



# Three-Day Ceremony Instruction Manual

## Forty-Day Separation Condition

Following the Holy Wine, the Blessing and the Chastening Ceremonies a couple starts their Forty-Day Separation Condition. The local pastor should pray together with them and give them guidance regarding the Three-Day Ceremony during this separation time.

Each pastor needs to request the number of Holy Handkerchiefs that they will need from the Blessing and Family Ministry and provide the BFM with the names of those in their area who are beginning their 40 Day Separation.

When a couple is ready to start their Three-Day Ceremony, they report to their local pastor. The pastor verifies their qualifications to begin the 3-Ceremony, either by personal knowledge or through an interview process. Be sure that they have completed the Forty-Day Separation Period successfully and **maintained their purity**. The pastor should meet with each couple in order to give them complete instructions and answer all their questions regarding the Three-Day Ceremony. After the guidance is given, then pray over the new couple. After the prayer, the couple can receive their Holy Handkerchiefs.

The pastor should then report the names of the couple to the BFM (email [bfmadmin@unification.org](mailto:bfmadmin@unification.org)) once they have received the guidance for the Three-Day Ceremony and their Holy Handkerchiefs. When the couple completes their ceremony it should also be reported to the BFM.

## Three-Day Ceremony

### The Spiritual Basis for the Three-Day Ceremony

The Three-Day Ceremony completes the five-step process of the Change of Blood Lineage, and the children born from this couple will not have Original Sin. They will be born pure and sinless like Adam and Eve as second generation.

### Significance - Reversing the Misuse of Love

To reverse the misuse of love, most religious traditions teach absolute fidelity in marriage or celibacy for those who are called to it. The Blessing fulfills these religious traditions. **It is the complete reversal of the selfishness which often accompanies love.** Everyone who has received the Blessing and fulfills all the stages of the Change of Blood Lineage, can separate from humanity's fallen history and begin anew. **It is in the sexual relationship itself that this new beginning is achieved.**

### The Path of the Three Days of Love



The three days represent the **historical path of re-creation**. During the first two days of the Three-Day Ceremony, the wife is in the position of the "Bride of the Messiah" and she is the "mother" to her spouse, giving him rebirth. Therefore, **she initiates each part of the ceremony**. Through the Holy Wine Ceremony and the Blessing, the wife has already been symbolically restored as the Bride of the Messiah. God works through her and her love to bring her husband into a full relationship with Him as a true husband. From God's point of view, the wife becomes the channel for her husband to be reborn into a new relationship as God's son.

Through the ceremony of the **first day**, the husband is transformed from the position of archangel, into the **position of sinless Adam in the formation stage**. The first day symbolically restores the Old Testament Era.

Through the ceremony of the **second day** the husband is transformed from the position of "Newborn Adam" up to the **position of "Adam before the Fall"**. This symbolically restores the position of Jesus and the New Testament Age.

On the **third day** the husband is in the **position of a "Restored Adam"** and he initiates the ceremony. Now the husband becomes the channel God uses to bring new life to his wife as God's daughter. Through this ceremony, they become one as an eternal Blessed couple.

Each day of the Three-Day Ceremony should be carried out with a prayerful heart and sincere attention to the details of each step. **There is no room for mistakes as every step is an essential part of the reversal of your entire fallen lineage. If a mistake is made, the couple should immediately stop the Three-Day Ceremony and report to their local pastor for guidance.**

## Preparation

### Selection of the Place:

Select a place that feels holy and where you can freely use the bathtub or shower. For example, one might use a Unification Church center, a house which belongs to a member, the house of physical parents if they have accepted the Principle, or some other place with a good spiritual atmosphere. If you choose to use a hotel, make sure to use Holy Salt and give clear instructions to the housekeeping staff.

### Items You Must Have:

- Picture of True Parents
- Cheon Il Guk Holy Candle and matches
- Cheon Il Guk Holy Salt
- Holy Handkerchiefs (one each for husband and wife, clearly labeled)
- Holy Clothes (white robes if possible, or Blessing suit and gown, minimum church clothes)
- 2 basins or bowls
- Mineral Water



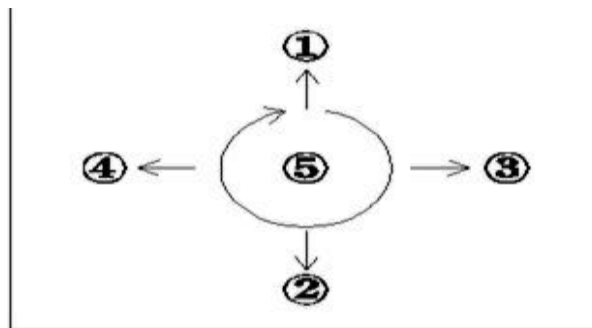
- Instructions for the Ceremony
- Family Pledge and Holy Song Book
- New bedding, night clothes and underwear is recommended but not necessary

### Sanctifying the Room:

Both the bedroom and the bathroom must be sanctified with Holy Salt for the ceremony. To do so, begin by standing in the middle of the room and facing north. Offer a prayer something like the following:

"We are going to carry out the Three-Day Ceremony in this room. Please sanctify this room so that this place may become a holy place." Continue with a prayer of gratitude, etc. Conclude the prayer "I pray that this is sanctified and made God's. This I report in the names of the True Parents of Heaven, Earth, and Humankind and in my name [your couple's name] as an owner of the Cheon Il Guk"

Remain standing in the same spot. Sprinkle Holy Salt three times in a northerly direction. Then sprinkle Holy Salt three times in a southerly direction. Then sprinkle Holy Salt three times in an easterly direction. Then sprinkle Holy Salt three times in a westerly direction. Conclude by starting in the north direction and sprinkling Holy Salt in a clockwise circle with a 360-degree rotation. Offer a prayer of gratitude.



Sanctify all other things used in the ceremony, such as the bed, bed sheets, blankets, pillows, bowls, clothing, etc.

### The Altar

Prepare an altar and place the picture of True Parents in the center, Cheon Il Guk Holy Candle and matches

Since the Fall took place out of the sight of God, the photo of True Parents plays the role of our Heavenly Parent watching over the couple during the Three-Day Ceremony.

### Creating a Holy Atmosphere



You may use other items to further enhance an atmosphere of holiness and love. For example, you may want a bouquet of flowers or Holy Songs playing in the background.

As you begin your ceremony you will want to create a heavenly atmosphere and invite God to be with you. You can light your Holy Candle at this time.

## The Holy Handkerchief Ceremony

**The wife goes first during the first two days while the husband remains in prayer. On the third day this is reversed.** She begins by taking a bath or shower and washing her whole body.

### Using the Holy Handkerchief

Next she puts a small amount of sanctified mineral water in one bowl **that is clearly labeled for her** . The amount of water should be just enough to soak her Holy Handkerchief. It is best if there is not any water left after using, but if there is, it should be kept until the next day (not thrown away). Put the Holy Handkerchief in the bowl of water.

She should offer a prayer for sanctifying her body externally with the holy water, while giving gratitude that she has been internally sanctified through the Holy Wine Ceremony.

Next she should wipe her entire body with the Holy Handkerchief, starting with the head and working down to the feet. Wipe every part, especially the sexual organs. After wiping with the Holy Handkerchief, **do not rinse off**. You can dry yourself with a clean towel if necessary.

**Do not wash the holy handkerchief** but let it dry as it is.

**The Holy Handkerchiefs must not be mistakenly exchanged.** You must absolutely keep the handkerchiefs separated and use them separately the entire three days.

Cleansing yourself with it symbolizes making your physical body a holy temple of true love. It means **you are dedicating your conjugal love completely to God**, for the sake of your partner's happiness, your family, your community, your nation and the world. The Holy Wine on the Holy Handkerchief represents the Blood of Christ and this purification ceremony represents being "washed by the Blood of Christ". This separates you from any connection to the fallen lineage and gives you "physical redemption".

When the wife is finished using the Holy Handkerchief, she should dress in her holy clothes and prepare prayerfully while her husband bathes. The husband bathes and uses his Holy Handkerchief. When he is done, he dresses in his holy clothes, and they prepare to begin the actual ceremony.

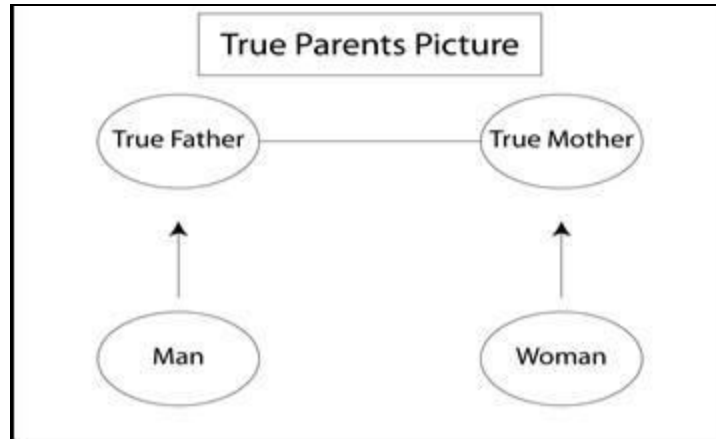
## Three-Day Ceremony Contents



## Day 1

### Bows and Prayers

Dressed in their holy clothes, the husband and wife should stand facing the altar with the **wife on the right** (symbolizing the subject position). See Figure B.

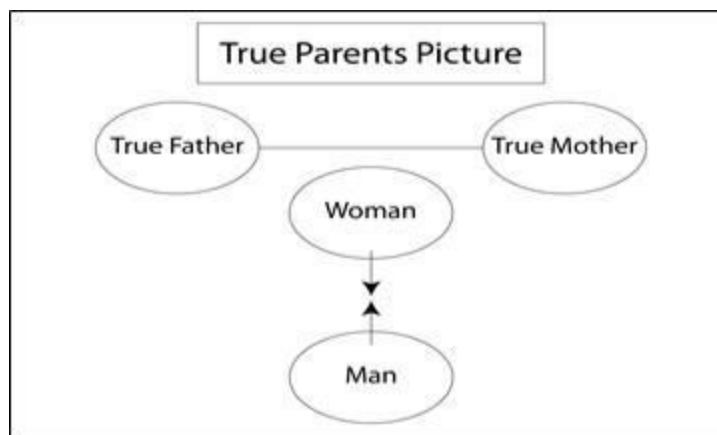


**Sing together** one or more Holy Songs according to your desire.

**Offer one full bow** to God and True Parents.

Recite the **Family Pledge** together.

**Husband Bows and Wife Prays.** Next, the wife sits in the space in front of the positions of True Father and True Mother. The wife has her back toward a picture of True Parents and faces her husband. (See the Figure C.)



The wife sits on the floor with dignity as the Messiah's wife and the mother of the husband who is going to be born. The husband offers three full bows to her. As the wife is in the mother's position,



the husband says, "Mother, please give rebirth to me as a true son of God", as he bows. Her position is the source of life for him.

Then the husband kneels and prays silently.

The wife stands and puts her right hand on his head.

She prays in the position of the mother.

**Contents of the prayer:** Expression of gratitude for the Blessing and for having been forgiven and redeemed of sin. Prayer of thanks for having been given the position of "new bride" of the Messiah. Praying from the mother's position, "Please help my husband to have rebirth and resurrection into the position of a sinless Adam at the Formation Stage through this ceremony." She desires that her husband be reborn as a son who inherits God and True Parent's heart and tradition.

### **Act of Love**

We recommend that both husband and wife change out of their holy clothes and into nightclothes in preparation for the act of love. The wife takes the initiative in the position of subject. The husband cooperates so that both can succeed in fulfilling the act of love. They can proceed lovemaking naturally and can caress and stimulate each other. However, at the time of intercourse, **the wife must be on top.**

The couple should continue the act of love until ejaculation, but if ejaculation is not possible the ceremony is still valid. However, **insertion itself must be accomplished.** If insertion is not possible because the husband cannot have an erection, the wife must guide her husband's sexual organ into her sexual organ to the best of her ability in order to successfully complete the ceremony.

**Contraception is not permitted during the Three-Day Ceremony, and onset of menstruation necessitates beginning the ceremony over from the beginning,** therefore the wife should be aware of her cycle and plan the time of the ceremony accordingly.

### **After the Act of Love**

**On the first and second days, wash your love organ with a towel after lovemaking. However, on the third day, you must wipe it with your Holy Handkerchief and dry the Holy Handkerchief without washing it.**

Get dressed in your holy clothes and return to the positions in Figure C. The husband offers one full bow to the wife. The husband says, "Mother, thank you for giving birth to me," as he bows to his wife. The wife, representing the couple, reports to God and offers a prayer of gratitude. **Content of Prayer:** "Thank you for having made my husband reborn as Adam in the Formation Stage and for the end of the first day's ceremony."

This concludes the first day. Go to sleep in peace. Sleep in pajamas and nightgown. **Do not have a physical relationship outside of the content of the ceremony.**



## Day 2

It is desirable to keep the same starting time on the 2nd and 3rd days as on Day 1. The time that the ceremony ends may vary according to the length of the steps of that day.

The second day is almost the same as the first day. Follow the same procedures for washing, Holy Handkerchiefs, bows, and prayers, changing only the contents of the prayers slightly.

Internally, the first and second days have a different meaning. Day 2 restores the number two when the Fall occurred and restores the position of Jesus and the New Testament.

### **Changes to the Content of the Prayers**

In the prayer before the act of love, the wife should pray that her husband to receive rebirth as a sinless Adam at the Growth Stage level.

After the act of love, the wife should offer a prayer of thanks for giving rebirth to her husband as a sinless Adam at the Growth Stage level.

## Day 3

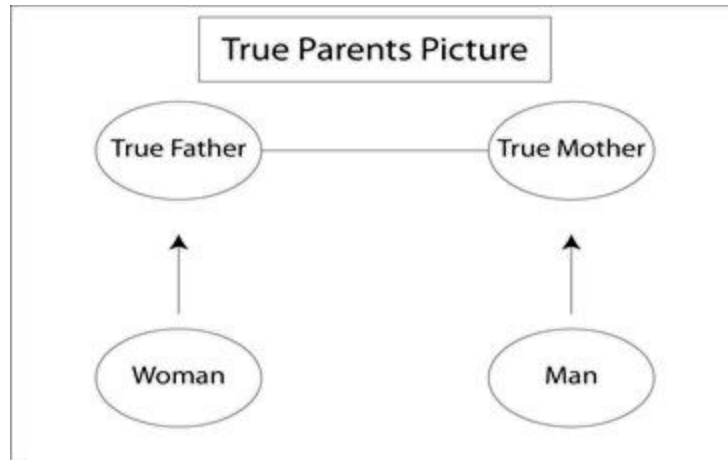
### **Significance of the Third Day**

On the third day the husband is in the position of a “restored Adam” and **he initiates the ceremony**. This day’s ceremony represents the perfection of the love relationship between husband and wife. In it, the husband now becomes the channel for God to bring the wife to new life. Therefore, the positions and roles are now reversed and the husband takes the lead responsibilities.

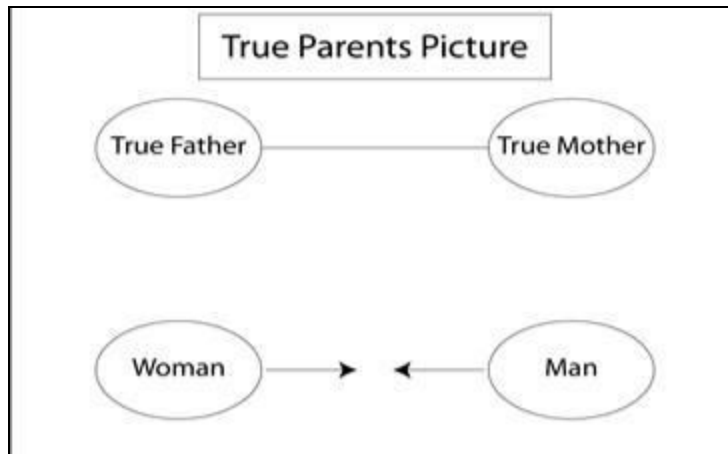
**The husband goes first for bathing and in the Holy Handkerchief Ceremony**, while his wife remains in prayer. When he is finished, the wife bathes and uses her Holy Handkerchief.

After putting on their holy clothes, the husband and wife stand before the altar with the **husband on the right** and the wife on the left as in Figure D. He is now taking the subject position.

Together they offer one full bow in front of the altar to God and True Parents.



Next husband and wife turn and face each other and do three full bows to each other simultaneously. This represents the equality of value and dignity of husband and wife.



### Husband's Prayer

The husband prays in the position of a restored husband and the wife offers a prayer in response.

**Content of the husband's prayer:** Express gratitude to be able to restore man's dominion of true love. "Thank you for having me reborn as sinless Adam through the first two ceremonies. I pray that through the ceremony today we may become an eternal couple and that each of us can have the triple objective relationship of love with each other and our Heavenly Parent. I pray that I may restore all the conditions that the first Adam lost."

### Wife's Prayer

The wife is no longer in the mother's position. She offers a response to her husband's prayer.





She prays in gratitude for her husband as a true father, husband, brother and son.

### **Act of Love**

**On the third day, the husband is in the position of subject and takes the initiative.** The wife cooperates and responds to her husband. The couple performs the act of love with the same freedom as on the first two days. The only difference is that at the time of intercourse, **the husband is on top.** This represents his being the channel that God is using to give new life to his wife as her father, and to recreate her as a true daughter, sister, wife and mother.

### **Conclusion of the Third Day**

After the act of love on the third day, each person wipes their own sexual part with their own Holy Handkerchief. **Do not launder the Holy Handkerchief but let it air dry as it is.**

It is very important to carefully protect the Holy Handkerchiefs. They represent our passing over the last barrier to true eternal love in the realm of God's heart. Therefore, after they are dry, carefully store them in a safe place.

### **Concluding Bow and Prayer**

After dressing, the couple returns to their positions in front of the altar as in Figure D with the husband on the right. They then face each other. The husband sits and the wife offers one full bow to him. **Together they have restored the original order of love.**

They both stand facing each other and hold hands for the prayer by the husband. **Contents of his prayer:** He reports the successful completion of the entire Three-Day Ceremony. He offers thanks for having been able to be reborn as the original Adam and Eve and for having been able to have the relationship as an eternal husband and wife. The couple pledges to absolutely never fall, to be eternally faithful to each other and to do their utmost to realize a true ideal family. They express a thankful heart that the Three-Day Ceremony was successful.

The Three-Day Ceremony is finished. **Be certain to report to your pastor when you have completed the ceremony which automatically registers you as a Blessed Couple.**

**You now have complete freedom to express your love for each other with our Heavenly Parents' total blessing**

### **Areas for Special Attention**

1. The Three-Day Ceremony should be done on three consecutive nights. **The time in between should be kept free of any other physical relationship.**



The Three-Day Ceremony must **not** be finished in just one or two days. For example, do not do Day 1 in the morning and Day 2 in the evening. Also, it should not be prolonged for more than four days. Unless there is some unavoidable reason, the three days should be consecutive. If due to age, health problems, or other circumstances the ceremony cannot be completed in three consecutive days, **report to your pastor to work out an acceptable alternative**. A few days may be skipped between the days of the Ceremony. Keep the days as close together as possible. Discuss any difficulties with your pastor.

## 2. Mistakes with the Holy Handkerchiefs

Each spouse of the couple **must have and use their own Holy Handkerchief**. Husband and wife **must not use each other's Holy Handkerchief**. It is recommended to identify each with indelible ink or a colored thread in the corner. They should also not use the **same** handkerchief.

### Consequences for Mistakes with Holy Handkerchiefs

- A. Any mistake must be reported immediately to the pastor. He or she prays for the couple and then they start their indemnity condition. The pastor should report to the National BFM and request new Holy Handkerchief(s). After their condition is completed, then the pastor should meet with the couple and pray over them to start their Three-Day Ceremony again and give them a new set of Holy Handkerchief(s).
  - B. If a couple loses their Holy Handkerchiefs, they must do a 7-day fast and receive new ones. In addition, a financial offering should be made to HSA-UWC and sent to the BFM..
  - C. If the Holy Handkerchiefs are accidentally exchanged, they must do a Forty-Day separation condition, receive new handkerchiefs, and re-do the entire Three-Day Ceremony..
3. After the ceremony on the third day, the sexual parts must absolutely be wiped with the Holy Handkerchief. The Holy Handkerchiefs are left to dry. After they are dry, they should be carefully stored.
  4. Mistakes regarding the Act of Love - the following examples are regarded as failures.
    - A. Do not perform the act of love on the first or second day with the husband on top.
    - B. Do not perform the act of love on the third day with the wife on top.
    - C. Artificial contraception is prohibited.
    - D. For the act of love, **insertion must be accomplished**.
  5. **Touching sexual parts outside of the Act of Love requires a Forty-Day separation condition.**
  6. Once the ceremony has started, that day's ceremony must be completed within 24 hours.
  7. The Three-Day Ceremony may only be done **after** receiving the prayer from your pastor.

### Indemnifying Other Mistakes



If mistakes are made and the ceremony cannot be fulfilled properly according to the original instructions, the couple **must consult with their pastor**. Mistakes require a Forty-Day separation condition. In all cases after the indemnity condition is completed, the couple must receive a benediction prayer from their pastor, and then do the Three-Day Ceremony again with new Holy Handkerchiefs.

If a couple has a sexual relationship after the Blessing but prior to the Three-Day Ceremony, this is not the Fall, but a mistake of the 40 Day Separation. The couple must consult with their pastor and a Forty-Day separation condition.

Couples should not carry out this ceremony during the time of the month in which the wife is fertile or near the onset of her menstrual cycle. Children should not be conceived during the Three-Day Ceremony because it is an historical restoration process. Only after the completion of the ceremony is the Change of Blood Lineage complete and their children conceived without Original Sin. Also the onset of menstruation necessitates reporting to your pastor and beginning the ceremony over from the beginning.