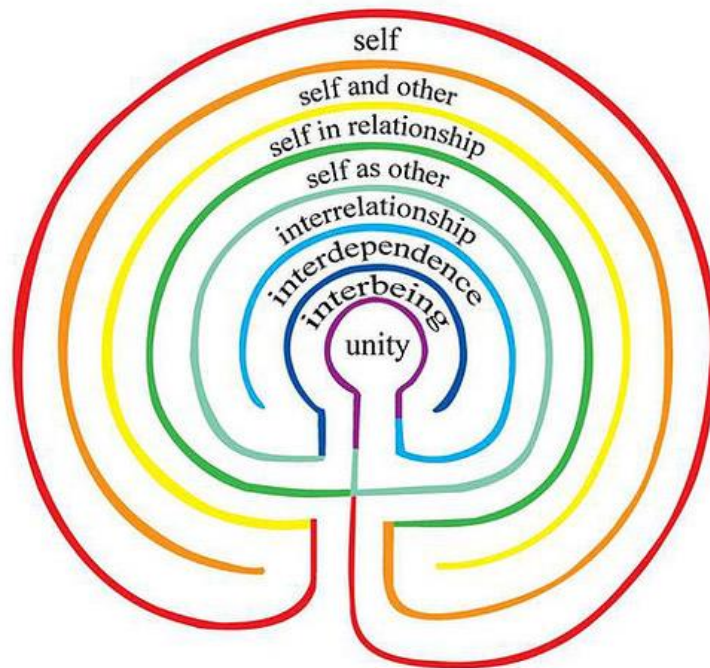


Prayer, Mantra, Meditation



Kinds of Intensified Awareness

- **Self** is an experience of singularity and separateness.
- **Self and other** is the recognition of another being or entity.
- **Self in relationship** is characterized by reaching out to associate with one or more beings or entities.
- **Self as other** is identifying with one or more beings or entities.
- **Interrelationship** is an association with one or more beings or entities that is characterized by reciprocity.
- **Interdependence** is experiencing a network or system of interrelationships.
- **Interbeing** is a radical interconnectedness with all life.
- **Unity** is a state of being one with all that is.

Read more here <https://www.labyrinthinabag.com/prayer>

A Portable Labyrinth

<https://www.labyrinthinabag.com/>