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### **2.4.3 Experiences That Arise During Meditation**

When we learn to turn inward and open ourselves in meditation, many contents from our subconscious initially begin to surface.

This is both beneficial and inevitable. From a psychological perspective, it is a process of integration. If we remain mindful, we can allow this process to unfold - without active interference.

**Mindfulness exerts its most powerful positive effect here.**

We will notice that images of situations and the associated emotions rise to the surface. After a while, a sense of calm returns. Each time, it is a liberating experience.

**Through this process, our mind begins to purify itself and prepare for the journey into greater depth.**

Meditation does not mean suppressing or "meditating away" negative feelings.

If we feel that we are suppressing emotions through meditation, we are not in the correct state.

Pure mindfulness is free from any effort of will - it is neither directed for nor against anything. Such a sensation shows us that we have not yet fully internalized the practice of acceptance.

If we do not experience the phenomenon of contents rising from the subconscious, it may indicate that we are concentrating too intensely.

**In this case, it would be time to loosen the concentration a bit.**

### **Healing through God's Grace**

**Ultimate healing takes place through being filled with the love of God.**

In this mystical experience, we undergo a renewal that gradually becomes our natural state of being. Through love, everything in our mind and soul can be healed.

A separate section will be dedicated to receiving God's grace, so for now, I will leave it at this brief note.

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