



2.6. The Spirit-Mind

Here follows a quote from Sun Myung Moon.

However, when spiritual energy dwells within us and engenders the awakening of our spirit mind, our mind and body naturally unite. Unless this type of revolution occurs, unless we discover the origin that can rectify everything from the root, we have no way to find the ideal.

[Sun Myung Moon](#)

Conclusion from this quote:

- The spiritual mind must awaken first.
- The awakening of the spiritual mind is an inner revolution.
- Through this revolution, we can discover the origin (God).
- With this experience, everything can be corrected from the root.
- When the spiritual mind awakens, mind and body unite naturally.
- This is the way mind and body are united – not through mere willpower.

This makes it clear that we must first awaken our spirit-mind or develop access to it. This requires a spiritual practice.

Summary

We have learned that the physical mind, which represents our brain, is fundamentally capable of generating emotions and thoughts without the need for a spiritual self or a spirit-mind.

The spiritual mind is a deeper aspect of human existence.

It is not necessarily active in our human psyche, which encompasses the intellect, emotions, and will.

The spiritual mind must be awakened in order to fully establish the spiritual reality within our human mind and psyche.

This is an inner revolution that fundamentally changes our state. It cannot be achieved solely through willpower.

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