

# **A Study on Unification Health**

## **-A New Approach to Holistic Health-**

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### **Introduction**

Everyone seeks good health, because it is basic for our existence and happiness, when we are healthy we can realize all our desires and the purpose of life by pursuing and realizing values. Therefore, we need to discuss and define the concept of health. Health is a comprehensive concept embracing every dimension of existence: mind and body; individual, family, society, nation, and world; physical and spirit world; human beings and spirit persons.

In WHO's constitution (last updated on 30th August, 2000), article 2 explains "The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, political belief, economic or social condition.", and article 3 "The health of all peoples is fundamental to the attainment of peace and security and is dependent upon the fullest co-operation of individuals and States." But the WHO's definition, "Health is a complete state of physical, mental, and social well-being and not merely the absence of disease or infirmity." is not sufficiently broad enough to include such aspects of health, as happiness, harmonious relations, and people's security, as described in articles 2 and 3.

It is promising that WHO included the mental and social aspects of health and that The World Health Assembly in 1999 added "spiritual well-being" to the health definition of WHO. Nevertheless, some people criticize this definition as too idealistic to achieve in daily life, so it is merely a goal to strive for. Some have commented that this is difficult to measure objectively owing to its subjective and static features.[1\)](#)

Health is an interconnected and dynamic state such that we need to consider it multi-dimensionally if we desire a happy and satisfying life.

Recently "holistic health" and "well-being" have become well worn phrases around the world, since so many people have become interested in better health. In God's new providential age, the age after the coming of heaven, God's kingdom (i.e., Cheon Il Guk) is in the process of being established substantially both on earth and in heaven. We need, therefore, to view health more comprehensively, and from a more fundamental standpoint.

In this paper I will suggest a new definition of health, "Unification Health," and systematize it. I hope this new idea of holistic health can contribute to the realization of God's kingdom of the peaceful, ideal world centered on true love, and help to establish a Unification medical science. In this paper I will use some abbreviations for convenience' sake : UH for unification health, DC for dual characteristics, 3GB for three great blessings, GRA for give and receive action, ODUA for origin-division-union action, 4PF for four position foundation.

### **1. The Background of Unification Health**

#### **1) The Traditional Concept of Health**

Any concept of health begins with biological health, i.e., physical health. This concept of health was extended to the physical, mental, and social dimensions by WHO, and it is now expressed as a complete state of well-being. Some people add ecological and

occupational dimensions to this definition.

Mental well-being does not mean only the absence mental disorders such as mental stress, neurosis (nervous breakdown), irritability, depression, etc. We should see it as a broader concept that includes adaptability to stress, mental power to solve problems, and having a sound viewpoint on value and life, that is, (i) a state with no mental disorder (object of mental medicine), (ii) a state of mental well-being (object of psychology), (iii) a positive view of life (object of religion and philosophy).[2\)](#)

Mental well-being may be divided into three areas: intellectual, emotional, and spiritual. Thus health is defined as physical, intellectual, emotional, spiritual and social well-being.[3\)](#) One may call the combination of intellectual and emotional well-being as “psychological health.” It implies thought, emotion and feeling. It may be described using Menninger’s six steps towards psychological health or Maslow’s five steps of desire.[4\)](#) Usually these dimensions overlap and influence each other. We call people who have achieved a balance of the multiple-aspects of health, people who are able to maintain a “holistic state of health” or “the highest level of wellness.”[5\)](#)

We may describe health not only as a viable state of anatomical structure and biological function, but also as an enduring state of the optimum well-being of the intellectual, emotional, spiritual and social dimensions, through one's adaptation to their environment, and by managing himself or herself.[6\)](#)

#### (1) Physical well-being

Physical well-being is a state within the normal range of anatomical structure and biological function. It concerns susceptibility to disease, weight, eyesight, physical power, sense of balance, endurance, recovery potential, etc. It also means a state of minimal risk due to the drug abuse, stress, dangerous environmental pollutants, as well as every organ functioning smoothly with no disease or disorder.[7\)](#)

#### (2) Intellectual well-being

Intellectual well-being is different from the emotional aspect of health. It is wellness in terms of thinking and perception. This dimension of health concerns the capability to receive information, analyze, evaluate and judge information, speak and write, set up a standard of values and faith, etc. Therefore, intellectual well-being concerns one's learning ability and one's ability to respond successfully to potential intellectual challenges.[8\)](#)

#### (3) Emotional well-being

Emotional well-being, in turn, is different from the intellectual dimension. This is a wellness in terms of emotion or feeling and concerns various aspects of our life such as pride, love, empathy, etc. It is also related to our feelings in life towards goals and aspirations for our life, family, friends, etc. It is about the ability to perceive and control emotions, properly express them, respond to stress, resolve conflicts, maintain a flexible attitude toward life, and so on.[9\)](#)

#### (4) Spiritual well-being

In 1999 WHO decided to include spiritual well-being within its existing concept of health. The concept of “spiritual well-being” takes into account “the soul” through our daily living, alternative medicine, rituals of shamanism, breathing exercises, folk remedies, etc.[10\)](#) In other words, spiritual well-being in terms of health include the progress of one's spiritual life, creed interpretation of God’s existence, the existence of the Absolute, religious consciousness, the inherent and natural human behavior to serve to live for the sake of others, etc. Some people claim spiritual well-being is really the essence of health.[11\)](#)

Professor R. Eberst argued that spiritual well-being involves confidence, sincerity, principle, ethics, the purpose of life, propulsive power of life, the instinct to survive, and non-selfish emotion.[12\)](#)

#### (5) Social well-being

Social well-being concerns one's capability to execute social roles as a member of society including social adaptability in diverse societies, or the ability to maintain relationships with others.[13\)](#) In other words, our interactions with others are related to wellness. This involves the degrees of receiving comfort, socialization skills, concern for others, and ability to accept differences. Social well-being includes making meaningful contribution to one's family, community, and the world.[14\)](#) Because individual social life is very important in our diverse modern society, "social health" needs to be included in the category of health.[15\)](#) Especially as environmental factors increasingly influence our health, individual health concerns become more limited.

#### (6) Ecological well-being

If a person intends to maintain optimum wellness, they must constantly keep in touch with their surroundings. Ecological well-being is understood from the viewpoint of one's adaptability to one's surroundings. That is, health is defined as "a state of maintaining optimum comfort in terms of one's physical, mental and social surroundings." Through this concept we can understand human beings as dynamic entities, constantly interacting with their surroundings. Therefore we must see health as meaning adaptability to our surroundings.[16\)](#) Bernard explained health as "maintaining the homeostasis of internal environment to the change of the external environment."

#### (7) Occupational well-being

Occupational well-being is related to one's satisfaction with one's work. One's degree of job satisfaction directly influences one's health. Human beings experience satisfaction through external compensation (salary, incentives, etc.) and internal compensation (opportunity to express their creativity, progressing in human relationship, etc.).

As explained above, health can be defined as realizing one's potential for individual growth and development, and enjoying a happy life by utilizing physical, emotional, intellectual, spiritual, social and occupational factors.[17\)](#)

#### (8) Oriental Concept of Health (geon gang, 健康)

The term 'geon(健)' of 'geon gang(健康)' means strong, signifying good strong physical health. The term 'gang(康)' means comfortable, joyful and harmonious, so it means a peaceful mind. Accordingly, health means that the body and mind together must be healthy. Those whose mind and body are healthy, enjoy a balance among all the functions of their body, having fully active circulation, and maintain a peaceful mind. They look dignified, have a charismatic and gentle attitude, and behave like a king.[18\)](#)

In the oriental concept of health, Qui(氣) is very important. Qui is the energy enabling the breath of life or vitalizing the universe. It is the source for the circulation of the flow of all life functions. The flow of Qui maintains life. The constant circulation of Qui is considered healthy. The oriental concept of health is based on the thought "oneness of heaven, earth and human beings," and is a state of balance in which human and nature become one. It is also a state in which yin and yang are in harmony and Qui is always circulating.[19\)](#)

### 2) The Advent of the Age of Well-being and Holistic Health, and their Limitations

#### (1) Well-being and holistic health

Health is defined as a complete state of well-being, according to the WHO charter. As mentioned above, since health touches every area of our lives, it includes physical, mental (intellectual and emotional), spiritual (sense of value), social, ethological and

occupational well-being. Holistic health is said to be a state of health, including all those aspects of well-being. The word 'holism' applies to the complete system of inter-relational parts rather than to the concept each part functioning well but separately from other parts.

## (2) The limitations of well-being and holistic health

Although the aforementioned concept of well-being and holistic health connotes a comprehensive view of health, it falls short of total well-being if viewed in light the original ideal of creation. This is because the concept of well-being and holistic health does not aim at achieving the peaceful ideal world of true love. That world is essential and ultimate, and is a world of truth, goodness and beauty. It is a world of true freedom, peace, unification and happiness. Also, this concept overlooks the fact that we must restore the fallen human nature and the fallen world. This concept also does not deal with the spirit self, spirits and the spirit world. Therefore, it cannot deal with healing spiritually caused illnesses and cannot satisfy the human desire for eternal health. This concept does not explain the importance of one's earthly life as a preparation for life in the spirit world. It also does not explain about the true relationship between the spirit self and the physical self, or internal nourishing elements such as the life element, the divine element and the vitality element.

Living an original life of creation would be living life according to the first, second and third blessings. Therefore health cannot be conceived of apart from these blessings. Nonetheless, the traditional concept of health misses these aspects of the 3GB, harmony and unification.

## 3) The Advent of the Age of Unification Health (UH)

Both traditional concepts of health and the newer concepts of well-being and holistic health have limitations and must be revised and expanded in the age of the New Providence. In the age after the coming of heaven, humans are exalting a life of the mutually beneficial relationships and harmony rather than one of confrontation and discord. Peace and happiness rather than conflict and unhappiness. This new age needs a new concept of health based on a complete and original viewpoint.

This is the time when the completion level of God's truth, which has become widely known throughout the world in the name of the Unification Principle (or Completed Testament), is being fulfilled substantially. The original world of creation where individuals, families, societies, and nature are being recreated according to the Unification Principle can be said to be the world in which health based on the Unification Principle is being manifested. This paper calls this state of health 'Unification Health (UH).'

## **2. The Outline of Unification Health**

### 1) The Meaning and Special Features of Unification Health

UH is based on the Unification Principle. So UH describes the potential state of the ideal world of creation, of life itself, and the reality of that world. These special features of UH can be explained as follows.

First, UH is health in the ideal world of creation, that is, 'Cheon Il Guk health.' The ideal world of creation is the world where God's nature and will permeate every corner of the world. That world is the world of true love and truth so we may say that UH is 'True love health', or 'God's Word health.' Second, a Cheon Il Guk citizen lives with UH, and therefore life in Cheon Il Guk is a life of UH. So, we may say that Cheon Il Guk is being settled by UH. Third, UH is grounded in the purpose of creation, that is, the 3GB, so it may be called "3GB health." Health based on the first blessing is the

health of an ideal person, health based on the second blessing is the health of a true family, and health based on the third blessing is the health of the dominion of love over all things. If human beings live according to the 3GB, the individual, family, society, nation and the world will enjoy true freedom, peace, unification, happiness and joy. So UH is health associated with realizing these characteristics of life. Fourth, UH is based on the laws of creation. UH is DC health, GRA health, ODU health and 4PF health. In other words, UH is health realized on the foundation of DC, GRA, ODU, and 4PF.

Fifth, UH is health that embraces the three phases of human life: life in the womb, life in the physical world and life in the spirit world. Everyone lives through these three phases of life. The antenatal life is preparation for life in the physical world, and life in the physical world is preparation for life in the spirit world. UH is health that embraces these three stages of life as a whole. Sixth, UH is maintained by Unification medical science<sup>20</sup> Unification medical science cures and prevents disease from the viewpoint of the human fall and restoration. It also diagnoses, cures and prevents disease in harmony with spiritual therapy, western medicine and oriental medicine. UH takes care of health by utilizing Unification medical science. Seventh, UH is a unified health or a holistic health system. So, UH means the health of the unification and harmony of God, human beings and all things, the purpose and laws of creation, the three stages of life, the 3GB, the physical world and spirit world, and so on.

## 2) The Working Principles of Unification Health

UH is a concept based on the Unification principle, and the Unification principle is the true ideal of creation centering on the laws and purpose of creation. The working principles of UH are the aspects of the laws of creation, whereas its content and system are derived from the purpose of creation, that is, the 3GB. The purpose of creation is accomplished based on the laws of creation. So, the working principles of UH are the foundation for the contents of UH. The laws of creation are the DC, the GRA, the ODU and the 4PF.

The DC describes the pair relationship between relative and complementary features. Therefore, UH is a health system which maintains the internal and external, yin and yang, and subject and object, not only within oneself but also in relation with others. Also, UH is a health system having a relative and complementary relationship as an individual truth being and a connected being with dual purposes (individual purpose, whole purpose).

The law of GRA is the law that two beings, centering on a common element, establish a common base and then give love and receive beauty to produce forces for existence, interaction and multiplication. UH is the health maintaining metabolism through GRA, which is round, harmonious, dynamic and smooth. The ODU is the action wherein two beings, which are developed substantially from God's nature and the purpose of creation and which have a DC relationship, produce a new substantial being through the GRA. By this action UH maintains human beings as harmonized beings with an identity maintaining aspect, or which produces a new developmental being, which is a new creation and new development.

The 4PF is the complete state fulfilling the twelve objective purposes. The twelve objective purpose is accomplished when each one of four beings in the ODU completes the three objective purpose. UH based on the 4PF contains unification, symmetry, harmony, balance and a spherical form, and it also has such features as solidity, relationship and dynamics which stem from 4PF.

## 3) The Content and System of UH

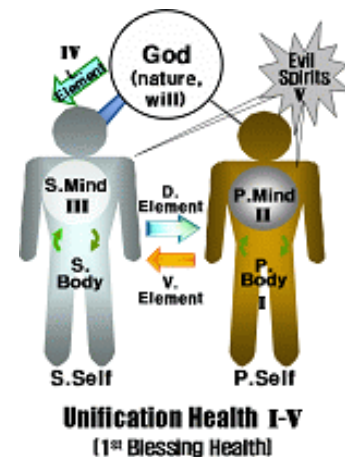
If the contents and system of UH have the features of 3GB, UH is 3GB health. Therefore, UH is somehow 3GB itself or 3GB life. In short, we may say that UH is a health terminology for life in the ideal world of creation centering on God. Expressing this in mathematical form, 'UH = first blessing health + second blessing health + third blessing health.'

#### (1) First Blessing Health: Perfected Individual Health

First blessing health is the health condition of an individual who has perfected him/herself,. Centering on God, mind and body or spirit self and physical self, having a DC relationship, unite into oneness through GRA. In other words, first blessing health is a healthy state in which God—mind & body (or, spirit self & physical self)—individual, the four beings in ODU, complete the twelve objective purpose.

The person who achieves first blessing health comes to be a second God by resembling God's nature, substantializing true love and the Word of God, becoming God's child, God's body, God's holy temple and God's image. The spirit mind of such a person who achieves first blessing health will receive life element from God. So the person will become one with God's heart, emotion, intellect and will. Also that person will know God's purpose of creation, the laws of creation, the ideal of creation and God's providence. Such a person will have a good heart, especially the heart of a child, and will grow while balancing their emotion, intellect, and will.

Life elements that fill the spirit mind will be transferred to their physical mind. So the spirit mind filled with life elements will stand in the subject (central) position to their physical mind.



The physical mind, in which life elements are central, will guide the physical self, together with the physical body through DC, GRA and ODU. So the physical self will maintain its ideal features, state and functions. In this situation, the cells, tissues, organs and organ systems in the physical body will maintain one's health, centering on the life elements, as organic body controlled by God.

The physical self will produce vitality elements by practicing with the life elements in daily life, and the spiritual self will grow in virtue of the vitality elements coming from the physical self. The spiritual self, in turn will grow by receiving both life elements (not substantiated) from God and life elements (substantiated through life and experience) from the physical self. In this way, the emotion, intellect and will of the spirit mind will grow in balance, and EQ, IQ, WQ will develop in harmony.

In short, those who achieve first blessing health will enjoy excellent health, which means mind health, body health and mind-body unity health, and will at the same time enjoy spirit self health, physical self health, and the health of the unity of spirit and physical self. Also, they will achieve optimum health of the spirit mind, spiritual body, and the unity of the spirit mind and body.

#### (2) Second Blessing Health: Health in the Family

Those who achieve first blessing health will grow up with the heart of a child based on unity in heart with God, and will develop their emotion, intellect and will in complete balance. Then he (or she) will understand and feel the purpose and the laws of creation, and God's will and providence. Also, he (or she) can show strong determination to do God's Will. If a man and woman, who achieve this level, receive the marriage blessing,



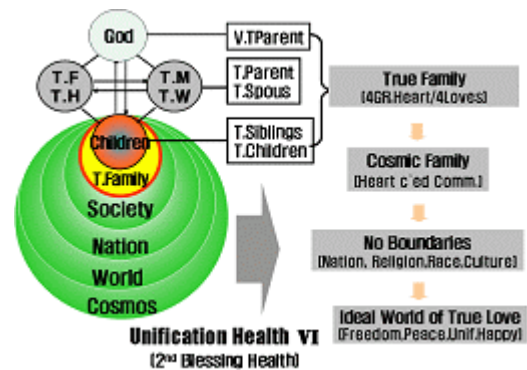
and then complete the identity-maintaining 4PF, they can become a true husband and wife in according to God's ideal.

Such a husband and wife can experience the heart of a child, the heart of a brother and sister, and the heart of a husband and wife. Therefore, their emotion, intellect and will develop, and their spirit minds will mature accordingly.

Such married couples will enjoy a higher level of health than as individuals, because they will continuously generate the power of existence, action and multiplication through GRA. This means that the health of true spouses becomes more vigorous than the health of either one of them alone would be.

If such a couple has children, they can grow further by experiencing the heart of a parent.

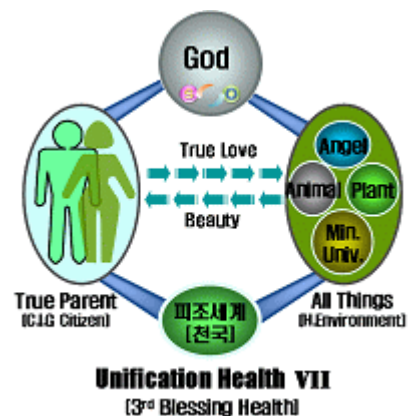
In this way, each true spouse can grow by experiencing the four great realms of heart through practicing the four great loves, and their health will also be improved accordingly.



Furthermore, when such true parents complete the four great realms of heart in the context of their neighborhood, tribe, society, nation and world, even with spirits (people living in the spiritual world), their health will become even more enhanced. Likewise, the person who becomes a member of the cosmic family and lives according to the life of mutual existence, mutual prosperity and mutual righteousness, can achieve a cosmic level of health.

### (3) Third Blessing Health: Health through Dominion over All things

Those who achieve the first and the second blessings can also enter into a relation of resonance with all things through experiencing a loving dominion over all things through true love. Having a loving dominion over all things means protecting and caring for them, thus realizing their purpose of existence. By acting in this way, all things will serve to create a convenient, affluent, comfortable and beautiful environment, thus realizing their purpose of existence. People will experience joy and be happy, fully accomplishing their desire to pursue and realize values in their lives. In the third blessing, by objects of human beings we mean not only minerals, plants, animals, and the cosmos, but also their daily jobs and the work they do, including even time, space, politics, economics, society, science, technology, arts, sports, etc. Therefore, those who fulfill the third blessing and live with third blessing health will be able to expand the quality of their health even more through experiencing a loving dominion over these diverse objects.



### 4) The Aspects of UH in Comparison with Existing Concepts of Health

UH is health understood in light of the original life of creation centered on God. Therefore, the state or the life of 3GB is UH. To describe 3GB health we will outline in detail some aspects of UH in order to objectively approach measuring this state of health. Using these aspects we may apply UH to specific situations. If we establish quantitative measuring instruments for those aspects, we can diagnose, cure and prevent disease systematically and holistically, from the original viewpoint.

The traditional concept of health was contained seven areas: physical health, intellectual health, emotional health, spiritual health, social health, ecological health, occupational health. We can compare each of these concepts with UH. Compared with the areas covered by and all aspects of UH, those concepts or definitions of traditional concepts of health are understood to be part of UH. The theoretical background, systematic structure and inclusiveness of the traditional concepts of health are found to have certain weaknesses.

At the same time, we can understand that UH, founded on the 3GB connotes the purpose, the laws and the ideal of creation. Thus it has profound significance in view of its inclusiveness and appropriateness, logical and systematic contents, balance and harmony, diversity and unity, and so on. This stems from the fact that UH is identical with the state, relationship and life of human being as they exist in the ideal world of creation.

Fields of UH	The aspects of the judgment of UH
I. Health of the Physical Body	<ul style="list-style-type: none"> <li>▪Function &amp; metabolism of cells/tissues/organs/organ systems<sup>①</sup></li> <li>▪Physical exercise/activity, ingestion of natural nutritional elements</li> <li>▪Producing the vitality element (through a life of 3GB)</li> </ul>
II. Health of the Physical Mind	<ul style="list-style-type: none"> <li>▪Being an object to the divine element (oneness with spirit mind)</li> <li>▪Having dominion over one's physical body (temperate life)</li> </ul>
III. Health of the Spirit Mind	<ul style="list-style-type: none"> <li>▪Development of the original nature of creation (heart/true love; emotion<sup>③</sup>/intellect<sup>②</sup>/will)</li> <li>▪Producing the divine element (motivation for the physical self; being the center of the physical self)</li> <li>▪Receiving the vitality element (substantialized life element; record of the life of the physical self)</li> </ul>
IV. Health in regard to Life Elements (Health related to God)	<ul style="list-style-type: none"> <li>▪Receiving the life element (God's nature, ideal/purpose/laws of creation, God's will &amp; providence)<sup>④</sup></li> <li>▪Alignment of spirit mind / physical mind / physical body / life centered on life element</li> <li>▪Having the life element in the divine element / the vitality element</li> </ul>
V. Spirit-related Health (Health by separation/liberation/blessing of evil spirits)	<ul style="list-style-type: none"> <li>▪Influence of good spirits and evil spirits (degree of influence on the mind / body)</li> <li>▪Separation of evil spirits, Cooperation with absolutely good spirits (liberation→blessing→cooperation by returning resurrection)</li> </ul>
VI. Health in the Family (Health in view of the 2nd blessing)	<ul style="list-style-type: none"> <li>▪Life of a true spouse/true family/cosmic family<sup>⑤</sup></li> <li>▪Development of four great hearts / four loves / three great subjects</li> </ul>
VII. Health through Dominion over All things (Health in view of the 3rd blessing)	<ul style="list-style-type: none"> <li>▪Harmony of God-human-nature (health of heaven-earth-human)</li> <li>▪Desire to pursue and realize values (true love dominion over all things)<sup>⑦</sup></li> <li>▪Love/protection of nature, resonance with nature (heavenly atmosphere)<sup>⑥</sup></li> </ul>

### 3. The Life of UH

#### 1) Step 1 of UH: Physical health



### (1) Health of the Physical Self and Health of the Physical Body

The first step of UH is the health of the physical self. In order for the physical self to be healthy, both the physical body and the physical mind, which are the body and the mind of the physical self respectively, should be healthy. Especially, since the health of the physical body is the base for the physical self, the health of the physical body is extremely important and is the primary foundation for health.

The purpose of the health of the physical self is for the health of the spirit self. Since the physical self is the body which gives vitality to nurture the spirit self, we have to take care if our physical self is to be beautiful and healthy. Also as the spirit self grows based on the physical self, we have to protect our physical self in order to be joyful and healthy. This means that the physical self, growing with joy, has a duty to protect our spirit self until it grows up beautifully. Thus, the physical self has to grow the spirit self as well. However if the spirit self goes to spirit world without being perfectly mature, it will blame the physical self. In this way the health of our physical body is a very important base and foundation for UH.

### (2) Health of the Physical Body (I) Health according to Medical Science

For the health of our physical body we need good medical care for our physical body. This means we need to check our physical body periodically to ensure that the constancy, balance and biorhythms of the organs are okay. Also, we need to check each of our organs, whether the activity, reaction, digestion, metabolism, excretion, generation and growth are okay or not. The DC, the GRA, the ODUa and the 4PF must work naturally in view of Western medicine, oriental medicine and alternative medicine.

### (3) Health of the Physical Body (II) : Physical Exercise, Activity

Physical exercise needs to be carried out with a joyful and grateful mind. We need to observe the right proportion, and proper time for exercise, and not overdo it. Otherwise, it can make us ill. Through physical exercise we need to keep the constancy, balance and life of each organ of the physical body.[21\)](#)

### (4) Health of Physical Body (III) : Ingestion of Natural Nutritive Elements

For the health of our physical body we need to ingest natural nutritional elements as well. Food is representative as a natural nutritional element, but we also need to ingest clean air, pure water, pleasant natural sound, natural aroma, Qui energy and sunlight for the health of the physical body. Especially, we need to improve our food habits for the health of our physical body. We need to eat with a grateful and joyful mind, but we must not do with an unbalanced diet, or eat too much, or too quickly.

### 2) Step 2 of UH: Health of the Physical Mind

The physical mind is in the object position to the spirit mind and takes in divine elements in order to sustain the physiological functions of the physical body centered on the spirit mind. The desires for clothing, food, shelter, sex(性).sleep, the desires for pursuing a material life, or the feelings of sleepy, fatigue, hot & cold, etc., are relevant to the physical mind.[22\)](#) Such feelings, intellect, or desires are called the emotion, intellect, will of the physical self, or the emotional, intellectual, and volitional faculties of the physical mind. These are lower level than ones of the spirit mind.[23\)](#)

The spirit mind is subject, while the physical mind is object, and the human mind is the synthesis of these two. The original mind is manifested when the spirit mind functions as a subject and the physical mind as an object. When the physical mind follows the spirit mind we can seek after and realize values (truth, goodness and beauty) as the primary goal for our lives, and that we pursue material goals as secondary ones. Spirit self and physical self will resonate with each other; the physical mind will follow the

spirit mind and the spirit mind functions well in itself.[24\)](#)

In the 20th century, “psychosomatic medicine” and “mind/body medicine” have come to the forefront. The holistic way of thinking, which understands body and mind from a unified perspective, is gaining in influence. The mind affects the body, and the body constantly affects the mind. There is a growing body of evidence that one’s state of mind and intention are closely related to physical disease and health.

The mind and the body are a psychosomatic unity, and so they exchange mutual influences to each other. Among these influences, it is proven that there are many caused by changes in the body, produce effects on the mind. However, more and greater influences are caused by the mind, producing changes in the body. For example, mental illness can produce huge changes in one's lifestyle, which may cause disease, or which may worsen existing ones.

### 3) Step 3 of UH: Health of Spirit Mind

Inner health depends on the mind, on the spirit mind in particular, since it is the center of the mind. The spirit mind seeks truth, goodness and beauty, and a life of love i.e., the life of values.[25\)](#) We must receive the life element from God in order to keep our spirit mind healthy. We cannot be healthy if our spirit mind is filled with secular values or fallen nature.

In order to keep the spirit mind healthy we must take in life elements as well, and the ‘substantialized life element’ produced by a physical life (living), as well. For this purpose, the spirit mind should provide the divine elements, containing life elements, to the physical self. Namely, the life element should be the center of physical life (living), so the activities of the physical self would take place based on this life element. In these processes, a life with true love will be recorded on, and saved in, the spirit mind of our spirit self.

“While living on earth, your every action and movement is recorded on your spirit self, without exception and with the public laws of heaven as the standard. Accordingly, you will enter the spirit world in the form of your spirit self, which has recorded your life on earth with 100 percent accuracy. This does not imply, though, that the spirit self leads its own life or that it can express true love through actions on its own. Your spirit self grows, matures and finally becomes perfected only within your physical self, through an earthly lifetime of having actualized true love, bringing your mind and body into a smooth relationship of give and receive.”[26\)](#)

In case of many diseases, the spirit mind has problems, because the contents of the spirit mind will decide whether we are healthy or not. The spirit mind is rooted in our heart, emotion.intellect.will, and ideas.concepts.laws, and mathematical principles.[27\)](#) Therefore, the form of the spirit mind will be decided according to the contents in our heart, emotion.intellect.will, and ideas.concepts.laws, and mathematical principles. Our spirit mind can be organized centering on the life element through this process.

We may say that Meetinging’s six steps to psychological health and Maslow’s five steps of desire[28\)](#) are related with this spirit mind.

In the Yellow Emperor’s Internal Classic(黃帝內經), the mental treatment of oriental medicine says that we shouldn't talk so much about mental aspect. Plus, we should avoid greed and unreliable dreams, but try to be chaste and pure, and keep our mind at peace. Then, the functions of the five viscera(臟) will be smooth and easy, our mind not be distracted but concentrated, and accordingly we can avoid various kinds of diseases. We must be satisfied with our life, which suits us, try not to envy others or pursue greed, and live a simple life. We must not pay too much attention to joy, anger, sorrow, or pleasure, but instead try to be happy with simple pleasures.[29\)](#)

#### 4) Step 4 of UH: Health in terms of the Life Element

When health is described as physical, intellectual, emotional, spiritual, social and ecological well-being, the word 'spiritual(靈的)' does not mean either spirit world or spirits. Instead 'spiritual well-being' implies a doctrine for the existence of God, the existence of the Absolute Being, religious consciousness, natural human activities, service for others, etc. Eberst also claims that spiritual health is about trust, sincerity, principles and ethics, goals of life, basic instinct for survival, acceptance of divine providence or existence, and so on.

From the unification principle's perspective, this concept of 'spiritual health' is related to the life element. The life element contains the heart and true love, emotion, intellect, will, and truth, goodness, beauty of God. In addition, the laws and the purpose of creation, and God's Will and Providence are also included in the life element. Therefore, the life element includes the original values of creation, the grace of human, the purpose and the laws of existence, so on. Accordingly, this life element is an essential nutrient for human beings, and the core and the center of UH. Health based on the life element is the essence, as well as the goal, of UH.

#### 5) Step 5 of UH: Spirit-related Health

##### (1) Spirit world and Physical world, Spirit self and Physical self

The ideal world of creation is called the cosmos wherein the physical world and the spirit world are unified and in harmony, and earthly human beings and spirits, as children of God, will make a cosmic family centered on true love. When we have love, goodness, gratitude, joy, happiness and care, the spirit self will grow up healthy and beautiful.

Living according to God's Words, and without any satanic fallen nature or habits, our life will be healthy spiritually and physically, so we will receive love only from God. "Therefore, before you pass on to the next world, you should achieve unity between your physical and spiritual bodies by living your earthly life in such a way that you meet the standards of both the physical and spiritual worlds. In other words, you have the responsibility to perfect your spirit self within your physical self based on the finite life you live in the tangible, physical world. This does not mean, however, that the perfection of a spirit self happens automatically. Only on the basis of your having achieved complete unity between your mind and body during your earthly life, by expressing true love through actions, can your spirit self fully mature."[30\)](#)

However, owing to the human fall, not only people in the physical world but also spirits in the spirit world are contaminated by fallen nature. Spirits with various kinds of fallen natures in the spirit world affect people on the earth in many ways.

##### (2) Works of Evil Spirits

The Unification Principle explains that spiritual beings are either good spirit who are united with God or evil spirits who are united with Satan and our fallen nature. Good spirits mean God, saints, spirits on God's side and good angels, whereas evil spirits mean Satan, spirits on Satan's side and evil angels.

The works of good spirits help to cultivate the original nature of human beings on earth by helping them take in life elements, and help them to be resurrected by cleansing their fallen nature. Therefore, the works of good spirits increase our sense of freedom, peace, unity, happiness, joy and gratitude. On the other hand, the works of evil spirits encourage various kinds of fallen nature such as envy, jealousy, greed, arrogance, having a hot temper and fighting.[31\)](#)

Satan brings bad influence to the physical self of a person by exploiting the sinfulness of their physical self, and, based on that sin, conspires and strategizes to cause that person to rebel against God and achieve Satan's destructive goals. Evil spirits are systematically trained and well-organized under the control of Satan. Satan is the chief commander of evil spirits. There are groups of evil spirits, which execute Satan's plans in every area of life such as politics, economics, education, arts, etc. The "power holders in the darkness" are known as "evil spirits" who are beings in action, and are frequently mentioned in Jesus' work on earth.[32\)](#)

### (3) Physical Diseases caused by Evil Spirits

Owing to our first ancestor's fall various diseases have invaded our physical bodies. Around 70-80% of all physical diseases are caused by some spiritual influence. Many people suffer from diseases that cannot be cured by modern medicine. If certain maladies have no observable physical etiology based on a complete medical examination, which means they are obviously spiritually caused. These are diseases caused by Lucifer, or evil spirits under Satan, so they can not be easily cured by medication, surgery or physical therapy in a hospital. Lucifer causes physical troubles as well as mental ones. Lucifer interferes with the normal functions of a human body, and damages it. Being continuously invaded by Lucifer and his followers, some of their elements adhere to certain parts of our body and paralyse the normal function of that part, damaging our entire body.[33\)](#)

Evil spirits dwell in our physical body and cause disease and suffering through all kinds of activities. Without solving the problem caused by these evil spirits, your mind cannot return to goodness, nor can your physical body recover its health. Spiritual diseases are much more serious than physical ones. Evil spirits interfere with the growth of our physical body by imposing limitations on the proper functioning of cells, tissues and organs, and sometimes generate cancer cells. Evil spirits can damage every part of our body, including the nervous system, circulatory system, skeletal system, muscular system, respiratory system, digestive system, endocrine system, urogenital system, etc. In sinister coordination, the activities of evil spirits can cause many problems. Hwa-Jah Yoo emphasizes that we must consider the spiritual aspect of problems, and approach it in a spiritual way if there is no clear medical cause, and the diagnosis indicates no psychological disorder.[34\)](#)

### (4) Separation and Restoration of Evil Spirits[35\)](#)

In order to maintain health, we must decrease and eradicate the influence of evil spirits, while at the same time strengthening the cooperation of good spirits. Separation of evil spirits and the liberation and blessing of our ancestors through the Cheongpyeong workshops are an important part of the process of separating evil spirits, and eventually helping them to change through God's true love and words of truth.

We can avoid disease and suffering by separating evil spirits. The separation of evil spirits can help prevent disease and suffering in advance. By separating evil spirits from our body, we can become healthier, physically and spiritually.

### 6) Step 6 of UH: Health in the Family (Health in View of the 2nd blessing)

Everyone is supposed to complete the 2nd blessing on the foundation completing the 1st blessing. Therefore, through the 2nd blessing our heart and love can become broader and deeper and more loving. Becoming true parents and establishing a true family allow the four kinds of love and four great realms of heart to grow more inside us. The health of those in a true family, thus, improves more and more. Furthermore, as heartistic communication with others becomes wider, health in the family or society can also

improve by living well in the extended family of the society, nation and world.

Truly, the health of everyone in each family is an important dimension of health. Apart from it (or even the health of society), one's individual health can not be guaranteed. Because human beings are connected beings, we should consider the concept of health in terms of the harmony between the individual purpose and the whole purpose: "There cannot be any individual purpose which does not support the whole purpose, nor can there be any whole purpose that does not guarantee the interests of the individual."[36\)](#)

7) Step 7 of UH : Health in Connection All things (Health in view of the 3rd blessing)  
Anyone who has completed the 1st blessing and the 2nd blessing is qualified to exercise beneficial dominion over all things with true love. By building a convenient, prosperous and comfortable heavenly environment through the 3rd blessing, human beings come to be resonant with nature in a deep ecological relationship. Moreover, we will experience joy, through our dominion of love over all things, by optimizing their values of truth, goodness and beauty, setting them in the position of our 2nd self. Generally speaking, human health can be enhanced even more through the 3rd blessing.

"God created all the earth's creatures as our natural environment; they are absolutely needed for human prosperity. Human beings and nature are meant to share a realm of mutual resonance, with humans as the subject partners of love and nature as the object partner thriving under human management and beautified by human creativity. As citizens of Cheon Il Guk, please have the wisdom to protect and love nature. Return to nature and enjoy a life of liberation and complete freedom. To love nature is to love God and humanity. When human life resonates with nature, human character can blossom in perfection. The flowers of a true culture of heart, a true artistic world, will bloom."[37\)](#)

Oriental medicine and oriental philosophy in particular, have promoted health through the relationship between human beings and nature. In other words, we should live a life in accordance with the principles of the Universe, and our life habits should be in harmony with the cycles of nature. In order for us to live disease free we should realize that the changes of yin and yang, according to the four seasons, is the basis for birth, growth, multiplication, aging and death and we should harmonize with the principles of nature. The movement of yin and yang in the physical self is profoundly connected to phenomena in nature, so that human being should be in harmony with their environment.

## **Conclusion**

With the new era, the original, ideal world, which God, human beings and all things have cherished, is emerging. A world with true freedom, peace, unification, happiness and joy achieved by true love, is the world of truth, goodness and beauty. Such a world is the kingdom of the peaceful, ideal world, that is, Cheon Il Guk, or, God's nation. In this world, all human beings and all things centered on God live a life according to the 3GB. Life in this world is characterized by optimal health, and such health can be called Unification Health (UH).

The main points concerning UH discussed in this paper are as follows:

First, UH can be understood to be the 'original health of creation', 'ideal health of creation', or 'Cheon Il Guk health.' And the ideal world is the world with true love and true words, so UH also can be called 'true love health' and 'true words health.'

Second, UH can be described in terms of the equation of 'UH = 1st blessing health + 2nd blessing health + 3rd blessing health', and the health of the 1st, the 2nd and the 3rd blessing is individual health, health in the family, and health in connection with all

things, respectively.

Third, UH is based on the laws of creation. That is, UH is 'DC health,' 'GRA health,' 'ODUA health,' and '4PF health.' This is because UH is established on the foundation of DC, GRA, ODUa and 4PF.

Fourth, UH is manifested by the medical perspective based on the Unification Principle, that is, 'Unification Medical Science.' Furthermore, UH is a 'unified' health, so it is health harmonized with such things as the purpose and the laws of creation, the three stages of life, 3GB, the physical world and the spiritual world, etc.

Fifth, the existing concepts of health are only partial, and lack a sound theoretical basis and systematic understanding. Moreover, they also lack a certain wholeness, seen from the perspective of integrity, so they cannot truly embrace every aspect of our lives. On the other hand, UH, based on the 3GB, manifests features such as inclusiveness & appropriateness, logic & systematicness, balance & harmony, diversity & unification, etc.

Sixth, UH diagnoses, treats and prevents diseases from both an original and a restoration perspective, so we can understand health in a more fundamental, essential, providential and ultimate perspective.

Seventh, when the health of the physical body, the physical mind, the spirit mind, the life element and spirits, the family & society, and all things are combined together, UH can be seen as the most holistic health, as discussed in the seven steps of UH.

Eighth, the "aspects of the judgment of UH" at each step may be demonstrated academically, experimentally, objectively and universally, as human spirituality and intelligence develop in accordance with the progress of God's providence. Furthermore, by quantifying, through strict processes in the future these aspects can be used as guidelines for more objective and general diagnoses, treatments and prevention.

## **Endnotes**

- 1) Deok-jin Ban, *Health Management of People in Modern Age*, (Seoul: Shin Gwang Pub., 1999), p.19.
- 2) Ibid., pp.82-83.
- 3) Ibid., pp.18-20.
- 4) B.K. Williams, S.K. Knight, *Healthy for Life (Understanding the Health Science)*, tr. by Hye-gyeong Jeong, (Seoul: Eulroo Culture Co, 1998), p.37.
- 5) Williams & Knight, op cit., pp.14-15.
- 6) Naidoo & Willis include the sexual health(the ability to accept and accomplish the sexual expression) in addition to the physical, mental, emotional, social, and spiritual health. See, J. Naidoo & J. Willis, *Health Promotion: Foundations for Practice*, 2nd ed, tr. by Research Institute of Local Health, (Seoul: Gyecheug Culture Co., 2001), pp.17-19.
- 7) Williams & Knight, op. cit. pp.14-15.
- 8) Williams & Knight, op. cit. pp.14-15; Hahn & Payne, Ibid., pp.9-11.
- 9) Williams & Knight, op. cit., pp.14-15.
- 10) Deok-jin Ban, op. cit., p.20.
- 11) Hahn & Payne, op. cit., pp.9-11.
- 12) Williams & Knight, op. cit., pp.14-15.
- 13) Deok-jin Ban, op. cit., pp.14-15.
- 14) Williams & Knight, op. cit., pp.14-15.



- 15) Chan-ho Choi, Introduction to Health, (Seoul: Sin-gwang pub., 2004), p.12.
- 16) Deok-jin Ban, op. cit., p.21.
- 17) D. Hahn & W. Payne, Focus on Health, 6ed, HC Kim & JH Joo ed, (Seoul: Life Science, 2004), pp.9-11.
- 18) Jeong-sook Park, Life and Health, 2nd ed. (Seoul: Gyeomyong University Press, 2005), p.17.
- 19) Ibid., p.17.
- 20) Referring to TP's words about Unification Medical Science "We need a Unification Medical Science not just for healing of physical disease but also diseases caused by the human fall. Also we need it to stop the conflict between East and West, the conflict among religions. Only by combining eastern and western medical science, can we cure AIDS which is difficult to cure."(97.5.19) "The Unification Medical Science that I am proposing should unify oriental and western medical sciences as a preventative medical science. Before we gain disease, we can protect it by using its natural enemies and solve all problems without surgery."(03.5.10)
- 21) The ansoo session, which is going on the Cheongpyeong Heaven and Earth Training Center has a great effect on the health of the PB. If you hand clap strongly, you can reduce stress and increase your confidence. The hand is a miniature body, so if you beat your whole body with your hand, it generates vital elements and produces effects that can cure disease and even prevent disease. Furthermore, hand clapping using both hands develops left and right brain, and helps concentration.
- 22) Unification Thought Institute, New Essentials of Unification Thought : Head-wing Thought, (Seoul: Seonghwa Publication Co. 2006), p.156.
- 23) Ibid., pp.59-60. Unification Thought explains the union of the emotion, intellect and will of the spirit mind with those of the physical mind as "spiritual apperception," which means the unified faculty of cognition centered on the spirit mind.
- 24) Ibid., p.157.
- 25) Ibid., p.158.
- 26) Peace message, op. cit., pp.43-44.
- 27) Refers to the Unification Theory: the inner sacred image consists of feeling, knowledge and will of the spirit mind, and the inner shape of ideas, concepts, laws, acceptance of Providence. Unification Thought Institute, op. cit., pp.5-6.
- 28) Meeting's six steps of psychological health[classified by the decrease of countermeasure ability] mean serious psychological devastation(loss of will for living)→serious depression and disappointment(mental disorders and weird behaviors)→social crimes(openly aggressive violence)→personality disorder (phobia) → overreaction (anxiety, nervousness) → normal countermeasure provision and self-control. Maslow's five step of desire [classified by the satisfaction of human desire] mean basic desires (physiological desire → satisfaction desire)→ psychological desires(sense of belonging and desire for love → desire for respect) → desire for self-realization (Williams & Knight, op cit., pp.38-39; Hahn & Payne, op. cit., p.27)
- 29) Maosing Ni, The Easy Version of Yellow Emperor's Internal Classics(黃帝內經), translated by Jo, Seong-Mahn, (Seoul: Cheonghong, 2002).
- 30) FFWPU, Peace Message: God's Ideal Family and the Kingdom of the Peaceful, Ideal World, (Seoul: Seonghwa Publication Co., 2006), p.42.
- 31) HSA-UWC, Exposition of the Divine Principle, (Seoul: Seonghwa Publication Co., 1996), p.71.
- 32) Buebeck, The Christian Versus Demon Activity The Adversary, (Chicago: Moody Press), pp.72-74 requoted from Yoo, Hwa-Jah, op. cit., pp.152-167.
- 33) Lee, Sang-Hun, Realities of the Spirit World and the Life on Earth, (Seoul: Seonghwa Publication Co., 2000), pp.285-316.
- 34) Yoo, Hwa-Jah, Spiritual War and Healing, (Seoul: Christianity Progressive News Press, 2005), p.107.
- 35) FFWPU, The Chung Pyung Providence and the Way of Blessed Families, (Seoul:

Seonghwa Publication Co., 2000), pp.64-73, 88-101.

36) HSA-UWC, op.cit. p.33.

37) Peace Message, op. cit., pp.72-73.

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