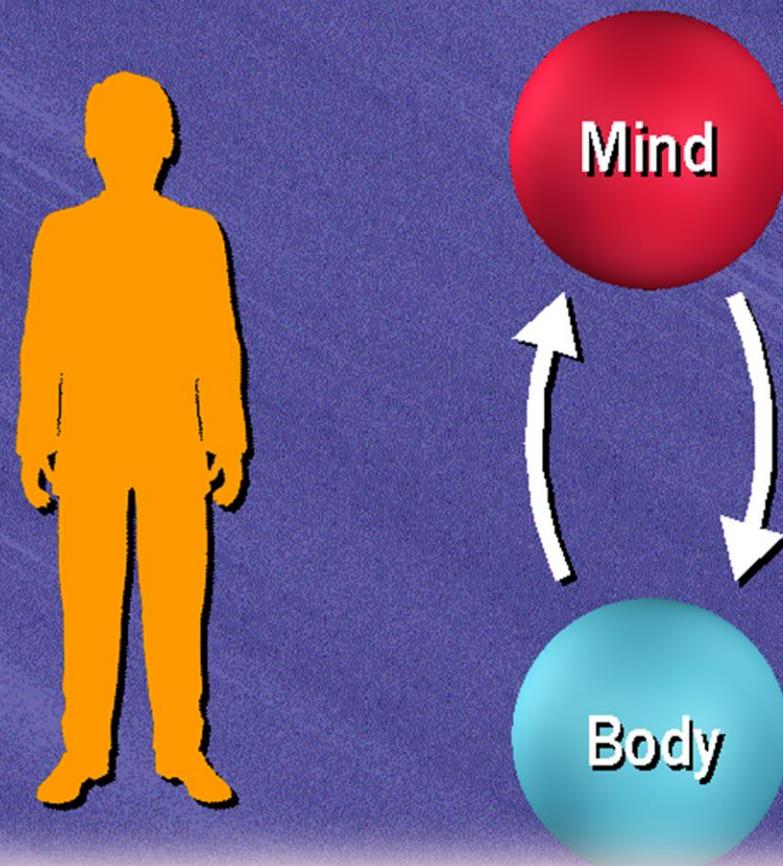


HOW TO HAVE A
HEALTHY MIND?

健康な心を持つには?

Two Dimensions of a Human Being



Habits for a healthy mind

健康な心のための習慣

What Kind of Food we Feed Our Mind?

私たちはどうな食べ物を心に与えますか？



TIPS FOR A HEALTHY LIFE



1.

God's
Words
神のみ言

• God's Words (Spiritual food)

神様のみ言 (靈的食物)

• Tradition of HDH

訓読の伝統



2.

Good
Actions
善行

- Deep understanding of God's word
=「Character」

神様のみ言を深く理解する = 性格、個性

- 「One day, one good action」
一日一善



3.

Prayer
祈り

- Spiritual breathing
= communication With God
靈的呼吸 = 神様と交流する
- Prayer and meditation
祈祷と瞑想



Habits for a healthy mind

健康な心のための習慣



★Correct life habits !
正しい生活習慣!

- God's Words (Spiritual food)

神様のみ言 (靈的食物)

- Tradition of HDH 訓読の伝統

- Deep understanding of God's word =「Character」

神様のみ言を深く理解する=性格、個性

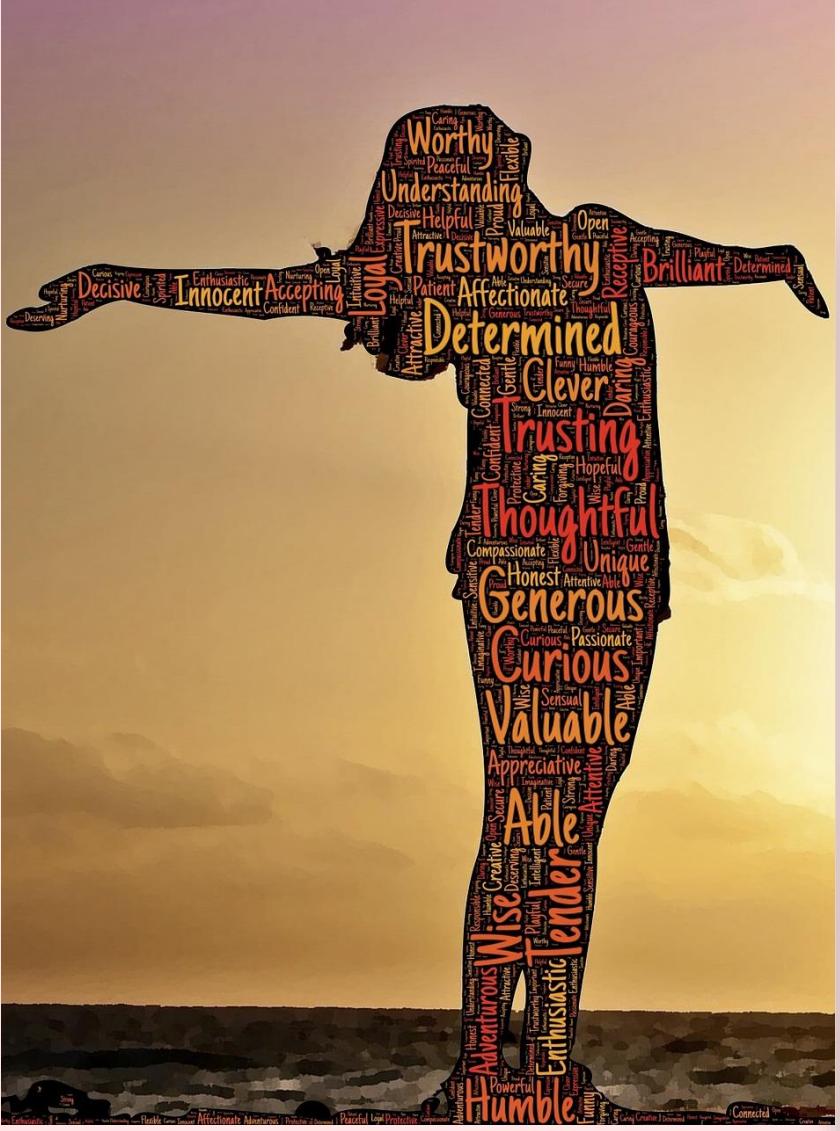
- 「One day, one good action」一日一善

- Spiritual breathing= comm. With God

靈的呼吸=神様と交流する

- Prayer and meditation 祈祷と瞑想

★Actualize your life of faith
信仰生活を実現する



**WATCH YOUR THOUGHTS,
FOR THEY BECOME WORDS.**

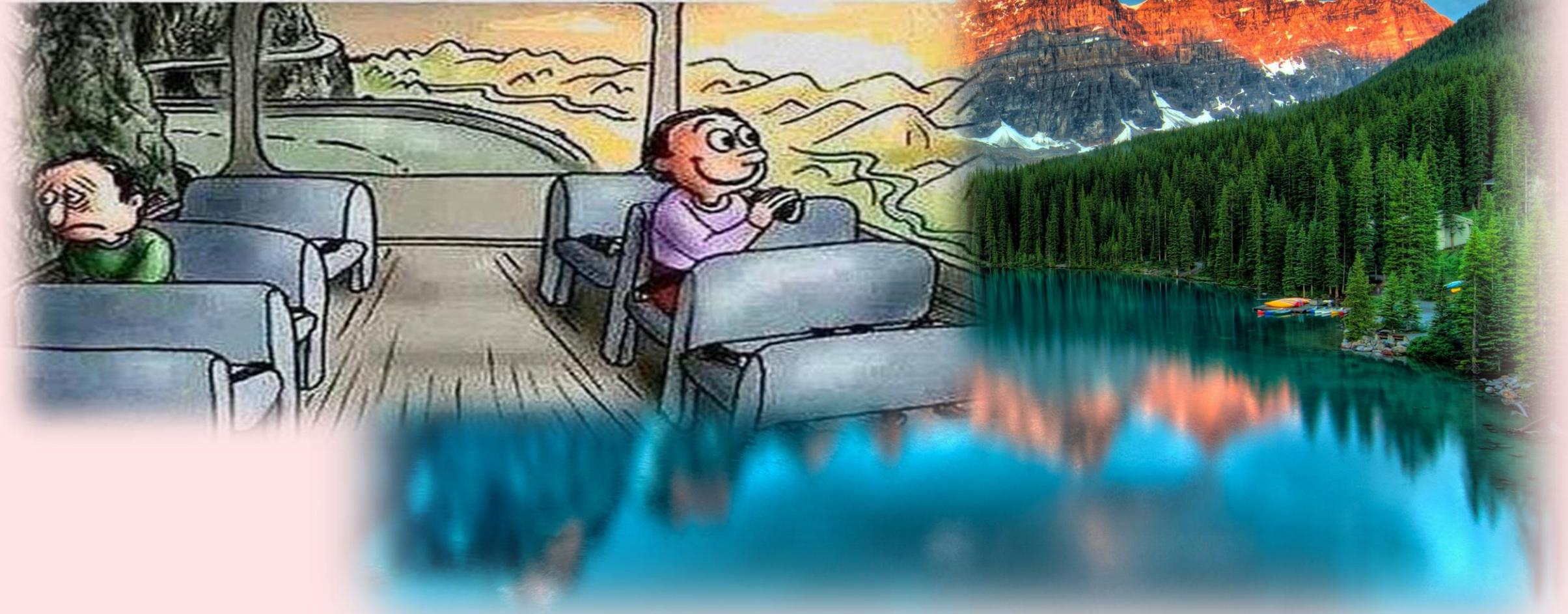
**WATCH YOUR WORDS,
FOR THEY BECOME ACTIONS.**

**WATCH YOUR ACTIONS,
FOR THEY BECOME HABITS.**

**WATCH YOUR HABITS,
FOR THEY BECOME CHARACTER.**

**WATCH YOUR CHARACTER,
FOR IT BECOMES YOUR DESTINY.**

So much of our happiness
depends on how we choose
to look at the world.





Hyo Jeong Family Time

The Divine Principle in practice with
God as the central member of your family.

- Gather** as a family at ____ PM daily

- Bow** to Heavenly Parent, True Parents and ancestors



- Short Hoon Dok Hae** reading

- Family Sharing:** Each member of the family shares their day with others.

- I'm grateful for...
- For the sake of others, I did...
- Today, I learned...

- Announcements/questions/problems and concerns**

- Prayer** – representative and/ or unison.

- Greetings** (to HP, TPs, ancestors, Brothers and Sisters all around the world)



- Group hug/kisses**

