



## **1.5. What Else is Mysticism?**

- Mysticism is not philosophy, theology, or ideology.
- Mysticism arises from experience and enlightenment.
- Mysticism is an empirical science about the inner path to God.
- It is based on the experiences and insights of mystics and saints, gathered over millennia.
- Mysticism opens a practical and concrete way to develop ourselves inwardly.
- It is the art of prayer.
- It is the way to access our spiritual mind and heart.
- It is the path to discovering our true self.
- It is the way to be filled with the Holy Spirit.
- It is the way to the unity of spirit and body.
- Mysticism leads to the direct dominion of God.

## **Mysticism and Theology in Comparison**

Mysticism is not philosophy or ideology, as these arise from thinking.

In thinking, we can construct anything, even without proving anything. Theology is not a natural science either. There are numerous contradictory theologies. Basically, everyone can believe what they want.

Theology is supposed to describe spiritual truths.

**Its roots lie in the mystical experiences of religious founders - in revelations, enlightenments, or direct insights.**

From these profound experiences, theological systems were later developed, which were formulated into teachings and passed on.

However, since these experiences cannot be repeated at will or passed on directly, theological statements are often dependent on interpretation and faith.

## **Mysticism: A Path to Direct Spiritual Experience**

Mysticism, on the other hand, is based on personal experience.

It assumes that spiritual truths are not only transmissible but can be directly experienced through certain inner conditions and practices.

Those who adopt a certain attitude, open themselves up, cultivate their inner disposition, and practice, make concrete experiences – independent of time, culture, or religion. It does not matter whether someone walks this path thousands of years ago or today, whether they are Christian, Buddhist, Muslim, or a follower of another religion.

**In this sense, mysticism is an empirical science.**

Those who manage to feel close to God can explore what enhances this closeness or what makes it disappear again. Based on this, a religious ethic arises – from the experience of God's love.

Ethics are formed on the basis of the feelings of love.

[Sun Myung Moon](#)

In the closeness to God, we feel what sin is and what virtue means.

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