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## [Review of the Online Book](#)

### **Part 1: A Mystical Approach**

In Part 1: A Mystical Approach, I have tried to open an access to the mystical perspective and the inner path.

The focus was on understanding why meditation, silent prayer, and mindfulness have been - and continue to be - the core practices of all mystics.

Mysticism is the path through which a person comes to experience God. Under certain conditions, such experiences can indeed be repeated.

From an interreligious perspective, we can connect the various mystical approaches and develop a deeper understanding. This opens up tremendous potential for learning from each other.

Some basic concepts were clarified in this part.

### **Part 2: The Path of Prayer – Phases and Phenomena**

In Part 2: The Path of Prayer – Phases and Phenomena, the initial focus was on portraying the nature of mystical experiences and clarifying common misunderstandings. In this context, the powerful tool of mindfulness was explored in more depth.

Furthermore, I described the phases and phenomena through which God personally guided me.

This should, on the one hand, provide an outlook on where this mystical practice can lead and, on the other hand, show how the path essentially works.

With an excursus on the spiritual achievements of Jesus Christ and the True Parents, I tried to open a space for interreligious exchange in the mystical field.

Just as a Christian priest who became a Zen master could benefit from the attainments of the Buddha, so too can anyone benefit from Christ - without necessarily becoming a Christian.

**Spiritual achievements are given by God for all people.**

In a globalized world, they cannot remain permanently hidden behind the walls of religions and denominations.

Even if this perspective may be viewed critically, I have consciously chosen to present it.

My central aim in Part 2 was to inspire and encourage people to explore the mystical path.

## **Part 3: The Practice of the Inner Path**

Part 3: The Practice of the Inner Path is dedicated to practical application.

It asks the question: What must we actually do to progress on this path?

In conclusion, I pointed out that spiritual guidance has its limits - and that each person must ultimately set out on their own journey to explore their inner world and seek God.

### **An invitation to go deeper**

With this online book, I especially want to show young people that religion is more than an ethical lifestyle, religious events, or community activities.

### **There is much more to discover - a deeper core, the mystical dimension.**

Much of what we read or hear in sermons only comes alive and becomes truly tangible when we embark on the inner path ourselves.

I have outlined a possible path here.

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