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## **2.7.8 The Process of Liberation from Ego-Identification through Meditation**

In meditation, thoughts sometimes arise that we consider extremely valuable. We definitely don't want to let them go - they seem so brilliant to us.

But if we are honest: do we still remember what we thought an hour ago or yesterday?

Most of it is forgotten — and thank God for that!

I have experienced hundreds of times in prayer that, in a relatively deep state, I would start to formulate teachings in my mind. Often, good inspirations for lectures would emerge from this.

In the past, I would always get stuck there, sometimes even writing down the thoughts.

But then I dared to let them go and opened myself a little more deeply to God.

**In those moments, I had my deepest prayer experiences.**

They opened up a level within me that went even deeper. These experiences later became the true foundation for better lectures.

**I have never lost anything by letting go of thoughts and ideas.**

What is truly important always comes back. Today, when my inner teacher becomes active, I rejoice - and let it go without worry.

Through the experiences in meditation, we recognize how strongly we cling to our thoughts.

**In the moment when we entrust ourselves to God's presence in prayer and let go of our thoughts, we release a part of the ego.**

This is a crucial practice on the spiritual path.

**Each time, it is a small step toward the zero-point state -**

the state in which we can fully open ourselves to God.

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