss by increasing metabolism, and may be considered aids in the prevention of obesity.

Coconut contains saturated fat. In general, I recommend you stay away from these fats, found often in most fried foods, full-fat dairy products, and meat. However, saturated fats appear both in animal and plant foods. Most of what we consume in the United States consists of artery-clogging, “long-chain” saturated fats derived from animals. But the plant-based medium-chain fatty acids (or medium-chain triglycerides [MCT], as they are known in scientific circles) tend to digest quickly, producing energy and stimulating the metabolism—the reason oils like coconut are popular with athletes. A number of studies have found that the medium-chain triglycerides in coconut oil are not readily converted into stored fats nor can they be readily used by the body to make larger fat molecules. ... Coconut oil is practically tasteless, which means that it will not adversely affect flavors of food.

RAW FOODS

Eat raw foods for enzymes. Always include as much raw food in your diet as possible. These include enzyme-rich fresh fruits and vegetables, sprouts, nuts, seeds, and sea vegetables that have not been processed. Enzymes are critical to good health as they assist in the digestion and absorption of food. Sprouted seeds are an outstanding source of many nutrients and are rich in enzymes.

Make friends with the onion family. Add plenty of garlic, scallions, onions, chives, leeks, and shallots to your savory dishes for both their unique flavors and their outstanding health benefits—use both raw and cooked.

Eat sprouts, tiny powerhouses of anti-inflammatory antioxidants. Enjoy them at every meal—including breakfast. (Adzuki Bean, Alfalfa, Clover, Daikon Radish, Mung Bean, Sunflower)

EAT FIBER TO FIGHT FAT

For maximum fiber, eat lots of raw fruits and vegetables. Eat the skins of your fruits and vegetables if they are organic and unwaxed; the greatest fiber and antioxidant/anti-inflammatory properties are in the skin. The recommended fiber intake per day is 25-30 grams.

DO NOT use bottled dressing on your salads—most of them contain more chemicals than your local dry cleaning plant. Instead, use fresh lemon juice and a little extra virgin olive oil to taste.

HIDDEN DANGERS IN FOOD

There are many aisles that you should completely avoid in the traditional supermarket. These include the aisles featuring packaged cereals (other than old-fashioned oatmeal), soda and snack foods, bottled salad dressing filled with chemicals and additives, all of the aisles offering processed sugar and starchy bake mixes, puddings, cookies, juices, prepared meals, and the rows and rows of unhealthy baked goods, filled with refined flours, chemical additives, and the deadly trans-fatty acids and unhealthy vegetable oils.

We have to take personal responsibility for our food choices. Keep shopping simple. To be safe from possible dangers, I recommend avoiding MSG, aspartame, and food additives listed as natural flavoring, yeast extract, textured protein, soy protein extract, and so on, all of which are excitotoxins (agents that bind to a nerve cell receptor, stimulate the cell, and damage it or causes its death). Buy your foods in their most natural, unprocessed state. Learn to carefully read labels. Limit shopping to the fresh produce, dairy, and fresh fish and poultry departments.

Sodium nitrate is a popular additive in hot dogs, bacon, and other cured foods such as ham and sausage. Nitrates in food can lead to formation of small amounts of powerful cancer-causing chemicals known as nitrosamines. Studies have listed consumption of cured meat and nitrates with certain types of cancer. To be safe, if you want to eat these foods, purchase them at the health food store. Here they should be nitrate-free, but again, read the label to be sure.

Father says we should discipline ourselves in our diet:

What kind of nation is America today? It has become a nation of extreme individualism, a nation whose people are pursuing private interests, over-indulging themselves, gluttonous, practicing free sex. (81-96)

Do you live to eat? In the spirit world you don't have to eat, and you don't need an airplane in order to travel. It's a garden of flowers like lilacs. It's a place where you dance around with joy. (Hoon Dok Hae 7/31/05)

Satan has three major weapons to destroy mankind. Food, sleeping, which means living comfortably or seeking an easy life and using sex freely and abusing it. That is why all religions teach to eat the least tasteful, bitter food. If you eat only tasty food, your body will be fat in the middle and misshapen. You won't be able to bend down to pray, but if you eat vegetables you will be naturally slim and can easily bend to pray. (3-1-90)

EXERCISE

The key to being physically fit is to only eat wholesome food and consistently exercise. Father often tells us to exercise every day. At hoon dok hae on August 4, 2004 he said, "If you want to maintain your health you should walk 30 to 40 minutes per day." He says, "I am always doing exercises. You must work out." (11-05) Father is saying we need to have the discipline to exercise regularly.

In the book *Get Off Your Ass* Marty Tuley says:

We miss a lot of really good exercise opportunities in our everyday lives. We take the elevator instead of the stairs. Granted, if you work on the fortieth floor, no one expects you to take the stairs. Here's the Get-Off-Your-Ass rule for stairs. Four floors or less, walk. Five or above, ride. But if you do need to go up more than four flights, disembark four floors below your destination and walk the rest.

We ride escalators as opposed to walking on them.

He says we should, "develop habits ... don't look for results ... results will come, but first learn to drag your ass out bed. In other words, think habit, not results. For a lot of us, this is the real battle. Most people are looking for the finish line. Start paying attention to the journey. Drop your dependency on the idea that results are necessary in order to succeed. You simply have to resign yourself to the reality that exercise has to be, must be, a part of your life. You have no choice. Don't debate it. Don't argue it. Nike did say it best: "Just do it!" But in order to "Just do it," you have to first get off your ass!

I can't say this enough: Think habit, NOT results. Results are inevitable if you maintain a consistent exercise routine. Trust me ... if you get off your ass regularly, changes will happen. Learn to appreciate, enjoy and respect the journey of fitness for what it is. Following the GOYA program in an effort in dedication and discipline for those strong in heart and mind, and willingly ready to accept the challenge offered and the rewards reaped. You *can* do it!

He quotes from a writer from the 1930s who said:

The foundation of health is habit.

Discipline, self-mastery, the renunciation of the present desire for the sake of a distant goal, these are not merely religious motives. They are the essentials to everything worthwhile.

Unless one is going to overcome his flabbiness, indecision and weakness, he need not look for any abiding pleasure in life. Whatever you do, stick to it. Time and repetition are what count.

He says find some form of aerobic exercise you like and make sure you work with weights. His book has some great ideas and pictures showing how to lift weights. Every book on fitness I have read emphasizes how important it is to lift weights to tone our muscles. Many people find yoga to be very helpful.

CORRECT POSTURE

Father teaches that we need to walk with perfect posture: “When sitting, sit as straight as possible. Many people walk in very unusual ways. There should be a straight, well-balanced, vertical line. Then God and the spirit world will take notice of you. Then you will see your shoes worn evenly. To be a good leader you must have that, but it is pretty rare. That is Father’s qualification. Even though Father has aged, we don’t notice it. He is still straight and healthy, and he walks quickly, too. There is no better spiritual discipline than this walking discipline. Walk the right way” (“The Truthful Family Is the Homeland of All Perfections” April 18, 1993).

Father teaches us that we have to make the effort to change ourselves. The Unification Movement is a life-changing organization. He tells us to dramatically change our life from the way other people live. While most people would spend 50 cents on a white flour chocolate chip cookie we should spend 50 cents on a piece of fruit such as an orange and preferably one that is organic. This is extremely difficult, but Father says that with prayer we can do it. Father is always in control of his feelings. We have mental health when we are in control. He counsels us to be in control and realize that Satan likes to attack when we are not confident and feeling low and it is important that at those times we do not turn to comfort food, cigarettes, or alcohol. Father teaches in a speech titled “Mission and Prayer” (June 12, 1983):

You must literally learn to reverse your tastes. You must learn a new way of liking things. It takes painstaking effort to learn these new things one by one. It is very difficult and that is why you need prayer.

Your eyes, for instance, are literally your enemies and you need to be able to protect yourself from them. You may tell Heavenly Father that your eyes keep wanting to see the way they did in the past and you need His help to change. You may notice a handsome man passing by and compare him to your husband. If he beckons and you follow him, Satan can snatch you away at that very moment. You may feel horrified that your own eyes can be your enemy, but it is true.

Since your mission is the liberation of God and mankind, your rightful eyes and ears will affirm that mission. As time passes, however, you may hear another voice saying, “You have gone this far and nothing has happened. Forget about this liberation of God and mankind! Listen to me and you can have everything you want: nice clothes, nice food. Your life is too short to waste.” When someone speaks to you in an unprincipled way, the words may sound sweet and the ideas tempting.

In that case, cover your ears because you know Satan can invade you through them.

Sometimes your mouth can be your enemy, urging you to eat your favorite foods or to speak some words of complaint. Your nose, your hands, the various parts of your body—all may be your enemy. You must be able to maintain fight [and take] control over them. This task is never easy. The greatest man may be tempted by the appearance of a beautiful woman.

Now that you know your enemy, how do you guard against it? The enemy can infiltrate through your five senses. When you realize why you should safeguard yourself, you will know how to control your eyes, ears, nose, mouth and hands. The sixth area is the mind and the sexual organs are the seventh area of vulnerability. A small point of vulnerability in any of these seven areas may eventually bring your downfall. Satan is very confident that you cannot overcome these seven vulnerable areas of sense and thought during your lifetime.

Enemy Within

I have clearly defined our enemy. Is it outside you or inside you? The enemy is very much inside. You must be able to protect yourself from the enemy within you. If you don't know how to protect yourself, you will become the victim and lose your value.

Control Yourself

Without the confidence that you can control yourself, it is nonsense to think about the liberation of God and mankind. You never know when Satan may show up. When everything is going wrong and your determination is shaky, Satan will most likely start talking to you. When things are going bad, you may feel like smoking or drinking alcoholic beverages. It makes no sense to smoke, however. Smoking will never be of any help in liberating God and mankind. The same applies to drinking alcohol. You absolutely need prayer in order to overcome your weak points.

Father says:

Did you join the Unification Church to eat three meals a day? You are not suffering for your entire life in this church just for the sake of eating three meals a day. If your initial determination to save the nation and live for righteousness was not a lie, you shouldn't hesitate to do anything. Don't forget that you will turn into a pillar of salt if you hesitate due to attachment to the past.

Do you think Father created the Unification Church and endured all the persecution and accusations just so that he could have enough to eat? When I look back upon my life, there was not a single day when I ate enough and slept comfortably. In order not to forget the hunger that others were experiencing, I intentionally starved myself and suffered. I couldn't allow my stomach to be filled and myself to indulge in a comfortable life.

The people who died while trying to fill their own stomach cannot go to the Kingdom of Heaven. If I eat enough and sleep well, I will be indebted to all Unification Church members in the world. Such a life is sin.

What's going to happen if you live for yourself? You will lose the world, nation and tribe. Can the people who live for themselves have a family? No, they

cannot have a public family. They will completely perish because they won't have the nation and tribe. Where is the place for that multitude to go? It is hell. There are many Unification Church members who will go to hell. That's why you shouldn't live for yourself. You should pray about this matter. It is not time for you to live for your individual self, but to live for the whole.

When you lead a thrifty life even though you have a lot to eat, and work hard for the world even though you can survive comfortably without working, God will feel sympathy and love for you. (*Blessing and Ideal Family*)

I asked Col. Bo Hi Pak if Father had any favorite foods. He said he has never seen Father have any cravings for food. We shouldn't have cravings either. He said he eats whatever is put in front of him. Dr. Pak said Father enjoys every dish from every country he visits. I asked about the Biblical dietary laws and he indicated that Father doesn't care about that. He mentioned that he remembered one time they enjoyed lobster in Boston.

FOUL LANGUAGE

We never swear or use foul language. This is one of the 10 Commandments: "You shall not take the name of God in vain." George Washington ordered his troops in the Revolutionary War to not swear. He said to them: "The foolish and wicked practice of profane cursing and swearing is a vice so mean and low that every person of sense and character detests and despises it ... we can have little hope of the blessing of Heaven on our army if we insult it by our impiety and folly." Father says, "From now, you have to speak words that stand on the foundation of heart. You have to speak centering on True Parents and God's thought. You must not swear as you please. You should not say to your children, 'You sons of b....' You should not swear, and you should not hit them just as you please." (*Raising Children In God's Will*)

NEVER GAMBLE

Unificationists never gamble. We never buy a lottery ticket or put one coin in a slot machine in a casino. We don't even go inside casinos. Father teaches us that casinos are "evil" places: "I don't approve of going to bars, places where people are drinking, gambling and doing many bad things" (1-12-92). He speaks very strongly against gambling:

I have paid much attention to Las Vegas, the gambling capital of America, because some day that has to be cleaned up too.

We are truly the Heavenly army and we have just received our command from God Himself to go out and work to clean up all immorality—drug abuse, homosexuality, prostitution, gambling. I know how all these ungodly activities operate. I know how the casinos operate in Las Vegas and how that city is run. Unless all this immorality is cleaned up, America has no chance for survival in the future. Nobody but the Unification Church can do this job. (2-27-83)

Many gamblers ruin their families by their compulsive gambling. ... restore those people and help mend their homes. (10-7-79)

We get to know the evil society, and then we create a ladder for it. We must witness to people from all walks of life. You might go to Hollywood and witness to movie stars, gamblers, drinkers, for they are also part of humanity. The mere fact that we are in Las Vegas does not mean we are gamblers. Why would we go to a place of prostitution? Only to save the people there. That's how the Unification Church thinks.

After I came to America, I studied the social ills here including the Mafia, drug abuse, sexual immorality, and so on. I studied such places as Hollywood and the movie industry in order to discern their problems. I also visited gambling centers such as Las Vegas and Atlantic City, in order to understand them better. Gambling has become a nationwide problem here. (2-7-84)

I have studied the gambling world for 30 years, but never took a seat at the table. (8-20-00)

I come to Las Vegas to change it to a heavenly place. I go to the casino, but I have never personally touched a card. (8-31-09)

Father represents absolute good and perfection. If he goes to any evil area, such as a gambling casino, Father when going in there immediately knows how to digest it. (1-28-93)

At the end of last year and the first part of this year I visited Las Vegas four times. Why? There are many dead gamblers in spirit world who otherwise would have no way to be forgiven. People think that I go to Las Vegas to play the slot machines or to win at blackjack, but that is absolutely untrue. That condition has now been fulfilled, and even though I may have to stop over in Las Vegas on a plane trip, I would not even touch a slot machine. Las Vegas means no more to me than New York or Washington, D.C. When I look at Las Vegas, I think of how that carnal city could have a God-centered future.

The first time I arrived in this country I visited every corner of this land in all 50 states to pray for the nation. I went to the high and low places, the bad places and the famous places in order to pray for them. I have even been to gambling places to pray for the people who lived such kinds of lives. (5-15-77)

I have been thinking very much about how we can clean up a city like Las Vegas. Maybe we could set up a gigantic casino with all the gambling machines and games and then set fire to them and burn it all up in one night. That would be dramatic! Then I would explain why we have to do this, why gambling is no good and why so many things in Las Vegas are wrong.

Another place I want to clean up is New York. There is a tremendous amount of prostitution, not only in New York but also in Japan and Korea, and I have been thinking very much about that dark side of society. Religious leaders must look at reality and try to find solutions instead of avoiding the problems. (10-1-97)

As you know, the movie industry is a very powerful force but also very immoral. It needs a revolution; a new heavenly spirit must enter it. Those Hollywood superstars have great influence among young people, but their impact is often ungodly. The government cannot alter this; only a spiritual revolution can transform the situation. Sometimes I go to Las Vegas, Atlantic City, Reno, and so forth, to observe what is going on in the world of gambling. I must get first-hand information. Cancer is brewing in such places; there are many cancerous threats to civilization growing in Hollywood, Las Vegas and New York. (9-16-79)

Those young people who are becoming addicted to drugs are melting their own brains, like butter. They will not live very long, or if they do they will live like

vegetables. Their numbers are increasing every year. Drugs are peddled on the city streets in broad daylight. Who in the world is going to put a stop to all this? Where does the trend of free sex originate from? The movies, television and so on are stimulating it. Father Moon and the Unification Church members must stop these evils from influencing the morality of young people here. We must also put a stop to those gambling places which trap people in another form of addiction. (*God's Warning to the World: Reverend Moon's Message from Prison*)

When Father goes to a casino in Atlantic City he represents the absolute good going into something evil. Father figures out how to subjugate the atmosphere and digest the evil. You live in a satanic world. You digest this evil and convert it to goodness.

The fallen world has no way to do it. It needs the Messiah. He comes with the power, authority, truth and love of God. He unites Mind and Body, the family, all levels and converts the world of false love into a world of True Love, Life and Lineage. Thus the Messiah cannot come on the clouds.

Only True Parents can change the fallen love, life and lineage into the Heavenly True Love, Life and Lineage. Who are the True Parents? The Saviors of Mankind! Do you really believe that? (1-28-93)

DISCIPLINE

The Bible has been a powerful influence and inspiration for many people to be disciplined. The Tenth Commandment of the Ten Commandments says a man should not covet another man's wife. Proverbs 5:18-23 gives wise advice to men saying: "Rejoice in the wife of your youth. Let her breasts satisfy you at all times with delight. Why be captivated, my son, with an immoral woman, or embrace the breasts of an adulterous woman? For the Lord sees clearly what a man does, examining every path he takes. An evil man is held captive by his own sins; they are ropes that catch and hold him. He dies for lack of discipline, and because of his great folly he is lost." Let's not die for lack of discipline.

CHARACTER

Father implores us to be people of impeccable character and integrity. He urges us to be saints. In *The Way for Young People* Sun Myung Moon says, "Who is a man of character? Is it someone who lives for the sake of eating? Or is it someone who has artistic or poetic talents so that he can fully appreciate the beauty of the world and whisper to the mountains and fields and sing to the flowing water? Who is closer to a man of original value? The one who lives for food is close to an animal and the one who can enjoy nature and who has rich poetic feelings is close to an angel. There are two kinds of people: one is animalistic and the other idealistic. ... What is the Unification Church trying to do? It is not just trying to make great men, but saints. ... Saints should teach true life, true character, and then true love. Also, they should teach the true character of God."

Aldo Leopold said, "Ethical behavior is doing the right thing when no one else is watching—even when doing the wrong thing is legal."

Father teaches that we are to be religious people who are in control of our body. A person is just half a person without a mate. The two should help each other achieve mind/body unity:

What is the difference between Satan's love and God's love? Satanic love made

our bodies the master, trampling upon the mind and making it the servant of the body. If the mind becomes the servant and the body becomes the master, performing atrocities to the mind, this is slavery of the mind under the body. This is the fallen state. Actually the mind should be the master over the body. The body should obey the mind, but this is opposite now because Satan made it opposite and so the mind is trampled by the body. How painful is this life!

What about yourself? When you look at yourself, what do you think? Is your mind controlling your body or is your body controlling your mind? What do you think in your case? In a way we all are struggling within ourselves. All the good works of the saints and the religions have served to strengthen the mind so that the mind could occupy the original position, subjugating the body. Then the body becomes obedient to the mind and a harmony between the mind and body is created thus bringing a true happiness to life. That is the purpose of the teaching of the saints. That is the purpose of religion. The work of religions is what? Religion is to boost the strength of the mind, to energize the mind so that the mind becomes strong enough to subjugate the body. This is the basic work of religion, regardless of the name of the religion. All the major good religions of the world have been working for that one single goal. If this is the purpose of religion, then all good religions have to have something in common. The common point is that all religions try to suppress the body, even torment the body so it does not become the strong master of the mind. Therefore all major, high religions go against the cravings of the body. Whatever the body wants religion says, "No." Whatever the body aspires to, religion says, "No." (2-20-91)

As long as you control your bodily desire then your mind will naturally go in the right direction. If your mind is going up to the level where God's love can be tapped directly, then your life will become enriched. Do you follow? Then why do we marry? Because as an individual man and woman are only half of a whole human being. If you truly want to conquer the concept of love and perfect it, then you need both the convex and concave sides to become one in perfection in order to create perfect love. Your mind goes into your body and becomes one.

Where your love becomes totally one, God's love can be grafted on there and you can be united with God in that very place at that very moment. Do you understand? (Yes, Father.) In order for man to be perfected you have to go through the love of woman. And vice versa, in order for woman to be perfected she needs to go through man's love. It is the only route. (11-23-94)

Good families are made from good marriages, and good marriages are made from good men and women. Unless we become people of goodness, we cannot bring goodness to our marriages and families. Our first obligation as religious people is to achieve goodness within our own lives. At the center of goodness is unselfishness; at the center of evil is selfishness.

Throughout history our best guide for self-improvement and responsible moral behavior has come from our respective religions—our scriptures, traditions, and teachers. Through personal striving and seeking to apply what we learn, we endeavor to make of ourselves respectable and upright people who can contribute constructively in our families and in society. In these efforts all people experience struggle. We try to embody the high ideals of our traditions, but we experience daily in ourselves the unwanted impulses of greed, dishonesty, lust, and self-excuse qualities which we know lead to suffering in

the world and which we must reluctantly acknowledge are in ourselves as well.

In embarking on a Blessed marriage, we as individuals are called to progress to a higher stage of unselfishness. With God's Blessing and support, we can overcome the age-old problem of desiring one thing with our higher mind yet finding in ourselves powerful impulses to do the opposite. The Blessing calls us to strive constantly for the higher good, for the sake of our spouses, for the sake of our children, and for the sake of the world. (*Blessing and Family*)

Father repeatedly pushes us to be the most disciplined people on earth:

It isn't necessary to say a lot of words to people; just be disciplined, and they will demonstrate their respect by wanting to follow your pattern. (9-16-79)

DO NOT COMPLAIN – DO NOT GIVE UP

I want to give you two pieces of advice. First, under any circumstances do not complain. Second, do not give up. ... Internal discipline is such that you can force yourself to do something even when you don't want to. ... I want you to become subject and take the initiative out of your own desire, with no one forcing you to do anything. If you want to push yourself and discipline yourself and really give 100% for God and humanity, you will become God's pride. I never want to feel that you are just following my instructions but rather that you have really perfected yourself in the image of God on your initiative. (10-1-97)

REVOLUTION

The Unification Church is ordained to bring about a revolution in America by restoring moral discipline. We have undertaken this sacred mission not only for this nation but for the world as well. (6-20-82)

We need a revolution, but not one with tanks and artillery. The only way to save this country is to revolutionize the concept of sex and do away with promiscuity. We need to get rid of drugs and the immoral family. (12-29-91)

NEW BREED OF PEOPLE

I urge American women to protect yourselves from these kinds of temptations. This is the worst enemy you have to face. You have to protect yourself before you can accomplish anything. You Unificationist women are a new breed of people. Are you somewhat better than ordinary American women, or far better?

Do you suppose I am a different kind of man because of who I am? I am not immune to temptation. I'm even more receptive to all kinds of sensations. If I didn't know how to control myself, I would react even more strongly than you to such stimulations. So do you think my struggles are easier than yours, or more difficult? I had to fight a hundred times harder in order to control these sensations and gain the victory for God and mankind.

There is one way in which I am different from you: I never considered following a woman. On the contrary, the opposite has happened. Many women have followed me, but I knew how to erect the proper barrier and protect myself. God knows that I have this absolute confidence and that I am qualified to bear the responsibility for liberating mankind, the world, and God.

TRUSTWORTHY

God knows me inside out. God would never take a chance on me. Therefore He tested me until He was sure that my mouth, ears, nose, eyes, and all other senses were dependable. I made great efforts to prove my trustworthiness.

It is very important to protect yourself from evil. There is no challenge I haven't thought about and devised ways to overcome. I even tested myself by looking at magazine pictures of beautiful women and asking myself what I would do if one of them crawled into my bed. "I would cut my belly out before I would do anything," I resolved. "When she saw the knife, she would leave quickly!" I considered how I would handle temptation from a beautiful white woman, from a black woman, from an Oriental woman. I considered what special qualities I knew about such women that I could utilize to help me resist their advances. I realized that this was a critical area of temptation because that's how the fall happened.

Even at a very young age, I tested myself daily. When I undertook this mission of liberating mankind, I thought very deeply because I realized that if I could not overcome such temptations, I could not be truly confident. My mission was to liberate God and liberate all mankind. In the process I prayed a lot to make sure that God would protect me and give me the confidence I needed.

ABSOLUTE CONFIDENCE

I have absolute confidence, so I am never shaken no matter what kind of persecution comes my way. I stand firm as a rock.

PRAYER IS ESSENTIAL

Prayer is essential to winning this victory. When you face difficult and trying times, instead of asking somebody else for advice, go to a dark room and pray to God asking Him what to do. He will give you a much better answer than you will get from your colleagues. Then you should invest your time and energy into solving that problem. Day after day, you should practice overcoming your temptations.

I have spent more than 12 hours a day praying deeply about overcoming temptations. American prayer is five minutes at most. But a few minutes isn't enough time to solve a deep problem. For example, you would have to go through incredibly deep water to reach the bottom of the ocean. It takes more than five minutes just to get to the bottom of a problem, let alone solve it.

Those who develop the practice of praying don't make big mistakes, while others who don't pray enough will make many mistakes and have to spend a lot of time correcting them. You can take my word for it! Once you develop the habit and taste of prayer, you will find it more valuable than eating, listening to good music, or watching a nice movie. After you have experienced deep prayer, you will automatically find solutions to your problems. You won't have to struggle so much to accomplish things. Prayer has tremendous mystic meaning.

FOCUSED ON THE GOAL

Even though you may consider yourself a light-hearted American, you should

begin to see yourself as one American who needs to be more serious than anybody else in history. You should resolve that no matter what difficulty may lie before you, you can reach your goal through the power of prayer. You should be so focused on the goal that you could offer your life with no regrets.

HABIT OF PRAYER

I have been talking about prayer in the traditional sense of deep prayer. But for Unification Church members, your daily life should be a kind of prayer as well. While you work, sleep, walk, talk, or eat you should develop the habit of prayer. That way you can experience God's abiding presence with you. (6-12-83)

Father gives great insights into how we can be disciplined and overcome our fallen natures. Here are some of his words of wisdom. I hope they inspire you to go on and read him in depth so you can get tips on how to live a religious life and be spiritually strong:

NO LOVE BOOKKEEPING

When we imitate God then we always wish our partner or our object to be better than ourselves. You want your wife to be better than yourself. Your wife wants her husband to be better than herself. Parents want their children to be better than themselves. Total investment, then forget it. God invests and then forgets. He doesn't remember. God does not do love bookkeeping. That is the characteristic of True Love. (2-2191)

INVEST TOTALLY

God's way of loving is to invest totally, 100 times 100 percent. When we imitate God then we always wish our partner or our object, our spouse and our children, to be better than ourselves. God invests totally and then forgets. God does not do love bookkeeping! (12-19-90)

Now that you have heard Father Moon's speech, you can change your current position 180 degrees and become a new person, new nation, and new world. (12-19-90)

NEVER BE DISCOURAGED

Never be discouraged. Move on to home church and we shall win the victory there. Those who say, "I will do it," raise your hands and show me. Thank you. (6-20-82)

TEACHING CLEAR CONCEPT OF GOD

With my entire heart and soul I have been teaching American youth a new revelation from God. They now have a clear concept of what the God-centered family, church, and nation should be like. They also know the dark reality of America. Thus they have become determined fighters to bring new life and salvation to America before it is too late. They know the critical state of the nation. They know the grieving heart of God. And they are absolutely determined to turn the tide back to God. Their enthusiasm is beautiful to behold. (4-1-89)

POISONOUS ATMOSPHERE

There are all kinds of men and women trying to tempt you. You are out there facing a poisonous atmosphere every day. Why do you go on like that, suppressing your desire? Because you want to win the victory of true love. (11-21-82)

PERSEVERANCE IS THE QUALITY WE NEED

Yet if you know you are going the right path, even when temptation comes, if you don't change your love or your focus and just hang on to it until the end, then you will surely win. You will see. Perseverance is the quality we need. Then you will come to fulfill the prophecy the Bible speaks of. Then God's will, will be done.

There are so many elements within American society that tempt and entice people to abuse their freedoms. Giving in to these temptations will ultimately send people to hell. It is heartbreaking to see an environment which encourages people to go only to hell, not to Heaven. It is a society which sells tickets to hell. (12-27-81)

COMPLETELY PURE NEW MEN AND WOMEN

But we are in the position to set a new tradition. We are creating historic family foundations. We must not fall victim to the world's temptations because we are in a position to begin God's realm. You engaged couples must be completely free from lust for some other man or woman. Even to think of sexual relationships with someone other than your fiancé is a sin. You should remain completely pure, liquidate the past, and become new men and women. You must nurture your relationship with your heavenly counterpart, your fiancé. (12-27-81)

CENTER LIFE ON MIND

Humanity can be categorized into two groups. Those who live their lives centered upon their bodily desires and those who try to center their lives upon the mind or spiritual life. If we say the right hand side belongs to God and the left hand side belongs to Satan, would the mind be on God's side or Satan's side? (God's side.) What about the body? (Satan's side.) Do you believe this absolutely? (Yes.) Have you ever considered to whom your five senses belong? If you have one eye belonging to God and the other belonging to Satan, then your life will be standing at the crossroads between Heaven and Hell. These are not Father's words; this is the universal law. (5-26-96)

DON'T PANIC

When we set goals we are going to have obstacles. Father teaches and pushes us to overcome the "difficulties" we all experience by persevering "to find the solution": "I am giving you men and women a mandate. You are destined to live this central life where the vertical and horizontal lines cross, where you can find the invisible love of God and the visible love of True Parents. You are destined to consummate that love and expand it to the world. Of course, there are difficulties on this path. Whenever my boat, 'New Hope,' leaves port it is in good shape and everything is functioning smoothly. But something invariably happens. Maybe a storm will come up, or the engine will develop trouble. A crew member may make a mistake and overlook something. But

the important thing is to cope with any situation and persevere to find the solution. Instead of panicking, take care of the matter and go on.” (“New Family Given By God” September 5, 1982)

LAW OF REPETITION

Sun Myung Moon gives many insights into how to live a full, successful and disciplined life. The following is an example of his deep wisdom on how to live our lives by understanding the law of repetition:

I know that Americans hate to repeat things, the same old things. When you want to keep a diamond or jewels glittering, you have to polish them. If you want to keep this room clean, wouldn't you clean it once, twice and more each day? The same applies to the *Principle*.

Have you ever stopped to think how many times in your whole life you are going to give lectures to people? When you eat bread or other food, the more you chew, the more delicious it becomes. If you chew once or twice, and just swallow it, do you know the real taste of it? With a thing of value, you must repeatedly practice with it and try to know the taste of it, and it will give you more and more taste. So, with things of value, repetition does not fatigue you. For instance, your eyes are blinking all the time. If they stop blinking, then what? Respiration — you inhale and exhale all throughout your life. If you stop exhaling and inhaling, then what? Every meal, you have to repeatedly eat something all through your life. When your eyes blink, the nose inhales and exhales, is it helpful? Is it necessary or not? You give yourself exercise. The more you repeat, the more strength you get and the more healthy you become. In light of this, is repetition helpful, good or not? [Yes!] After the first conference, when you came for the second, some of you may have thought, “What's the use of having conferences so often?” But I have something else in mind. What would you recommend if it were up to you? How many times would you have a conference? Once, twice, three times, four? How many times? The more you repeat, the better outcome you get. It is very important.

When a poem is very good, wouldn't you read it repeatedly? If you just grasped the meaning and nothing more, then it wouldn't give you any taste. If you read it more than once — hundreds and thousands of times — if it really is a good one, it will give you more taste. Those who can appreciate other people's poems can write better ones. Isn't it true? It's the same with lectures. As you go along, hearing the *Divine Principle* repeatedly, then you can understand the depth, height and breadth of it. I never get tired of hearing the lectures. But I have no time to do that. Even if the lecture is from a beginner, I am so interested in listening to this lecture. However inexperienced you may be when you stand on the platform to speak to a group, you want to give a fluent speech; do not expect to give a poor speech. After the speech, if you find your speech a failure, you are so ashamed of yourself, you want to escape from the listeners. The listeners must be sympathetic toward you. After the failure, you must feel you want to tear apart your lips. In repentance, you beat against your head and say, “This dull brain of mine — what shall I do?” In that case, you must study hard and repeat and repeat — then you will be successful. The world's foremost champions in athletic games are those who have practiced more than anyone else. Isn't that true? In proportion to how many times you have repeatedly practiced the lectures will your lectures be a success. If you have practiced many times the same thing — the lectures on the *Divine Principle* — you can give

them by heart. If you are good at walking on the same road, you can walk on the road without light—in the darkness. If you owned the best car in America, would you want the chauffeur to be a beginner? Or would you want your chauffeur to be a very experienced person who could drive the car in the dark, on a bumpy road, anywhere? You would want to get an experienced one. It is a question of common sense, but it is difficult to follow the rule. (5-17-73)

Father realized that success in life requires repetition in certain areas.

Even when you look at the physical world, you see repetition. Let's look at our life in general. A 24-hour cycle is being repeated each day, 365 days a year. As soon as this cycle stops or is interfered with, the entire world will be destroyed. Centering on our heart, all the blood is circulated by the veins throughout the body by repetition of the heartbeat. When it comes to a skill like calligraphy, if you practiced making a letter "A" one time or one thousand times—which amount of practice would give you the greater ability to write an "A"? Obviously, it would be the one thousand times of practice. This is the most difficult part for Americans in general—to be trained by repetition.

Up until now, people have not been dealing with truth, so they were loath to repeat it, but now we are talking about the real truth. People should not mind repeating and repeating it. What about breathing? If you did not repeat breathing, what would happen? What about blinking? Could you stop blinking for one day? Could you stop walking? Walking is repetitive. We must know that. It is like a circulator. By doing this kind of circulation, you will grow and prosper, but if you do not do that, you will become smaller and smaller and finally disappear. If you draw a line and keep repeating it, that means you are prospering, progressing, but if you do not do that, you will diminish. Repetition will lead you to development and progress. Stopping will lead you into retreat and defeat.

By the same token, if you keep teaching the *Divine Principle* one thousand times, ten thousand times, each time you teach it, you will have a greater spirit. Remember, history is always circulating, repeating. Suppose there is a sine curve here. Imagine it is like a wave. The pinnacle of the wave will become even higher next time.

When you watch the kind of tape we just saw, you should have the determination "We can be even better!" Father came to America to fight evil. The entire 240 million people of America opposed Father, but Father Moon has been like this: even though he has been hit and knocked down, he stands up and challenges it again. This kind of repetition has taken place in his life. Each time he gets hit, he has experienced that certain degree of being hit, so next time, it gets easier. He became greater and greater.

When you play soccer or volleyball or football, there is always repetition. You can't just say, "Oh, well, I'm an expert. Whenever I throw the basketball, the ball will go where I want it." You have to practice millions of times. What about mealtimes—breakfast, lunch, dinner—don't you repeat your habit and motions of eating? What about going to the bathroom? People don't like it, but it is a necessary, repetitious step to take in order to live.

Think about it. The most precious organ in your entire body is your loving

organ—yet that very precious loving organ is in the same place where the dirtiest waste from all of your body comes out. Isn't it true? Well, in order to grow plants, what do you need? Fertilizer. In order to become good people, we need fertilizer, too. For example, when your parents keep telling you to study more, to study harder, it seems like dirty fertilizer, but you need that. Do you understand? The people who will control or dominate the world at the last are the people who have the philosophy of training through repetition.

Think about scientific, high technology nowadays. It has almost reached the culmination point, the end. Now who is going to do the repetition properly and materialize it? Whoever does that is the one who will win and that kind of movement will win.

When Father looks at the first generation, Father sees that they forgot the conviction they had and the determination they made and the spiritual strength they received when they first studied the *Divine Principle*. They had a tendency to go back to their old habits from before they joined and then try to enjoy their lives.

Once we have our TV station fully established, we can reach the entire country of America. Then we can educate the entire 240 million people of America. That means in 40 days, we can give *Divine Principle* lectures from page to page 30 times. Think about it. If I were to give a *Divine Principle* lecture beginning to end 30 times, what kind of changes would we witness? Have you witnessed the wave of change taking place in the former Soviet Union? You have seen it in the newspapers. Well, America is still in the sleeping stage, not knowing what is going on in Father Moon's movement, but you cannot be sleeping. America will not last if it keeps sleeping. You are the ones who are awake. You have to wake the others up. Read *Divine Principle* one hundred or one thousand times. Spirit world is watching you. If you stand still, you will see the phenomena resulting from that.

How many times have you repeated eating your meals? Just as we kept repeating our eating, three times a day, almost 2,000 times a year, almost 20,000 times in ten years and ten times that number in 100 years, it keeps getting bigger and bigger, growing and growing. By the same token, if you keep studying the *Divine Principle* every day, repeating and repeating, you will receive this source of life from God and spirit world every time you do. It is like meals you eat in order to grow. We can do better than the parade and performance we watched today if we keep repeating. Do you have confidence? You said yes. That means you can make repetition, right? Even if you take a wooden stick and keep rubbing it against a hard surface, what will follow? A total change, a totally different substance will emerge. When husband and wife make love, you are repeating. When you have a desire to do that one thousand, 10,000, even a billion times, you will see a fire erupt. Then the entire spirit world will be thrown into it. When you scrub a floor, your movements are repetitive. Repetition is not a problem. It's that simple. Even if you are young, start thinking that way.

Think about how many times Father has prayed. What kind of repetition was involved in that prayer? If there is any particular subject to pray about, Father prays and prays about it. In Korea, we talk about when water drops one drop at a time from the rooftops. Even if there is solid rock at the bottom, eventually you

will see a dent in the rock. Eventually, it will even make a hole. There is power there. Do you understand?

There has been much opposition and persecution throughout Father's life, but Father said, I will keep repeating what I have been doing on the family, societal, national, and worldwide levels. Father was consistent, repeating his actions. Now we have reached the end. Where can we go? Like a circular movement that comes back to the original spot again, like a figure 8, the world is coming back to the original place where we started and now we can go the right way around. It began the wrong way around.

We understand, don't we? It is like women cooking. If you just keep doing it and doing it, putting your effort into it, then you can come up with more delicious food. We have a Korean proverb that if you do your best, God will help you. Heaven helps those who help themselves. Once you keep repeating and repeating, you get bigger and greater.

Father knew this truth a long time ago; that is why through prayer, Father established this worldwide foundation.

CONCEPT OF REPETITION

Do you understand the concept of repetition now? When you go to your office every day, you do things routinely, repetitively, don't you? But every day, do even one iota more than the day before, put a little more effort into it every day. Then it will become new and in that way, God will come to you.

As long as God is following you, as long as God is with you, your nation and the world will be safe. By the same token, if we do not repeat our efforts, we will diminish. If you do a lot in the beginning and then in the middle of the project or task, you slow down your efforts, then you are going down the drain. Even if you start small and add something every day, you will become greater and greater. That is the ideal way.

Have this as your habit—every day you will do one more thing than yesterday, one more than other people. That is Father's experience. When Father climbs up a mountain, Father sees the other people stop because we reached the top, but Father always goes up one or two steps higher than the other people. If other people stop early, it can be one hundred steps or ten steps further. It is that spirit of determination we are talking about. When spirit world looks down and finds people with that kind of spirit and determination, spirit world always watches over you and is with you.

That's why whatever situation Father may face, Father never feels, "I can't do that" because Father has proved to himself that he can do it. It is merely a matter of time and repetition.

Give and forget, repeat again, and forget. Forget—that is how you can repeat again. Then you will reach to the best, the highest.

American sisters in particular, you must learn and cultivate that spirit of repeating. Okay? (2-12-94)

Sun Myung Moon teaches that we live in a transition time in history. When we hear the *Divine*

Principle and accept the mission to help God and True Parents build the Kingdom of Heaven on earth we should focus our minds and actions and prayers on the public instead of the private. We think of the starving people of the world before we think about our own hunger. We think, work and pray for the establishment of ideal families, ideal communities, ideal nations and an ideal world. We are called to be strong and not look to God as some kind of Santa Claus. We are to be grown up and parental to others. We are more interested in giving than receiving. Unificationists are idealistic and live for giving our blood, sweat and tears for the hard work of building a world utopia. We have the keys to success and we have the duty to share the truth to this disorderly, disunited world. We think big. We think about saving our nation and the world. We should not think about ourselves but serve others. We pray from a position of strength. We pray to comfort God and comfort others. While Father was tortured in a brutal concentration camp in North Korea for three years he prayed to comfort God's heart. Are we supposed to be less than him? We have to put first things first. And God's dream comes first. So many people think only about their dreams and their families. They are obsessed with getting the right college degrees, the beautiful home, the fancy cars, the nice clothes, the esteem from others, the impressive job, the lucrative investments, the great retirement plan, the fun vacations, the rich food, the television shows, the games, the comfortable life. These are not the first things God thinks about. He thinks about his dream of an ideal world that we teach in the *Divine Principle*. So should we.

Our treasures should be spiritual instead of physical. Our thoughts and actions should be primarily on teaching the *Divine Principle* so well by our words and deeds that we convert people. The truth will save us and give us security more than a bank account will. Father says, "Everything exists in Subject and Object relationships. When you enter the Unification Church this will come into effect immediately. Father is the subject and you are the object. There is only one way" (1-28-93). If we are good objects to Father then we will be passionate to teach and live the truth more than we are passionate for material possessions and fitting into society. Father says:

Thinking about yourself takes you to hell. Thinking of others takes you to heaven. The war between your mind and body is worse than the World Wars I, II and III. The only way to win this war is to come to Father Moon's teachings. (1-28-93)

Dear members, throughout my entire life to this day, I have lived without any interest in worldly things.

That is why Jesus said with concern, "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well." (Matt. 6:31-33)

— "Rally to Advance the Realization of the Settlement of Cheon Il Guk The Restoration of Our True God's Homeland" (3-4-05)

We are in the greatest fight mankind has ever been in and this is not the time to think about ourselves. Millions have died for our freedom and now we are called to be freedom fighters. We are to be religious people who work to be fruitful, to multiply and have dominion over this earth. This is very serious business we are in. Father wants us to sing songs and not look deadly serious all the time but our hearts are supposed to be on fire day and night for the accomplishment of God's will to restore this hurting world. Father has come to change people from being secular and selfish to being spiritual and serving. Today people have little families because they have little minds. Young people are marrying later and having fewer children because their priorities are wrong. Girls should marry as young teenagers and start having babies and fulfill the blessing to

multiply. Boys need to be trained to be mature well before the legal age of 18 and provide for their family. Young couples need to make teaching the *Divine Principle* and the universal principles of life to this ignorant world their number one priority. Father says:

Don't just make effort for your own family, but undertake great endeavors for the nation.

A great person doesn't only manage the household for his or her own family or nation; he is the one who manages the household for the world. And who could be a person greater than that? The greatest is the one who is willing to manage God's household.

In this respect, saints do not dream centering on the human household; they are the dreamers whose center is God's household. The founders of the religions, Jesus, Confucius, Buddha and Mohammed, realized God as the essence of the household of a dimension higher and more ideal than the human one. That's why they longed for the ideal.

When we silently sacrifice everything for the sake of God, He will protect us. God surely will be at our side.

Your family should be the family of love, and you are to become the public husband and wife or parents centering upon God's love. Don't be the personal husband and wife or parents centering upon yourselves. Usually there is no public husband and wife, no public parents and no public sons and daughters in America. They are not walking the way of public love; instead they are walking the way of private love, in which the love of husband and wife, parents and children is centered upon themselves. Such love destroys the nation and the world.

CONTROL

A man who marries should be in control of his demons and is therefore able to be an exemplary husband and father. Until a man can accomplish growing spiritually to have a godly personality, he should not marry. In this transition period to the ideal world there are some people who cannot be trusted and who should never marry.

Father spoke publicly in America in 2004 in a tour entitled "World Peace and Unification Centering on the True Love of God". He taught that every person has the responsibility to overcome his or her fallen nature and achieve mind/body unity. In his speech titled, "God's Providence to Establish the World Transcending Religions and Nations Based Upon the Absolute Values of True Love," he said:

Selfish individualism is in direct contradiction to the spirit that blossoms when we live by true love's absolute values. Instead of sacrificing and giving for the sake of others, self-centeredness calls others to sacrifice for me. This leads us to be concerned first with our own interests.

Through the Fall, Satan diabolically injected self-centeredness into the mind-body relationship. He planted this poison mushroom in the human heart. Although the embrace of self-centeredness may lead to a beautiful appearance, worldly fame and earthly comfort, it is a trap. Enter it recklessly, and it leads to addiction and a life of suffering that is difficult to escape.

The Fall was the root of free-sex and the origin of self-centered individualism. Take a look around you. We see self-centered individualism of the worst kind. Everywhere people are over-consuming out of greed. Free sex is rampant among the young. Whether in the East or the West, people are casting aside the dignity and value of the family and pursuing physical pleasure. Millions fall into drug addiction, contract deadly diseases and meet tragic ends.

The conscience does not desire a decadent and meaningless life. Even as we pursue paths of extreme individualism and bodily pleasure, our conscience raises an alarm. Every person has a God-given original mind that longs to live in a universe, nation, neighborhood and family wrapped in the loving embrace of parents and siblings.

Still, we continue to walk contrary to the original mind's desire, and eventually the conscience burns out. Faced with the inescapable conflict between the body's selfish desires and the conscience, we deaden the pain with escapist drugs and, in the extreme, resort to suicide. Our lives testify to the truth of the proverb, "you shall reap what you sow"

Dear guests, do you know the dividing line between Heaven and Hell? Is it in the air? Is it in a church sanctuary? Is it in a national government? No, the dividing line between Heaven and hell is found in your sexual organ. This is where the greatest tragedy in human history occurred, which turned heaven and earth upside-down.

If you use your sexual organ recklessly, like a blind man, you will surely go to hell. On the other hand, if you use it in accordance with the standard of God's love, you will go to heaven. Who can deny this? If you doubt it, I ask you to carefully read the *Divine Principle*, which contains the laws of heaven that were revealed to me.

Hundreds of thousands of young people throughout the world who have accepted the teachings of the Father Moon have ceased engaging in free sex. The message of the pure love movement, which advocates "absolute sex," is now spreading like wildfire.

What kind of person does the world call happy? What is the basis of happiness? Does power and authority bring happiness? Does having tremendous wealth bring happiness? Does happiness come from possessing a unique talent? Does happiness come by becoming a world-renowned scholar or gaining a coveted position? None of these guarantee happiness.

Nothing external can be the basis of eternal happiness. Sooner or later the happiness it brings will fade, stimulating anew the search for happiness. In the end, a person finds genuine happiness in a family that has loving parents, a couple in true love, and children who are devoted and faithful to their parents.

In the original family, love for one's parents should be stronger than the love between husband and wife, and love for one's grandparents should be stronger than the love for one's parents. This sets up the tradition and ethics of love.

The original family is the model of the Kingdom of Heaven. The parents are analogous to the leader of a nation; the children correspond to the citizens of a nation; and the family's house and property correspond to the land of that nation. When the values of true love in the original family apply to the governance and social life of the nation, that nation takes the form of the Kingdom of Heaven.

Thus, the starting point of the Kingdom of Heaven lies not in the individual or in the nation, but in the family. Once we enter heaven and are surrounded by our beloved family, we will not want to leave. Though we see each other hundreds and thousands of times, we will still want to see each other again and again. This is our original homeland, for which everyone shares a common longing.

We first must become people of character who can create heavenly families. In other words, we must achieve individual maturity. The path to becoming people of character, to achieving individual maturity, lies in perfecting the harmony and unity between our mind and body. Originally, we were created to live without any inner conflict. The mind is supposed to guide the body, while the body acts in absolute obedience to the mind.

No one in human history has ever achieved mind-body unity during his or her life on earth. ... No one has known the method to win the unrelenting, internal war. Self-discipline alone is not enough to win the victory. All such efforts are worthless unless one understands the providence of Heaven.

Father teaches that Jesus died before he could give all the truth but Father has

successfully completed the mission of the Lord of the Second Advent, Savior and True Parent. Now I am revealing this truth, bringing to a conclusion the final stage of the providence for humankind's salvation. The absolute values of true love that I am teaching you will bring a revolution of character within mankind. Those who follow my teachings will achieve individual perfection and participate in the construction of the ideal of Heaven on earth. ... Unity of mind and body is impossible unless you live according to love's absolute values where you give yourself for the sake of others completely. Please disregard self-centeredness. It is the root of fallen nature.

Ultimately, the realization of the Kingdom of Heaven on earth depends upon the existence of original, true families. Individuals who have achieved harmony and unity between the mind and body create such families. They will form a society, nation and world characterized by interdependence, mutual prosperity and universally shared values, in which people live in harmony on the greater good. Unity between mind and body means to live in absolute obedience to the voice of the conscience.

In the DVD of this speech I happen to come across given in Washington D.C. he mentions something that is not in the official text given out. This DVD should be in every home and library. He says that there is one Bible but there are 500 volumes of Father's speeches. These words are the truth that will guide mankind to perfection. Jesus said the truth would set us free but he died before he could reveal enough truth to save us. Father has accomplished this and eventually his revelations will be the core values every person lives by. We are called by God to be the pioneers who work to make sure these words of Father are read and heard by every person.

BE STRONG

He ended his speech commanding us to be strong in this difficult task of teaching these truths that are painful for fallen men and women to hear:

Just as I suddenly received Heaven's call as a young man of fifteen and began an eighty-year course of blood, sweat and tears for the sake of bringing true

liberation and complete freedom to God, and for the sake of saving humanity from Satan's yoke, so you also must now go forward determined to offer your lives in order to accomplish God's exalted will for the liberation and complete establishment of the world transcending religions and nations.

Ladies and Gentlemen! Heavenly fortune is now shining upon this world, as the sun that rises powerfully in the eastern sky. The darkness that has covered this earth for tens of thousands of years has now been dispelled. The heavenly decree has taken root in your hearts. It is the path—your destiny—that you cannot avoid. Be strong and rise up. The time has come to truly experience the meaning of Jesus' teaching that whoever wants to save his life will lose it, but whoever is willing to lose his life will find it. ...

VIRTUE

There are many books on living a virtuous life. The head of the Mormons, Gordon Hinckley, wrote a book giving ten virtues called *Standing for Something: 10 Neglected Virtues That Will Heal Our Hearts and Homes*. He begins with a chapter titled "Making a Case for Morality" in which he writes about being pure. He teaches against premarital sex. He writes: "Happiness lies in the power and the love and the sweet simplicity of virtue. This is not to suggest that we be prudish. We need not be ashamed. But if we were called upon to stand openly and give an accounting of ourselves, could we do it without embarrassment? If all the world were privy to our private behavior, would we feel confident and comfortable about the choices we have made? More importantly, are we at peace with ourselves."

KEEP THYSELF PURE

"Paul counseled Timothy, 'Keep thyself pure' (I Timothy 5:22). Those are simple words. But they are ever so important. Paul is saying, in effect: Stay away from those things that undermine and eventually destroy the soul. Stay away from that which leads to unclean thoughts, unclean language, and harmful behavior. Personal virtue is worth more than any salary, any bonus, any position or degree of prominence.

"We must reverse the trend toward moral degeneration.

"Is there a valid case for personal morality and virtue? It is the only way to freedom from regret. The peace of conscience that flows from personal virtue is the only peace that is not counterfeit."

SELF-MASTERY

In *Man of Steel and Velvet* Aubrey Andelin writes: "'He who rules within himself and rules his passions, desires, and fears is more than a king' (Milton). The foundation of a noble character is self-mastery. It's the key to overcoming faults which prevent us from the perfection we have been commanded to strive for. (Matt. 5:48) It's the means by which we apply truth to overcome weakness, conquer appetites and passions, and gives us the strength to devote ourselves to duty. The goal of life is to become finer persons and eventually perfect beings. The savior taught, 'Be ye therefore perfect, even as your Father which is in heaven is perfect.' To reach this perfection we must acquire the virtues of love, patience, compassion, generosity, devotion to duty, and many other godly traits. We will need to spend our time, money and energy in useful pursuits. It's essential that we respect our bodies, seeing that they have proper food, sufficient rest and exercise to function adequately as the residence of our spirits.

"An enemy or opposing force constantly lures us downward and away from the high goals. ... We are inclined to be carnal, sensual, lazy, irresponsible, selfish, and filled with fear. To overcome

these weaknesses we must control ourselves. Reaching for ‘higher ground’ is a constant battle of overcoming.

“Self-mastery is the motivating force whereby we reach upward. Desire and willingness are not enough. Knowledge and insight are not sufficient, nor is an emphasis on priority. Suppose, for example, you would like to apply the knowledge of this book. You have the knowledge before you and you consider it important. You have a desire and willingness, but unless supported by a strong will, little will be accomplished.

“In today’s world there’s a ‘downgrading’ of the virtue of self-mastery. Some say it suppresses the emotions and that it’s better for mental health to go along with natural impulses than to confront them with the opposition of one’s will. Especially is this viewpoint applied to promiscuous sex. Some claim that denial of these urges leads to frustration and emotional turmoil. Those who advance this false theory don’t realize that it’s SIN that leads to frustration and mental problems, not the control of impulses. Subduing impulses results in growth. The goal of life is to have self-mastery over our natural impulses. The basis of true religion is to do that which is counter to human impulse—to love your enemies, to do good to those who hate you, and to pray for those who spitefully use you. The natural tendency is to hate our enemies and curse them that abuse us.

“We must face the fact that we don’t overcome weakness without strength—the strength of a strong will. Self-mastery may be gained by: 1. Training the will 2. Prayer and 3. Fasting.”

CHASTITY

“Chastity means to be sexually pure, or to refrain from sexual relations outside of marriage. It also means to avoid any perverse sexual activity in marriage or by oneself. Those who are not chaste are ‘immoral,’ usually in the form of fornication, adultery or homosexuality. Fornication is having sex when unmarried, adultery while married with someone other than one’s wife or husband. Homosexuality is sex with someone of the same sex.

CONSCIENCE

“Pernicious theories claim that there’s no harm in sexual activity if these intimacies are practiced between two consenting adults who both receive satisfaction from it. They blame society for their feeling of guilt. God has placed a conscience in us. It’s the outraged conscience which is offended by immoral practices. The guilt is a positive feeling urging one to do what’s right. When the offenders of God’s laws urge public acceptance of their actions, they are hoping to avoid the guilt which is inevitable when one sins. What’s right isn’t determined by vote or by public acceptance. The consequence of sin is unavoidable.

WHY BE CHASTE?

“The first reason is that it’s the command of God. The ringing command ‘Thou shalt not commit adultery’ was given to Moses for his people. This instruction was written in tablets of stone and reinforced in Scriptures many times. We read in First Cor. 6:9: ‘Do not be deceived! Fornicators, idolaters, adulterers, male prostitutes, sodomites, thieves, the greedy, drunkards, revilers, robbers—none of these will inherit the kingdom of God.’

“Not only is chastity adhered to for reasons of obedience to God, but for a divine purpose in preserving the individual from deterioration. When practiced universally immorality destroys civilization. Sexual sin brings with it injury to the individual and is corruptive to society in the following ways:

How Sexual Sin Corrupts Mankind

“Distraction and deviation: Sexual sin is a consuming distraction to a man in his work and causes him to deviate from worthy goals. In focusing his interests and energies in an addictive life style, he loses perspective which eventually leads to his downfall.

“Conflict in spirit: The spirit of God strives in every man to lead him to righteous paths. When a man is immoral, he brings himself into conflict with God’s spirit, or his own conscience, which produces a feeling of guilt. This guilt can cause emotional distress and mental illness. Immorality also destroys the finer or more noble things about him which emanate from a good spirit.

“Loses the spirit of God: It’s written in the Holy Scriptures, ‘He that looketh upon a woman to lust after her, or if any shall commit adultery in their hearts, they shall not have the Spirit, but shall deny the faith and shall fear.’ The spirit of God is greatly needed to guide a man to a successful life, to help him make wise decisions, lay sound plans, and use good judgment. When he loses the spirit of God, he’s left to grope along life’s paths with forces so bewildering and difficult that they defy solution. This brings failure, both in his family and in his work.

“Downfall of nations: The greatest threat of any country lies in immorality, and especially in sexual immorality. Like the columns of the temple of Gaza which Samson pulled down, causing the entire temple to collapse, so will immorality lead to the weakening and eventual destruction of an entire civilization. Sexual immorality was the principal cause of the disintegration of the Roman Empire, Greece, Persia, Babylon, Sodom and Gomorrah, and others. It’s the greatest threat in America today as well as many other countries and supersedes all other problems. It does, in fact, create most of them. If for no other reason than love of country and love of life should we avoid immorality and run from it as the greatest enemy of mankind. It will tear from us all that is near and dear.”

What Chastity Does for the Man

“In addition to avoiding the pitfalls which would destroy him, chastity brings strength, both spiritual and physical. That individual who will garnish his life with virtue provides for himself an armor of protection which will help him withstand other temptations. He will attain an inner strength of spirit which will help guide him to a more perfect life. In addition he will gain a bright countenance and a wholesome spirit which makes an evil-minded person uncomfortable in his presence.

“The morally pure person has peace of mind—a freedom from fear that some long hidden skeleton in the closet will be uncovered, that he will cross paths with someone with the ammunition to blackmail or embarrass him. In teaching chastity to his children, he can do so with conviction and power.”

The Bible has given comfort and guidance for thousands of years for those who struggle to be pure and disciplined. It teaches us to focus on what is good and it teaches that we cannot do anything without the Messiah. Only by focusing on him can we find peace and strength:

“Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.”
(Philippians 4:6-8)

“Not that I complain of want; for I have learned, in whatever state I am, to be content. I know what it is to be poor, and I know what it is to have plenty; in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want. I can do all things through Christ who strengthens me.”
(Philippians 4:11-13)

Why is it that there is so much immorality? Why is it that the Bible has been the most published book in history and so many Christians are not thinking about “whatever is pure”? I believe one reason is because most people do not study and think deeply about purity. They do not teach their children Bible passages on purity. Young people are rarely taught books on purity and abstinence. So many people blindly follow Hollywood that constantly puts pre-marital sex scenes in their movies. The richest woman in Hollywood is Oprah. She believes in fornication and pushes it on her popular television show. President Bill Clinton and his wife Hillary lived together before they married and he is famous for cheating on his wife. Where do Oprah, Bill, Hillary and millions like them read that it is right and good to have sex outside of marriage? Why isn't the Bible's commandment to be pure real for them and countless others?

The Bible is skimpy on explaining how a person is to live his or her life. Let's teach young people with good books on sexual purity like Aubrey Andelin's *Man of Steel and Velvet* that give good reasons to be sexually disciplined. Sun Myung Moon commands families to read his speeches everyday because his words are powerful arguments against the lifestyle of Hollywood superstars, immoral intellectuals on college campuses and those in the media who teach Satan's values. And we need to reinforce these words of truth with repeated readings and prayer.

The *Divine Principle* teaches that we grow our spirit body by guiding our physical body with words of truth. Those in spirit world can only grow by working with people on earth who overcome temptation and walk the line of purity and discipline. The only way to grow spiritually is to do the opposite of this fallen world and live by the values of “absolute sex” and hard work of service that Father teaches and lives. When we live a principled life we help those in spirit world who are attached to us. We cannot help them by paying indulgences to a church like the Catholic Church did. Martin Luther fought this nonsense. We cannot pay our way to a high place in heaven or pay the way for others by giving money to someone who says they can raise people spiritually. We can only raise ourselves and our ancestors by knowing what God's absolute values are and then rejecting the powerful influence of people like Oprah on earth and evil people like her in spirit world who entice us to re-enact the Fall. It is crucial that we read Father constantly, pray without ceasing and become strong spiritually. We have to live in spiritual communities instead of living alone so we can get help against the relentless assault on God's values by the massive forces of darkness around us. We are constantly at war with the evil ideology of free sex. Let's produce powerful, persuasive books and videos that counter the Liberal avalanche of decadent books and videos. Young people desperately need good role models to look up to. Father wants us to be those champions of God who live and teach true family values and fight the good fight against the vicious ideology of feminism. We are called to eradicate the false ideology of feminism from the face of the earth.

RESPONSIBLE

Father teaches us to be responsible. We have responsibilities. He tells us we have the responsibility to help the providence by being confident teachers of the truth with our words and deeds. We are to be reliable and trustworthy as God's ambassadors. It is up to us to solve the problems people have. He says:

What is the meaning of “providence?” [How God is working.] That is correct.
We have to ask ourselves whether we have completed our responsibility in

God's providence.

Suppose there are a thousand naked women and ten handsome men. What if the most ugly of the men is your husband. What would you do? If the most beautiful woman (man) has the most unattractive man (woman) for a spouse, would they have to go after their own spouse's love organ, or the most attractive one's love organ? [Their own spouse's.] You are right. But as a man, if you are standing there naked and the most beautiful woman comes and touches your love organ, will your love organ wake up or sleep? If that happens and your love organ reacts strongly, you are a thief, taking another's property.

No matter how ugly your wife, make love with true love three times and she will appear to be the most beautiful woman in the world in your eyes. Other beautiful women will give you no taste of sweetness, but your ugly wife will if you make true love three times. And if your husband is most ugly, but you open your heart and embrace and kiss him, it will be so powerful that he will want to eat your tongue. It will be the strongest hugging power. That taste of kissing is sweeter than honey. At that moment, will the husband and wife close their eyes or open them? That will require ten times the energy as usual, so the entire universe will mobilize to help you complete that process. If I talk more about this, you will grow tired of it. [No.] That means "know," K-N-O-W.

...the True Family's mission is to teach us how to live for others and give true love for the sake of humanity.

We know about the original creation and the fall. After the fall there was no understanding of restoration, but I corrected that. We know the history of restoration to the world level. We know how to describe Satan. We know of the Kingdom of God on Earth, the world of liberation and how to build it.

...we know how to become saints and divine sons and daughters.

There is family and youth breakdown, HIV and so many problems under the surface, how can the world stop this disintegration? Hope comes only by our absolute foundation.

This is the only way to go, whether we personally like it or not. With that confidence and pride, will you march forward? ("True Parents' Completion of Responsibility in View of Providence" December 26, 1999)

TRAINED TO BE DISCIPLINED

Father's job is to teach us how to be spiritually mature. He has worked tirelessly to train us to be the most disciplined people who have ever lived. He teaches in very plain language that our goal is to become perfect like he is. He always equates perfection with being able to resist the three main temptations of Satan—food, sex and laziness. He especially focuses on sexual purity. Jesus said we are not to commit adultery and we are not even supposed to think about it. Father speaks strongly about how we are to never fantasize and be sexual with anyone but our spouse. The following are excerpts from a speech about being disciplined leaders for this world. Father says we are supposed to become people that "God does not have to worry" we will fall when "we go out into the world." Our goal is to be absolutely trustworthy.

Father has done his best to be a parent and train us to be strong, godly people. It is now time for Unificationist parents to train their children to be strong. He says:

What is the purpose of training? Of course to learn something. Mankind fell because of ignorance. If Adam and Eve knew enough they would never have fallen and suffered the consequence. It was due solely to lack of knowledge, ignorance that led to the Fall. Therefore the purpose of training is to learn enough, even beyond Adam and Eve's knowledge level, to know for sure, so that there is no room for the Fall. Instead of being ignorant we will go through training and become knowledgeable, not ignorant people, then there is no possibility to fall again. During the course of knowledge training we gain all knowledge about what fallen people are like, knowledgeable people are like, and about what the real cause and essence of the Fall was and how to prevent it, even who Satan is.

Through this course we become more and more clear, very clear, about the existence of Satan and the existence of actual people who Satan acts through give and take and who are Satan with a physical body. We know that possibility. We also know the world that is composed of that kind of individual whose mind is controlled by Satan. We can very clearly see that they fight each other. Satan is on top of them so they lie and deceive each other. It is either Satan or God. If God is the real master then they will not behave that way. So we can conclude it must be Satan who is on top of them because they behave that way.

Until now we knew about the satanic world but not that clearly. We knew there was something wrong but we did not know precisely that there is Satan, a real entity, like God, that straightforwardly works through man as an object. We now know that is Satan in action, and the society is largely a satanic world, and also that there is spirit world centered on Satan. We all know this so clearly, whereas people in the world don't know this. They are in it but don't know it. We have complete knowledge about how the Fall came about and how the world is now.

COMPLETE KNOWLEDGE ABOUT SATAN

Our purpose for giving training is to provide that knowledge, and to implant it unmistakably in each individual, so that with that knowledge each individual will never make the same mistake again. Once we go over the training period in which we gain complete knowledge about Satan and about mankind, by rightfully exercising that knowledge then you can immediately tell if your friend is a good friend on God's side, or if another friend is more on the satanic side or God's side, or at only at that particular time on the satanic side. You can tell, can't you?

NO CHANCE OF FALLING

We have all kinds of Unification Church members. All members are not at the same level. There are very weak members and strong members. Where can we draw the line and say beyond this are Unification Church members, others are just intermediate members, temporary, transient members? Which are Unification Church members? Actually, to make a strict definition of Unification Church members, when a person has complete knowledge of Satan and the human Fall and restoration, so he has no chance to fall back into the satanic world, then we can say for the first time he is a Unification Church member. This is a rather high criterion for today's reality but we have to maintain this criterion. Then he knows clearly about Satan and has no chance of committing the Fall again. So that is the purpose of this training, to provide

knowledge to come to this level.

COMPLETE MAN

What the Old Testament intended to teach man and what the New Testament aimed to teach man and what *Divine Principle* aims to teach man is all consistent, they are not contradicting each other. In other words, they are all designed to teach man as a complete man.

THE MESSIAH DEFEATS TEMPTATION

And the Messiah is a quite typical example of that, a complete man, nothing else. If you simplify it, the Messiah is a perfect man, for the first time in history. Perfect man must have won over Satan completely. The worldly example of what the perfect man would be is if the most beautiful, tantalizing woman came next to that perfect man he wouldn't budge, not just conceptually, but also physically. Whereas any so-called best man in the world, if that situation arises he has no chance, he will just fall right in. Whereas the perfect man won't. And also if there are millions of dollars of bullion stacked up here, and there is a situation where he really needs money, he will not touch that money. He will not yield to temptation. And where there is a situation where he really wants to grab power, for some reason other than that of God, it is within his reach and no one will question it, he will not fall for it.

BEYOND THE TEMPTATION OF FOOD

And somewhere he is tested. The three tests of Jesus in the wilderness are a classical example of Satan's test. After so many days of fasting, Jesus was very hungry, and there was food, but not for Jesus. And Jesus did not fall for it. Jesus said, 'No. Man does not live by bread alone.' He denied this utmost necessity for survival. When a person is hungry and enticement by beauty is right nearby, of course hunger comes earlier. That means that because Jesus has gone beyond the temptation of food that he has gone beyond other enticements. So through his success on this one test we can know that Jesus has gone beyond satanic enticement.

Secondly, Jesus needed a church very much, and he was asked by Satan to jump down from the temple. That's what Jesus needed most badly, perhaps more than food, but Jesus said no. And also he was looking for the glory of the world for God, and Satan said I will give this to you if you worship me, but he did not do that. As much and as badly he needed the glory, which he can return right to God, he refused. So through the example of Jesus' trials we can imagine our own trials too. Since we are not yet completed, not yet gone beyond the boundary of the satanic world, there is always temptation there. Someone may offer to provide you with a complete scholarship, at the best school in the United States, you can go to law school and go to the top of the ladder, and show you precisely the money. Or a beautiful woman may visit you, all naked, in your bed. That is the kind of temptation Satan will give you. Then Satan will offer what you need the most to fulfill your dispensation, if you do something for him. If you have desire to become the president of your country, which is not necessarily bad, and Satan knows this, Satan will come around and say, if you do this and that you will become the president of your country.

Then what is the answer to these temptations? What do we have to answer to them? Do we say no, or yes? Of course yes is not the right answer, but no is not the right answer either. The only right answer is, "I don't care what I become, the only thing I want to become is a son of God, that's all I want. Then through God's love, I will become the president of United States. Without God's love and becoming a son of God, I don't care what I become; I don't care if I become the world president, a teacher of a primary school, I don't care what I become, the only thing I want to become is a son of God. And through being a son of God I will receive love, and then maybe He will make me president, then I will take it. I really want to take it, but not any other way."

ABSOLUTELY CONFIDENT

So the purpose of training here is to equip fallen man with enough knowledge to not only resist the temptations, but also to know inside and out, like all educated people, that when Satan comes around and tests you that you not only resist the temptation but you also scold Satan for testing you. Throw the book at him for testing you. He has no right to test you. So once you know that, how can you be more confident? You know the satanic world, no matter what kind of temptation comes around, nothing bothers you. Then, once you have become absolutely confident, you know what Satan is like, you know the satanic world, what it is composed of, how it originated, once you are completely knowledgeable about that, then you have confidence. Now I am trained right I will go out and cope with it.

PERFECT MAN

[Be] ...a perfect man who will never fall into temptation when you go out into the world. This is the principled way.

What does a leader do, and what does a member do? A member survives in the satanic world without being violated. A leader goes into the satanic world and not only survives but also picks up the people and saves them. That's what a Unification Church leader is capable of doing. This is the absolute standard training course we must go through, the formula.

GO OUT INTO THE WORLD

So if you know the real meaning of this training program you must go through it. Once you go through this training program successfully, you cannot help becoming a heavenly person, which is the same thing as God's son and God's daughter and no one can be opposed to that. If we maintain our rigid standard of training in this program, it will be absolutely necessary for real Unification Church members. If this is maintained and everyone goes through this training program, then for the first time in history, except for the Messiah himself, everyone can go out into the world and God does not have to worry about it.

Once we achieve that standard then the standard will widely prevail. Then if one sister and brother happen to stay in one room overnight no one will suspect that anything will happen. One will have to try very, very hard to fall, it is impossible to fall. This is not only talk but the way it must be. And we must train ourselves to become that way. Pushing this to the extreme, say we have one naked brother and one naked sister, face to face, and we put the rope around

them all night and they couldn't care less! Only they will feel uncomfortable because they are tied up and can't move, but eventually they will be tired and sleep. Then in the morning everyone will congratulate them because they will say only they had a rather uncomfortable night but that is all.

TRAINING

No one trained me so I had to train myself. I went through that training within myself. As you can imagine all sorts of female members were ready to give up their life for me, and all sorts of situations came. But for the sake of God's love I forgot everything else, except God's love. Only after that you gain everything back, everything. Then after that, when I was preparing to marry the most ugly woman, heaven brought the most beautiful woman for me to marry. This is the result, how I came to marry such a beauty as Mother! Without this you can never go back to God.

Do you now know better about Home Church? Do you know the meaning of the Messiah having sacrificed himself? When somebody comes and beats you up with no reason, you should not complain because you are offering yourself. When you kill a lamb he will not resist you, not complain to you, so you should not resist whoever comes to you. This is not only what we should do but the way I have been throughout my life, never complaining. I never even prayed a prayer for God to punish someone. What it took me all my life, you are allowed to do in three years. We will sacrifice and never complain, centering on the 360 homes we will do everything.

You must make the best offering, and usually the offering is the one who has the single mind, not a double mind. Like the calf or lamb that gave birth, their offering cannot qualify. Like Adam and Eve they must be unspoiled, virgin. And we ought to be really grateful, especially when we are not virgin, we must regret that to God. In such a situation it is absolutely out of the question if a glimpse of a thought comes in our mind: she's the type I like, or he is the kind of boy I would like to marry. If we do that we are no longer an offering.

RESIST ALL TEMPTATIONS

My path is exactly the same. The fact that I stayed single until I was 40 years of age without marrying is exactly that. I resisted all the temptations and made sure all the conditions were met. Even the thought, that woman is beautiful, or I would like to live with such a man, is not permissible in our situation. When I touch the sisters here, sisters who are usually sensitive, they are not when I do it, because there is no such meaning in it.

For the first three years of my mission I did not eat on my birthday. Fasting was the way to spend my birthday. Imagine, did Jesus celebrate his own birthday? If Jesus didn't, what is the ground, the justification, for celebrating our birthday? It is really the reverse of the Western way of thinking. Nevertheless I did it this way. Where do we start in restoration? At the rock bottom, the most miserable place, then we gradually go up and up. So is Home Church that kind of ground for you? I pointed out that your situation is so good compared to Jesus because you have ground to work on.

NEVER COMPLAIN

Physical tiredness is really nothing. If you think you are physically tired and you think of complaining, it is out of the question. You know how I worked making nets, throughout the night for three or four days continuously. That's the tradition you have to catch up to. I never complained although I was just as tired as you. You know for sure now. So we will never complain and heaven simply must fall in love with us.

FEARLESS

Father teaches us to be fearless. Satan introduced fear into the Garden of Eden. Father has come to eradicate fear from this fallen world. He constantly tells us to never be afraid. For example, he says:

What have you to fear? You are free. You are American citizens. You have the right to work twenty-four hours a day for the sake of your country. Can they put you in jail for that? They chase after me day and night, but they will not come after you. You were born here, but you cannot feel what I am feeling for this nation. You cannot feel the emergency this nation is in. This is what pains me more than anything else. You have no idea. We have to have a heart-to-heart understanding. I want a firm foundation before I depart from America. Are you tired? That word doesn't exist for us. I should have been tired years and years ago. I am over sixty years of age. I am almost at the age of retirement. And yet, I am going at twice the rate you are.

Do I look fearful to you? Then why do the Communists fear me? To you, I am like a father, but to them I am a fearless and relentless fighter. (*God's Will and the Ocean*)

Therefore, America's David is you, the Unification Church. We are summoned. David is standing in front of Goliath. Now Goliath is laughing at David, but David, however small, knows that God is with him. He has firm belief that God is with him and has untiring faith that God's power is working within him. He never fears. With God with him, David becomes an invincible and fearless person. David is waiting for the final command from God and as soon as the command comes, he will fight with one stroke, and the decisive victory will be won. How perfectly identical our position is to that of David! However; we must be better than David. At least David had his own nation—Israel. But we do not even have our own nation. We are emerging out of our wilderness and coming into our own power.

Our battle could be even more dramatic than the battle of David. We have formed our power in the wilderness, and have come against a giant more powerful than Goliath. Our victory will be a victory for God. The command to march forward against Goliath is coming today. I only hope you are ready—in your spirit, your faith, your determination, and your well-being. We must realize what kinds of situations are waiting for us at the end of this battle. We are in a position to pay the indemnity for all the worldwide problems in the final day. If we fail this battle, if we become a defeated David, then untold tribulation is ahead for this country, the people of this world, and you. We have no way to pay, except by our blood and flesh.

A MATTER OF LIFE OR DEATH

We are in the position to face death either way. If we retreat, death is waiting for us. If we march forward, death is also waiting for us. What shall we do? You have to decide on that point. Those who have that resolve raise your hands. This day determines whether we achieve hope for the world, or disaster for the world. This is a life or death matter, and your life or death will be decided by you on this very day. Don't worry about the surroundings. Don't worry about what the enemy looks like—these are not the factors to decide victory. The key to victory is within you; it is not external. All that I fear is that you may disobey God; I have no other fear. I am glad I am here to be able to make this proclamation, this declaration. This is already a step toward victory, since in order to make this declaration I had to make certain preparations. (*God's Will and the World*)

THE TRUE MEMBER IS FEARLESS

I want you to know that God is straightforward. He will not detour but will go ahead regardless of what happens. When God moves and there is an enemy roadblock, God knows that His advance will ultimately smash all opposition. God knows that it is the other side which will be shattered. Therefore, the true man and the true member is fearless, having the courage to clash with opposition and knowing the other side will eventually fall away. He will always take the adventurous way, not avoiding anything in order to seize the advantage. You must live that way every day. God is eternal; therefore, I am an eternal being. God is unique; therefore, I am unique. God is unchanging; therefore, I will never change. God is absolute so I am going to be absolute. That is the way you must think every day.

TRUE MAN

How do we know Jesus was a true man? He didn't write a big sign on his forehead or get a Ph.D. He didn't have any extraordinary size or power. Why do we know him to be a true man? We know Jesus was a true man because his way of life was parallel with the will of God and fit perfectly the description of God's way of life. We know that Jesus Christ was born solely for the will of God, that he lived solely for the will of God and that he died solely for the will of God. At the critical moment of Jesus' death on the cross he died as a Messiah and with the dignity of a Messiah, not as an ordinary man, a sad man or a man taking cover. He deeply felt, "Even though the Roman Empire opposes me now, it shall receive my mercy. Even though the Israelites oppose me, they shall receive my mercy." Therefore, Jesus had room to forgive them, room to pray for them and to embrace them.

Jesus could not give up the will of God by resenting their adamant opposition to his efforts to save them. Jesus certainly could not abandon his mission at that moment by hating the people. He was a true man because he perfectly lived the life of God. He was a walking God. There was no separation between God and Jesus, and because no one can destroy God no one can destroy Jesus Christ. The crucifixion was not his destruction; God manifested the power of resurrection so that the world could see that Jesus was never destroyed. ("God's Will and Christmas" December 25, 1976)

GUTS AND CONFIDENCE

I hope that you have guts. When I sent my representatives to 120 countries, I said to them, "You are the seeds of Heaven; you must be spread. You must prosper. The seed grows a root. The root penetrates the earth, and you will grow." They have guts and confidence. (*God's Will and the World*)

CLEAR VISION

Because we know the *Divine Principle* and Father's words and deeds we have the truth that sets us free. The truth makes us absolutely strong and confident. Father says we "were in darkness" before we met him and now we "have a vision"— "the best of all ideologies.":

Let me ask, did you change by joining the Unification Church? Did you find a new you? Your values of life have become different since joining. In the everyday world parents worry if their teenagers don't go out on dates, but the Unification Church is different. We are not worried about that at all because we are busy dating God instead. The entire world is inclined more and more toward free sex and sensual desire, but here in the Church we are absolutely living up to a God-centered moral standard. ("New Morning of Glory" January 22, 1978)

Think about your life in the days before you knew about the Unification Church and then think about yourselves today. You find a marked difference in your own heart. Before you were in darkness but now you have a vision and goal and clear-cut direction. Do you think someone can bring you back down to the dark days of your life before the Unification Church?

In the Unification Church we have the most healthy family life; we live the healthiest of all moral lives, and we have the best of all ideologies. We do have the superior system to any conventional way of life and naturally it will survive and prosper and will eventually influence the entire world. That is the destiny of history. ("Mainstream of the Dispensation of God" November 19, 1978)

In this book I quote from many books. I know that most people are not readers of nonfiction religious books about theology and moral values. We live in a digital age of Internet, movie theaters, CDs and DVDs. Some aspects of the ten principles I write of in this book are presented in excellent audio and video form by non-Unificationists. I will end this chapter by directing you to some of those audio-visual materials. I plan on making audio CDs and DVDs of my books. At the printing of this edition I have made two DVDs of the *Divine Principle* titled *Divine Principle: The Basic Theology of Sun Myung Moon Video Series — Chapter One — The Principle of Creation* and *Divine Principle: The Basic Theology of Sun Myung Moon Video Series — Chapter Two — The Fall of Man*. If you would like copies please write to the email address at my website and I'll let you know how to get them. Some who have watched my DVDs have told me that their entire family ended up watching it. This is the power of audio-visual. Everyone watches it. They are both around 30 minutes long. Some members have put them on public access in their towns so people could see them on television in their homes. Please put these DVDs in libraries and on free public access television.

I wish I could say that there are many hours of audio and video of Sun Myung Moon teaching his values but I cannot. At the website for the Internet bookstore of Family Federation for World Peace and Unification at www.hsabooks.com there are no audiovisuals of Father teaching. You cannot buy any audio-videos of Father giving a speech at the Family Federation website www.familyfed.org or at the Unification Theological Seminary's website www.uts.edu. Father has made sure that there have been thousands of hours of video of him speaking but the leaders of the Unification Movement have never released those videos for the public to watch. You have to go outside the so-called official movement to find videos of Father. On Youtube.com I recently watched Father praying for ten minutes in tears with English subtitles about how painful his course has been and how God's heart is broken. It is amazing and moving to watch. I don't know who put it on but for some inexplicable reason those in charge of all the thousands of ours of audio-visuals of father have never released them for the public.

The power of audio-visual is immense. Just imagine what it would be like to watch and hear Jesus on video. At the end of the book I have a suggested reading list. I believe every father should teach these books and watch these videos and listen to these audios with their wives and children and then discuss how they can implement these values into their lives. We are in the greatest battle between good and evil in human history and to win we need to teach our children the truth. For the commandment on purity I recommend the following DVDs: *I Kissed Dating Goodbye, DVD* by

Joshua Harris (www.joshharris.com) and *Sex at its Best: A Positive Morality for Today's Youth* by Ron Hutchcraft (hutchcraft.com)

I challenge every Unificationist to be sexually pure and be disciplined to resist the temptation to speak any impure words and put anything impure into their bodies such as alcohol, drugs, tobacco, and non-organic food.