

Essential Knowledge about Mysticism and Oneness of Existence

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Mystical teachings and the Oneness of Existence provide an interpretation of the cosmological beliefs of Zurvanism, Mithraism, Zoroastrianism, and Manichaeism, which later developed within Islam as a path of knowledge, growth, and perfection.

Mystical and Oneness of Existence teachings seek to know the true essence of existence and reach divine proximity through inner experience and intuition. Mystics believe that beyond rational proofs and sciences, there lies a hidden truth that can only be attained through spiritual cultivation and purification of the soul.

Oneness of Existence is one of the most important teachings of mysticism that refers to the unity and oneness of the true essence of existence with God. According to this teaching, the only true existence is the existence of God, and all other beings are manifestations and expressions of Him.

Fundamental Concepts in Oneness of Existence:

- **Truth or Essence:** The One existence that is God.
- **Symbol:** A representation of anything that reveals the truth within itself. All beings in existence are symbols or manifestations of God.
- **Manifestation:** The way in which truth is revealed in signs and appearances.
- **Multiplicity:** It is apparent and relative, and in reality, there is no multiplicity in existence.
- **Unity:** The truth of existence, and all beings are one in reality.

Stages of the Path in Mysticism:

- **Suluk:** Traversing a path that leads the seeker to the truth (reality).
- **Mujahidah:** Striving and struggling against the "nafs ammarah" or the soul's desires that lead one towards sin and evil. These desires are rooted in human instincts and passions and can include: lust, anger and resentment, envy, pride and self-importance, excessive greed.
- **Muraqabah:** Attention and focus on the soul.
- **Munaajat:** Intimate conversation and supplication with God.
- **Dhikr and Shahood:** Receiving the truth with the eye of the heart.

Concepts Associated with Oneness of Existence:

1. **Tawheed:** Knowing God as One.
2. **Fanaa fillah:** The annihilation of the seeker in the essence of God.
3. **Baqaa billah:** The survival of the seeker through God.