

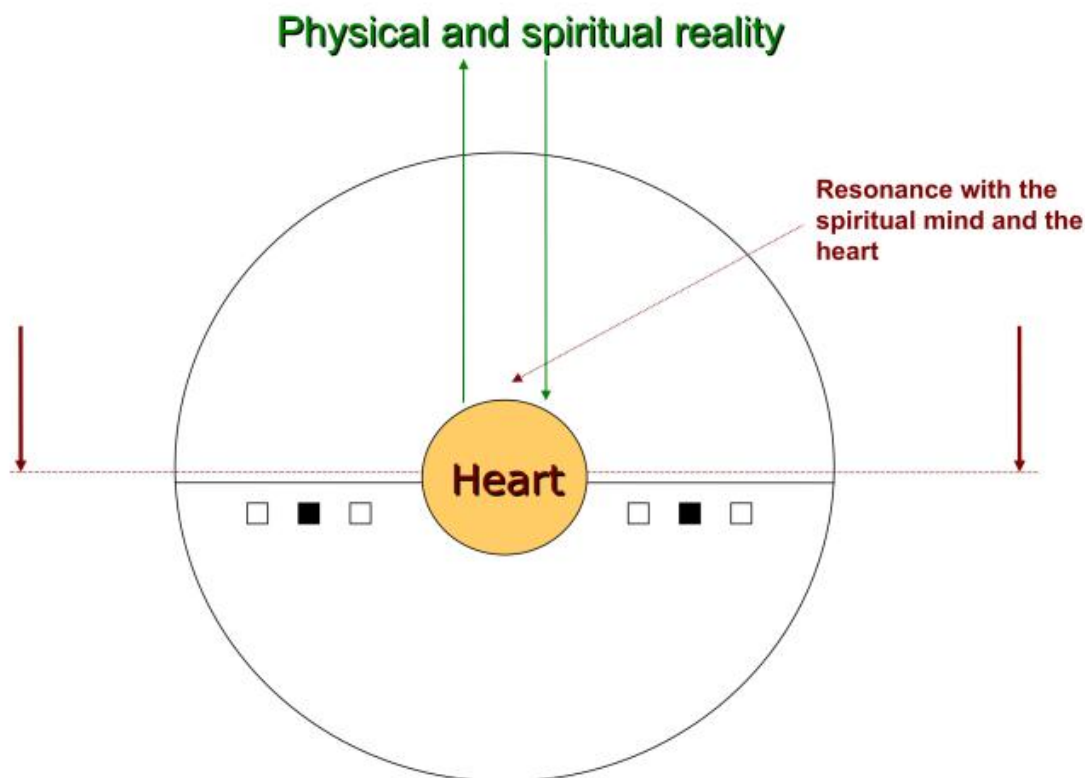


1.6. Perfect Awareness in the Here and Now

The following diagram illustrates the state of perfect awareness in the here and now.

Emotions and thoughts in the mind have come to rest. Our awareness is fully anchored in the perceptions of the five senses.

An inner stillness has set in, and we have direct access to our spirit and our spiritual heart. In this state, we can have deep inner experiences.



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<https://baum-des-lebens.org/the-inner-path/perfect-consciousness-here-and-now>