



1.1. Mysticism - the Path of Meditation and Prayer

The inner path to becoming one with God is the realm of mysticism, which could also be described as the path of prayer.

Why then meditation? The simplest answer is that the prerequisite for deep prayer is the ability to gather oneself, and through meditation, one attains this ability.

The deep prayer of the saints and mystics takes place on a different level than the conventional spoken prayer.

It is pure prayer in the spirit. It goes beyond the mind or psyche – that is, beyond intellect, feeling, and will. It occurs on the level of the spirit, where no thinking takes place anymore.

Any ordinary thought would disturb the intimate closeness to God.

To achieve this, one must learn to let go of all thoughts, feelings, and desires of the mind.

The more you let go, the closer you are to God.

[Sun Myung Moon](#)

We must reach the zero point of the mind... This is the standard that enables us to become a complete object of God... The zero point is a similar state to what Buddhists experience in Zen meditation.

[Sun Myung Moon](#)

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