



### **3.3. All-One Consciousness**

Buddha describes the state of enlightenment as a consciousness of being one with everything.

**The separation between God and all beings is abolished here.**

Let's look once again at the statements of Sun Myung Moon:

Once you enter a state of love, you will find that each and every being exists as the only, unique being... By looking into myself and observing everything in motion, having entered the realm of the resonance of true love, I can see that God dwells within me, all things of creation are within me, and all things are my friends as well as brothers and sisters.

[Sun Myung Moon](#)

Sun Myung Moon also confirms the all-oneness consciousness as the state of being in resonance with true love, in which God dwells within one.

**So it is not merely a Buddhist phenomenon, but an experience that everyone will have in the state of mind-body unity.**

### **Why is it so important to properly understand Buddha's enlightenment?**

Sun Myung Moon did not precisely explain how we can achieve the state of mind-body unity, just as Jesus did not detail how we can learn to meditate and pray.

This path was already opened and known by Buddha before the time of Jesus.

### **Conclusion:**

Sun Myung Moon gives us a valuable hint with his statements:

**We can learn from Buddha when it comes to the concrete, practical path to mind-body unity.**

### **Parallels in the Practice of Buddhist and Christian Mystics**

It is very interesting that the early Christian mystics, who founded Christian monasticism in Egypt, developed a form of prayer and practice that resembles Zen practice in essential points.

Thus, there is a close parallel between **Zen meditation and Koan contemplation** on the one hand and **the Jesus Prayer as Christian contemplation** on the other.

Similarly, the practice of **mindfulness** from Buddhism is reflected in the constant

**vigilance** of the Christian monks.

---

**Source URL:** *<https://baum-des-lebens.org/the-inner-path/all-one-consciousness>*