



2.10. Phenomenon 7: Union with God

Now I would like to share an experience in which God gave me a glimpse of the ultimate goal.

It was not a spectacular experience, as one might expect.

After a long drought phase in prayer, a quiet feeling developed in my heart.

It was not an ordinary emotion, but rather a spiritual vibration.

This vibration triggered a feeling of love - whenever I met a person, or even when an insect crawled across my arm.

What was special about it was that this sensation did not come from myself.

It was something that was not "me," and yet it was felt in the very core of myself.

It was not unpleasant that it did not come from me. On the contrary - I felt that it was the greatest honor that this love had found its home in me.

A feeling: "**God has moved into me.**" Almost, "I am God," as Sun Myung Moon puts it. Yet this feeling was associated with the greatest humility and gratitude.

The slightest trace of pride or arrogance of the ego would have immediately destroyed it.

God is born in you

[Meister Eckhart: Chistlicher Mystiker](#)

Every moment of life was fantastic.

The only problem that arose was: how could I pass on this love to someone? I would have loved to simply hug people on the street. Then I tried to pass it on through a kind word. But everything seemed too little, even ridiculously little.

This spiritual feeling lasted for several weeks.

It was like a small flame that steadily burned deep in my heart.

It became clear that this vibration of love would quickly die away as soon as I became lost in thoughts.

To maintain it, I had to stay mindful.

It was also necessary to maintain a peaceful and humble attitude.

Any form of arrogance or anger would have extinguished it immediately.

The entire day became a meditation, a continuous prayer - a song of love that played without ceasing.

Although this experience may not seem as spectacular as some others, I would not trade it for any emotionally overwhelming mystical experiences.

This experience was completely grounded and directed toward love for others at every moment. It constantly inspired me to give love without force or pressure.

It was simply the greatest joy to love.

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