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## **Part 2: The Path of Prayer - Phases and Phenomena**

This chapter explores the process that leads to inner union with God.

**That may sound like an unattainable goal, but it is indeed possible to experience such states - at least temporarily - and these experiences can profoundly transform our lives.**

God has personally granted me a series of experiences that reveal a path by which we can truly encounter God within ourselves.

**To reach that point, certain conditions must be established.**

This is the purpose of a mystical practice that essentially consists of deep meditation, pure prayer in spirit, and mindfulness. It is embedded in a life of faith centered on love for others.

**Through this practice, one undergoes a process of transformation that leads through specific phases.**

In this chapter, I will describe these phases and the phenomena that occur in detail.

First, it is important to understand the true essence of mystical experiences.

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### **Source URL:**

*<https://baum-des-lebens.org/the-inner-path/path-of-prayer-phases-and-phenomena>*