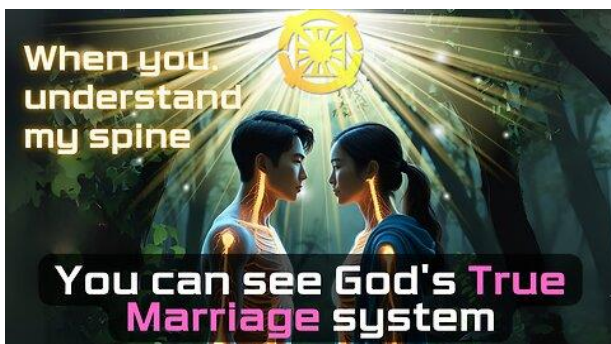


Pastor HJ Sean Moon



Unlocking the Secret of Marriage through the Spine (Part II)

2025.09.10 Taiwan

Hormones of Spinal Cord Nervous System

Look how simple the molecule is. It exits quickly, it gives us a crash. It makes us feel mentally ill, depressed, empty, lacking connection. All the things we want, it makes the opposite, especially when we crash. Do we want that in a marriage? Do we want?

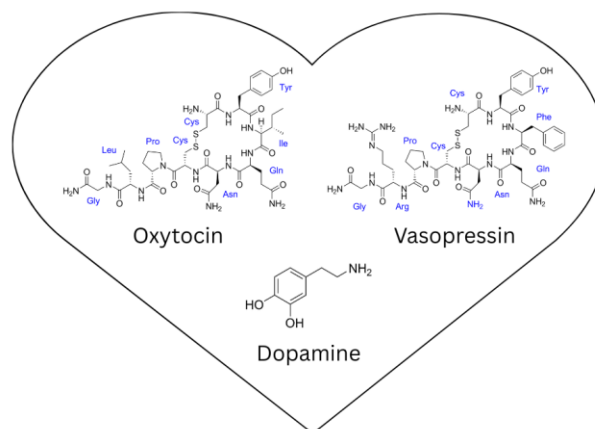
No, no, no, no. No, we don't want that. We want awesome, powerful, deep power connection, right? We want energy that is awesome, flowing power. That's what we want, right? So how do we, what are the molecules we should be focused on, on building the blessed family with God's system of the spinal cord nervous system, huh?

That is vasopressin and oxytocin. We have got to focus on those hormones to center our marriage. Look at the complexity of those hormones. Look at how complex they are compared to dopamine. You see how simple dopamine is?

I told the boys to, (speaking to tech team) hey boys, you've got to reduce the size of that one so that it's that size. This is too big.

But anyways, look at how complex vasopressin and oxytocin are. Do you see how complex they are? They're very complex. Can they enter your bloodstream quickly?

True Love Hormones Give and Take Action



No, they take time to build up. But do they exit your bloodstream quickly? No, they exit much slower. So, what that means is the bonding is way longer, more fulfilling, more satisfying, because in the end – and there are studies on this – in the end, monogamous marriages are the most fulfilling when done correctly. Polygamous are not. They're terrible. Obviously casual sex – terrible, horrific, horrific trauma everywhere.

And this is what's so incredible – when you give these bonding hormones to mammals, when you inject mammals in a lab with these hormones, guess what? The animals, which were once frantically casual sexing, all of a sudden, these animals want to be monogamous. Oh my gosh. Are you kidding me? Are you kidding me? These are the secrets to monogamy. Happy, fulfilling, satisfying-to-the-soul monogamy.

Even the dumb animals, when you inject them with it, they want to be monogamous. They say, “Bless me, Father. Let me be blessed.” They can't get blessed. But you understand, that's how powerful the hormone is. So, this is not like a feeling.

This is not a feeling, and it's not a new thought. The hormone literally forces you to feel things, and the hormone literally forces you to behave a certain way. Do you understand, folks? Like, literally, people who are addicted to dopamine, they are going crazy, right? They're so addicted, they can't stay off the phone. As soon as there's any stress in their life, “Where's the phone?”

That's why you got these young kids on a “date,” and both those fools are on the dang phone, because they don't know how to connect. They don't know how to bond with anything other than dopamine. So like, they see the girl, and she doesn't give him the hots. So, “bye.”

The girl sees a perfectly good young man, but she's brain trained with dopamine like Instagram and Tinder, so as soon as she sees him, “swipe.” You just missed the love of your life, literally. That man could have been the love of your life, and you just lost him because you were foolishly tied to dopamine. You expect women nowadays to just walk around the woods, find any random man, want to jump on them, and get married? How in the heck is it that you send a girl in the woods by herself? Okay, just go meet a man. That isn't how it works. Right?

In the ancient world, how was a woman introduced to a man? By a whole tribe. Oh, this tribe knew a boy in that tribe, and everybody checked it. Everybody did the due diligence. Everybody checked that fool's not an idiot, or this girl's not a crazy girl. And they did the check, and then they introduced themselves. So, you had a whole tribe of people. It's like walking into the woods with a whole tribe of people behind you. That's a much safer way to meet people, right? But nowadays, you walk into the woods randomly, and now you have to find the perfect man, Prince Charming.

And who is the man that is walking around in the woods usually? They're the ones that are more predatory. Because the beta boys are sitting at home playing video games. You see what I'm saying? This is crazy. No wonder the West is falling apart.

The whole system of relationship is totally dilapidated under the image of the American dream

and the white picket fence and all that money in the bank and all your two cars. Your whole life is ruined. You have no deep relationship with anybody. All you have is money and nobody to use it for. You're sad, and you're eating the sad diet, right? A standard American diet is sad. Okay, so that's not what we want.

No, no. Blessed family, we want to understand God's system. We want to understand the most powerful bonding hormones for monogamy, for the beautiful, deep love that God created that we want to actually experience, that is the hormones. It's vasopressin and oxytocin.

That's what we got to focus our training on. Are you with me, folks? Not the dopamine, right? Now, let's go back to that woman. That woman, she wanted to get her husband back, so she got a boob job. She got a face cut, whatever the case may be.

And then she says, "oh, I'm trying to get my man back." That is the worst way. We all know that instinctually. Okay? Good luck. Nobody wants to say it, but she's gonna fail, right? You're trying to play a dopamine game challenge.

You're trying to challenge all the other things in his life that give him dopamine. All the naked porno girls, all the video games, all the stuff that gives him pleasure. You're trying to compete with all that, and you're old. You're only getting older. You see what I'm saying? That is a foolish, foolish way to try to heal that, right? That's not the way.

Stop the Cortisol

The wise will take what? If we are in that case, even less extreme, whatever the case may be, we don't want to focus on dopamine with our husband. Number one, we want to immediately stop the what? What shuts down our immune system? Remember that? The cortisol, right?

The cortisol. We want to stop the cortisol immediately. What does that mean? For some women who cannot control their mouth and just want to run it like the freaking steam engine every day, and you want to say whatever you feel. Nobody behaves like that. Only children behave like that.

Do you understand? Only children behave like that. Adult women, you are not allowed to behave that way, right? Men are not allowed to behave that way. Women also, as an adult, you are not allowed to run your mouth and say whatever the hell you want.

That is not okay. That's very destructive childlike behavior, right? We actually reprimand our children if they do that. Is that true? So no, grown women, absolutely not, that is not okay. That's very destructive behavior, right?

That's why the Bible says, "Death and life are in the power of the tongue (Prov 18:21)." Be careful of what you say. Especially with the closer relationships. Very, very, very, very. You have to have self-regulatory power. Because you've got to be careful with what you say to people who are the closest.

It's like a muscle. As you learn not to say certain things, it just doesn't happen, right? Because you build muscle. You build the habit. So, it may be hard in the beginning, but it gets easier as you build the muscle. But the point is, the first thing we've got to do is to stop the cortisol.

Now that we understand that our nervous system is forcing us to see our spouse as a threat, and then it's producing the cortisol hormone, which is making our body shut down, our immune system shut down, and making us vulnerable to illness, our body is seeing a very big threat. Are you with me folks? , we have to start stopping the cortisol production. That is, if you say stuff that really aggravates him, or if he says stuff that really starts to aggravate you, or whatever, those things have to stop immediately. They've got to stop immediately.

Why is it that women have gotten such high cortisol levels with their husbands? It's just because of miscommunication, right? Most women are anxious and neurotic, like clinically, that's not debated.

Now, men are most of the time avoidant, because in the man's world, you're told, "don't show your feelings, don't cry." You're taught this at a young age. So, this is what's called being avoidant.

Most women are anxious. So, in order to make other people feel calm, many times, the woman will overcompensate, try to please everybody, and become totally exhausted. Is that true? Many women do this.

And so even in a marriage, you will do this in the beginning, but it will exhaust them over time. And they will become resentful and angry at their husbands, that they're not receiving what they want from their husbands, which is really deep, intimate safety, and emotional connection.

And because she feels that he's not giving that, many times she wants to tell him, "I need to talk to you. Why don't you understand?" Almost as if she's becoming like his mother, right? "I've got to fix you, so you give me what I want. I need to say you're one of my sons. I got four sons and one husband-son."

That's a deep insult to a man. He's not your son. He's your husband. He should be your leader, actually. So, when women say that about their husband, it immediately shows that they are in deep problems with their husband. Deep problems, right?

So, the more that happens, "he's a threat. He doesn't listen. I reached out. I try to give him my whole heart. I try to explain to him. And he's so dense. So now I have to change him. I have to save him from himself. I have to tell him how, and what to do." You see what I'm saying? The more this happens, the more the avoidant man will run from you. Why?

Because his nervous system is saying, "threat, threat. She's trying to suffocate you. Threat, threat. She's your mom. Threat, threat. She wants to kill you. Threat."

And he will leave you. Run away. You feel that's going to bring him close because you're just

sharing emotions. He sees that as a giant threat. Why?

Because he's never, ever, ever felt those deep bonding emotions. Never. He doesn't understand them. Your overcompensation of emotion becomes overwhelming. In fact, the nervous system understands it as pain, not as just overwhelming. The man actually feels pain to be around you.

So, you see that in couples, right, where the woman is desperately, out of love, out of heart, trying to save the marriage, desperately trying to explain to the husband or cry out to the husband, but the husband is becoming more and more distant, more and more angry, more and more bye-bye. Why is that happening? Because now you've done it so much, you've overwhelmed him so much, his receptors are now seeing you as the threat, and he's actually physically feeling pain to be around you. Oh my gosh. You see what I'm saying? It's not because he's stupid, and it's not because he's a bad man.

You are stimulating all of his cortisol responses, which is overwhelming him, which is making him feel pain to be around you. And the more you try to reach out and save him, and overwhelm him, and change him, you see what happens.

He runs further. And many times, into the arms of another woman, or porn, or some type of other addiction, because he has nothing now, and he needs at least some type of pick-me-up. You see what I'm saying? But the point is, it's not because he's dumb, or it's not because his heart is bad, and it's not because the woman is dumb, or her heart is bad, see? She's just trying to reach out in the way that she wants.

She actually wants, in terms of bonding hormones, she wants the oxytocin with him. She wants to bond with him. She wants to share her heart with him. She wants to share her fears and understand where he's coming from. But every time she pulls close, he pulls away. And you're in this cycle over and over and destroying each other over and over.

And both your spines are saying, "enemy, enemy, threat, threat, pain, pain, pain." And there's no wonder why those couples are now living in different rooms. Are you with me, folks? They're not even sleeping together, right? Because those kinds of couples, it's literally their body, their nervous system sees the other one as pain. Isn't that crazy? That's pretty crazy, isn't it?

Use the Nervous System to Your Advantage

Now, if you know this, then the flip side is true. If you understand this, yes, it can turn out this way if you don't know what you're doing. But if you know what you're doing, if you know where to focus, you can flip this, this system you use to your advantage, Amen, to build a bonding.

You understand what I'm saying? You flip it. Instead of being in pain, y'all are peace, safety, calm, love, so much pleasure together. Flip that. But how do we do that? We've got to focus.

Focus on these two key hormone training. Okay, so you don't understand, but man's body has

more vasopressin receptors. God made man in a way we need to have vasopressin. We have more vasopressin receptors than you girls, okay? So God made our system where we bond through the hormone of vasopressin.

It is a complex peptide, look at that. It is a complex peptide, as is oxytocin. You girls, you have more oxytocin receptors than the boys. Isn't that crazy? How do we produce the vasopressin?

How do males bond and produce bonding with this particular hormone? We produce this by doing, solving, and achieving small or big, just any type of goals together. That's how the males, that's how we bond with the people we work with. Males, we need this hormone more. In fact, if we don't have enough vasopressin in our system, our oxytocin receptors do not open. They are blocked.

Isn't that crazy? So we need to have, we have to do small things together that create victory. So if your marriage has collapsed and you're a woman, do not go the dopamine way and try to get a boob job and try to cut your face off. That's not, you're totally wrong, right? That's the wrong strategy. We want to focus with our husband; we want to focus on building what? Vasopressin bonding training. That's the training we want to focus on, right?

So number one, self-regulate, stop any of the triggers that really hurt him. Stop those cortisol triggers quickly as much as you can. But then at the same time, we want to start building vasopressin bonding with him.

Now remember, this is a powerful hormone. How do you build that again? We do small, achievable goals together. That's how we build vasopressin, okay? So this is very important. If your marriage has collapsed to a certain point, you are in fixing mode. You have to help fix this.

You cannot get into emotional mode. You cannot get into sharing mode right now. That's oxytocin. His oxytocin receptors are shut down right now. They won't open.

Any attempt of you trying to flood him with emotions and share your heart will overwhelm him and see you as un-trustable and reinforce the cortisol that you are a threat. You understand? You don't want to do that. Find small activities that he likes, like fishing, hunting, camping, climbing a mountain, walking, whatever it is, you know what I'm saying?

Peace Police Peace Militia Training as Vasopressin Practice

That's why the Peace Police Peace Militia training is so wonderful. If the couples do it together, when you train together, you're building vasopressin bonding, right? When you work out together, you're building vasopressin bonding, and you're sweating. Oh, sweat is so good. When you sweat, you are pulling cortisol out your system. That's what's so good about the sweat. When you sweat, cortisol is being physically removed from your system, which is awesome, that's great for you, because then we have less stress hormone in our body, you understand?

That's why Peace Police Peace Militia training for couples and training together is so phenomenal.

Not only do you get that bonding, but also you are sweating, you're gonna be releasing the cortisol out of your sweat. That's double, right, you got a double whammy there.

You get healthy, you look doper together, you look cuter together, you look sexier together, plus you sweat out these bad hormones, okay? And you build vasopressin, right?

So you want to focus on building vasopressin hormone, okay? So that means doing small things. Even when he's fixing a car or a bike, you just go and sit there and say, "wow, we've been together all these years and I never knew you knew how to fix that bike. That's an incredible skill."

Opening the Oxytocin Receptors through Vasopressin

All of a sudden, his spine is turning red. All of a sudden, his body's being flooded with vasopressin. He's like, "yes!" But if there's a lot of pain, obviously, he'll feel that. And the more you can do that, the more the pain will start feeling like, "wow, it's really, really empowering to be next to this woman now. I don't know why I feel this way all of a sudden, but now I'm not feeling pain. I'm actually feeling, okay, we're getting stuff done together."

And occasionally, she'll throw him a little, you know what I'm saying, like a compliment that will say, "oh dang, honey, I didn't know you know how to do that. That's so sexy." Woo! You get more power. Then he feels more attractive, more loved, more masculine, sexier, right? This gives him vasopressin bonding with what?

Not a porno girl. He doesn't get vasopressin bonding with some other woman. It gives it to you. He bonds to you just like the mammals that when they're injected with the bonding hormones, these bigger bonding hormones, they become monogamous. In fact, you want these bonding hormones to be so strong that even if he watches porn, it becomes painful. You understand? Because the hormones in the monogamous relationship are so high and so fulfilling to the spine and the nervous system, that when he sees the naked whore on his phone, it's repulsive. It's like, ah, it's just dopamine. It doesn't give him what he deeply needs to bear a pair bonding long, the vasopressin.

So that's the approach we want to take. To save our marriage, from the woman's perspective, focus on vasopressin training. Find as many small things you can do to compliment him. No stress, right? You've got to get rid of that cortisol. So, no stress, no biting.

We've got to fix this thing. We've got to fix this. Put our problem-solving hat on, right? Do stuff together, camping together, fishing together, just sitting there. You could just be sitting there doing your, you know, messaging your friend. That's fine. But just the fact you're sitting there – see, this is the great thing about men – you don't even have to talk to them. All you have to do is sit right next to them. And that still counts as bonding for males. You don't have to waste any energy, you don't have to do any talking, any convincing, all you have to do is just sit there.

In fact, at this stage, if the marriage is broken down, you want to do less talking. Why? Because

his oxytocin receptors are shut down. The talking stage is not there yet. First, you have to rebuild trust.

He doesn't trust that woman now, right? She brings only pain. She only brings repulsion and him thinking of his mom. or some controlling female that tried to dominate, whatever. She only brings pain. We want to change that.

So now he starts seeing you as, "hey, this is somebody that I'm getting stuff done with. This girl's not that bad." And you do this training for six months, one year, one and a half years, and you're consistent. You really have to be careful to reduce the cortisol, and you want to increase the vasopressin. You do this training, and he will begin to change.

Why? Because the hormones in his body are physically changing. His feelings are literally becoming different because of the presence of those hormones. The immune system hormones, that cortisol shutdown, that's now opening up again. His immune system is now functioning.

Around you, he's not associated with stress anymore. He's now associating you with somebody who he can build with. He can get stuff done with. He can be encouraged by. You see what I'm saying? Now you're building that next level of bonding. And that's going to get him to what? As the man receives vasopressin, and vasopressin is being filled, oxytocin receptors start opening.

So all of a sudden, you've been doing the vasopressin training. You've been investing your time, not with the dopamine stuff, but trying to invest in the vasopressin training. All of a sudden, he's like, "you know, honey, we've lived a long time together. I'm really sorry. for any times that I..." All of a sudden this came out. You didn't even ask him, but all of a sudden it came out. Why did that come out? His hormones, vasopressin, got filled, his oxytocin receptors started opening, that now makes him want to talk.

How crazy is that crazy? Like you girls want him to talk right away. So, you try to go to oxytocin, but that's not how God's system works. You can't open it. It's closed. Oxytocin is closed. You cannot get him to talk because oxytocin receptors are shut down. You first have to build up the vasopressin bonding first, which by the way, look at that peptide. It's very complex, and it remains long. So every time you invest in that, that dividend remains a long time in your bloodstream, in his blood. Are you with me, folks? It's not like dopamine, you give it, it's like a sugar high, you get high, and then... You collapse four hours later, right?

The vasopressin, once you have it in his body, it's going to remain in his body a long time, which then forces his feelings to change. The hormones actually change his feelings and how he feels about the woman. He's no longer having a stress response. His immune system is actually functioning. His vasopressin is going higher.

So his oxytocin receptors are opening, which means now he all of a sudden wants to talk. All of a sudden, he wants to share his fears. And all of a sudden, he wants to share his heart to you. Why? Because oxytocin is starting to open him. You understand what I'm saying?

GABA and HGH: The Healing Chemicals

At the same time, he started producing a chemical called GABA, right? Gamma-Aminobutyric Acid, which is a stress inhibitor. So, what does that do? The more presence we have of GABA, the harder it is for cortisol to make us stressed. It's like the water that runs off the duck's back. When you have a lot of GABA in your system, even if you fight, even if you fight, the fight gets over quick, and you're not angry at the person. You're not stressed. You just got over it, and you solved it, and you're on to the next with no hard feelings, right? How does that happen? That's the presence of heavy GABA. So, when we produce vasopressin, that also opens up oxytocin receptors, it also produces GABA, and it also produces HGH, or human growth hormone, which does what? It repairs injuries and wounds. His wound healing ability goes up. Both, both of them.

Isn't that crazy? When you have HGH coming out, you can heal faster. And remember, your nervous system doesn't distinguish between physical healing and emotional healing. Both are painful, right? It interprets both of these as pain. So, when you have high GABA and HGH, you can heal faster. You get less stress because of GABA. It doesn't bond to you because of the GABA. And you heal faster because of the HGH. Oh my gosh, isn't that unbelievable? It's incredible, isn't it?

The Male vs. Female Bonding Contrast

Because women are more emotional. So many times, it is the woman that God will use to try to help fix the marriage. But no matter what she tries, no matter how hard she prays, no matter how much she tries, conditions she tries to do, the man gets further and further. Why? It's not because of God. It's because she does not understand he needs vasopressin, not oxytocin. If she just flips, once she knows this system, and she says, "wait a minute, I need to give him vasopressin." And she puts her time in doing vasopressin, doing stuff with him, sitting by him, complimenting him, watching him, literally just sit. You can be on your phone. You can talk to your girlfriend and your sister. But you're literally just sitting there. You're spending time together. Men see spending time together as bonding.

You girls, if girls are not talking to one another and they're in a room and they're not talking, you know something's up. You know that those girls are fighting. But if men are in the room, they're not talking, it's completely normal. We're bonding. We don't need to talk in order to bond, right? The girls, you need to talk to bond, and you need to look at each other and empathize.

Those are beautiful traits for our family, but that's not how a man is. So you have to understand, he needs the vaso-. Once we get the vaso-, the oxy- starts opening, the receptors open. Now he's much softer. Now all of a sudden, the man who was hard, who was painful to be around, after training in the vaso-world and bonding with him through the vaso-world, all of a sudden, this man wants to cry and he wants to cuddle. He wants to look into your eyes, and he wants to talk all of a sudden? It's crazy, right? How crazy is that?

Now, on the flip side, that's why God will many times use women because you're more emotionally

sensitive. So you can sense that, “oh crap, this marriage is going to die,” faster than men usually. And men are often avoidant, so they run from these kinds of relational problems usually, which is a problem.

But the point is, in the lower percentage chance that it's the man that wants to fix the marriage, right? It's the woman that's kind of clueless, and a man wants to fix it. Number one, obviously, she has to be somewhat invested in making the change, some changes, right? So she has to stop cortisol, she has to help do that. But what can a man focus on? A man can focus on what?

Your girl, your wife, she does not bond like a man. She's not a man. She doesn't bond when you go fishing with her. She doesn't bond when you go fix a car together. She doesn't bond when you, what is it? Barbecue or something like that.

She's not bonding. She can tolerate those activities because she loves you, and a smart woman will do those activities to build vasopressin bonding. Women who have learned this training will do those activities with their husband as a matter of investment, not because they like the activity. Usually, girls don't like fishing. They don't like hunting. They don't like sleeping outside. They don't like this stuff. Not comfortable. And they bleed every month, right? They bleed every month. Their body temperature is lower, so they're actually colder when they're camping, blah, blah, blah, right? It's more messy.

So the point is, they don't like this. But a wise woman will see those things as investment time, building the relationship. Building the vasopressin bonding training. Building the hormonal level. That's what you're investing in. You're putting your time into building the hormonal money bank. Are you with me, folks? You're building the hormonal money bank. So a wise woman will do that. She will do that. And she will get great rewards for that. The desires that she needs for oxytocin and eye-to-eye contact and sharing.

This becomes way easier for a man when he is bonded to the woman. If he is distant to the woman, if she induces stress responses, if his immune system shuts down every time she comes around, he doesn't want to look in your eyes. He doesn't want to talk to you. He doesn't want to go on a date. You understand? Is that true, men? Yes or no? That is true, right? So on a man's side, what can a man be doing to quicken the process too? The woman should be focused on vasopressin training. The man can do oxytocin training.

The 15-20 Minute Oxytocin Rule

How do we do oxytocin training? Very, very simple, very simple. The average woman needs 15 to 20 minutes per day. I said every day, boys, not once a week. Every day. Everybody, say it, “every day.” Everybody, say, “every day.” Every day, your wife on average needs 15 to 20 minutes of face-to-face time with you. Do you understand? On average 15 to 20 minutes. That's not – look at all the benefits you will get if you just give her 15 to 20 minutes every day. You have a giant list of benefits, okay?

You're going to have better sex. All the men should say, “yeah!” How come I'm not hearing no

growls? Come on, man, where the growls at? Okay, you're going to have better sex. You're going to have love in your marriage. You're going to have peace. What we call peace, she calls safety, but we call it peace. When we come home, we're not coming into a high cortisol environment, we're coming into a low cortisol, peaceful environment.

She's also self-regulatory, so she has to train too, right? So, she has to train herself to not let her emotions just take over, right? Control and breathe. Your breathing training – all this is very important too. Control your spine and your nervous system's reactions. So as long as she's doing that kind of thing and your marriage is getting stronger, guess what? Your quality of life increases.

Guess what? You live on average 15 years longer. Guess what? According to the Harvard study, you will be at the highest happiness level possible because you're investing in these key long-term relationships. At the same time, what? You have the peace that you desire, because outside of home is war, right? Men, we go to war. We go outside, we compete, we fight other men, we go to war. That's what we do. So, we're stressed. Outside is stressful for us. We don't want to come home to more stress, right?

So there's peace, there's peace, there's calm. There's high bonding through vasopressin and oxytocin, very high bonding. We get less cases of cancer, inflammatory diseases, heart disease, heart attacks, and diabetes. All these are related to shutting down the immune system – cortisol high, immune system down. All those major chronic diseases and chronic pain is related to cortisol. And the wonderful thing about it is that if the husband and wife oxy- and vaso- is high, It's just the fact that you're together, just the fact that you are there is what brings all these benefits. The woman doesn't have to do anything in particular very special.

All she has to do is understand, invest your time in vaso-. You understand? That's all she has to do. She's just got to switch her mind. Just stop. Don't try to do dopa-. Go to vaso-. And just by bonding with him there, you get what you want because oxy- starts opening, right? His receptors are opening. He's going to become more softer, more sharing. You get what you want because you need that, right? You need the bonding.

And of course, you get all those health benefits. And the wife on average will outlive the man 10 years, right? But this is a woman that has bonded deeply with the husband. So when you die, she will not be cursing you and saying how bad a husband you are, unfortunately, like Han Hakja is doing, right? She won't do that.

She will be doing; she will be thanking you. She'll be telling your grandkids about you. She'll be extending your legacy. You get all those benefits and more and more. You get healthy. You get happiness. You get a better sex life. You get all these reductions in chronic disease and chronic pain. You get all that for literally 15 minutes a day. Come on. Give me a break.

Now, if you don't put in those 15 to 20 minutes a day, if you do not give her 15 to 20 minutes a day of oxytocin, that means face-to-face time where she can share what is in her heart. You understand what I'm saying? If she can't do that with you, she will not bond with you. She will start seeing you as a threat because every time she tries to reach out, it's snuffed out. In her heart, she thinks, she

feels, she is reaching out with all her might and she's trusting. But it's always, "I don't want to talk. Ah, I don't want to talk. Who cares about my feelings." This kind of stuff. If that happens, then the woman starts associating the husband as pain. And she actually feels what? Physical pain because she cannot talk to her husband. Every time she tries, he pulls away. So, she feels rejected and in pain again. Are you with me, folks? Then it's going to create a bad cycle, right?

Tea Ceremony Training as Oxytocin Practice

So, on the man's side, that's why we train the young people in the 다도(*pronounced 'Da-do'*) training, or the tea ceremony training, because that's a great way to do face-to-face time. And the husband is making the tea, right? For 28 years, I've been making tea for the queen every single day. Not because I'm her slave or something. I love tea training. We also do the breathing training during the tea training. When we're steeping the tea for a minute, you have to let it sit, it's got to sit for a minute, right? So, we do the breathing. Breathing in. So even when my kids are there, or when the queen is there, and I would just do the big Tongil mark, we do it together.

We just breathe together. We're doing the breathing training — 아버지 감사합니다 (*Aboji Kamsahamnida*), thank you Father breathing training. What is that training? That's training my spine, our spine. That is training our nervous system. And all the studies show, before you blow up, if you breathe nine times deeply with gratitude, the chance of you blowing up is almost zero. Literally nine breaths. You are nine breaths away from wrecking your marriage, or not wrecking it.

So that's why the breath training is so important, because your nervousness is tied directly to your breath, right? So that's why we're doing the *Aboji Kamsahamnida* breathing training. It becomes a tool that you will absolutely use. You, young people don't know that because you're not married. But once you're married, you will see. You absolutely will use this training tool. And it's very important.

Shigi is doing that training. Also, Victor Moon is now doing that training. Every day, after dinner, whenever they set a time, they set up a tea table in their home. And that becomes a place of peace. So then the husband and wife, after dinner or whatever, then the husband makes tea for her. And in the beginning, remember, in the beginning, you're not there yet. Your marriage is dead, right? So if your marriage is dead, don't expect to sit down together and the woman's gonna be like, she's gonna blow up, right? She got 30 years of pent-up emotion. She's gonna want to tell you everything about you and your mama.

Number one, don't do that. Women, do not do that. You will destroy all the trust. If he trusted and he said, "I'll try one more time," and you blow up like that, he's never gonna trust you again. So don't do that. Control yourself. Do not blow up. Don't bring up 30 years of history. I know he did stupid stuff. So, did you, honestly speaking, right? You girls also did stupid stuff too, right? That's reality. He did stupid stuff, but so did you.

So let's not go there. Let's first focus on building good regulatory muscle, okay? In the beginning, before you get to the stage of where you can start sharing, first you want to just have a peaceful time together. Face-to-face time, making tea, peaceful time. And when we do tea training, we do the breathing training. The husband guides the participants, whether children or wife or whoever, any of the guests that are there. I'm the host, they're the guests.

So I'm guiding everybody in breathing when the tea is steeping. You can do big Tongil mark, 수수작용 사위기대 (*Su-su-jak-yong, Sa-wi-gi-dae*; Give and take action. Four position foundation) and breathing in, *Aboji Kamsahamnida*, right? You do that three, four times, and one minute has passed, right? One minute passes, then you pour in the tea.

And the tea is very warm, it's hot, so you have to move slowly. It forces your body to slow down, calm down, right? Because it's hot, warm, warm liquid calms you down. So when we do the tea training, when we're beginning to try to heal that, we have to first have success at having face-to-face time with no fighting. That's the goal. Don't want to fight.

So, we limit the training and the conversation into three things. You can talk about God, you can talk about philosophy, or you can talk about nature. So many times, you can bring a flower from outside and put it right in the tea table, and you can talk about the flower or the trees or the forest, whatever. You can talk about those things, but don't start talking about, you know, the principal and the child, your son got in trouble, and oh Lord, now you're going to fight about something. You're going to fight about something. So we want to stay away from those topics, business topics. We want to stay on topics where we can remain with a higher purpose and higher levels of peace at the beginning.

Obviously the wife has to now say something about the 30 years of pain that she felt. Even though she admits that she also gave the husband pain, she has to at least connect that way to feel closure. Women have to do that. It's how they're designed. At that point, what is the point? Is the point to do it at tea time? No, no, no, no.

First build oxytocin with him through tea time. Just have the time where you can look at each other and be in each other's presence peacefully with no fighting. Because before that, you're always fighting, right? Don't do that. We have to change the environment. Is that true? Does that make sense? We have to change the stress. The stress has got to go.

The Executive Approach to Communication

Then once we get there, now we can start saying, "hey, there's something I'd like to do. I'd like 20 minutes." You have to be specific. There's a problem with women and how you speak. It's just how you're trained. You speak very unclearly to men. Males feel when you speak, it's very unclear, right? So, you make very big generalizations, like, "we never talk!" He's like, "what you mean we never talk? We literally talked five seconds ago." You see what I'm saying? Women say these very large declarations; they don't speak in specifics.

“We never talk anymore. You never look at me.” You see what I'm saying? These kinds of things, that's a very extreme type of statement. What that tells the man is that you're irrational, you're not logical, and I can't fix that for you. So, you don't want to speak that way.

That's how children speak to their mom. “You never let me get the toy. You never take me to that house!” That's how children speak. Don't speak like that to your husband. You want to be clear.

For example, “can I discuss with you for about 20 minutes, maybe on Wednesday at 7 p.m.? I need to have time with you to connect and to talk about things that are bothering me. If I don't have that time, I can't perform and my productivity plummets. So if we can meet for 20 minutes and address some of those issues and find a solution, that would be very helpful.” You see how very clear that is? You're coming not as, “we never talk!” Or “you never say anything nice!” Please do that. “You always do that! You always ignore me!” This kind of speaking is very, very bad.

Think about it. Your children do that to you. Do not speak like a child. Otherwise, the man's going to think, “this person's a child.” Is that true, man? Yes or no? Yes, it's true. So you want to speak like you're an executive, like you're a professional. Why? Because you're trying to solve an issue, right? So he's the president, you're the vice president. Nowhere in any company does a vice president go to the president and say, “we never talk!”

Never. Never happening. She's going to be fired immediately. No executive will ever solve problems like that with the top executive. Never, never. She will go in with a plan, she will not cry.

So we always do the training. When you talk to your husband, three things. Do not cry. A lot of women who use crying as leverage to win arguments with their husband, you will lose trust from your husband, he will not bond with you, and he will see you as manipulative. That will create cortisol in him and make him hate you. Do not do that.

You are not a child, right? So don't use crying as a weapon. So first thing, don't cry. Act professional. Don't cry. You're trying to problem solve the marriage together. So we have to behave like adults, okay? So number one, no crying. Don't cry.

Number two, we suggest anybody who's in that state where they want to repair, don't cry. Number two, write down what it is you want to talk about. Write it down. Why is that important? Because you're pre-thinking what you want to bring to the executive. You're not just winging it. If your vice president comes in, has no preparation for the meeting, and is crying, and is going off on tangents about the mother-in-law, he's going to say, “you're fired.” You understand what I'm saying? So don't behave that way. Do not behave that way. Do not cry. Also, write down what it is you want to talk about, specifically. It has to be clear and specific. Write it down, so that whenever you go off on a tangent, he can say, “oh, okay, but we were here for this issue, let's focus on this issue.” You can come back to it, see, you write it down.

And number three, respect his time. That means if you said 20 minutes, you have to end in 20 minutes. If you end earlier, you get more trust points, but if you go over 20 minutes, because you promised 20 minutes, you will lose trust points. Never go over with a man, and this is also with

your sons, too. If you promise 20 minutes, do not go over 20 minutes. Do not. What do most women do? They come in, they cry, overloading the man, or the son, or their husband, right? They cry, they don't take notes, and don't have any points prepared, so they go off on massive tangents, and they promise 20 minutes, but it goes two to three hours. Oh my God.

It becomes dumping, dumping, emotional dumping on the husband. The husband actually will, the husband or the male, I'm talking about any male, even your sons will feel this woman is abusive. She's not trustworthy and she abuses me and she expects me to listen to her venting for two hours.

That's very abusive. So the man will see you as a threat. Do you understand what I'm saying? Do not do that. Wise woman, do not do that. Respect your husband's time. No, no, no. You train with your husband this. I guarantee you, when your sons grow up, you have to do this with your sons. If you don't do it, they're going to hate you. They're not going to want to come near you. They're just going to feel overburdening, over-controlling mom, overcompensating for her lack of stability in her marriage, blah, blah, blah, OK?

Don't do that. No. We men, we treat each other like this. We do this for each other. So the women too, if you learn the skill, the men around your life will be so happy to have you.

Usually normal women, what do they do? They promise 20 minutes, they go two hours. They promise no crying, they cry. And they promise they write it down, but they come unprepared, and they talk about everything. "That last 35 summers ago, when you said, when I was wearing my blue and white swimming trunks, and you said that to me, and my cousins saw, you don't know how sad I felt." And he's thinking, "what the hell are you talking about? Woman, what the hell are you talking about?"

And you're going to fight. You're going to fight. You're going to create cortisol response, and you're going to destroy the marriage. It's not True Parents' fault. It's not Jesus' fault. It's your fault, you see what I'm saying? But what if you have a bad marriage, what happens? Your kids will blame Jesus and True Parents and God. They won't blame you; they're going to blame God. It wasn't his fault; it was your fault.

So, we don't want to do that, we don't want to do that. We want to have a victory so our kids want to get blessed. Because they see it in front of their eyes, they see that plan, they see that power, they see the real money right in front of mom and dad, the real money. Power money, right? This is the real God money. It's not paper money, it's God money.

You understand what I'm saying, folks? We don't want to do that, right? So, once we do the tea training, and we enjoy peaceful time together, we're building vasopressin, a little bit of oxytocin, too, because we're looking at each other, right? We're giving each other health.

But don't blow up. You have work to do. Because 30 years of neglect, 30 years of mistakes, it's not going to happen in a day, right? So we work up to the point where we schedule the appointment. You want to tell your husband, "I understand, in the past, when I talked about these issues, it

brought you stress. I didn't know why, but now I know, and I understand stress and cortisol better." So give him the reason why you used to not understand why he would pull away. "So I understand why in the past, whenever I approached you with this, it made you stressed. And now I know because I now understand the cortisol system. And at the same time, I need to be able to discuss with you issues that we need to solve. And if I don't have 15 or 20 minutes a day to discuss these with you, then my productivity falls, and I can't be my best for you. So, can we schedule a meeting for Wednesday, 7 p.m.? Blah, blah, blah..." You see how that's very specific? See how that's very specific? That's not just like, "you never talk!"

Oh, my God. Oh, my God. Oh, my God. Oh, my God. See? Society doesn't train women to become adults, right? It just lets them behave like children. That's why men say, "you behave like a child." Because that's literally what your children do to you, right? They are literally like, "Mommy, you never let me go!" Right? "That's not true. Mommy just let you go two days ago. But today, you feel like Mommy never lets you go. But that's not true."

Is that really true? Right? But you don't want to speak like that to another adult, especially a man, because then he won't trust you. He'll put you in the children's box, not in the vice president box.

So that's why we've got to be careful how we say these things. So when we speak with a husband and we make the date, you have to be very specific. You have to tell him, "I want to be my everything for you, but my productivity falls when I can't solve problems with you for about 15 to 20 minutes a day. So can you make 20 minutes for me on Wednesday, 7 p.m.?"

See how that's very clear? Now, the man, he's going to think, "yeah, I think I can do that. I'm going to increase your productivity. You want to be all there is for me, so I'm thankful for that. And it's going to be 20 minutes. And last time you said it was 20 minutes, it was actually 15 minutes, so I can trust you. So I believe it's going to be 20 minutes. Okay, great." You see what I'm saying? He's way more willing to now work with you to solve the 30 years of agony and mistakes.

But if you come across saying, "you're doing it again! You never want to share!" Oh my God. Now you're bringing up all the cortisol, all the triggers, all the body pain and chronic pain, all the stress that he associated with you for 30 years. You're bringing that all back flooding.

And so what is he going to do? He wants to run from you. He doesn't want to talk to you. Because every time he talked to you in that state, it went on for an hour and a half or two hours. So, we don't want to do that. We've got to stop that craziness. We've got to stop that behavior. And when we're trying to build it back, especially from the female side, we have to behave like you're an executive.

Acting Like a Team: CEO and COO

Behave professionally. You're trying to solve a problem in this company of the family. And so you want to be professional. Approach him like he's the CEO and you're the VP.

Maybe you're the COO. You're the chief operating officer. So you are still an executive in this operation, right? He may have the final executive yes or no, and he has to take all responsibility for it, right? If he messes up, it's his fault, right, for the family, right? So the executive has more risk, but the man has the final say.

But the mother is the COO, right? She's still an executive in the family. Are you with me? So, when you want to problem solve with the husband, you must behave as if you are like a CEO and you're in a business meeting. I know it doesn't sound connecting and emotionally... No, no, but trust me, the more you do this, when you problem solve put on your COO hat... Let him be CEO. You are the COO. Address things professionally, no crying. Be calm, like you're a professional. Be calm, don't cry. Write clearly what you want to talk about. Finish on time, right? You be clear.

Now, when you're not fighting, when you're not problem-solving, you can emote, you can lean on him, you can hug him, you can do all that stuff you want to do to express your emotional care for him. That's fine. But when you have a problem that you must solve together, stop immediately. Put on your hat, you're now COO, problem solving with CEO, okay? Does that make sense? That's clear, right?

So, you want to be specific and clear. Trust me, if you do this, you will problem-solve a billion times better with your husband. And guess what, he's gonna actually respect you. He's gonna feel respected, and he's gonna say, "wow, this woman is irreplaceable. I can chill with her; I can be at peace with her. We can problem solve crap together. This woman is incredible." You understand? It just builds. And as those hormones, vaso-, oxy-, flood, build, as the woman gets 15 to 20 minutes of one-on-one speaking time every day, your oxytocin receptor, oxy-gas tank is being filled up. Because it's every day, right? It's an everyday commitment we've got to do.

And the man, the vaso, as you focus on your vaso- training with the husband, Then you're filling up his vaso-tank, which is then opening up his oxy-tank, which then all of a sudden opens up his GABA, opens up his HGH. Now he wants to be softer. Now he's way softer. He sees you as healing. He feels healed in your presence, not hurt, right? You feel loved and cared for because every day he comes to you and he wants to hear and problem solve with you for 15, 20 minutes. Every day you feel that care. You understand what I'm saying? Now we're building powerful emotional hormones.

The Power of Natural "God Drugs"

Number one, we're building the hormones, right? We changed the hormonal makeup of both people, which is now building. Remember the mammals, what does it do? It makes them really grow tight in monogamy. Even animals that are usually not monogamous. Mammals, mammals. So imagine what that's doing to us, you understand? The bonding, pair bonding is becoming so deep and so rich.

Now on top of that, when you have your absolute sex training and your romance training, you have your dates and you have a beautiful sex life, that now gives dopamine hits on top of that.

That gives dates and releases flushes of pleasure. All these things get added on top of the high vaso-, high oxy- levels. So now you got all this awesome God natural drugs that you're eating, but these are not bad drugs. These are essential for bonding. You understand what I'm saying?

And you get to have something that the outside world cannot have, because they're into dopamine. They're into quick fixes. I need a high, and then I crash, and I need drugs. I need alcohol. I need a high, I need a new girl, and I crash. I need alcohol.

Can you see that? It's a bad, horrific pattern. That will never lead to sustained happiness, peace, emotional care, love, never can lead to those things. It only leads to emptiness, feelings of being abused, traumatized, used, suicidal ideation, destructive, it only leads to that. Isn't that crazy? But that's why, as a blessed family, we want to use God's system to our advantage, because he made it, and we want to focus on the right hormone, heart, true love hormone, give and receive action, Amen?

If we do that, then our marriage is, no matter how bad, as long as the couples want to, are willing, even if they have a little, the tiniest smidgen of, "okay, she's not Satan." And she sees the husband and she's like "okay, but yeah, he's not Lucifer." If it's "your Satan and Lucifer," well, you're probably now going to go to where Satan and Lucifer are. You're going to hell. Bye-bye. You've wrecked your marriage on earth, and you're going to have hell. But if you're not like that, most couples are not there. They're not there.

They have a little bit of "if I could make it work, I would like to make it work." Right? Because most people are not psychopaths, right? They actually care about the person they're married to, Amen? So they actually want to do it. So if you have even a faith as small as a mustard seed, God can what? Move mountains. Hallelujah.

So if the husband and wife have just even faith as small as a mustard seed, "yes, I'd like this to improve and I'm willing to try," this can turn around. Why? Because we're not trying to change the thoughts. We're not trying to change hearts. We're working on the spine. Amen. We work it on the hormone level, which then influences how we feel and what we think about the other person. Amen. We're changing our hormonal makeup.

And again, you gotta remember how powerful the hormones are, right? They lead us to destroy our lives, to get addicted to porn or drugs. They literally hook us in those things, right? That's how powerful those hormones are. God made them for a reason, but you have to be able to use them in our blessed marriage to create power.

The Smell of Stress vs. The Smell of Peace

Did you know that when you have hyper-attraction in couples, like very strong, you put off smells, different smells called pheromones. Everybody heard of that, right? They're hormonal fragrances that trigger attraction. You know a couple that's in a terrible relationship, and they're always biting, you know those kinds of people. Even when you're around them, the air feels different.

Why do you feel that way? You're actually smelling the stress pheromones that are coming out of them.

Your body can pick up the smell, just like animals, right? They can smell fear in a smaller animal. You are picking up the pheromones of those people in massive stress. So they literally smell different. I don't know how that smells, you know what I'm saying? But we all feel it, right? We all feel it. We can sense it like, "oh, damn, the air is different here. I better leave. I better not hang around these two too much, because they're going to start wrecking my marriage." You know what I'm saying? You start feeling the, what is that? That's actually pheromones. That's a smell. Isn't that crazy?

It's a smell. Isn't that insane? Now, when we have the high vaso- and high oxy-, We put off a whole other different type of pheromone. So, we actually become attractive. People want to be around us because they feel like, "hey, these guys smell good. If I'm around them, my marriage is going to smell good too." They're not thinking that, but their spine is thinking that, you understand? You understand what I'm saying? The spine is like, "oh, look, those, those, be around them. I smell oxy-, I smell vaso-. I don't smell cortisol here."

We don't know that, we don't think that, but we feel it. The reason why you feel that is because of those pheromones. How amazing is that? Isn't that incredible? So you actually smell different when you have high vaso-, high oxy- in your pair bonding, in your blessing. How crazy is that. So literally, the hormonal realm, which is unseen, because the spouses don't understand the hormonal realm, their marriages fall apart.

But if you understand God's system of the True Love hormone *Su-su-jak-yong* give and take action training, then you can know where to invest your time and energy. For sisters, build up the vaso- with your husbands. For husbands, 15, 20 minutes a day, oxy-. You put those training in and you invest that time and training without fighting. Peace, right? Don't fight. Cortisol, cortisol is bad. Keep the cortisol away.

The Crisis of Young Men and Porn Addiction

The more you do that successfully together, the more you do that, what happens? Your bonding gets deeper. Now, when you have the absolute sex training, when you are young, a young blood, you get sexual energy, man. You got no ED. Now you have young bloods, they have erectile dysfunction. They can't get hard with their wife, or when they get married. Why? Because they're addicted to porn. They're addicted to dopamine.

How do you have 20-year-olds with erectile dysfunction? That is physically impossible for all of human history. The reason why that's happening now and you got 20-year-olds with ED is because they are addicted to porn. They're addicted to dopamine. They got to see a new booty, new titties every time to get hard. They don't know how to bond with a real woman. They're just addicted to pornography.

This is a problem. Like, even with our younger kids that got blessed, a lot of the sisters come, “maybe it's because he doesn't love me.” And the sisters say the husband has ED. And they're young. They're like in their 20s, right? Young, early 20s. And they have this problem. That's not a problem because of the sister, right? It's not the sister. Number one, it's probably because that man, the boy, has become addicted to porn because it's so prevalent, right?

But think about that. Never in human history has this ever happened. Never. Because never in human history do you have access to the hottest girls on the planet through a device. Never, right? So, this is not how you want to train your brain. If you train your brain this way, you actually have to train your brain off of that. And you have to train your brain to bond with a real woman via oxytocin, via vasopressin, right?

Adapting Sexual Bonding as We Age

And as you get older, too, you can't perform like when you were youngblood. When you were youngblood, you could go five, six, seven, ten times a day. And you still have sexual energy. But as you get older, it slows down, right? So as it slows down, then your training of sexual bonding has to also change too, right? So instead of just getting right into it, like when you were in your 20s, you have to build up what? Build up the oxy-.

You have to build the oxy-, right? So a great exercise for people that are older, not just young bucks anymore, is what? For 10 minutes, you do the caressing and holding, kissing, touching, looking, that's fine, but not touching the sexual organ. As a goal, for about five, 10 minutes. What are you doing? You're building up, flooding the brain and spine with oxytocin, right?

So this is what is called a foreplay, but this is really, it's a fore type of care, right? It's not like, “oh, my husband can't get hard anymore like right away, so I must be ugly. It's because my booty's getting saggy or my...” You understand, you're thinking of dopamine. You're thinking incorrectly. If you pair bond with him deeper with oxy- and vaso-, and understand that his body's getting older, he's not going to just get hard like a young 20-year-old buck. Give him time, don't give him pressure, just give him time. Five minutes, 10 minutes, just to cuddle and kiss and caress and have eye touching, eye gazing, touching, right? Stuff like that. And avoid the sexual organ for five, 10 minutes. Then that builds up the oxytocin bonding, you see what I'm saying? It builds up his testosterone. Then all of a sudden, he becomes strong. And then you have the absolute sex training. And then after, also you do the holding, caressing, breathing in together, “I am alive. *Aboji Kamsahamnida.*” So now you are bonding again after you have sex. It's not just when you're young, and you're quickly, and you clean up, and you go away. That's dopamine.

The Unmatched Power of True Bonding

Think vaso- and oxy-. Then the sex that you have with your husband is, there's nothing in the planet that can compare to it, you understand? Dopamine, and the OnlyFans bitches can't compare with it. They can only give him dopamine. And it's quick, and it crashes him. Makes him

feel like a loser and an incel, which he probably is becoming because he's on that addictive cycle.

But if with you, if with his wife, he can have high oxy-, 10 minutes of fore care and fore caressing and bonding, right? It's sexual because you're still touching, but you're just not touching the sexual organ. And it builds up the energy. And then you have this, the absolute sex training. And then after, also you do more breathing and *Aboji Kamsahamnida*, and have the aftercare training. Woo! Then your absolute sex and romance life gets to the next level.

Now when you go on a date, now more dopamine. You see what I'm saying? Because a man and a woman will hit dopamine, even though they're married, and have high oxy-, high vaso-. When you have the orgasm too, you will also release dopamine as well. So you'll get all those. You get all that.

You get the vaso-, you get the oxy-, you get the dopa-. You understand what I'm saying? So you get all those. When the man is after orgasm, then the man also receives healing. It's a different type of a peptide that arises in his brain, which actually heals him. That's why men usually feel tired after it, because actually they feel completely healed.

Sex as Sacred Bonding, Not Casual Release

You get all those incredible hormones and peptides and benefits, but you get all the bonds that should include the sexual training. It should not just be bang and then over, smash and over, right? This is how casual sex is. It's fake, it's very shallow.

But the absolute sex should be bonding with sexuality, because that's in our marriage. God gave us. But we're bonding on all the levels, Amen. You see what I'm saying? So that's why the hugging and the kissing and the caressing and the fore training and the aftercare training all that comes together, and it floods our bodies with what? Bonding hormone. Long-term bonding hormones. Our brains, our blood, our cells are being flooded with these hormones that God made, Amen, Hallelujah!

Now when you go on your date with your queen, it's at a different level. OnlyFans hoes don't get nothing. They can't compare. Porno can't compare. Masturbating can't. None of that crap can compare. Because you're getting so much bonding. You understand? Sex is not just a dopamine hit. It becomes a giant bonding, hormonal festival. How unbelievable is that? That's how God made it, y'all. You understand? That's how God made it. And when we're training like that, and then we go on our dates together, then it's just more romance, all that dopamine and the hormones, oh my God. Unbelievable, right? And then we actually smell different. Our whole civilization smells different. We literally have different pheromones coming out of our bodies.

Rejoicing in God's Design

Everybody's like, "holy shish kebab. Every time we get around that crazy Moonie, man, I feel different. I kind of want to get blessed, man. What did they get in the water over there?" It's not

in the water. It's about understanding God's system. Amen. We understand the system that we know, how to play the game. We know how to have fun in this awesome game. And we know how to thrive in this game, man. And this game is the funniest game. The stupid video games aren't crap. They're nothing. This is the best game.

It's fun, playful, and so beautiful. All the incredible hormones that everybody's searching for that they can't find, we get to have. We get to understand God's glory and the systems he made so we can praise him along the whole way while we, Adam and Eve in the garden. We're praising him all the way. Even in our absolute sex training and after care training, where we're hugging and we're breathing together and thanking Father together. This kind of training is like Adam and Eve in the garden. Think about that. You're there naked together with your spouse, and you're thanking God. And you've just engaged in the most intimate act that ever was created. And you're bonding like this, not only to each other, but to God. That's like literally the purpose of creation. And it's happening in your room. How insane is that? You understand what I'm saying? How crazy is that? But that's literally what's happening if we do this well.

If we don't do it well, it will be the cause of early death, illness, cancer, heart attacks, diabetes, everything, sadness, depression. It will be the cause of everything bad. But if we understand God's system well, we know how to invest our time and energy properly with the right hormones, where to put them, and then our absolute sex and romance life. Wow, holy crap. We got the biggest money, baby. We got the biggest money that money can't buy. Amen. Let's give it up for God. Come on. Y'all are sleeping up in this place! I gotta smack you with the holy ghost whip. You understand it's crazy, right? That's what we get.

That's the incredible power of the blessing. And think about that. Does that actually create world peace? Yes, it does. Does it change the actual smell of the world? Yes, it does. It literally changes the smell. It literally creates world peace unification, the starting point in this husband and wife. It literally creates an awesome and safe place for your children to believe in marriage and to believe that the blessing is a blessing and not a curse. Amen. You see what I'm saying? It passes on that hope, that hope and that training and that knowledge and that success and those habits to the next generation.

And it empowers them to understand God's system and work with his system to maximize the power there, which, of course, they benefit from and also the world benefits from. Hallelujah. Amen. So that's why the blessing is so powerful. Who wants to put that training into action? Amen. All right, praise God, praise God. Let's pray.

Closing Prayer

Father God, we thank You for this beautiful day. We thank You for the beautiful training today that You gave us to understand and study of Your incredible system, of Your beautiful hormones, these long chain beautiful peptides that You created as art pieces that we get to experience and that we get to actually have flooding through our bodies. Father, we want to maximize those things so they create powerful bonding and true love and respect and actualization of Ephesians chapter

5.

We want to give You glory through these blessings. We want to give You hope through these blessings. We want to return gratefulness through these blessings. We want to inspire hope in the next generations and throughout the world, and to show that monogamous, powerful, long-term marriage is the greatest way towards human flourishing and human happiness. Father, You brought the key from the very beginning of time. You wanted to instantiate this on the earth with the ideal of creation.

Father God, we thank You for releasing this through the Divine Principle and to bringing us into true understanding of the Bible and purpose of creation and we want to establish that in our own lives as we prepare for blessing, or in our blessed marriages if we are already blessed, to establish this every day, to turn around the bad habits, to turn around the cortisol and the pain responses and stress response, to turn them off and turn them around, so that we are producing the powerful vaso-, and oxytocin, the beautiful, wonderful art that you have produced. And on top of that, we strengthen our absolute sex and romance life to bring life, to bring beauty, to bring glory to You and to all those around. Show them that there is a way to change this world.

We give You the glory, the honor, and the praise. We thank You. All the blessed families here today with Three Generation Kingship, we pray in Your precious name. Amen, Amen, and Aju.

All right, let's give God some glory, everybody. Let's stand up. Stand up and welcome the person next to you. Give them a big hug and thank them and thank Father. Let's thank Father three times. Hallelujah. Praise God!