4.4. Exploring the Experience of Samadhi

Let Us take a closer look at the state of Samadhi through experiential descriptions.

Characteristics of Samadhi as described in Buddhist literature:

- **One-pointedness of mind (ekaggatā)**: The mind becomes focused and free from distractions, leading to clarity and stability.
- **Deep calm and serenity (samatha)**: Physical and mental restlessness are overcome, resulting in a state of stillness.
- **Joy and bliss (pīti and sukha)**: In deeper states of Samadhi, feelings of joy and well-being often arise.
- **Transcendence of thought**: The state goes beyond ordinary discursive thinking and allows for direct, intuitive insight.

Description of Deeper Meditation States Based on My Experiences:

1. Automatic thoughts have come to an end. Peace and silence have settled in.
2. This also creates an inner peace, serenity, and relief.
3. One dwells in pure being. Being is a very beautiful and powerful state.
4. The heart is open and moved. One feels the spiritual heart and within it love and joy. One is aware of the presence of God. God is in the space around you and at the same time in your own heart.

5. Moreover, one is open to the spiritual realm, which allows access to intuition and inspiration.

   The spiritual world feels very close, without hearing or seeing spirits. Nevertheless, it feels as if one is equally present in both the spiritual and physical worlds.

   Sometimes, it feels as if the entire space is filled with a message or the presence of a person, such as the true Mother or a Saint.

   When one thinks a thought in this state, it has great impact. Since one is in a state of natural reverence, one does not simply think anything, but only if it truly has great meaning and is in harmony with the heart.

In deep meditation, not all aspects are always present simultaneously.

There are different states in which certain experiences come to the forefront. These states can last for varying lengths of time.

Sometimes, I experience them for a few minutes at the end of meditation. Rarely does such a state arise at the beginning. Often, it starts with only a few seconds, followed by recurring thoughts, before I gradually dive deeper and can eventually remain in it.

In any case, spiritual support is crucial. Such states cannot be achieved by one's own efforts - they are always an act of grace.

One is, so to speak, lifted into this state by God with love.

This experience is often preceded by a phase where one struggles with oneself and meditation for weeks or even months.

Then, suddenly, one receives grace.

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