

The Path to Union with God

-Mystical Prayer Demystified-

Sessions	Program
Session 1	Opening Remarks
Session 2	Introduction
	Discursive Meditation
	Osuna Method
Session 3	Prayer of Recollection <i>Can be divided into two sessions</i>
Session 4	Supernatural Prayer Part 1 <i>Can be shortened to one session</i>
Session 5	Supernatural Prayer Part 2