



1.3. Awakening in the Reality of the Spirit

The mystical path leads us out of the half-sleep and trance-like state of everyday consciousness and allows us to awaken to both physical and spiritual reality.

In meditation, we come to recognize reality. Thoughts may arise, but we do not allow them to take over our awareness. We remain anchored in the perception of reality.

The Realm of Thought

In Vipassana Buddhism (Insight Buddhism), the aspects of the mind are explored in meditation. For instance, the question 'What is a thought?' is contemplated.

In this way, we begin to recognize the true nature of thoughts.

Buddha teaches that thoughts are empty, without substance. If we do not engage in giving and taking with them, they disappear just as they came.

The Realm of Emotion

In meditation, we also come to see that recurring thoughts are often driven by underlying emotions.

These emotions are the fire that fuels the thoughts beneath the surface. If we remain in the pure perception of sensations, the feelings also dissolve over time.

The Realm of Spirit

Buddha teaches that emotions - and even perceptions—are empty.

Once we are able to let go of emotions as well, we open ourselves to the third level: the realm of spirit.

In the emptiness of thoughts and emotions, we gradually begin to perceive the spiritual atmosphere.

This is not always pleasant. In prayer, we often have to move through a layer of uncomfortable sensations.

The Heavenly Realm

Only after we have patiently moved through this layer does a higher level begin to open to us.

Here we experience a bright, light, and loving atmosphere.

This could be described as the opening of the heavenly realm. Such an experience is always a gift of God's grace.

The Presence of God

On this foundation, consciousness can open to the presence of God.

In the emptiness and stillness, we become aware in an overwhelming experience that in the emptiness there is not “nothing,” but God!

The empty space around us, and at the same time the depths of our own heart, reveal to us the reality of God.

We feel filled with bliss and love.

The Necessity of Spiritual Sensitivity for the Experience of God

God is pure spirit. To experience him directly, we need spiritual sensitivity.

Only if we are receptive to the spirit can we consciously experience the presence of God.

Otherwise, it remains just mental knowledge: “I know that God is present now.” But mysticism seeks the direct encounter with the real, living God.

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