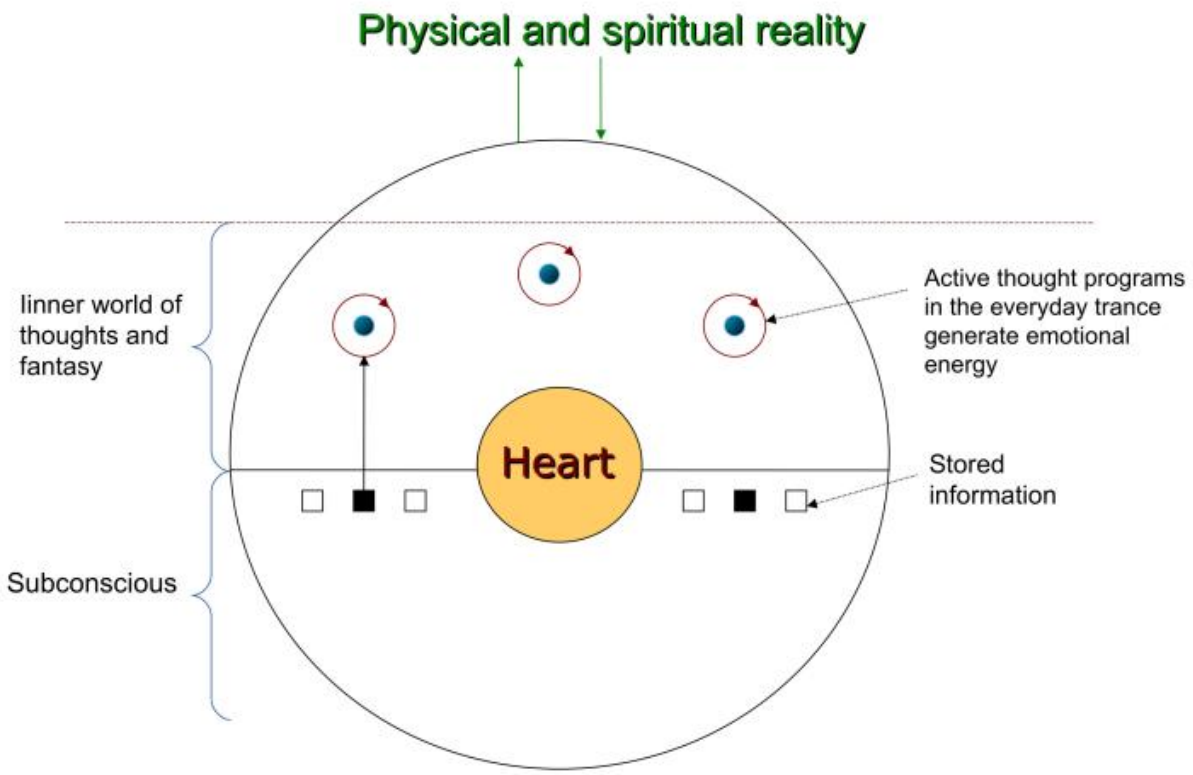
# 1.5. Process of Consciousness Development




This is a model related to this topic:

- The large circle symbolizes the person or their mind.
- The heart at the center represents the spiritual self - this is where we find access to God.
- The squares stand for experiences stored in the subconscious.
- The dots with circles represent processes within the mind. These processes always involve emotions, thoughts, and inner images. These are the dynamics that psychology explores in detail.
- Outside the large circle is the perceivable reality. Our perceptions connect us with reality and anchor us in it.

When we meditate for a while, we begin to recognize the processes within the mind as thoughts and inner images.

These lie between our awareness and our heart. This phenomenon occurs not only during meditation but accompanies us at every moment of our lives.

**This is why Buddhists practice mindfulness throughout the entire day.**

Christian mystics speak of watchfulness. Conceptually, Christian monastics place greater emphasis on recognizing and repelling emerging sin in the mind at an early stage.

In practice, however, watchfulness is not possible without moment-to-moment mindfulness.

As a result, both approaches ultimately have the same effect.

We disentangle consciousness from identification with the internal world of thoughts and images.

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