

Let's Learn from True Mother's Example

By Moon Sun-jin

Sun-jin nim gave the following message to regional presidents, national leaders and others on August 13 at the opening ceremony for the Vision 2020 Strategy Conference for Strategic and Providential Nations, which was hosted by the FFWPU International Headquarters, of which she is director-general.



started doing this in Hawaii when she came in May. You can see good health and amazing power when we put one foot in front of the other and follow True Parents' course.

She started this as exercise, as a morning ritual, in Honolulu. We would walk on the Beach Walk early in the morning, about 4:00 am, because this is a time, she said, when the moon is setting and the sun is coming up. This is the moment when the masculine and feminine energy, the energy of True Father and True Mother, are one in nature and in the universe. True Mother felt then as if Father were smiling down upon her whenever she would welcome the moon. As she walked, she would give sincere devotion and prayer with each step saying, "I will carry this movement to victory. If I have to go, no matter how my body is suffering, I will give it my all for the sake of True Father."

She started walking in nature along the beach and walking on the beach, too, to feel the waves on her feet. She felt True Father in nature embracing her, not only with the moon as a spotlight, lighting her way in utter darkness at 4:00 am but with the ocean waves coming to embrace her each time. This real spiritual and physical connection that she felt is always there when we start to open our eyes and realize that True Father is all around us. She made this connection every morning as a prayer.

After approximately three months, she has not only physically changed (her clothes are like six sizes smaller) she said she feels lighter, literally being lighter but internally she has felt so much strength that Father is al-

I'm going to read a bit of a speech, but I'm going to share with you some of the amazing experiences we have had with True Mother. I would just like to thank you, brothers and sisters. On behalf of my family, I would like to extend to all of you our sincere gratitude for working on the front line of Heavenly Parents' providence. Some of you are literally risking your lives and your families. I have deep respect for those of you who have sincerely followed and sacrificed for Heavenly Parent and True Parents.

The sun and moon

I have had the honor of attending our True Mother this past year. Did any of you attend today's luncheon? Did you notice a great change in our True Mother?

We had performances not only from leaders but also from True Mother's team. They did a song called "Bounce" by a famous Korean pop singer whom True Mother likes. What you saw was a dance she does every morning. The change in True Mother's physical and emotional experience has been drastic since she

ways with her and deep within her. To many elder members that came to Hawaii True Mother taught this bouncing course. I see Mr. Balcomb in the front here and Bishop Kim Ki-hoon, who is an amazing super-bouncer. They have all been under True Mother's bouncing training and have lost many notches on their belts. Mr. Tokuno-san (if he is here) she also wished that you take care of your health. She was surprised to see Rev. Tokuno after a year. He was carrying a lot of stress. She told Rev. Tokuno-san, "Even if you want to go to church early in the morning and work until late at night, you need balance. Take care of your health. Take care of your body. You need to live a long time. You need to be strong, so that we can overcome all of these challenges."

True Mother and LFSO

True Mother's mantra for this bouncing activity is "living for the sake of others." In America, we say, LFSO. She is saying every day "I take responsibility. I walk and I meet True Father. I give jeonseong, sincere devotion, for the sake of the world. I am living for the sake of others."

Every day she was walking longer. At first, she could only walk for twenty minutes. Now she is walking for two hours—two hours and bouncing. So, "longer,"—LFSO. The F is for "faster," because she is picking up her pace. When she started walking, it was very slow because you are trying to build muscle but everything is aching. Though that course was difficult, she persevered and through the course of

doing it every day, she got faster. By the end, we could barely keep up with True Mother. We are young people so we are running around trying to open doors for her, but she has already walked through. That is how much faster she got. I am sure many of you witnessed that too. You see True Mother standing now, and she does not need anyone's help. So, longer, faster... Stronger is the S. For the sake of others, I need to be strong. It starts with my own mind and body.

That individual perfection is the key that True Parents teach us. It is not only going to create balance in our own bodies, but that is the cornerstone of everything we do as a couple, as a family or in living for the sake of the world. The O is for Omonim, because Omonim is literally leading us to not only health and well-being but also showing us the way to move forward in the future.

There is nothing I can say to all of my elder brothers and sisters that are spiritual pillars for the movement to inspire you, because you are the inspiration. You have done all that work. I know that this has been a difficult year of transition. There was tremendous loss for our community but True Mother has shown how to persevere. This whole year, she has been concerned about leaving a lasting legacy, because True Parents have completed everything; they have done everything.

An essential component

True Mother is like the key that opened up the whole world so that

we can be free and liberated. If you look at all the other religions in the world—Christianity, Buddhism, Islam—the spiritual leader has been a male figure, a father. So what is the significance of our True Parents? Why are we different? What makes our religion or our truth so much more... true? It is because it is not just a man. The whole of history has been waiting for a man and woman, united as one, just as True Mother comes to meet the sun and the moon in the morning.

This unity is what she devoted her whole life to. We can't even imagine. Can you imagine what it's been like to be True Mother, serving True Father, together indemnifying all of history's fallen past to come to a point where they can stand united and liberate the fallen world through their sacrifice? So everything we are, everything we've done, comes from that unity. Without man and woman becoming one in complete harmony, there is no way for us to become children of True Parents. Every blessing we have, calling ourselves a true family, a blessed family, everything with "family," the Family Federation for World Peace and Unification... Where does family start? It started with True Parents, and that is the most important, precious reality. This is something she wanted to make sure was passed on to those in the second and third generations. Because many within our community, my family too, have not been able to realize the significance of what it means to have Heavenly Parent and True Parents as our parents. We have not realized how much they still sacri-



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fice. They are waiting for us to realize that and to come together as one family with complete love and unity to offer this joy to God, which he has been waiting for.

Gratitude and love

Mother has been thinking that this year she would focus all her attention on teaching the next generation. Many, we know, in the second generation have moved on, but True Mother wants to witness to the third generation, too. This was behind the Aloha workshop she started in Hawaii when she invited Hyo-jin nim's children, who are in the third generation of the True Family, and others. She said, "I want you to teach them and I want all the counselors to teach them two main things: kamsahamnida (thank you) and saranghamnida (I love you.) If those children can just learn these two phrases, they have understood all of the Principle."

That is profound. Many things that True Mother says in a short amount of time are almost poetic. I was thinking, How are we going to teach these children true love and gratitude? Turning to the first page of the Principle, you realize that the Creation was about joy. If you think about what it is to have third-generation members, second-generation members, everything you've done as first-generation members was to follow the path of True Parents and to pay indemnity.

Your children are pure water

Many of those in the first generation are saints. You are our amazing examples of sacrifice. You went through tremendous suffering to create what Mother this time called "pure water." To our forty second- and third-generation blessed children, at the workshop she gave the blessing, "You are pure water, which your parents had to purify to give life to something so pure, so crystal clear that it can go anywhere and shine with love and joy." She gave that blessing to the children. When you think about it, the education we got from True Mother and True Father is very difficult. It is, as you know, witnessing, fund raising, going out on the front line—witnessing, witnessing, witnessing.

To all of you, I bow down deeply. Many in the second generation, even

though we were taught Principle, we never inherited, internalized, that heart. Mother said that to internalize it the difference is that you have been purified.

I told every blessed child that came this time to the workshop that one prerequisite for coming to the workshop was to get your parents' testimonies. Go ask your parents why they joined this church. What about the Principle moved them? What made them change their lives? Have direct parent-to-child dialogue and communication. If you can understand why your parents joined the church, more than my teaching you all the chapters of the Divine Principle, that is going to be where you understand who True Parents are, through your parents. You will also understand who Heavenly Parent is and why we are at this point, and who you are as pure water to whom Mother has given that blessing.

True Parents' "flu"

In this way, True Mother was teaching many things to our third generation, too. This is her heart. This is her absolute heart as a True Parent. She never stops being a mother to all of us. As we saw in this World Summit and True Father's commemorative ceremony, the main point was when True Mother said, "It's True Parents' 'flu,'—forgive, love and unite." Once you catch this bug, you are immune to all evil because you build immunity by fighting the flu of evil. The one thing about a flu or a virus is that somebody else will catch it, so others can also be restored.

We might make it into a joke, but forgiveness, love and unity are the only things that will bring all the world's children together as one. When you think of True Parents, when you think about any difficulty you have in the world, go forward with the heart of parents, of True Parents. Only through forgiveness, love and absolute brotherly unity (where Cain and Abel become one) can no differentiation exist—man and woman are completely balanced and harmonized because of True Parents. Now it is our work to completely unite as one family, to work together.

Being in this position, we get many reports and see many unsustainable

things, while everything True Parents did was with the heart to want to save and give. But we haven't been able to do our utmost and follow that path as True Mother is doing every day with bouncing.

This time, with the commemorative ceremony, Mother is giving grace to all humankind after Father's passing. This is the heart of a parent. When you are able to forgive, love, and bring unity wherever you go, you are honoring True Parents, honoring True Father and honoring our True Mother. You are remembering the precious, pure water your children are.

She actually said to first-generation members that they are like beautiful gems, the most beautiful, colorful gems. She said this to the Japanese elder members that came to Hawaii; she gave them that blessing. To become a gemstone, how much heat, how much suffering, how much fire, how much meticulous cutting goes into creating something that sparkles and can reflect light in a way that can shine and bring so much joy to people? In that way, that is you.

Walk with True Parents

I am sorry, because I have nothing to share with you other than my experiences with True Parents. I hope that as brothers and sisters you can feel as if you walked with True Mother and can carry that training and carry this message and this flu, True Parents' flu, with you in everything you do.

That is what I wanted to share, and I think that True Parents already mapped out the strategy as individual perfection. You do the work. You take that step every day to bounce, to leap forward, to move and to be well. From there, be appreciative, thankful for who True Parents are, what they had to indemnify to come into harmony together and to liberate us from this fallen world. Third, educate our children. We can do that for the rest of the world only through forgiveness, love and unity.

From the bottom of my heart, I thank you. Thank you all elder brothers and sisters. We wish you so much joy because that was the intention, why we were all created. So when Mother says be happy and hopeful, it is because you have been given that blessing. Thank you so much. 