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## **2.11. Overview of the Process of the Inner Path**

Here is an overview of the process and phenomena we discussed.

**Phase 1: The Beginning** – Gathering oneself: A major transformation is being prepared.

**Phase 2: The Deepening** – Opening up and developing spiritual sensitivity

**Phenomenon 1: The Therapeutic Dimension of Meditation** – Healing through mindfulness and acceptance

**Phenomenon 2: The Dark Night of the Soul** – The process into a deeper reality

**Phenomenon 3: Self-Knowledge and Purification of the Mind** – How God changes us

**Phenomenon 4: Dissolution of Ego-Identification** – The path to inner freedom

**Phenomenon 5: Experiencing God's Guidance and Grace** – Receiving the gifts

**Phenomenon 6: Discovering the True Self** – The surprise of being

**Phenomenon 7: Union with God** – A Glimpse of the Ultimate

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