



# The Spirit of Silence

*John Lane*

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The importance of emptying the mind has been recognised for millennia across a variety of cultures. Meditation is a way of life for millions; at the end of a Hindu's life, he renounces all and becomes a wandering ascetic, seeking union with God; and the Japanese tea ceremony provides an interlude of spiritual relaxation within lives rooted in activity. Others find their creative inspiration in everyday activities such as gardening, walking, watching the sea, or listening to music. The Spirit of Silence is for those who wish to look beyond the speed and superficiality of our modern lifestyle to find depth and spiritual space. It is devoted to clearing the clutter from our minds, and to feeding the creative heart and soul.

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