



2.7. The Spirit-Mind: Exploring a Deeper Level of Being

We have begun to explore that there are two levels of thinking, feeling, and willing within the human being. In the following, we aim to gather some key insights that will bring us closer to understanding the spirit-mind.

Clues from mystical teachings

The Greek-Armenian mystic Georges I. Gurdjieff explains that within humans there are **higher centers for thinking and feeling, to which ordinary people have only limited access.**

This might reflect the spirit-mind in the [Divine Principle](#).

Sun Myung Moon mentioned that when the spirit-mind awakens, one experiences a three-dimensional feeling like never before.

This suggests that there is another level of feelings beyond those we know in the human psyche.

These originate from the spirit-mind.

Experiences with a deeper level

In deep meditation, a more direct access to a **different kind of thinking** opens up. This is commonly referred to as **intuition** and arises from a deeper level of our being.

This higher form of thinking can influence our conscious thoughts in a state of mindfulness.

Experiences of mystics show that they feel emotions that ordinary people do not experience.

- In a state of enlightenment, they feel deeply connected with all beings.
- When they are filled with the Holy Spirit, they experience a love of a quality and intensity they have never known before.
- Moreover, they report an inner joy that is independent of the fulfillment of personal needs — a joy that arises from deep within.

Conclusion

In conclusion, we can say that there indeed exists a deeper, spiritual level of thinking and feeling.

However, not everyone has direct access to this level.

It may affect our being in certain areas. However, to gain direct access, we must awaken

this deeper level of our mind within us and open ourselves to it.

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