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## **2.4.1 Phenomenon 1: The Therapeutic Dimension of Meditation**

The way we deal with our emotions, experiences, and problems in meditation brings about a transformation that can certainly be described as having a therapeutic effect.

**I would even call it a higher form of psychotherapy and healing.**

Someone who has learned to endure and accept everything that arises in their psyche - in order to ultimately let it go - can experience profound healing.

In addition, there is the resource of God's grace and love, which has the power to heal everything.

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