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### **4.3. How Do We Find the Path to the Zero State?**

Those who practice Zen meditation use the term ecstasy to refer to a state of mind (zero-point state) similar to that. You should be able to approach a spiritual level of that kind.

[Sun Myung Moon](#)

**Through Zen meditation, one achieves a state similar to the zero-point state.**

Conversely, one could say that we need to practice something similar to Zen meditation in order to reach the zero-point state.

### **But What Exactly is this State?**

The word “ecstasy” might be misleading. The original Sanskrit word for this state is *Samadhi*, which in Japanese is *Sanmai* (三昧), and it is usually translated as “meditative absorption.”

Samadhi is a state that can be achieved in deep meditation.

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**Source URL:** <https://baum-des-lebens.org/the-inner-path/how-do-we-find-path-zero-state>