



## Guidelines for Cultivating the Mind



Submitted by Thomas Schuh on Fri, 05/13/2022 - 18:49

(Derived from the Divine Principle and AI translated from German)

### **Mindset:**

1. **We practice gratitude**, as this attitude frees our original nature/mind and makes us happy.
2. **We practice forgiveness**. We ourselves are imperfect and need forgiveness. The foundation for this is to forgive others. Forgiveness melts the walls between people and opens doors for connection and happiness for all.
3. **We trust in the principle of love**. A life of giving will bring good fruits, blessings, and happiness to ourselves and others.
4. **We forget what we have given** and free ourselves from the expectation of reward, fame, and honor. This aligns with the principle of True Love and the attitude of our original nature/mind. This attitude frees us to remain in a humble and giving mindset, allowing us to grow faster.
5. **We are born to live eternally**. We want to make our lives valuable not only in terms of our limited earthly lifespan but with an eternal perspective.
6. **We are aware that the spiritual world constantly works**. Positive impulses and events are amplified when we lay good foundations, and negative impulses and events are amplified when we lay negative foundations.
7. **We connect our hearts with the True Parents** and follow them on the path of True Love and the restoration of this world.
8. **When we face difficulties**, we see them as opportunities to grow and (to achieve restoration through indemnity/resolve our karma) to lay good foundations for the future. Therefore, we practice maintaining a good inner attitude.

### **Life Practice:**

1. **We cultivate our minds** through reading holy scriptures (HDH), through a devoted prayer life, and by working on our inner attitude and motivation.
2. **We practice True Love** by living for the well-being of others.
3. **We practice being mindful and responsible owners**, taking care of our surroundings and resources.

### **Relationship with God:**

1. **God dwells in the innermost part of our hearts**. The most important thing in life is to reach a state where we can feel God's love in our hearts and act from it.
2. **We view the relationship with God as a parent-child relationship**. God is therefore our Heavenly Parents. In the loving relationship with His children, God is not

omnipotent. Peace and happiness also require the fulfillment of our responsibility. God respects our individual responsibility out of His love and hope that we will unfold as His image.

3. **We want to practice experiencing the presence of God**, our Heavenly Parents, who are always with us.

### **Relationships with People:**

1. **We respect and love others**, even when they reach their limits or make mistakes.
2. **We repent when we have hurt or harmed others** and seek ways to make amends.
3. **We protect sexual purity** and treat sexual energy with care.
4. **We respect the responsibility and freedom of others**, just as God respects our responsibility and freedom.
5. **We do not use the truth to criticize or judge others** but serve them with it, so they may become free and happy.
6. **Not everyone has to be able to do everything or be the best at everything.** It is more important to unite and combine our strengths for a good purpose.

(Compiled and formulated by Thomas Schuh)

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