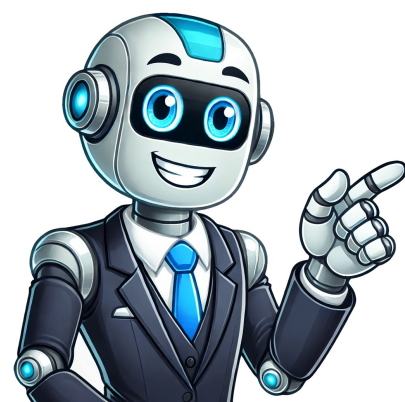


Click to verify





































[illegible]

accuracy and comprehensiveness. There are a variety of opinions on this question, but it depends a bit on your own spiritual tradition or your personal definition of enlightenment. While some people believe that enlightenment means moving beyond personal attachments and desires, others maintain that it doesn't really change your basic desires and personality that much. Question What does it feel like to be enlightened? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. Everyone defines and experiences enlightenmnet in their own way, so your experience may feel very different from someone else's. People who claim to have achieved enlightenment may say that they have a deeper awareness of their own emotions or consciousness, or they may feel a greater sense of calm or general satisfaction with their life. Question What are the 7 stages of enlightenment? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. According to Buddhist tradition, there are 7 stages of meditation, which are part of the path to enlightenment. These are 1) awareness of your body, feelings, and thoughts, 2) awareness of your mental state, 3) energy, 4) rapture, 5) pure bliss, 6) superconsciousness, and 7) upeksha (enlightenment). See more answers Ask a Question Advertisement Thanks Thanks Thanks Show More Tips Advertisement Thanks Advertisement Co-authored by: Licensed Counselor and Psychotherapist This article was co-authored by Ira Israel and by wikiHow staff writer, Danielle Blinka, MA, MPA. Ira Israel is a Licensed Counselor and Psychotherapist who has been in private practice for over 14 years. He specializes in teaching others about happiness and authenticity. Ira teaches sold-out Happiness and Authenticity workshops at Esalen Institute and Kripalu Center and has written over 400 articles on psychology, philosophy, Buddhism, yoga, film, art, music & literature for The Huffington Post, Good Men Project, Mind Body Green, Thrive Global, and Medium. Ira is also the author of How to Survive Your Childhood Now That You're an Adult: A Path to Authenticity and Awakening. He attended The University of Pennsylvania and has graduate degrees in Psychology, Philosophy, and Religious Studies. This article has been viewed 659,808 times. Co-authors: 72 Updated: May 12, 2025 Views: 659,808 Categories: Buddhism | Philosophy Print Send fan mail to authors Thanks to all authors for creating a page that has been read 659,808 times. "This is the first guide to enlightenment that I have found that speaks knowledgeably about what enlightenment is and gives useful concrete tips about what should be done as well as warnings about what to avoid. It was clearly written by someone who knew what they were talking about with the intention of helping others. I would like to have seen a link to the article on integrating the unconscious functions of the body as I couldn't find one myself."..." more Share your story