



---

## **1.7. Further Perspectives on Mysticism**

### **Founders of Religions and Reformers Were Mystics**

All founders of religions and religious reformers were mystics with concrete, personal experiences with God.

They taught these experiences and subsequently developed teachings and frameworks of thought – theologies. These teachings were adopted, learned, and believed by others. From this followed the practice of faith.

**The practice of faith should lead to one's own mystical experiences.**

But many believers remain in faith and ethical life. They do not delve deeply enough into prayer and do not have their own direct experiences with the spirit and love of God.

### **Mysticism Is a Field of Research**

Just as God's Providence continues to unfold, so too can mysticism continue to develop.

It is a rich field of research that deals with the personal experience of the individual who walks this path. Experiences and enlightenments can be collected, structured, and used for mystical practice.

### **The Mystical Path Needs a Lot of Motivation**

Motivation is a central theme on the mystical path.

**Everything draws our attention away from God - the demands of life, the tasks of everyday life, the possibilities of leisure activities, and the media.**

All this distracts our awareness outward and away from God. Even religious activism can divert us from the path of prayer.

The prerequisite for a well-founded prayer life is, however, to seek God more than anything else and to awaken the deep longing for God.

**For this, we must continually re-motivate ourselves.**

Mystical writings and communities of people who walk this path together help us with this.

With this book, I hope to contribute to strengthening motivation for the mystical path – by providing a clear structure, insights into the experiences of advanced practitioners, and a practical guide that can be adapted to individual needs.