



UNIFICATION

Unification is a way to bring True Heart to Life. The process is made from LOVE—the most universal, natural, and uplifting human impulse. Unification is simple and natural enough even for children to do, yet you can be sure of this: It can change the world.

HOW TO DO UNIFICATION

1. CLOSE YOUR EYES for 1 to 20 minutes, and LOVE with all your heart.
2. WHO TO LOVE? Anyone! God. Family. Friends. The whole world.
3. HOW TO LOVE? Love SINCERELY, and you'll feel God with you.

God IS love, you know!