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## **1.12. The Balance Between Truth and Spirit**

Sun Myung Moon emphasizes that there should be a balance between truth and spirit. It is therefore recommended to bring the truth-oriented approach and the mystical approach into a balanced interaction for development.

In summary, the method of truth includes study, faith, and practice. The methods of the spirit are meditation, prayer, and mindfulness.

This naturally results in a similar way of life.

**The difference lies in the fact that the actions in the mystical approach are not primarily initiated by understanding, but by the Holy Spirit.**

Truth begins more externally, while the spirit has an internal focus.

The development process fundamentally leads us from the outside to the inside – from a change in thinking and behavior to a deep internal transformation.

Since humans consist of body, mind, and spirit – therefore both external and internal aspects – growth is necessary on all levels.

If we want to positively influence people, we can help them practically, stimulate them to reflect in conversation, support them emotionally, and bless them with true love and prayer.

All levels work together in this process.

If you want to preach for one hour, you must pray for eight hours.

[Sun Myung Moon](#)

## **The Interaction between Human Responsibility and Divine Action**

The focus of the approach through truth lies on the personal responsibility that arises from understanding the truth.

**The approach of the spirit, on the other hand, relies on obtaining God's grace and on God's own action.**

The responsibility here lies in creating the conditions for God's work.

In the Divine Principle, it is explained that to realize God's will, 95% of the responsibility lies with God and 5% with humans. However, these 5% require full commitment from humans – that is, 100% dedication within their area of responsibility.

Nevertheless, we must not lose sight of the fact that God's action constitutes the much larger part. Responsibility and trust must be in balanced harmony.

## **What does trust mean in the mystical approach?**

Trust means adopting an inner attitude that is not centered on one's own actions.

Without me you can do nothing

- Jesus Christ -

[Sun Myung Moon](#)

John 15:5

An attitude of humility and openness towards God is an essential prerequisite for God to be able to work.

When the Spirit of God dwells in us, we experience His guidance directly in the heart. We rely less on analytical thinking and more on the impulses of the heart.

**The mystical path is a path of inner transformation that increasingly enables us to entrust ourselves to God's guidance.**

In doing so, we hand over a piece of control over our lives to God - trusting in His actions and His love.

## **Learning to trust God in the path of prayer**

In the prayer of the spirit, we learn to gaze at God in wonder—comparable to looking into the sky in the hope of seeing a shooting star.

No one knows when it will appear, and no one can influence its appearance.

**Thus, the grace of God also comes in its time and in its way.**

This is not in our hands.

However, our loving devotion to God is the prerequisite for being able to receive this grace.

On the path of prayer, persevering in this attitude and trusting waiting becomes part of the spiritual journey. The time we endure - and sometimes suffer through - until we receive grace is a form of reparation.

As already explained, it is essential that personal responsibility remains in balance with deep trust in God's guidance.

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