



Part 1: A Mystical Approach

To the Foreword

A Draft for a Mystical Approach: Integrating Interreligious Perspectives and Practice

This chapter provides an introduction to mysticism and attempts to link Christian mysticism with Eastern, especially Buddhist mysticism.

The mystical teachings of Sun Myung Moon - a Korean spiritual leader rooted in both traditions - serve as a valuable point of orientation.

I place special emphasis on the reference to real human experience and the practice of various traditions.

Mystical practice and the resulting experiences are often more immediate and tangible than theoretical considerations or theological concepts. As a result, mysticism holds great potential for interreligious understanding.

My statements do not claim absolute truth. They are merely a draft and a first step in this interreligious consideration.

My central concern is to look beyond the concepts so that we can open up, learn from each other, and continue to develop both our own path and our mystical practice.

When you go to the spiritual world, you realize that Confucius and Jesus are friends. Buddha and Mohammed are friends. Famous saints of Christianity and significant monks of Buddhism are friends. A curtain is the only thing between them; they all belong to the tribe of God. This curtain must be widely opened.

[Sun Myung Moon](#)

Book 5 2.1. P 996

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[Famous saints of Christianity and significant monks of Buddhism are friends](#)

Perspective Shift Between the Search for Truth and Mystical Experience

This book is directed especially at religious people who have so far engaged little with mysticism.

Therefore, I emphasize in some places the difference between a faith-based approach, which is predominantly focused on truth, and the mystical approach. Both have their place and value.

By highlighting what distinguishes mysticism from traditional religious practices, it might give the impression that the latter appear less profound.

Someone might feel hurt in their religious beliefs by this. That is not my intention. Should this be the case, I apologize.

The following explanations are written with the utmost respect for believers of all traditions.

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