



1.4. The Practical Dimension of Mysticism

The experiences and insights of mysticism have been collected and passed on for millennia.

There are no hidden secrets – you just have to look in the right places, read the right books, and meet people who know this path.

Mysticism teaches us a practical, concrete way to become one with God.

It is the path that people of different religions have walked for millennia.

Mysticism is the art of prayer – the way to seek and find God within.

Access to the Spirit and the True Self

On the mystical path, we gain access to our spirit.

We realize that we are not our thinking and feeling, but that our true self is spirit.

We learn to concretely experience this spiritual self.

We gain access to what we refer to as the Spiritual Mind and Heart – areas that often remain inaccessible to us in conventional consciousness.

Mysticism seeks direct access to spirit and God, who is pure spirit.

Concepts such as "being filled with the Holy Spirit," "unity of mind and body," or "direct dominion of God" thus become more concretely experientiable.

In the end, mysticism leads us to our true self and reveals to us the surprise of being.

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