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## **2.3.2 The Development of Spiritual Sensitivity**

In this phase, our spiritual sensitivity begins to unfold gradually.

**In order to become aware of God's presence, we need a kind of spiritual perception.**

God is pure spirit and cannot be perceived directly through our physical senses. Instead, we become aware of His presence through our spiritual senses.

Spiritual sensitivity opens the door to our own spirit and to the realm of spirit. We begin to sense the atmosphere of a person or a room. We also become aware that we ourselves are spirit or soul, and that our spirit lives within a spiritual environment.

**We begin to recognize the emotions behind our thoughts**

During meditation, we first become aware of our thoughts.

As we go deeper, we also sense the emotions underlying the thoughts. We realize that recurring thoughts are often driven by deeper emotional patterns.

**This is already a significant step toward inner depth.**

At the same time, this can be a helpful exercise: As thoughts arise, we can ask ourselves what atmosphere they have.

We can try to feel the mood they spread. In this way, we begin to perceive the underlying emotions and their energy.

**Later on, we also become aware of the spiritual atmosphere.**

We experience ourselves within a spiritual environment and recognize the influence it has on our feelings. Through longer meditation and prayer, this environment gradually changes - it becomes freer, lighter, brighter, and more loving.

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