



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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