



Closing words to Chapter 2

This was a description of the inner path that God has revealed to me as a gift of grace - what I have been searching for over 40 years, since my youth.

Even though I am still at the very beginning of this path, I have understood how it fundamentally works. I would like to share this experience through this book, in workshops, and in personal sessions.

The explanations I have used may not yet be fully refined or worked out with scientific precision. Much remains open for discussion.

Nevertheless, this understanding has been sufficient for me to reach these experiences - and that is my primary concern.

I want to share this practice with people, regardless of their faith or religious affiliation, to enable a more direct experience with God.

I can support people who are already living a life of faith and wish to deepen their spirituality or have a more direct access to the experience of God.

When accompanying others, my primary concern is to help them reach a point where they are **guided by God** themselves. I am convinced that God leads every human being. Often, however, we need to open ourselves and learn how to understand His guidance.

For some, the goal of becoming one with God may seem too great. They might feel overwhelmed by expectations or pressure. Some may also fear losing their individuality.

Here, I can offer reassurance: everyone begins exactly where they are and will be guided forward by God at their own pace. We can only take the next steps when we are truly ready inwardly. No one can force or push us.

It only works through free will and in authentic, small steps.

The most important thing is not where we are spiritually, but **the calming and fulfilling certainty that we are on the path toward God**. Everything else comes in its own time.

I had no living master, as is common in the Buddhist tradition. My master is Sun Myung Moon, who initially guided me through his speeches and later from the spiritual world.

I have learned much from the mystics. It was always an intense experience to spend a period engaging with a mystic's writings. Initially, I often faced inner resistance and uncomfortable struggles with their thoughts. But after weeks, a deep love for them usually developed.

In the moments when I truly understood their heart, I shed many tears.

Even today, deep emotions overcome me, and I get teary-eyed when I look at their images in my prayer room. I have experienced some of them as a tangible presence in prayer.

They, alongside God, deserve my greatest thanks.

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