



## **4.1. The Mystical Path Begins Within Oneself**

Spiritual guidance in the form of a book has its limits.

Ultimately, even direct guidance in a personal conversation cannot replace one's own search, exploration, and realization.

The truth cannot be found outside of ourselves. Each of us is endowed with the truth. It is not something that can be learned elsewhere.

I myself searched for the truth everywhere, but I could not find it anywhere else in the universe. I searched everywhere in the Spiritual World and also in the earthly world, suffering greatly in the process; but in the end, I realized that God has given us everything. It was a great surprise.

Until then, I had not known it, **but all the answers are within us.**

[Sun Myung Moon](#)

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### **Truth cannot be taught, only discovered**

A part of this mystical path must be explored and discovered individually by each person.

I can only offer impulses that may help in various phases to perceive certain aspects and become more conscious.

**The path also includes repeatedly becoming aware of one's own situation.**

To support this, it can be helpful to pause regularly and ask oneself the following questions:

- What is happening inside me and around me right now?
- In which phase of my inner journey am I?
- What does this phase want to teach me?
- What do I specifically want to ask God in prayer?

It is essential to remain open to the possibility that the answer may be completely different from what we expect.

God often teaches us through our own life experiences and inner processes. Through these, something is revealed to us, and we are made aware of certain themes.

**We often receive the answers in prayer - when we open ourselves to the deeper layers of our being and to God.**

In this sense, the answers lie within us.

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