



2.2.3 A Major Transformation Is Being Prepared

Something very significant happens during this phase:

A fundamental transformation is being prepared.

We increasingly recognize our actual state and develop the desire to free ourselves from it.

In meditation, we notice that we've lost our awareness in thoughts and then return to the perception of reality. This moment of awakening is of great importance - it generates a spiritual power that forms the foundation for everything that follows on the mystical path.

The repeated practice of this small step - recognizing and returning to reality - develops a crucial ability that leads to sustained mindfulness of awareness.

Ultimately, this brings us to enlightenment - or, in other words, to the awareness of God's presence in every moment - a state in which we can live filled with True Love.

Through meditation, we slowly become aware of the different states:

on the one hand, the captivity and strong identification with our thoughts and emotions; on the other, the phases of conscious awareness.

The moment we wake up again, we often feel as if we have slept or wasted the time before. But gradually, the motivation to stay awake longer grows.

In order to change our state, we must first become painfully aware of our current reality.

This is part of the inner path. Step by step, it leads us to ever-deeper self-knowledge.

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