



4.5. The Zero-Point State and Samadhi Experiences

So we have heard that the zero-point state, as mentioned by Sun Myung Moon, is similar to the state of Samadhi that can be reached through Zen meditation.

Additionally, we have examined the actual experiences in this state more closely.

Note on the focus of the spiritual path

It should be noted here that the main goal of the path is not mystical experiences in meditation, but rather to carry the love of God within oneself and to realize it in the actions of life.

Let us consider another point from Sun Myung Moon's speech about the zero-point state.

Once you reach this standard, you will find something that will certainly allow your horizontal standard to reciprocate.

Sun Myung Moon

In this state, something decisive happens: we will find something that allows our human mind, our psyche, to respond to God.

Areas of our mind resonate with God.

At this point, God acts upon us and causes a profound inner change.

In Christian mysticism, it is also emphasized that remaining in the pure contemplation of God brings about a profound transformation within us.

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