



4.2. How Can We Explore Ourselves?

The essential tool for exploring our inner world is consciousness - the very awareness with which we can mindfully observe our reality.

When we refrain from interpreting perceptions and experiences immediately with the intellect, we remain open and are able to delve more deeply into the essence of things and events.

Experiments as practical tools

In practical terms, we can try out certain approaches or spiritual practices in the form of experiments over a period of time.

After a few weeks, we begin to experience their effects and can evaluate them calmly.

In this sense, the practice I propose is a call to experiment.

So don't overthink it - just try it for yourself. If a personal question truly matters to us and we engage in an experiment, we are inwardly involved.

We immerse ourselves in the process.

But if we wait and ponder until all our doubts are gone, we may never begin.

If God truly exists and truth is real, then it will stand up to honest examination.

By conducting an experiment, we create the conditions to recognize truth - not through reflection, but through experience, perhaps even enlightenment.

The more sincere our heart and the more honest our question to God, the more likely it is that we will be granted a grace of insight or enlightenment.

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