



## 4.2. What Condition Governs the Mind in the Zero-Point State?

What kind of standard is this? It is something that exists, yet does not exist, or something that does not exist and yet is present. Such a place exists.

[Sun Myung Moon](#)

Anyone familiar with Buddhism immediately understands what is meant here.

It is the “nothingness,” in Japanese, Mu. This is the most well-known Rinzai Zen koan, which represents a Buddhist contemplation on “nothingness.” Sun Myung Moon once said that the “nothingness” in Buddhism is God.

**Behind every content of the mind—that is, intellect, emotion, and will—lies a realm within the human being that we call spirit.**

The mind always contains something. To penetrate from the mind into the spiritual realm, we must let go of all content.

**This is the zero-point of the mind.**

This resembles the mystical process in the practice of Zen Buddhists, who, in their contemplation on the koan “What is spirit?”, immerse themselves in the spiritual realm.

The answer to the question is: “No spirit!”

The term mind is still a form of content and keeps us trapped within the mind, yet spirit lies beyond the mind and is therefore free from all content.

## **The nature of mind and spirit are different**

For people without mystical experiences, it may sound very strange that spirit has no content.

However, it is the experience of mystics of all religions that one must go through the zero point of the mind to experience the presence of God more directly.

This does not mean that God does not give concrete messages that have content.

**As soon as something from God's spirit touches our mind, it appears again as content understandable to us.**

Then we can formulate and communicate God's message as a sentence.

**However, communication in the spirit is of a different nature than the content of our understanding.**

A person who is one with God nevertheless remains an individual with personal characteristics. However, they unite the spirit of God with the mind and body of a single human being.

We remember the statements of Meister Eckhart.

The more you let go, the closer you are to God... God is where man stops.

[Sun Myung Moon](#)

In the zero-point state of the mind, we are free from personal thinking, feeling, and willing, and completely open to God.

**God can enter us and dwell within.**

Our “self” is then no longer the human ego, but God, who is present in our heart - the center of the spirit-mind.

This may sound like a contradiction to the previous statement. Is the human being still an individual after becoming one with God?

Yes and no - both are true.

In the zero-point state, we become completely open to God. God enters into us. In our innermost being, we are in resonance with God and true love.

**God works within us on the level of spirit, but it is through the level of the mind that His working takes on the form and expression of an individual.**

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