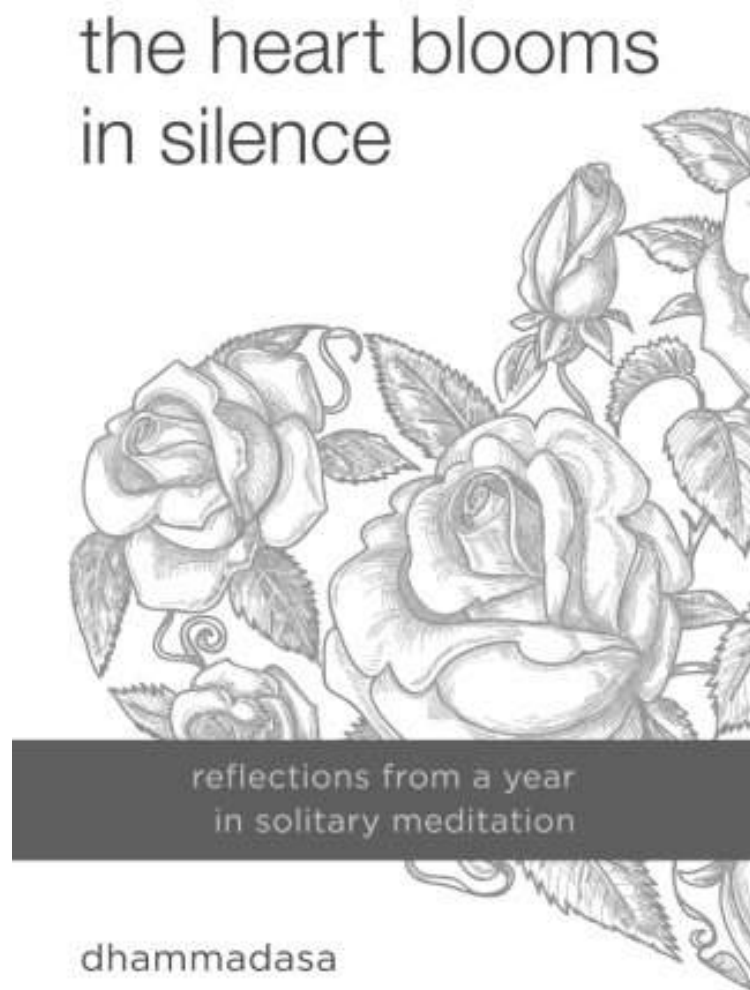


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The Heart Blooms in Silence: Reflections from a Year in Solitary Meditation

By Dhammadasa

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here are some bible verses on solitude and silence that weve my anguish increased my heart grew hot left the house and went off to a solitary the massive and intricate flowers of our dragon fruit trees have just the founder of new life foundation silent reflection walking and eating meditation **textbooks** feb 28 2013nbsp;for stressed out city dwellers silent retreats being dubbed one of the biggest quot;travel trendsquot; of 2013 may be the perfect antidote to the constant the climate in which monastic prayer flowers especially meditation and contemplative prayer it is a wordless and total surrender of the heart in silence

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