



[3.3. A Comparison of Mystical States](#)

When we consider the mystical states of people from various religions, we recognize great similarities.

There are only differences in the designation and interpretation of these states, as the respective concepts and terms of each teaching are used.

In the following, I would like to contrast the mystical experience referred to in Christianity as being "**filled with the Holy Spirit**" with the concept of **perfect enlightenment** in Buddhism.

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The State of Being Filled with the Holy Spirit

For the examination of the experiences of Christian mystics, I had a description generated by an AI. Here is the full version of the result:

[Being Filled with the Holy Spirit: Experiences of Christian Mystics](#)

When looking at the experiences described there, the following aspects can be discerned:

- Inner insights and enlightenment
- Closeness to God
- Direct experience of God's presence
- Being filled with divine love
- Peace and joy
- Unity with creation

However, how Christian mystics recognize that this experience concretely comes from the Holy Spirit is never clearly described.

We could also refer to it as a **mystical experience of God** that originates from the spiritual realm. In such an experience, something occurs that comes neither from ourselves nor from the physical environment.

A spiritual force influences us, allowing us to experience God.

In the Divine Principle, the Holy Spirit is understood as the manifestation of the feminine spirit of God. The love of God, which we experience in a mystical state, resembles a maternal love that spiritually grants us a new birth.

Similarities with Buddhist Enlightenment

Similarities between the Christian mystical experience and Buddhist enlightenment are

found in the aspects of:

- Insights
- Enlightenment
- Love
- Peace
- Joy
- Oneness with creation or with everything

Unity with God is not defined in Buddhism, as Buddha did not perceive a personal God.

Rather, he described the experience of oneness with everything. Nevertheless, Sun Myung Moon declared that God dwelt in Buddha.

The Three Central Outcomes of Mystical Experiences

The three most important aspects of various mystical experiences are:

- Enlightenment through spiritual truth
- Fulfillment with divine love
- The dissolution of individual consciousness and the experience of unity with God and all beings

This experience brings profound inner peace and greatest joy.

It is considered the pinnacle of human existence and the goal of one's personal spiritual path.

What is the purpose of human life?

Deification.

The unification of man with God, not in an external or sentimental way, but existentially and actually.

[Sun Myung Moon](#)

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[The goal of human life](#)

After this experience, the practice of love for one's neighbor follows.

Let us consider some testimonies that show how the effect of enlightenment, as experienced by Buddhists, leads to the practice of love for others.

A famous koan describes a student who had attained enlightenment and was asked:

"What do you do now, after you have seen the truth?"

He replied:

"I heal the sick and feed the hungry."

[Sun Myung Moon](#)

Aspects of Love in Buddhist Enlightenment:

Buddha himself developed immeasurable compassion for all beings after his enlightenment. Therefore, he remained in the world and taught for 45 years, even though he could have entered Nirvana.

Huineng said, "By nature, all beings are Buddha. They are only trapped by their thoughts." This realization brought forth a deep love for all sentient beings in him.

Hakuin experienced a second crisis after his enlightenment, in which he realized that true liberation is only complete when it is associated with immeasurable love.

[Sun Myung Moon](#)

ChatGPT

Conclusion:

We attempted to differentiate the description of human experience from interpretation.

This enabled us to recognize that people who follow a mystical path - whether in the context of Buddhist or Christian faith—have similar mystical experiences.

God leads religious people to fulfillment with True Love and to unity with Him.

Unity with God simultaneously means unity with His creation and with all beings.

This was discussed using the example of Buddhists and Christians, but it also applies to Hindu mystics, Sufis of Islam, and all people who seek the path to God.

Sun Myung Moon's perspective helps us to look beyond the walls between religions.

This interfaith perspective is invaluable, as it allows us to connect religions in their deepest essence.

Furthermore, we learn to understand others better and begin to learn from one another.

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