



2.2. The Effect of Mindfulness on Our Spirit

Our five senses perceive continuously – this cannot be switched off. But the crucial question is where our awareness is located.

Gurdjieff explains that conscious perception creates a process of giving and receiving.

This, in turn, generates spiritual energy.

The most material form of energy intake is food, followed by breath, and finally by conscious perception.

This energy is necessary to nourish the higher centers within us.

In the Divine Principle, it is explained that an element flows from our body to our spirit. This element is called the vitality element and is generated by good deeds. Only through this element is spiritual growth possible - it is a kind of nourishment for our spirit.

It's possible that the spiritual energy Gurdjieff refers to is an aspect of this element of vitality.

From personal experience, I can say with certainty that long-practiced mindfulness leads to the activation of the spirit-mind.

Spiritual sensitivity and openness of the heart are the result.

Self-remembering as a pre-stage to becoming aware of God's presence

In this context, Gurdjieff speaks of self-remembering. This goes beyond mindfulness through the five physical senses and opens access to the spiritual realm.

We become aware of our spirit by detaching from identifications - whether with our thoughts, feelings, self-images, or ultimately anything we do and believe we are.

In other words: in this state, we become aware of our true self - the self that stands behind thought and emotion.

Self-remembering ultimately leads to an awareness of God's presence in this very moment.

While guiding a meditation during a workshop, I experienced a profound insight:

When we bring our awareness into all five senses, we are where God is - in reality, in the here and now.

The only thing needed then to become aware of God's presence is to open our spiritual sensitivity.

The depth of this illumination moved me profoundly, nearly overwhelming me emotionally

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