

Peak Experiences — Reflection

Peak experiences are profound glimpses, profound tastes, of the inner self. Peak experiences may be accidental or deliberate experiences of what is within each of us. Those who move through life consciously, with mind and heart open and aware, will have many peak experiences.

How to Practice

Select a past peak experience. Strive to recall when you experienced it, where you experienced it, and how you experienced it. What set it off? What were the conditions? Think about what led up to it — the few minutes before, the circumstances that led up to the peak experience. Now, with feeling, recall, as vividly as you can. Use your visualization faculty and your emotion, and also be very calm and strive to sense the memory of that wonderful opening into your higher self which this peak experience allowed you.

Take your time. Be thorough. You want to get your mind, your emotions, and your energy, along with the help of your visualization faculty, all working together, recalling at all those levels of your being. What did your body feel like? Your mind? Your emotions? Strive to picture it, and feel it, and see it as well as you can and then, having gathered all of this recollection, abide in it. Just hold your awareness on it. If thoughts intrude, fine. When you notice your mind's drifting, just gently come back.

Benefits

Peak experiences, when they are fully opened to you, reveal in your present moment — not just that past time that was so glorious, but in your present moment — ways and abilities by which you may *create* something new, *preserve* that which is valuable and should go on, or *transform* that which is negative, unpleasant, or out of date into something more serviceable, effective, and enriching. You feel separate from your woes and struggles.