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## **1.7. Perfect Awareness and the Path of Mindfulness**

In my youth, I had a profound experience.

At the age of 16, I read a book by P. D. Ouspensky about the teachings of Gurdjieff. It described the concept of self-remembering.

Inspired by this, I resolved to consciously stop thinking for a while and instead just perceive. My goal was to not think the entire day – a task that is indeed impossible, yet I pursued it with utmost determination.

I practiced this with great intensity and willpower. This approach is not necessarily recommended, but after about two weeks, I had my first mystical experience.

After jogging with a friend, we had breakfast together. I was holding a cup of coffee in my hand when an overwhelming feeling came over me:

**I am here now!**

**I am alive!**

The perception of the cup in my hand became so intense that tears of joy ran down my face. My heart was open and in direct contact with reality. Being fully in this moment is an immensely powerful and profound experience.

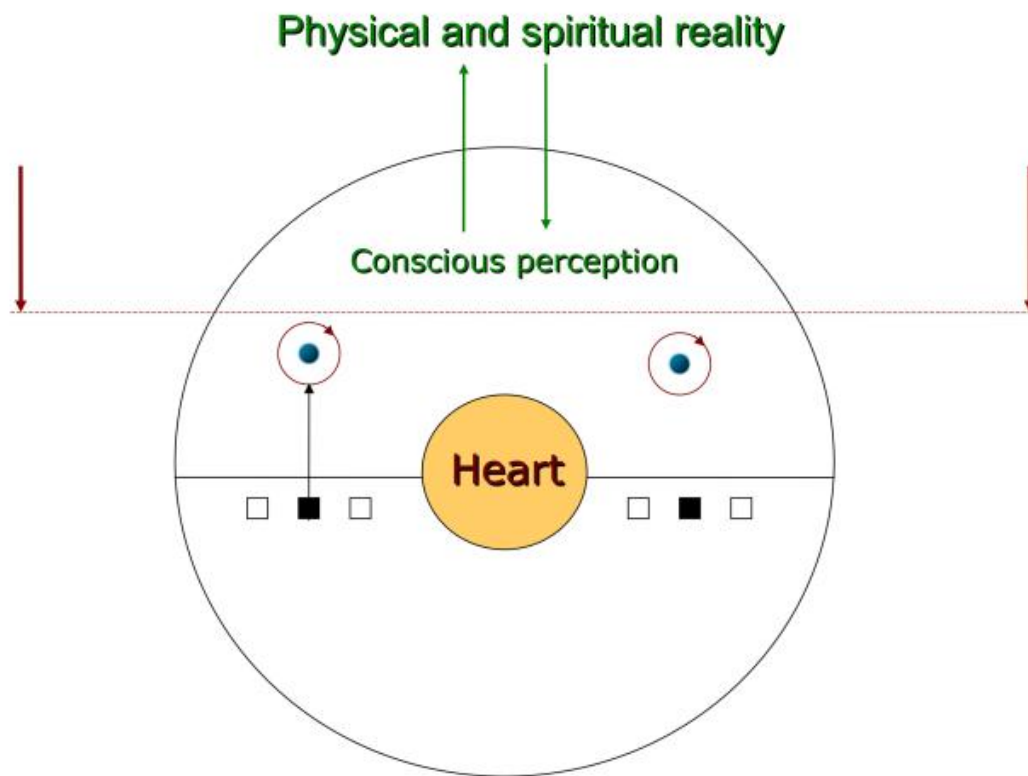
But such an experience cannot be brought about by willpower alone. It is always also a grace of God, a gift that is given to us.

**In that moment, God revealed to me the power of mindfulness.**

## **Mindfulness as a Path to the Innermost Essence**

The following diagram suggests the transformation that occurs when consciousness remains rooted in the reality of the here and now.

**Through mindfulness, the processes in the mind are calmed, and we come closer to our innermost essence - the heart.**



The positive effect of mindfulness is well-researched scientifically.

It promotes mental health and ensures stability. One experiences fewer negative emotions and is significantly less frequently triggered by unpleasant life experiences.

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