



THE DIVINE PRINCIPLE

Introduction to the Teachings of Rev. Sun Myung Moon

Part 1 Part 2 Part 3 Part 4 Part 5 Part 6

OUR LIFE IN TWO WORLDS



depositphotos.com © miltiander

Born to live forever

Do we continue to live or exist after death and, if so, in what form? And for what purpose? Is there justice that goes beyond death? If yes, what consequences does this have for our daily life on earth? **The Divine Principle** explains these existential questions from the point of view of the Creator. It is only when we have insight into God's original "blueprint" that we can recognize clearly all aspects of the fascinating connections between our earthly life and our life in the next world.

The essence of humans is spiritual

Many faithful believers tend not to reflect on the topic of death and the afterlife. But the Bible is full of evidence about the existence of a spiritual world. Prophets such as Ezekiel and Isaiah reported on powerful spiritual visions, as did the author of Revelation, the last book in the Bible.

The Gospel describes angels appearing and speaking (Luke 1:28). Jesus met with Moses and Elijah on the Mount of Transfiguration, although the two latter persons had died many years earlier (Matthew 17:1-3). Mystics and saints throughout the centuries have reported about spiritual revelations. And this does not apply only to Christianity.



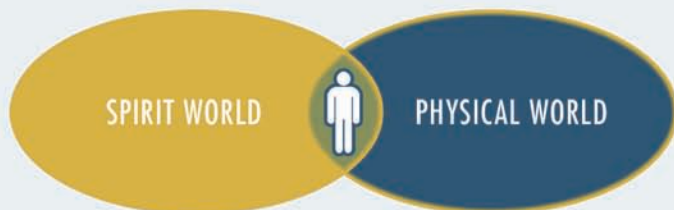
The possibility of life after death may explain phenomena that cannot be interpreted otherwise, such as near-death experiences, visions of persons who have died and authentic communication with the other world.

In order to understand what happens to us when we die, we first must **understand what we are made of**. Most of us are aware only of our physical body, but this is only one part of what makes us what we are. We are made not only of physical matter; we also have a spiritual essence. We therefore can say that **we are primarily spiritual beings who possess a physical body while we are on earth**. When we die, we lay aside our physical body as we would take off a coat that we do not need anymore. The actual person remains intact.

The cosmos mirrors the dual structure of human beings

Our body naturally exists in the physical world, which is the environment for our activities and our growth while on earth. The physical world provides us with all the nourishment we need and allows us to experience stimulation and joy. But the cosmos also has a spiritual dimension—the invisible spirit world. It serves as the environment for our spirit self. Our spirit is the internal counterpart to our physical body, and the spirit world is the invisible counterpart to the physical world. This world is not just somehow “up there in heaven” but is in another dimension which intertwines with the physical world. Both worlds were created by God and together form the cosmos, which mirrors the structure of a human being (spirit and body). God has placed humans at the center of these two worlds by providing them exclusively with both a spirit AND a body.

A human being is:
The center of both worlds
The mediator between both worlds
A microcosm of both worlds



During our life on earth we exist in both worlds at the same time. As human beings we have the task to connect these two worlds. A human being possesses all the elements of the spirit world as well as all the elements of the physical world. He or she is therefore a microcosm reflecting the nature of the cosmos.

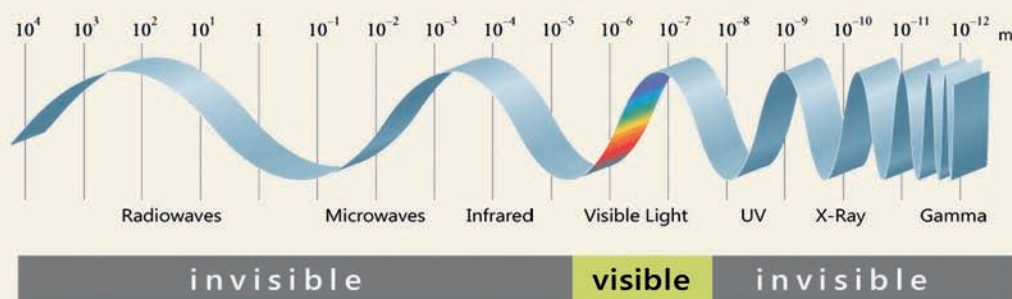
We already are living in both worlds while on earth

Many believe in one or another form of life after death, but the majority of people do not realize that we already exist in both realms simultaneously during our physical life on earth – in a material realm and in a spiritual one. God created human beings with a physical self and a spirit self.

Just as the physical world provides the environment for our physical self so the spirit world provides the environment for our spirit self. However, while the period of time we live on earth is limited, our life in the spirit world is eternal.

Our perceptive faculty is quite limited

In order to understand how it is possible to live in two worlds at the same time without realizing it, we have to remember that there are many things in the natural world that are beyond the capacity of the perceptive faculty of our five physical senses. For example, we cannot see infrared light or x-rays. There are also sounds above or below a particular frequency range which we cannot hear. Nevertheless x-rays do exist and so do very high and very low sound frequencies.



It is a similar matter with the spirit world. We cannot sense it with our physical senses. However it definitely exists all around us. New scientific insights have proven this proposition. While early science claimed that the material world is made of solid material, modern science sees the world a little differently: What looks like solid material actually consists of **invisible energy patterns**.

The significance of this theory in terms of the existence of a spiritual dimension should be very clear. Indeed, it was presumably this discovery that inspired Albert Einstein to make the famous remark that his work was spiritual in nature. He actually discovered that where material ends the spirit begins.

Some scientists use physical methods to seek to confirm spiritual phenomena in that they approach spiritual things in a similar way to how they approach physical events. However, we cannot sense the spirit world in the same way that we sense the physical world. Therefore we never will understand the spirit world through performing experiments that use physical instruments and methods. **The spirit world is a different dimension of reality**; seeking to understand the spirit world in physical terms is both inadequate and meaningless.

Appr. 5% of all adults have had a Near Death Experience *

Today the best-known evidence for the existence of a spiritual dimension comes from those who have had a so-called near-death experience. These people, who were clinically dead but later regained consciousness, have reported about strikingly similar experiences.

In books such as "Life after Life" by Dr. Raymond A. Moody or "Endless Consciousness" by Dr. Pim van Lommel, people report of floating outside their body after "death" and being able to see it from some distance. Friends and relatives who already died often appeared as spiritual beings (in a spiritual body) desiring to help them. They also felt the presence of a godlike being. This moved them to reflect on the value of their life. They felt fully accepted and loved in the presence of this godlike being. In the end it turned out that it was not yet time for them to die and they had to return to the earthly plane.



Common phenomena reported during near-death experiences:

- no interruption in the flow of consciousness
- positive feelings when "stepping out" of the body (lightness, brightness, love, joy, end of all pain)
- a dark tunnel led them towards an extremely bright light
- meeting with deceased friends, relatives or with a Godly being
- review of one's own life in the form of a "time lapse playback" in chronological order
- intuitively knowing that there is a point beyond which there is no return
- after returning back to their physical life, they changed their lives to embrace higher values and also found that the fear of dying had disappeared completely

Even blind people reported about details of near-death experiences, such as what the operating room looked like, which doctors were present, which interventions were made, etc.—they could "see" all these things.

Every person has a physical and a spirit self

We live in both the physical world and in the spirit world, and each of us consists of a physical self and a spirit self. The spirit self is in the subject position and gives the physical self purpose and direction. The physical self consists of a physical body made of cells and a physical mind which is responsible for the well-being of the physical body. In the same way, the spirit self also has a spirit body and a spirit mind. Since the spirit self is similar in form to the physical body, it is possible for people to be recognized in the spirit world. This explains why people who have contact with the spirit world recognize their friends and relatives who are already deceased.

Spirit Self

SPRIT MIND

Our most precious part!

- The origin of emotion, intellect and will and the location of our consciousness and individuality.
- The core of our spirit mind is heart/love

SPRIT BODY

- An ethereal energy body
- Very similar in structure, form and appearance to our physical body
- Expresses the degree of our spiritual maturity.



Physical Self

PHYSICAL MIND

- responsible for the well-being of the physical body (similar to an animal's instinct)
- Controls our longing for self-protection, nourishment and reproduction

PHYSICAL BODY

- Our organs, limbs, bones, muscles, etc.
- Creates our external appearance in the physical world

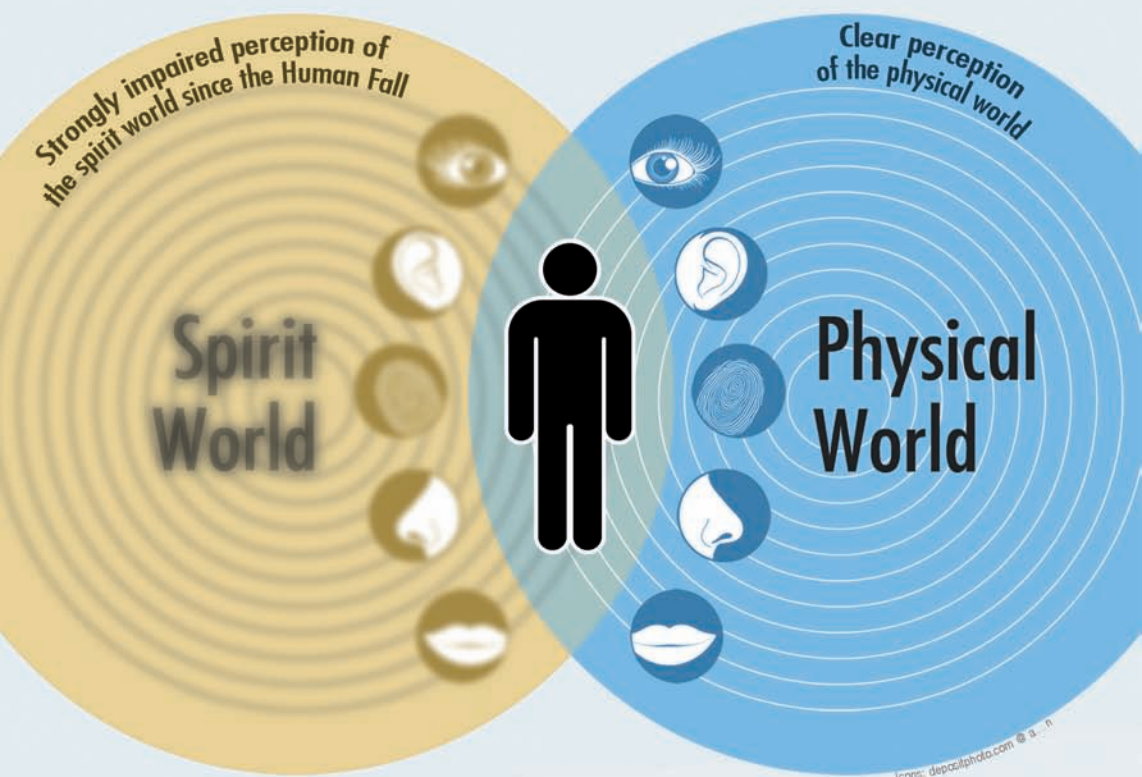
ETERNAL

TEMPORARY

The spirit mind is the center of our being, the origin of our emotions, our intellect and our will. Our personality, heart and consciousness are anchored here. It is our spirit mind that makes it possible for God to connect with us, to love us and to guide us. Many people have the feeling that a certain part of them will never cease to exist. Because we are created as eternal beings, we have the desire to live forever. The physical self decays as soon as a person dies; however, the spirit self continues to live as a spirit person forever in the spirit world.

Our physical and our spiritual senses

Just as we can perceive the physical world through our five physical senses (seeing, hearing, tasting, touching, smelling), we also can perceive the spirit world through our five respective spiritual senses. These spiritual senses are not limited by physical natural laws. However, since most of us are not attuned to our spiritual senses, we become aware of the spirit world only after our physical lives have ended and we enter the spirit world.



In God's original ideal we would be able to use our five spiritual senses to relate with the spirit world **while still on the earth**, just as we perceive the physical world with our five physical senses. However, since we became separated from God and could not reach the required spiritual maturity, our spiritual senses were impaired so badly that we live in ignorance of the spirit world. *See the Divine Principle, Chapter 2: The Human Fall.* In the process of God's restoration work our spiritual sensibility will eventually be fully repaired, enabling us to perceive the spirit world at our will.

Our physical actions nurture our spirit self

We need light, warmth, air to breathe as well as physical nourishment to maintain our physical life. In a similar way our spirit self needs spiritual nourishment. The spiritual nourishment consists of two components: "life elements," such as love and truth, which ultimately come from God; and "vitality elements," which arise from our actions. Every time a person acts in line with God's principles, that person's physical self transmits good vitality elements to his or her spirit self.

Life elements from God for the spirit:

God's Love
and Truth >>>

When the spirit self receives good **vitality elements** from the physical self and **life elements** from God, it becomes lively and beautiful. At the same time our spirit self transmits good **spiritual elements** to the physical self that energize the body. These influence our actions and also our general physical condition. If, on the other hand, the spirit self is fed with bad vitality elements which arise from egoistical behavior, the person will have feelings of guilt and the spiritual development will be stunted. The only solution for this person is to repent and correct his or her wrong behavior.

LIVING SPIRIT

VITALITY

SPIRIT
WORLD

SPIRIT SELF

Every day of our earthly life is precious

The growth and quality of our spirit self depend on the purpose for which we are living our lives. It is not sufficient to just listen to the word of God; one also must practice it by living a life of truth and love. This life on earth is our best and fastest way to grow in heart and spirit.

Growth elements for the physical body
from the physical world:

Light, Warmth
and Air

Food
and Water

When our life on earth one day comes to an end, we cannot receive any further vitality elements from our physical self. Our spiritual growth therefore is much more difficult. Since our spirit self grows by the good deeds that we perform with our physical body, our experiences of love, beauty and joy on earth deeply affect our capability to experience these in the spirit world. That's why our life on earth is so important. It is on earth where God's Ideal and the purpose of His creation must be fulfilled.

Foto: depositphotos.com © bst2012

PHYSICAL SELF

PHYSICAL WORLD

EVERY PERSON PASSES THROUGH

Life in the WOMB



Surrounded by
WATER

the body develops to prepare
for life in the physical world

Foetus  Placenta

CONCEPTION

The physical conception is,
at the same time, also
the conception of the
new spiritual self

Nine months

Life in the PHYS. WORLD



Surrounded by
AIR

the spirit develops to prepare
for life in the spirit world

Spirit Self  Phys. Self

FIRST BIRTH

The umbilical cord is severed.
The placenta "dies".
The baby is born.

A human lives about
90 years

Life in the SPIRIT WORLD



Surrounded by

LOVE

the spirit takes its place
in its eternal home

Spirit Mind  Spirit Body

SECOND BIRTH

The silver cord is severed.
The physical self dies.
The spirit man is "born".

Eternal existence

At her/his first birth each person separates from the placenta after nine months in the womb and is pressed through a narrow passage from the cervix into a new world.

In a very similar way each person separates from the physical body at death and is born into a new world which offers totally new perspectives.

Therefore a person has three lives: first in a liquid environment in the womb (for nine months), then in a gaseous environment on earth (for about 90 years) and finally, according to God's ideal, in the area of the love of God in the spirit world (eternal existence).

Therefore, according to God's original plan, **physical death must not be seen as a threat or a loss** but as a joyful event, since the person involved has fulfilled the purpose of his or her earthly life and is now going into a beautiful new world.

... but what is the true measure of good and evil?

We must live a good and moral life in order to develop a good character and establish a good society. However, what is considered good and desirable in one culture often can be seen as less good or even reprehensible in a different culture. This has been and still is a source of conflict between religions, nations and peoples throughout the ages until the present.

Every person possesses an inner compass, or a moral authority, called the **conscience**. This is the function of our spirit that works to guide us toward that which we consider good or morally correct. These moral norms and standards are cultivated through education in our homes, schools and society. If we align ourselves anew, for example by adopting a new religious tradition, our conscience also will be realigned and provide us with new moral norms and standards for evaluating and conducting our lives.



Illustration: depositphotos.com @ iqtsource

However, due to the Human Fall, human beings have become ignorant of God and thus ignorant of the **absolute standard of goodness**. For this reason, we are unable to set the proper standard of judgment for our conscience. As the standard of goodness varies, the standard of our conscience also fluctuates; this causes frequent contention even among those who advocate a conscientious life.

Nevertheless, every person also has an **Original Mind** which is directly connected with God and desperately tries to guide us to live according to His original standard of goodness. This inner voice has become very quiet, however, or is constantly drowned out due to our state of separation from God and due to Satan's evil influence. (See the Divine Principle, Chapter 2: The Human Fall.) Our Original Mind can be perceived more clearly again when we seriously seek, pray and live an altruistic life aligned with high ethical and moral standards. Through God's work of salvation and our good response His original, absolute standard will be established gradually and the gap between our conscience and our original mind, which has existed since the Human Fall, will become smaller and smaller and ultimately will disappear altogether.

The central importance of the family for spiritual growth

Some aspects of our existence have enormous value when we see them from the perspective of eternity. Other things suddenly appear quite unimportant and trivial. Once we understand that our limited time on earth is the only opportunity we have to prepare for life in the spirit world, we see the value of the family in another light. There is, in fact, no better “place” to prepare for life in the spirit world in a natural way. This may sound cynical in view of the bitter fact that nearly 50 percent of all marriages end in divorce, negatively affecting many family relationships and producing both mental and physical suffering. However, it is not the “basic principle of the family” which is the cause of this misery but rather the fact that because of the Human Fall we live separated from God’s original love and truth. (See Chapter 2 of the Divine Principle.) The life elements from God which our spirit absolutely needs to grow towards goodness are not reaching us at full intensity, making us unable to unfold our full love potential and create loving families.

The ideal of the family, however, does represent directly the purpose of God’s creation. God created the family to be a school of love in which every person very naturally and joyfully can develop his or her heart in order to prepare for life in the spirit world. It is here on earth that we can develop our “ability to breathe love” so that we are in a position to “breathe” well in the spirit world which is permeated with God’s love. God created us primarily as spiritual beings and ultimately created us for life in the eternal spirit world. However, He gave us a limited life of great preciousness on earth: It is only here on earth that new life can be born, and it is through the interaction with our physical body that our spirit self can develop and reach full maturity.

It is in the family that every person can experience and realize the four realms of heart. This is of utmost importance for the development of a loving personality and character. As a person passes through the four realms of heart, he or she finally reaches the highest level of love—parental love, which can give and give again with joy without expecting anything in return. That is the final examination in the school of love.

The Four Great Realms of Heart



Heart of parents

- coming to understand God's parental heart
- characterized by commitment and compassion

4

Heart of the spouse

- loving the other aspect of God's dual nature
- characterized by faithfulness and commitment

3

Heart of brothers and sisters

- learning to share and appreciate
- characterized by harmony and purity

2

Heart of the child

- developing deep trust in that which is good
- characterized by respect and thankfulness

1

Where we go depends on our spiritual maturity

In the spirit world one lives in an environment that **matches one's inner nature**, whereas in the physical world one can create a pleasant environment by external means (also those acquired in a fraudulent manner). If we reach a high degree of spiritual maturity and a highly developed heart (ability to love) during our life on earth, we will find ourselves in the spirit world in an environment that matches these qualities. People who have come to know such realms actually have reported that these are far more beautiful than anything they experienced on earth. In the spirit world God's truth manifests itself as light and His love manifests itself as warmth. Therefore whoever lives in harmony with God in the spirit world leads a life in light and in the warmth of love.



On the other hand, those who hindered their spiritual growth due to a misdirected or wrongly applied lifestyle and who have lived a self-centered life, and have hurt and used others, will live in a spiritual environment that reflects these realities created on the earth.

A person who has led a very self-centered life on earth will find himself or herself in the spirit world at a location with like-minded people who all still need to learn the value of unselfish love, something that is essential for the development of our spirit.

Realms in which God is very distant are dark, cold and inhospitable. The environment simply reflects the spiritual condition of the people living there.

There are many stages between these two extremes, each of which reflects the different degrees of spiritual development of the residents. The most important factor that determines our level of growth is the degree of our love for God and our neighbors. Altruistic love, serving our neighbors and guiding them toward the truth and the love of God, represents the highest spiritual values.

Neither God nor Jesus nor anyone else judges people when they enter the spirit world. We automatically go to a place that matches the degree of spiritual maturity we reached in our earthly life. Therefore it was not God who divided the spirit world into beautiful and repulsive realms—so to speak, as a reward for the “good” and as punishment for the “bad.” No, according to the way of life that people lived on earth they brought these respective standards with them and opened up the realms of “heaven” or “hell” themselves as they settled in the spirit world.

One cosmos, two real worlds

There exist two real and substantial worlds: the physical world and the spirit world. We live in both worlds at the same time while on earth, since we are both spiritual and physical beings. When we die, our spirit moves on into the spiritual world and we continue to live there forever.

Spiritual growth

This must be completed while on earth, since the spirit grows through the actions performed by our physical body. The spirit cannot receive any further vitality elements from the physical body after we die. Therefore our life on earth is very precious.

Where do we go after death?

Every person—whether that person believes in eternal life or not, whether he or she is religious or not—enters the spirit world after death and continues to live there forever as a spirit person. This is a natural life process and not something we can choose.

The spirit world is made up of various levels, which were created not by God but by humankind itself due to the different degrees of spiritual maturity that people achieved during their earthly life.

Since the spirit world is ruled by the laws of love, we automatically tend toward the location that matches the level of development of our heart.

Three stages of life

Every person passes through three stages of life: Nine months in the womb, about 90 years on earth and then eternal life in the spirit world.

Justice beyond death

"As we sow, so shall we reap."

The moment we enter the spirit world all superfluous things and all pretense fall away. Our true nature is visible immediately. We do not enjoy any advantages in the spirit world from things we found important while on earth, such as money, power or position, since it is a world ruled by God's love. The only ones who enjoy true freedom are those who have learned to act unselfishly for the sake of others while on earth.

What is next?

This introductory series comprises 6 brochures covering the essential contents of *The Divine Principle*.



- Part 1 The Principle of Creation
- Part 2 Our Life in Two Worlds
- Part 3 Why Does Evil Exist?
- Part 4 Why we need the Messiah
- Part 5 The Tragedy of Jesus Christ
- Part 6 The Turning Point of History

THE DIVINE PRINCIPLE GENERAL OVERVIEW

The Divine Principle is a new revelation from God to humankind. It has been received through and was systematized by the Rev. Sun Myung Moon. It offers revolutionary new insights into the nature and work of our Creator. Here we have presented an introductory 6 part series covering central statements of the **Divine Principle's** main subject areas:

The Principle of Creation

God's nature, His ideal and the principles of His creation.

The Human Fall

How evil came into this world and how it influences humanity.

The Restoration of God's Ideal

Revealing God's work of salvation and the principles of restoration in human history.

"EXPOSITION OF THE DIVINE PRINCIPLE", the reference book on the Divine Principle teachings, comprises the following chapters:

- The Principle of Creation
- The Human Fall
- Eschatology and the Last Days
- The Messiah: His purpose and the reason for his second coming
- Resurrection
- Predestination
- Christology
- The Principles of Restoration
- The Foundation for Restoration
- Moses' and Jesus' Course in the Providence of Restoration
- The Time Periods in the Providence of Restoration
- The Parallels in Jewish and Christian History
- The Period of Preparation for the Second Advent
- The Second Advent



Sun Myung Moon (1920 - 2012)

Already by age sixteen, Sun Myung Moon had received his commission through encounters with the risen Christ and was continuing his lonely and prayerful search to find the answers to fundamental questions about life – profound insights that now form the systematic teaching known as 'The Divine Principle'.

By identifying spiritual principles that reveal the workings of God behind human history and through the world's great religious traditions, a way is opened up to overcome traditional boundaries of race, religion and culture and move toward a truly 'unified' view of life wherein the spiritual and physical dimensions are harmonized.

Local Contact



Family Federation for World Peace and Unification (FFWPU)

43 Lancaster Gate, London, W2 3NA

Tel: 0207-723-0721 | Fax: 0207-262-4497

E-mail: hq@ffwpu.org.uk | www.um-uk.org