

Sometimes in my meditations of the Great Truth, I find myself in a glorious moment when certain puzzle pieces fit together in a small region of the huge overall picture. For a time, I feel like my soul has expanded in some sense, not just in the spatial dimensions but in higher-order, perhaps spiritual, dimensions as well. In this moment, everything in life slows down for me and there is a moment of quiet, peace, and joy. I experience a tremendous depth of feeling, and a sense of connection to the universe that lasts for a while. Then it dissolves and I am in my normal state again.

The first time it happened, this altered state seemed to me to be like a “breath” of a new life. I realize now that I had become a newer, more spiritual, being. As I kept meditating through the years, the breathing of this new being became more and more regular. After a time, I finally felt that I was fully alive, and was with each breath becoming closer and closer to God.