

"As a Peace-Loving Global Citizen" 8 Session Book-Based Study Guide for Small Groups"

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HOW TO USE Your Small Group Study Guide

EXPLANATION OF FEATURES, CONTENT, AND PROCEDURES

The study guide contains 8 sessions that correspond to the 8 chapters of Rev. Moon's Autobiography. The material in the study guide is meant to be a complement to the book "As a Peace-Loving Global Citizen." It is expected to take a minimum of 8 weeks to complete a small group study of Rev. Moon's Autobiography.

Weekly Book Reading & Weekly Assignments: During each week of the 8 week study, group members on their own will read one chapter from the book. (On average you will need to read about 15 pages per day during the week to finish a chapter.) After reading the assigned chapter in the book group members will then complete the corresponding study guide session Weekly Assignments. The Weekly Assignments are designed to help you put into practice the insights and wisdom you encountered during the weekly book reading.

Weekly Group Check-In: At the start of each weekly meeting everyone will have the opportunity to participate in the group *check-in*. The group *check-in* gives participants a few minutes to get in touch with how they are feeling before the study begins. This is important because we don't want to sit on unresolved feelings during the meeting. Some sample *check-in* questions are: What was the high or low point of your week? If you could relive a part of your week over again, what part would it be and why? After the group *check-in*, participants can report on their progress made in completing the Weekly Assignments.

Answering Exploratory Questions in the Study Guide: After sharing about the Weekly Assignments, participants will begin reading directly from the study guide. The Exploratory Questions provided in each session are directly shaped by key passages selected from the assigned book chapter read during the week. The questions are designed to prompt self-reflection and intimate group discussion. Do not worry about answering all of the questions during the meeting. The material in this study guide is meant to be your servant and not your master. Do not rush. Give everyone ample time to answer a question.

Prayer Direction: Time will be allotted during the weekly meeting for group prayer. Suggested focus for prayer will be provided. Praying together is a privilege. Don't take it for granted.

As a Peace-Loving Global Citizen

8-Session Small Group Study Guide

Introduction

In his Autobiography “As a Peace-Loving Global Citizen” Rev. Moon describes for us his life-long effort to live each day focused on loving God, humanity, and the natural world. He speaks to us about the kind of person he believes himself to be, and he describes for us what his concerns and actions have been throughout his life.

In the Christian tradition, books like the classic novel written by Charles Sheldon “In His Steps” call upon the reader to consider how much their own life reflects the kind of heart and love Jesus demonstrated to the world. In the same vein, Rev. Moon’s Autobiography calls upon the reader to reflect on what it means to live a life dedicated to loving God and the world.

Purpose of this small group study guide:

The purpose of this 8-session book-based small group study of “As a Peace-Loving Global Citizen” is fourfold:

1. To learn about the life of Rev. Moon;
2. To consider to what degree our own lives are dedicated to loving God and serving humanity;
3. To improve our lives and help improve the lives of others by applying any insights or wisdom shared with us by Rev. Moon through his Autobiography; and
4. To live a more dynamic and inspired life.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 1: **FOOD IS LOVE**

1. At the beginning of Rev. Moon's Autobiography he shares with us that although he has been unjustly imprisoned and mistreated during his life, he does not hold any grudges or carry any resentment towards those who mistreated him:

I have been unjustly imprisoned six times in my life ... and at times I was beaten so hard that the flesh was torn from my body. Today, though, not even the slightest wound remains in my heart. Wounds easily disappear in the presence of true love. Even enemies melt away without a trace in the presence of true love (p. xi).

Question: Do you think it is possible for us to go through life without any bitterness in our hearts towards those who have intentionally mistreated us or sought to bring harm to our lives? If you are comfortable enough, share your answer or perspective on this with the group.

2. According to Rev. Moon, he has been living his entire life with a deep desire to bring about a world of peace:

I have lived my life with just one thought. I wanted to bring about a world of peace, a world where there are no wars and where all humankind lives in love (p.2).

In trying to describe for us what he means by peace, Rev. Moon tells us a story from his childhood that illustrates how he learned about the meaning of peace. Often he would fall asleep after playing in the hills and forest behind his house. Sometimes his father would have to come looking for him. During these times he would pretend to be asleep as his father approached him. His father would then lift him off the ground and carry him on his back down the hill to their house:

That feeling I had as he carried me down the hill—feeling completely secure and able to let my heart be completely at ease—that was peace.

That is how I learned about peace, while being carried on my father's back (p. 3).

Question: In thinking about your own life, can you recall times when you felt completely secure and when your heart was completely at ease? If so, can you share about such moments with the group?

3. Rev. Moon believes that to heal our world which lacks love and hope we need to go back to the kind of pure hearts we possessed as children:

To heal a world where there is no hope, and which is lacking in love, we need to go back to the pure hearts we had as children (p.7).

Question: Which qualities do you think children demonstrate that often prompt adults to say that children show a good example on how to live life? Do you see some of these qualities in yourself right now?

4. Rev. Moon recalls that while he was growing up, his family always made it a point to serve food to others whenever possible, even at times to complete strangers:

I am always reminded how my grandfather never missed a chance to share food with others (p. 11).

Question: Do you have any fond memories you can recall about times when you were lovingly served food by others? Can you share with the group about it?

5. Rev. Moon fondly recalls the influence his great-uncle had on him when he was a young boy of around eight years old. This great-uncle Yun Guk was involved with the Korean independence movement that was working to liberate Korea from Japanese colonial rule (1905-1945). Late one night while he was lying in bed, his great-uncle, who at the time was living in the Moon home, was visited by some fellow members of the Korean independence army. They were talking in the kitchen for hours about how they were going to eventually gain freedom from the Japanese:

To this day, I cannot forget the words that I heard Great-Uncle Yun Guk speak as I lay there under the quilt, holding my breath in excitement: "Even if you die," he said, "if you die for the sake of our country, you will be blessed." He continued, "Right now, we can see only darkness before us, but the bright morning is sure to come" (pp. 18, 19).

Question: In your own life can you recall special moments when you were influenced in a profound way by someone like an older aunt or uncle, a teacher, an elder, etc.? Please share with the group about this experience.

6. In the section "Stubborn Child Who Never Gives Up" Rev. Moon tells us that as a young boy growing up he was highly competitive, very stubborn, and did not like to ever lose at anything:

My competitive spirit was as strong as my stubbornness. I couldn't stand to lose in any situation (p. 24).

Question: When do you think it is appropriate to be stubborn? Do you believe it is a good thing to never want to lose at anything and to always want to be the winner? Please share with the group about this.

7. In the section "Loving Nature to Learn from It" Rev. Moon tells us about how he disliked one of the chores his father gave him, that of feeding the family cow. He shares how he would just take the cow to a meadow, tie it up, and leave it all alone for the day while he'd go run around and play. Later on when he'd return to the spot where he'd left the cow many hours earlier, he'd find the cow just standing there, not moving, in the exact same spot where he'd left it in the morning. Rather than appearing angry or upset for being tied up and left alone all day long, Rev. Moon says that the cow seemed to be happy to see him again. He then tells us that he realized something through this experience with the cow:

This made me realize that a person's perspective on a major objective in life should be like that of a cow. Bide your time with patience, and something good will come to you (p. 33).

Question: Is there something right now in your life that you have been patiently waiting for to occur and has yet to happen? If so, how have you been "biding your time" while waiting for this result to come?

8. Rev. Moon tells us a story about how the family dog taught him about love:

There was a dog in our home that I loved very much. It was so smart that when it came time for me to come home from school, it would run to meet me when I was still a long distance from home. Whenever it saw me, it acted happy. I would always pet it with my right hand. So, even if it

happened to be on my left side, it would go around to my right side and rub its face against me, begging to be petted. Then I would take my right hand and pet it on its head and back. If I didn't the dog would whine and run circles around me as I walked down the road.

"You rascal," I would say, "You know about love, don't you? Do you like love" (p.33)?

Question: Can you recall any moments in your life when you felt the power of love flowing between yourself and an animal? If so, share this with us.

9. In the section "Talking About the Universe with the Insects" Rev. Moon says that before entering a village for the first time he was able to tell about the character of people living in the village by spending time outside the village listening to what the crops in the fields would tell him:

I would go into the meadow of the village and spend the night there, then listen to what the crops in the fields would tell me. I could see whether the crops were sad or happy and that would tell me the kind of people who lived there (pp. 37, 38).

Question: What is your response to this story about how Rev. Moon communicated with the crops in the meadow as a way to find out about the kind of people who were living in the village?

10. In the last section of Chapter 1, "Ardent Student," Rev. Moon tells us a story about how, while giving a speech during the graduation ceremony at his middle school, he criticized his teachers and pointed out problems of how the school was being run:

I said these things in front of the chief of police, the county chief, and the town mayor. I was taking after the spirit of Great-Uncle Yun Guk Moon and saying things no one else dared to say. The audience was shocked. When I left the stage, I could see people's faces had turned pale. Nothing happened to me that day, but there were problems later on (p. 43).

Question: Can you recall any times when you felt it necessary to strongly speak your mind to someone privately or in public, knowing full well that by doing so you might end up getting in trouble or falling out of favor with someone? If so, can you share about this with the group?

WEEKLY PRACTICE ASSIGNMENTS

1. Read the article "*LIVING LIFE CHILD LIKE*" by Avani Mehta.
2. From among the five suggestions provided in this article select one of them.
3. Create a "Living Life Child Like Action Statement." This statement will consist of a title and one short paragraph. You create the title by using the suggestion you have picked and then add onto it "Like a Child."
Example: "Give Happiness Its Place - Like a Child."
4. Compose one short paragraph explaining how you will live like a child during the upcoming week, as you focus on the suggestion you have picked. During this upcoming week, and before the next group meeting, make time to share with your group members about your experiences with this activity.

PRAYER DIRECTION

Pray for guidance to see any obstacles or barriers lodged within your heart that might be stopping you from experiencing living life child like.

MOVING FORWARD

During the next week read Chapter 2: MY HEART FLOWS WITH A RIVER OF TEARS.

1. Complete the corresponding Weekly Assignments in the study guide and come prepared to the next meeting ready to discuss about them.

LIVING LIFE CHILD LIKE-Avani Mehta

So, Like A Forgotten Fire, A Childhood Can Always Flare Up Again Within Us. – Gaston Bachelard

There is something magical about childhood that makes all of us wish to revisit it. I used to wonder, is it possible to bring elements of childhood to our present life. Is it possible to live life in such a way that we can experience the wonders of childhood for life? As I look back at all of my cherished memories, what stands out is that though individual experiences cannot be brought back, I can bring back who I was then and live life fully – the way a child does. I can live life child-like by being childlike.

1. Give Happiness Its Place

There Is A Garden In Every Childhood, An Enchanted Place Where
Colors Are Brighter, The Air Softer, And The Morning More Fragrant
Than Ever Again. –Elizabeth Lawrence

Every emotion in life has its own place and importance. And from all of them, some form the center of our life. As adults, we give way too much importance to sadness and worry and make them our center. We keep looking out for opportunities to be happy – but because it is not our center, sooner or later we have to leave it and go back to sadness and worry. It seems children are more intelligent than us. They have put happiness in their life center. And every day, they keep building habits that strongly tie happiness to the center. Every day they seek and create more and more reasons for happiness to stay in center. For some fleeting moments, they do get sad, but because of their strong habits, they come back to happiness effortlessly.

2. Remove All Labels

A Grownup Is A Child With Layers On. – Woody Harrelson

We use labels to describe ourselves and others. However, labels have such power that once set, they define us rather than we defining them. They influence our thoughts and actions. They influence the way we see ourselves and others. Hence, remove all labels that you have set for yourself and for others. Let nothing stop you. What happened before need not happen now. No one should be judged based on their past. No one's potential can be determined by how they have lived so far. Believe in self and others. Not in the labels. Kids do this. Kids don't have labels. Yesterday they were pilots, today they are doctors and tomorrow they will be supermodels.

3. Short Term Memory Wins In Long Term

I Wish I Didn't Know Now What I Didn't Know Then-Bob Seger

Bad memory is a gift. Everyone should have one. It's a blessing for relationships. Kids fight and make up and forget all about it. Adults fight and then they fight. It never goes beyond that. If they are lucky, they may make up with each other. But the fight is not forgotten. It is saved for the next fight. As a kid, I have had my share of fights with siblings. And for every fight, there was only one answer – we were asked to stay in one room till we

made up. Within 5 minutes, we not only made up, we were best of buddies again. Most importantly, the fight was forgotten the moment we made up.

4. Fun, Fun And Fun

Kids: They Dance Before They Learn There Is Anything That Isn't Music-
William Stafford

This of course is everyone's favorite – having fun in each activity, have a blast no matter where we are and what are we doing. Kids are very creative over here. A set of cards is not just a game, it is money and palace and huts and trains and secret pass keys and what not. They not only have fun but they make having fun a top priority. Everyday there is time for school and studies and loads of fun. We need to learn how to balance our life from them.

5. Open The Wonder Eye

There Are No Seven Wonders Of The World In The Eyes Of A Child. There Are Seven Million.-Walt Streightiff

To experience being a kid, learn something new—on your own or through a class. Fresh experiences make one alive. It removes stagnation and boredom from one's life and fills it with curiosity and wonder. Kids are interested in each and everything. They have unlimited number of questions and the more we answer, the more they will ask. Their favorite one of course is 'Why' to everything we say and all our answers.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 2: **MY HEART FLOWS WITH A RIVER OF TEARS**

1. Rev. Moon tells us that by the time he was around sixteen years old he found himself wanting to help end people's suffering and make them happy:

I wanted to become a person who could take away the tears that flowed from people's eyes and the sorrow that was in their hearts. When I was lying in the forest listening to the songs of the birds, I would think, "The world needs to be made as warm and tender as those songs. I should become someone who makes people's lives as fragrant as flowers" (p. 46).

Question: When you were in your teenage years, can you recall how you felt about the world and your place in it? Did you have any hopes and dreams?

2. Rev. Moon testifies to us that at the age of sixteen, while deep in prayer during the early morning hours of Easter Sunday, Jesus suddenly appeared before him in a spiritual vision and spoke to him, telling him that he must take on a special mission involved with saving humanity from suffering and bringing joy to God.

That day, I saw clearly the sorrowful face of Jesus. I heard his voice clearly. The experience of witnessing the manifestation of Jesus caused my body to shake violently, like a quaking aspen's leaves trembling in a strong breeze. I was simultaneously overcome with fear so great I felt I might die and gratitude so profound I felt I might explode. Jesus spoke clearly about the work I would have to do. His words were extraordinary, having to do with saving humanity from its suffering and bringing joy to God (p. 50).

Rev. Moon further testifies that he was confused by this vision of Jesus, because he could not understand why God would be asking him, a teenage boy from Korea, to be involved with taking on this kind of mission:

My initial response was, "I can't do this. How can I do this? Why would you even give me a mission of such paramount importance?" I was truly afraid. I wanted somehow to avoid this mission, and I clung to the hem of his clothing and wept inconsolably (ibid.).

Since the death of Jesus 2,000 years ago numerous accounts of the appearance of Jesus have been claimed by people. Many claims have been dismissed. Some claims have been accepted by institutions like the Catholic Church.

A book published in 1997 by Oxford University Press, "Visions of Jesus: Direct Encounters from the New Testament to Today," is a contemporary critical study, from a mental, psychological, supernatural, and neurophysiological perspective, of thirty people who claim to have had an encounter with Jesus.

Question: When you read about Rev. Moon's claim that he had a personal encounter with Jesus Christ, what do you think about this claim? Do you consider it possible? Can you share your thoughts and feelings about this with the group?

3. Rev. Moon tells us that after his first encounter with Jesus at the age of sixteen his life totally changed, and he became consumed with a desire to understand God's intentions for his life:

My encounter with Jesus changed my life completely. His sorrowful expression was etched into my heart as if it had been branded there, and I could not think of anything else. From that day on, I immersed myself completely in the Word of God. ... I embraced new words of truth that Jesus was giving me directly and let myself be completely captivated by God (pp. 51, 53).

Rev. Moon testifies that for the next nine years he adopted an intense prayer life and diligently studied the Bible in his earnest desire to know the truth and understand God's desire for his life. Suddenly his spiritual eyes opened up:

... It was as if my years of prayers and search for truth were being answered. It happened in a short time as if a ball of fire were passing through me (p. 76).

... In this moment all the secrets of the universe were resolved in my mind. Suddenly, it was as if someone had turned on a movie projector. Everything that had happened since the time humankind broke God's commandment played out clearly before my eyes. Hot tears flowed continuously from my eyes. I fell to my knees and bowed my head to the floor. For the longest time I couldn't get up. Just as when my father had carried me home on his back as a child, I laid my body down in God's lap and let the tears flow. Nine years after my encounter with Jesus, my eyes had finally been opened to the true love of God (pp. 76, 77).

Rev. Moon testifies that by the time he was twenty-five years old, God had revealed to him the secrets of the universe regarding why the world is suffering and what needs to be done to create a happy, peaceful world. He further testifies that he realized at this time that God and Jesus had revealed these truths to him because it was his mission to bring about a world of peace:

Jesus had appeared to me as a boy of sixteen years old because he wanted me to know the root of Original Sin that humankind had committed and to bring about a world of peace where sin and the Fall would no longer exist (p. 77).

Question: Do you think it possible that one man could hold the key to resolving humanity's problems and bringing about a peaceful world on this earth? Share your answer with the group.

4. In the section "Befriending Laborers by Sharing Their Suffering " Rev. Moon tells us that in order to acquire good character and to be a person who can acquire greatness, it is necessary for us to experience many difficulties and hardships in our lives:

People need to discover new possibilities in the midst of hell. It is only when climbing out of the depths of despair and making a new determination that we can be reborn as people able to pioneer a new future (p. 73).

Question: Is there a particular event or circumstance in which you felt you were at the very bottom of despair but then later found yourself no longer on the bottom, but instead "on top of the world"? How did you bring

about this change in your circumstances? If you feel comfortable enough, can you share about this with the group?

5. In the section “A Command That Must Be Obeyed” Rev. Moon tells us the story of how he was suddenly given a command by God that he had to obey without hesitation. This command required him to depart from his wife and new-born first son. He was on the way to purchase some rice for his family from a town north of Seoul and just south of the 38th Parallel when God’s command came to him. This was around one year after World War II had ended:

On my way [to buy the rice] I received a revelation that said: “Go across the 38th parallel! Find the people of God who are in the North” (p. 84).

I immediately crossed the 38th parallel and headed for Pyongyang. It had been only one month since our first son was born. I was concerned for my wife. I knew she would be anxiously waiting for me, but there was no time for me to return home before going north. God’s commands are very serious, and they must be obeyed without reservation or hesitation (ibid.).

Question: Have you ever been in a situation where you knew that God or your conscience was directing you to do something that you were not thinking about doing or expecting to happen in your life? How did you respond to this direction or command?

6. Rev. Moon reminds us that at any time God can speak to us through any means available. As a result of obeying God’s command in 1946 and entering North Korea from the South to preach the word of God, Rev. Moon eventually ended up in prison for almost three years. While in prison he says that he became friends with the lice that were crawling around all over the place:

No one likes lice or fleas. In prison, though, even lice and fleas become important partners for conversation. The moment you set your eyes on a bedbug or flea, some realization flashes in your mind, and it is important that you not let this pass without notice. We never know when, or through what means, God will speak to us. So we need to be mindful to examine everything carefully, even bedbugs and fleas (p. 92).

Question: Can you recall any moments or experiences you have had in which you felt God was speaking to you in a profound way because you were alert and paying attention at that time? Please share this with the group.

7. Rev. Moon testifies that during the time he spent in prison in North Korea he developed such intense relationships with fellow prisoners that he felt closer to these people than his own family members:

These were people with whom I shared intense emotions in situations where our lives were on the line, and this made them closer to me than my own flesh and blood (p. 102).

Question: In your own life have you ever felt closer to another person other than your own immediate family members? Why do you think this is the case?

WEEKLY PRACTICE ASSIGNMENTS

1. Watch the You Tube 1972 interview conducted by Al Capp with Rev. Moon. Go to this link to watch it:
<http://www.youtube.com/watch?v=HNyCNSynrUs&feature=related>
2. During this week take time to ask some of your friends, neighbors, or even strangers, if they think it is possible for someone to meet with Jesus through a personal vision. Come to the next session prepared to share the results of this activity.

PRAYER DIRECTION

1. Pray to get a clearer understanding of who Rev. Moon is. Ask God to help you see just how God is working with Rev. Moon.

MOVING FORWARD

1. During the next week read Chapter 3: INTERNAL RICHES THROUGH STRUGGLES AND SUFFERING.
2. Complete the corresponding Weekly Assignments in the study guide and come prepared to the next meeting ready to discuss about them.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 3: **INTERNAL RICHES THROUGH STRUGGLES AND SUFFERING**

1. After being freed by United Nations forces from a hard labor prison camp in North Korea (October 1950), Rev. Moon eventually made his way back down to South Korea along with two followers. It had been 4.5 years since the day he first received the commandment from God to leave his home in South Korea and go into North Korea to preach the Word of God. He arrived in the southern city of Pusan without possessions and money, and with only the clothes on his back:

I was financially destitute, but this was of no importance to me. Even living in a garbage heap, there is nothing a determined soul cannot do. All we need is the will (p. 114).

Question: How might your anxieties or fears about the need for money, physical shelter or material possessions be influencing your attitude about what is possible or not possible for you to achieve in your life?

2. Rev. Moon shares with us about the difficulties he faced with his wife after he came out of prison in North Korea and again started preaching the Word of God, this time in South Korea. During this time his wife, having endured nearly seven years of separation from him and raising their young son on her own, demanded that he stop his church activities and devote himself to her and their son or else she would divorce him. Rev. Moon states that he tried his very best to keep their marriage intact, but eventually he finally decided to agree to her demands and allowed for divorce proceedings to be filed. All of this occurred during the time period when he was devoting himself to preaching the Word of God and also facing severe persecution from the established churches and the larger society:

I experienced both the sorrow of divorce and the pain of being branded a heretic. But I did not bend. These were the things I had to endure on my path to redeem the original sin of humanity, the things I had

to endure to move forward on the path toward God's Kingdom. It is darkest before the dawn. I overcame the darkness by clinging to God and praying to him. Other than fleeting moments that I would spend in sleep, all my available time was spent in prayer (p. 136).

Question: Can you share with the group a particularly difficult challenge or obstacle you faced in your life and how you responded to it?

3. Rev. Moon tells us it is most important that we listen carefully and with our full attention whenever someone wants to talk to us:

I enjoy listening to other people talk about themselves. When people open up to me and talk about themselves, I don't even realize the passing of time. I listen to them for ten, even twenty hours. People who want to talk have a sense of urgency. They are looking for solutions to their problems. So I feel I need to listen to them with my full dedication. That is the way to love their life and repay the debt that I owe for my life (p. 140).

Question: Do you believe that you are a serious listener when other people are talking? Can you recall any times when you have been complimented for being a good listener? How about when someone indicated to you that you were not being a good listener?

WEEKLY PRACTICE ASSIGNMENTS

1. Evaluate how much prayer is a part of your life.
2. If you believe you want prayer to be a more central activity in your life, write down how you will make this happen.
3. Pick one person this week that you will intentionally focus on to develop your listening skills. Note what you will do differently to help you be a better listener when other people are speaking to you. Be specific.

PRAYER DIRECTION

Pray to get a clear picture about what your life priorities are right now at this time. Look to see if you need to make some adjustments in this area.

MOVING FORWARD

1. During the next week read Chapter 4: LAUNCHING OUR GLOBAL MISSION.
2. Complete the corresponding Weekly Assignments in the study guide and come prepared to the next meeting ready to discuss about them.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 4: **LAUNCHING OUR GLOBAL MISSION**

1. In speaking about his efforts as a religious leader to inspire people through the establishment of cultural institutions and programs, Rev. Moon states that it is the human heart and not our intellect that ultimately moves people:

People often think that politics moves the world, but that is not the case. It is culture and art that moves the world. It is emotion, not reason that strikes people in the innermost part of their hearts. When hearts change and are able to receive new things, ideologies and social regimes change as a result (p. 157).

Question: In your own life can you identify times when you have experienced a “change of heart” towards yourself, others, or the world? How did this change alter your thinking, actions, or behavior? Be specific.

2. In 1965 Rev. Moon conducted a world tour of forty countries to connect his homeland of Korea with these countries. In ten months he visited forty countries, including Japan and the United States. In speaking about his time spent in the United States during this tour he tells us:

We didn’t waste time sitting down to eat. If we had two slices of bread, a piece of sausage, and some pickle, then that was plenty of food for a meal. We ate breakfast, lunch, and dinner like this. We also slept in the car. The car was our lodging; it was our bed and our restaurant. We ate, slept, and prayed in that small car. There was nothing we couldn’t do there. I had a particular purpose to accomplish, so it was easy for me to endure minor inconveniences to the physical body (p.160).

Question: In your life are there times you chose to “endure minor inconveniences to your physical body” when you wanted to accomplish something important? Give some examples. How about times in your life when you have found that minor inconveniences to your physical body have

prevented you from accomplishing something you thought was important? Give some examples.

3. As part of Rev. Moon's effort to promote his message of peace and salvation throughout the world, church missionaries were sent to what, at that time, were communist countries where church activities had to be conducted in secret. Missionaries sent to these countries entered them and worked there at the risk of their lives. Sometimes missionaries lost their lives in these countries because of their church work:

Each time I heard that one of our members had died in jail, my entire body froze. I could not speak or eat. I couldn't even pray. I just sat motionless for a while, unable to do anything. It was as if my body had turned to stone. If those people had never met me, or never heard what I taught, they never would have found themselves in a cold and lonely jail cell, and they never would have died the way they did. When they died, they suffered in my place. I asked myself, "Is my life worth so much that it could be exchanged for theirs? How am I going to take on the responsibility for the evangelization of the communist bloc that they are bearing in my place?" I could not speak. I fell into a sorrow that seemed to have no end, as if I'd been thrown into deep water (p.164).

Question: At times in our lives we may have caused someone pain or hurt in our passionate pursuit of a righteous cause or goal. When you reflect about such times in your own life, what has been your attitude and response after realizing that someone has suffered or been hurt because of you? Be specific.

4. In the early 1970s Rev. Moon left his home country of Korea and moved to the United States to preach his message of peace and salvation to the American people:

The reason why I went to all this trouble to go to America was to fight against the dark forces that had caused America's moral degradation. I left Korea to wage war on the forces of evil. At the time, all the major problems of the world—communism, drugs, moral decadence, and immorality—were mixed together in a hellish stew. I declared, "I have come to America as fireman and a doctor. If a house catches fire, a fireman needs to come, and if someone is sick, a doctor pays a visit." I was like a fireman who had gone

to America to extinguish the fires of immorality, and like a doctor who had gone to cure America of the illness that made it lose sight of God and go to the brink of decadence (p.165).

Question: Right now in your life do you feel strongly enough about a particular cause or goal that, if need be, you would be willing to leave your own country behind and go live in another country to work for such a cause or to achieve your goal? How do you think or feel about Rev. Moon's testimony as to why he left his home country back in the 1970s to come to America?

5. According to Rev. Moon the ocean is a treasure trove that guarantees humankind a bright future. For this reason Rev. Moon has invested much time and many resources into developing oceanic enterprises such as deep sea fishing, boat building, tuna processing plants, wholesale fish distribution, and retail fish markets and restaurants. Rev. Moon himself has spent a lot of time on the ocean deep sea fishing while helping to build up these various enterprises. He shares with us something he learned from the fish while out on the ocean:

Even when the waves have risen and a fearful wind is blowing, the fish in the water have no trouble sleeping. They give themselves over to the waves and don't resist them. This is what I learned from the fish. I decided not to be afraid, no matter how strong the waves were. I let the waves carry me. I made myself one with the boat, and we rose with the waves. Once I started doing that, my heart was never shaken, no matter what kind of waves I came up against. The ocean has been such a wonderful teacher for me in my life that I created the Ocean Challenge program to give young people the leadership training the ocean provides (p. 171).

Question: In your life can you recall any times when you have been able to meet an intense life difficulty or challenge with a peaceful mind and heart, rather than with a tense, anxious, and fearful state of mind? Did your circumstances change because of it? Can you also recall times when, rather than meeting a challenge or difficulty with a peaceful mind and heart, you did so with despair, negativity, or fear? What were the results?

6. In the section “Washington Monument Rally 1976” Rev. Moon states that as he became more and more influential in the lives of American young people while working in America, some Americans began to distrust him and spread unfounded rumors about him:

On the other hand, an increasing number of people were beginning to look at me with caution and fear. To them, I was nothing more than a strange magician who had come from the East. I was not a white man they could place their faith in and follow. The fact that I was saying things that were somewhat different from what they had heard in their churches made them feel very insecure. In particular, they could not allow a situation in which young white people were showing respect to and following an Asian with slender eyes shaped like a fish. ... They began spreading rumors that I had been brainwashing innocent young white people. This group that opposed me gathered in the background, behind those who were shouting their support. I knew that another crisis was about to befall me. I was not afraid, however, because I was clearly doing what was right (p. 179).

Question: Can you recall any times in your life when you experienced being mistreated, persecuted, or ridiculed because of religious bigotry, racism, or any other reason? If so, did this affect you? How did you respond? How did you feel about it at the time? Did this affect your attitude and behavior towards those who mistreated you?

7. Rev. Moon tells us that eventually, after years of persecution and unfounded rumors being spread about him throughout America, in 1984 the American government sent him to prison on the trumped-up charge of tax evasion:

Ultimately, I was imprisoned again. All I did was work to reestablish the morality of America and restore it to be a country in line with God’s will, but I was accused of not paying my taxes. I was well past my sixtieth birthday by this time (p. 183).

On the day Rev. Moon entered the federal correctional institution in Danbury, Connecticut, he stood before members of his church and spoke to them:

"I can see the bright light of hope rising from beyond Danbury," I told them. "Don't cry for me, but cry for America. Love America, and pray for America" (p. 184).

Question: What can we learn from the way that Rev. Moon responded to being convicted and sent to prison by the American government?

8. Rev. Moon spent thirteen months in an American prison after being convicted for tax evasion. On the day of his release, seventeen hundred Christian ministers and Jewish rabbis gathered together to greet him at a banquet held in Washington, D.C.

God is not a denominationalist. He is not bound by secondary arguments over doctrine. There are not distinctions over nationality or race in God's great parental heart. Neither are there any walls between nations or cultures there. Even today, God continues to do everything He can to embrace all the world's people as His children. America today suffers from racial issues, issues resulting from the confusion of values and moral degradation, issues of spiritual drought and the decline of Christian faith, and the issue of atheistic communism. These are the reasons I answered the call of God and came to this country. Christianity today must have a great awakening and come together as one. Clergy, too, must reexamine the roles that you have been playing until now and repent. The situation that played out two thousand years ago, when Jesus came and called on the people to repent is being repeated today. We must fulfill the important mission that God has given to America. The situation cannot continue as it is now. There needs to be a new reformation (pp. 187, 188).

Question: In these remarks given by Rev. Moon back in 1984, he highlighted racial issues, confusion of values, church denominationalism, moral degradation, spiritual emptiness, and atheistic communism as problems plaguing America. Right now in American society, from among the issues that he addressed back in 1984, which ones do you believe have been resolved?

WEEKLY PRACTICE ASSIGNMENTS

1. Identify ways that you believe you are helping to address and resolve racial problems, any confusion of values or spiritual emptiness.

2. Give yourself a grade as to how you think you are doing in any of these areas you have identified.
3. Take one specific action that will demonstrate your commitment to help resolve any of the issues you've identified.

PRAYER DIRECTION

Pray that you can be a greater force to help resolve serious social problems in our society right now.

MOVING FORWARD

1. During the next week read Chapter 5: LOVING FAMILIES CAN CHANGE THE WORLD.
2. Complete the corresponding Weekly Assignments in the study guide and come prepared to the next meeting ready to discuss about them.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 5: **LOVING FAMILIES CAN CHANGE THE WORLD**

1. In 1960, at the age of forty, Rev. Moon testifies that he received the direction from God to marry again. His bride-to-be, a girl twenty-three years his junior and the young daughter of a faithful church member, was not even out of high school. Just as he had advised his first bride some sixteen years earlier, Rev. Moon told his new wife that their marriage was for a purpose beyond that of fulfilling their own happiness as a married couple:

I think you are already aware that marrying me will not be like any other marriage. We are becoming husband and wife to complete the mission given to us by God to become True Parents, and not to pursue the happiness of two individuals, as is the case with other people in the world. God wants to bring about the Kingdom of Heaven on earth through a true family. You and I will travel a difficult path to become True Parents who will open the gate to the Kingdom of Heaven for others. It is a path no one else in history has traveled, so even I don't know all that it will involve. During the next seven years, you will experience many things that will be difficult to endure. Don't forget, even for a moment, that the life we live is different from others ... (p. 193).

Question: For those who are married, can you recall some of the conversations you and your spouse-to-be had as you both considered making the commitment to spend the rest of your lives together? What stands out most, when you recall some of those conversations? For those who are not married, when you think about the reasons why you might want to marry, what comes to your mind?

2. According to Rev. Moon, one of the most important things for marriage partners to do while building their relationship together has to do with developing trust:

... I relate these things because the most important thing in a marriage relationship is trust. It is what makes it possible for two people to become as one (p. 195).

Question: If you are married, what kind of mark do you think you deserve from your spouse when it comes to how much you trust him/her? Whether you think your spouse would give you a low grade or a high grade, explain to the group the reason for the grade that you think you'd get from your spouse. If you are not married, what does it mean to you that each spouse is to trust the other in their marriage relationship?

3. Rev. Moon shares with us that during the first forty years of their marriage together he and his wife raised fourteen children. Explaining to us all the challenges and difficulties she had to face as a loving mother and wife to a very busy religious leader, Rev. Moon tells us that his wife has gained deep insight and wisdom on how to raise children:

... When church members ask my wife's advice on raising their own children, she tells them: "Be patient and wait. The period when children wander is only temporary. No matter what they do, embrace them, love them, and wait for them. Children will always return to the love of their parents" (p. 201).

Question: If you have raised your own children to adulthood, most likely there have been times when your children caused you lots of pain or hurt. In such situations, how have you handled your feelings and emotions? If you feel comfortable enough, can you share with the group about this?

4. In noting several service and charitable organizations founded by his wife, Rev. Moon highlights that these organizations seek to bring about peace based on women working together:

The women's organizations my wife leads, on the other hand, seek to bring about peace on the principle that women should work together, take initiative, and empower one another across traditional lines of race, culture, and religion to create healthy families as the cornerstone of the culture of peace (p. 198).

Rev. Moon predicts that the power of women is going to "save the world":

Throughout history, women have been persecuted, but I predict this will change. The coming world will be one of reconciliation and peace based on women's maternal character, love, and sociability. The time is coming when the power of women will save the world (p. 198).

Question: What is your view about the role of women in regard to bringing about a peaceful world?

5. In the section “Promises That Must Never Be Broken” Rev. Moon proclaims that a peaceful ideal world can be realized through the family structure. He tells us that when conducting wedding ceremonies he asks the brides and grooms to make several promises to each other that can never be broken (p. 202):

- A husband and wife must always trust and love each other.
- They must not cause any pain to the heart of their partner.
- They must educate their children and grandchildren to maintain sexual purity.
- All family members must help and encourage each other so that they become a true ideal family.

Question: In your eyes, what makes for good relationships between husband and wife and children?

6. In the section “To Love Is to Forgive and Forget” Rev. Moon shares with us what he believes to be the essence of love:

The essence of love is to cast aside any thought of having others live for oneself; it is to live for the sake of others and give for the whole. Love gives, but then forgets even the fact that it has given and continues to give without ceasing. This is a love that gives in joy. It is the heart that a mother feels when she takes her infant in her arms and lets it feed from her breast (p. 209).

Question: If you were asked to describe what love is, what would you say?

7. Rev. Moon believes that children raised in the home with loving parents grow up to be caring and concerned about others:

When children who are raised in the warm love of their parents go out into the world, they will care for people in difficulty in the manner they learned in their home (p. 224).

Question: Do you believe that you experienced the warm love of your parents while you were growing up? If you are comfortable enough, can you share about this with the group?

8. In the section “Leaving Behind a Legacy of Love” Rev. Moon gives us the following advice on how to live our lives:

Do not live for yourself. You must live not for yourself but for others; not for your family but for your neighbors; not for your own country but for the world. All sin in the world comes about when the individual is put first. Individual desires and ambitions harm a person’s neighbors and ruin the society at large (p. 230).

Question: What kind of changes can you bring about in your life that will allow you to demonstrate more loving care and kindness to others? Be specific.

WEEKLY PRACTICE ASSIGNMENTS

1. If you are married, sit down with your spouse and remind each other about your original wedding vows and commitments.
2. Assess how, as a married couple, you are doing in living up to these vows and commitments.
3. Share with at least one person this week about your marriage and what you are committed to as husband and wife.

PRAYER DIRECTION

If you are married, pray for greater strength to live up to your marriage vows and commitments in a more dynamic and powerful way; if not married, pray to properly prepare yourself to be a loving husband or wife.

MOVING FORWARD

1. During the next week read Chapter 6: LOVING FAMILIES CAN CHANGE THE WORLD.
2. Complete the corresponding Weekly Assignments in the study guide and come prepared to the next meeting ready to discuss about them.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 6: **LOVE WILL BRING UNIFICATION**

1. In talking about the role of religion in helping to realize a world of peace, Rev. Moon believes all the major faith traditions have as their goal to turn human beings toward goodness and to eliminate evil in the human heart:

Religion's role is to turn human beings toward goodness and eliminate their evil nature that finds enjoyment in fighting. Examine the major religions of the world. They all hold a peaceful world as their ideal. They want to see a kingdom of heaven, utopia, or paradise. Religions have different names for this ideal, but they all seek such a world. ... (p. 240)

Question: Do you believe religion is playing a vital role in helping to end conflict and bring about a peaceful world of love? Share with the group about this

2. In 1990, nearly forty years after Rev. Moon was freed from prison in North Korea, he traveled there to meet President Kim Il Sung, the man in charge of the country in 1948 when he (Rev. Moon) was sentenced to three years of hard labor for preaching the Word of God. In describing his motives for returning to North Korea he had this to say:

When I went to North Korea, I thought of it as my homeland and the home of my brother. I didn't go there with a desire to get something from them. I went with the purpose to share with them my heart of love. ... (p. 268)

Question: Can you recall any other examples of individuals who have been able to embrace and love those who have treated them unjustly? What do they have to say about how they were able to do this? How about an example from your own life?

3. Rev. Moon says that the majority of people who claim to want to bring about peace in the world ignore the most elemental truth needed to realize peace:

... They pretend not to know this truth is there. Before we talk about peace among individuals or among nations, we must talk about peace between ourselves and God (p. 242).

Question: Rev. Moon claims that before world peace can be actualized we must first have peace between ourselves and God. What do you think about this claim being made by Rev. Moon?

4. Rev. Moon tells us he has always believed throughout his life that one day the world's peoples will live without conflict and division:

My purpose is the same today as it was yesterday. It is to create one world with God at the center, a world brought together like a single nation without boundaries. All humanity will be citizens of this world, sharing a culture of love. In such a world, there will be no possibility for division and conflict. This will mark the beginning of a truly peaceful world (p. 244).

Question: What are your thoughts about the possibility of the world one day becoming a place of peace without any conflict or war?

WEEKLY PRACTICE ASSIGNMENTS

1. Look for examples this week in the news of individuals that have overcome mistreatment and abuse, rising above it to demonstrate compassion and love. Be prepared to share about this with the group.

PRAYER DIRECTION

Pray for those who persecute you. Be specific.

MOVING FORWARD

1. During the next week read Chapter 7: FUTURE OF KOREA, FUTURE OF THE WORLD.
2. Complete the corresponding Weekly Assignments in the study guide and come prepared to the next meeting ready to discuss about them.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 7: **FUTURE OF KOREA, FUTURE OF THE WORLD**

1. Rev. Moon predicts that the Atlantic civilization is on the decline after centuries of prosperity, and that the era of a pan-Pacific civilization is on the rise. He believes that Korea is poised to take a central role in this development:

It is inevitable that the Western and Eastern civilizations come together in harmony on the Korean peninsula. As the world rapidly changes, heavenly fortune is moving in Korea's direction at an ever-increasing speed. However, if the Korean peninsula is to properly perform its important role in leading the world to harmony and peace during an era of chaos, then it must prepare itself well. It must do away with a past marked with prejudice and selfishness and greet the new age with clear eyes and a new heart (p. 281).

Question: What is your view on the future of Western society and the role of Asia in the 21st century?

2. In the section "The Ultimate Purpose of Twenty-first-Century Religion" Rev. Moon insists that religious harmony and cooperation is a key factor to bringing about a world of peace:

It will not be easy to tear down the religious walls that have stood for thousands of years, but these walls must come down if we are to advance into a world of peace. Religions and their factions must stop their meaningless fighting, find a middle ground for their differing opinions, and develop concrete ways to advance the world of peace. For humanity to be happy in the future, material affluence alone will not be sufficient. It is urgent that the struggles of modern ideologies, cultures, and races be overcome through interreligious understanding and spiritual harmony (p. 288).

Question: Do you think it is possible for religions to stop fighting one another and work together? Explain your reasons to the group.

3. Rev. Moon believes that cultural projects are an expression of God's own creativity, and this is why he has been involved in creating and supporting numerous cultural programs and activities:

The arts enable humankind to reflect the high ideals embodied in God's own creative work. God poured His entire heart into human beings and the world He created, just as artists invest their entire being into their work (p. 296).

Question: Do you have a special cultural project that you support, and if you do how you support it? Are you a performing artist? If so, what do you appreciate about the performing arts?

4. Rev. Moon believes the three greatest challenges to be tackled in our society today are the pollution problem, protecting the environment, and increasing food production. He emphasizes that to adequately meet these challenges we need to develop a heart of love toward nature:

The shortcut to protecting nature is to develop a heart that loves nature. We must be able to shed a tear at the sight of even a blade of grass that we see as we walk along the road. We must be able to grab hold of a tree and weep. We must understand that God's breath is hidden inside a single boulder or a single gust of wind. To care for and love the environment is to love God. We must be able to see each creature created by God as an object of our love. With our spiritual eyes opened we could see that a single dandelion by the roadside is more valuable than the gold crowns of kings (p. 311).

Question: How much time do you spend in nature, and what do you do when you are in nature?

5. In the section "More Than Giving Bread, Teaching How to Make Bread" Rev. Moon says that we are all responsible to help end world hunger and we need to take action:

People who live well should come down to a slightly lower position and raise up those who live poorly, to bring about a world where all people live well (p. 320).

Do you believe that you live well enough to lower your current position a bit to help raise up those who live poorly? If so, how might you go about doing it?

WEEKLY PRACTICE ASSIGNMENTS

1. Identify one action you will take this week that you believe will demonstrate you care about those who are less fortunate than yourself.
2. Take this action.

PRAYER DIRECTION

Pray to be used by God to help those who are less fortunate than you.

MOVING FORWARD

1. During the next week read Chapter 8: MESSAGE FOR THE YOUNG PEOPLE
2. Complete the corresponding Weekly Assignments in the study guide and come prepared to the next meeting ready to discuss about them.

As a Peace-Loving Global Citizen

8-Session Small Group Study

Session 8: **NEW VISION FOR YOUTH**

1. Rev. Moon tells young people that to be a global leader they need to be concerned with solving the world's problems, and not just enjoying their own lives:

To be a global leader a person must think of the world's problems as his own and have the pioneering spirit that is needed for finding difficult solutions. A person who is attached to a secure and fixed income, or dreams of having a pension after retirement and a comfortable family life, cannot be a global leader. To become a global leader a person must consider the whole world to be his country and all humanity to be his brothers and sisters and not be overly concerned that he does not know what the future may hold for him (p. 329).

Question: If you are under the age of thirty, what are you concerned about in terms of your future? If you are older, what is your attitude about retirement and having a secure life?

2. In the last section of Rev. Moon's Autobiography, "Happiness Is a Life Lived for Others," he gives us his prescription for bringing about life transformation:

... To realize that we exist for the sake of others is the great achievement that changes our lives. When we realize that our life is not ours alone but is meant to be for the sake of the other, we begin to follow a path different from the one we were on (p. 338).

Question: Do you feel that your life on this earth is meant to be for the benefit of someone else besides yourself? Please share with the group about this.

3. Rev. Moon advises young people to consider where their unique talents can have the most impact in the world:

Think of the world as your stage as you decide what you want to do in life. If you do, you will likely find many more things to do than what you were originally dreaming about. You have only one life to live, so use it to do something that the world needs. Please think beyond your own country, and think of the world as your stage in setting your goal (p. 327).

Question: Right now in your life do you believe your unique talents are being utilized in the best way to have the most impact on the world? If so, how is this being done by you?

4. Rev. Moon testifies that he has worked throughout his life to love the world and to carry out projects that bring benefit to the world:

You may wonder, then, what benefit I have received from working hard and not eating or sleeping while others ate and slept. I didn't work so I could be rich. Money has no meaning to me. Any money not used for the sake of humanity, or for the sake of my neighbor who is dying in poverty, is nothing more than a piece of paper. Money earned through hard work should always be used to love the world and carry out projects that benefit the world (p. 331).

Question: What kind of relationship do you have with your money right now? Are you using the money you have to live a life of integrity and full expression; a life that is consistent with your deepest values, regardless of your financial circumstances?

5. Rev. Moon proclaims that we exist for the sake of others:

... To realize that we exist for the sake of others is the great achievement that changes our lives. When we realize that our life is not ours alone but is meant to be for the sake of the other, we begin to follow a path different from the one we were on (p. 338).

Question: Can you give some concrete examples from your own life that show us how your life gives support and benefit to other people? Consider your family, friends, co-workers, and even strangers.

PRAYER DIRECTION

Pray that the insights and wisdom you have encountered in Rev. Moon's Autobiography will be applied into your life.

MOVING FORWARD

1. Consider what has been one of the most important lessons or insights you have learned during this study of "As a Peace-Loving Global Citizen."
2. State how this lesson will be applied in your life as you move forward.
3. Go out and celebrate with your small group on the success of having completed this small group study. Make sure you have lots of fun! 😊

Some words of wisdom and instruction from “As a Peace-Loving Global Citizen”

All great leaders in history had a definite sense of purpose in life from the time they were children. From childhood they nurtured that purpose held within their hearts and exerted great energy to achieve it.

We were all created to be great men and women. God did not send us into this world without purpose.

Do not define your life goal in terms of how much money you want to make.

When you are setting a goal, be sure to consider the entire world.

Your goal should be about where your talents can have the most impact.

*You have only one life to live, so use it to do something
that the world needs.*

*Money has no meaning to me. Any money not used for
the sake of humanity, or for the sake of my neighbor who
is dying in poverty, is nothing more than a piece of
paper.*

*Happiness is always waiting for us. The reason we can't
get happiness is that our own desires block the way.*

*Nothing exists for its own sake. That is not how God
created the world.*

*Man exists for the sake of woman, and woman exists for
the sake of man.*

*Nature exists for the sake of humanity, and humanity
exists for the sake of nature.*

All created beings in this world exist for the sake of their counterparts. It is an axiom of Heaven that every being lives for the sake of its partner.

Anyone who follows the path of God must pursue his goal with his whole heart and total dedication. It requires steadfastness of purpose.

There was nothing I could know on my own, so I took all my questions to God.

Any task we do requires sincerity and dedication, and not just for a day or two.

So if a person who needs your help suddenly appears before you, you should realize that Heaven sent you to that person to help him, and then do your best.

You can have communication of heart with anyone by relating to them with love.

I always remember when someone helps me, no matter how small it may be.

I still believe that to develop good character a person needs to experience many difficulties before turning thirty.

Prison and compulsory labor were not such a big problem for me. No matter how fierce the beating or terrible the environment, a person can endure if they carry a definite purpose in their heart.

People often don't know that salvation is just beyond the next obstacle.

It is the rule in the world, and the law of heaven, that that which is evil will fall and that which is good will rise up.

Children are God. Children are God with very small hearts.

Marriage is more than a simple coming together of a man and woman. It is a precious ceremony of commitment to carry on God's work of creation.

The most difficult aspect of family life is raising children properly.

Love is a process by which we grow to resemble God. Despite what the world may tell us, it is not something to be enjoyed anytime we please.

Any country that ignores its old people abandons its national character and ignores its roots.

We marry not for ourselves but for the sake of our partners. When looking for a spouse, it is wrong to look only for a beautiful person or for a person living well.

The basis of love is the heart that sacrifices everything for the sake of the other.

The love we receive from God is such that we can continue to dig it out but never see the bottom. In fact, the more we dig, the more love wells up like pure spring water. Anyone who has been raised in this love can lead a true life.

The teacher with whom we have the closest relationship is our heart.

Our heart is more precious to us than our closest friends and even more precious than our parents.

If a person hears the sound of his heart tearfully sobbing, then he needs to stop immediately whatever he is doing. Anything that makes the heart suffer will ruin him.

For a person to polish his heart to the point that it becomes as clear as crystal, he absolutely must spend time in direct conversation with his heart in an environment where he is away from the world and alone with his heart.

When we isolate ourselves from noise around us and allow our thoughts to settle, we can see into the deepest parts of our hearts. It will take a lot of time and effort to go all the way down to where the heart has settled. It will not happen in a day.

A person may live eighty years but only spend about seven years living for the public good.

Eating and sleeping are simply ways of letting time slip by.

We cannot be born by our own wish, possess things that will forever be our own, or avoid death. So any boasting on our part would only be pathetic.

Money, honor, and knowledge all flow away from us in time, and all disappear with the passing years.

The success or failure of our lives depends on how much love we are able to pack into those eighty years that are given to us.

When we do things that give us a guilty conscience, it always leaves a shadow in our heart.

The important thing is to not commit sin and live a life that is without shadows.

When a person dies, only his legacy remains. Please consider for a moment what you can do to show that you lived a life of value.

It is important that we live our lives in a way that we can leave a legacy of love behind us.

My purpose is the same today as it was yesterday. It is to create one world with God at the center, a world brought together like a single nation without boundaries.

Spending time in the forest cleanses the mind.

People in tune with nature should be able to tell what is ahead for them. It's not such a difficult thing.

If you quiet yourself and focus your mind, there is a place deep down where the mind is able to settle. You

need to let your mind go to that place. When you put your mind in that place and go to sleep, then when you awake you will be extremely sensitive.

Each life form in the world seeks to connect itself with that which gives it the most love.

So if you have something that you don't truly love, then your possession or dominion is false and you will be forced to give it up.

The truth of the universe is that we must acknowledge each other and help each other.