



[3.4. Some Statements by Sun Myung Moon on Meditation](#)

Our mind constantly redirects us on our path. It tells us: 'Turn back. Return to the old place. Return to the deepest place in your mind.' That's why Buddhism encourages us to meditate.

[Sun Myung Moon](#)

When people are confident, they have a place deep in their hearts where the spirit can find peace. Your mind should find its way to this place. Once it has rested some of its tiredness, it will become sensitive again. **If you use this moment to focus your mind without any other thoughts in your head, you will be able to figure out everything else. That's why you must meditate and pray.**

[Sun Myung Moon](#)

You should take time to experience joy with your mind. To others, it may seem as if you are completely alone, but during this time, make friends with your mind. **Sit with your mind in a quiet place and meditate. Then you will enter a state of deep prayer. In this way, you will enter a world that no one but you knows. You need such experiences.**

[Sun Myung Moon](#)

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