



## **4.6. The Path to Transformation into the Object of God**

In the following excerpt from a speech, Sun Myung Moon connects some important aspects that help us approach the concept.

To have spiritual experiences, one must first pray. You need to focus your mind. If you can, you should descend to the zero point.

What is the fastest way to achieve this? The fastest way to the zero point is to humble yourself.

That is why people who practice Zen meditation focus on the question: "What is the spirit?" The answer is very simple. Since God is the eternal, ideal subject of good, the mind can at any time take the position of an unchanging object partner before this subject. This is referred to in the Unification Church as the Spirit-Mind. If you immerse yourself in a mystical state in prayer and enter into a reciprocal relationship with God, then transcendental power appears in you. It is as when Gautama Buddha attained Nirvana and remarked: "In heaven and on earth, only I am the Venerable One."

[Sun Myung Moon](#)

In the following, I will examine the various statements individually in detail.

To have spiritual experiences, one must first pray. You need to focus your mind. If you can, you should descend to the zero point.

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The excerpt begins with the question of how we can have spiritual experiences.

What kind of experience is meant and for what purpose only becomes clear in the further course. The way there is prayer – focusing the mind.

We should, as far as possible, strive for the zero-point state.

What is the fastest way to achieve this? The fastest way to zero is to humble yourself.

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The fastest way is to humble ourselves.

In this context, "humbling oneself" could refer to adopting an attitude of humility and devotion in order to overcome one's own egoism or personal notions.

It is about freeing oneself from one's thoughts, desires, and cravings to achieve a state of openness and receptivity.

This humility could represent a form of mental "emptiness," in which one frees oneself from

the notion of knowing or controlling everything in order to experience a deeper state of truth and awareness.

The significance of humility on the spiritual path and how we become humble through inner purification on the path of prayer is described in detail in Part 2.

It should be briefly mentioned here that the zero-point state is a state of complete emptiness and openness to God – here all personal thinking, feeling, and willing have come to rest, and we can experience God's grace, which brings about a deep transformation within us.

That's why people who practice Zen meditation focus on the question: "What is the mind?"

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In this sense, to 'humble' oneself, people in Zen meditation practice contemplation on the question: "What is mind?"

The answer is very simple. Since God is the eternal, ideal subject of good, the mind can at any time take the position of an unchanging object partner before this subject. This is referred to in the Unification Church as the spirit-mind.

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This is not about an intellectual answer, but about an experience to which this contemplation leads us.

**We will experience our spirit-mind, which allows us to enter into a direct relationship with God, who is pure spirit.**

If you immerse yourself in a mystical state in prayer and enter into a reciprocal relationship with God, transcendental power appears within you.

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**In this state, a transcendental force is at work - in Christian terms, we receive a transformative grace that elevates us to God's object.**

It is, as Gautama Buddha reached Nirvana and noted: "In heaven and on earth, I alone am the venerable one."

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At this point, the bridge to Buddha's experience is once again built, when he reached the state of mind-body unity.

## Summary

The zero-point state is an inner state through which we can become the object of God.

In other words:

**It is the state we must prepare within ourselves in order to experience God directly within us.**

To experience God within us, we must pray and turn inward. In deep meditation, we reach this state, which resembles Samadhi - the state to which Zen meditation leads us.

The zero-point state is a state of complete emptiness and openness to God - here, all personal thinking, feeling, and willing have come to rest.

With this, we have created the prerequisite to receive God's grace.

**This causes a profound inner transformation, through which we become God's object.**

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