

Introduction to Pīti

This subreddit will focus on explaining, how **Pīti** is another form of expression of your **vital energy** from your **Spirit** (*soul/astral body/etheric body/energetic body/emotional body/true self*) to help spread this information and **help everyone learn** about the different **spiritual/biological discoveries, usages** and **benefits** that were documented on the **activation of this type of energy**.

This community presents to you an opportunity to empower yourself with your control of your Pīti by gaining the ability to really tap into all the reported, documented and written spiritual/biological usages that are said to be achievable with your conscious cultivation of it.

What does Pīti mean/Represents:

- **Pīti** is a term that **originates** from **Buddhists in ancient India** to **describe an uplifting emotion** of [Intense Joy](#)/Rapture, that is usually **unconsciously activated** as a sign that you are **entering deeper into meditation**.
- When it appears, **Pīti** has **physical manifestations**, such as [physical goosebumps](#) and makes you feel an [Intense Joy](#) associated with a state of deep tranquility.
- **Pīti** has **five ways** it can occur unconsciously in a person.
 1. The first is when it shows up as momentary Pīti, which is like a shiver and then it's gone.
 2. It can be a minor Pīti, which is a little tingly feeling that's sustaining but not very strong and is more or less in the background. Minor Pīti can also show up as gentle, involuntary rocking as you meditate.
 3. You might experience showering Pīti, which is when you get a burst of Pīti and then it's gone, another burst and then that's gone- this Pīti is arising but not sustaining.
 4. It can be uplifting Pīti that makes your hair stand on end. It can give you a sense that you are levitating when it's really strong. Uplifting Pīti can make you sit up very straight.

5. The fifth kind of Pīti is a full-blown Pīti. The correct translation is "all-pervasive Pīti" This is the Pīti that is everywhere. It's present, it's sustained, and you experience it throughout your body. It's the Pīti necessary for the first [Jhana](#); the other four types are pre-[Jhana](#) Pīti, and they may or may not show up as you progress toward access concentration and then to the arising of the first [Jhana](#).

- Pīti is equivalent to what can be considered your "[Spiritual Energy](#)" because your **spirit** (*soul/astral body/etheric body/ energetic body/emotional body/true self*) is **made of** that **same energy in motion** that activates when you experience it.

- In its **neutral state**, [you unconsciously draw that energy with your breath](#), the **foods/liquids you consume** and especially **the thoughts you think, the actions** you do and **the visual content** that you watch either **emits or draws in** to amplify your base of this [BioElectric Energy](#).

Here's a simple way that's explains how you can become aware of your [Spiritual Energy](#), *it is that [extremely comfortable Euphoric wave](#) that can most easily be recognized as present while you experience [goosebumps/chills](#) from a positive external or internal situations/ stimuli like listening to a song you really like, thinking about a lover, watching a moving movie scene, striving, feeling thankful, praising God, praying, etc.*

- That [Euphoric wave](#) is the **animating energy behind life itself**, **Other cultures** that have experienced in other ways with this energy **found their own usages** for it and then **documented their results as they coined different terms** for it.

- That [energy](#) **activates [goosebumps/chills](#) not [the other way around](#)**. You can **learn how to separate** that [extremely pleasant energy](#) from the [physical reaction of \[goosebumps\]\(#\)](#) and eventually **learn how to activate only that [Euphoric](#) energy part whenever you please, feel it wherever or everywhere on yourself and for the duration you choose.**

- It was **discovered** that this [energy](#) can be **used in many beneficial ways**.

Some which are more **biological** like **Unblocking your lymphatic system/Meridians, Feel euphoric/ecstatic on your whole body, Guide your Spiritual chills anywhere in your body, Control your temperature, Give yourself goosebumps, Dilate your pupils, Regulate your heartbeat, Counteract stress/anxiety in your body with this energy, Internally Heal yourself, manually access your Hypothalamus** on demand,

and I discovered other usages which are more spiritual like **Accurately** use your **Psychic senses** (clairvoyance, clairaudience, spirit projection, higher-self guidance, vision from your third eye)with this energy, **Managing your Auric field**, **Manifestation**, **Energy absorption** from any source and **even more to come**.

If you're interested in learning how to use this subtle energy activation for these ways, here are [three written tutorials](#) going more in-depth and explicitly revealing how you can do just that.