



2.2.4 Experiencing Change in Everyday Life

The positive transformation during this phase usually becomes more noticeable in daily life than in meditation itself.

We become clearer and more aware. We begin to consciously recognize our different states of consciousness.

Our psychological state gradually improves: we experience fewer negative emotions overall and are less easily emotionally triggered.

Negative states are processed and resolved more quickly.

Moments of Clarity

When I prepare my breakfast in the kitchen after meditation, I often feel very clear - I consciously enjoy every perception and experience every action with full presence. This is very pleasant and valuable.

You will increasingly experience such moments throughout the day.

Perhaps even a brief feeling of joy when, for example, you see a bird or look at the sky.

We can also become more aware in our interactions with other people.

Even if such experiences are still rare, they show us that we are on the right path.

We should therefore value and appreciate them.

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