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## **1.1. What Mystical Practice Involves**

The mystical practice I will introduce includes the following practices:

- deep meditation
- the prayer of the heart, which leads to prayer in the spirit
- the practice of mindfulness during the day

The path to God does not end when we finish meditating. It is a lifestyle focused on God and spiritual growth.

Love for others and love for the environment are inseparably linked to this path.

I have already written about these interconnections in [Flow of True Love](#).

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