



2.3.1 Phase 2: The Deepening

After we've passed through the first phase, we begin to experience further changes. I call this the phase of deepening.

In the first phase, a great deal of self-motivation and discipline is needed to persevere, since the change is not yet clearly perceptible.

In the phase of deepening, however, we are rewarded with new experiences - the transformation begins to feel substantial.

Moments of Opening During Meditation

During meditation, you will begin to experience moments of opening.

It begins with being grounded and able to remain for a while in the perception of reality.

Then, suddenly, something opens - a moment of awareness:

"Ah, I am here."

Suddenly, everything feels lighter and more relaxed. It is a very pleasant moment - an arrival in the state of being, in the here and now.

Such experiences mark the beginning of a deeper opening.

This state does not arise through effort - it happens on its own. It is a grace to experience such moments.

Usually, they do not occur right at the beginning of meditation, but only after 15, 20, or 30 minutes. This naturally awakened in me the desire to meditate longer.

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