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Practice By Zalman Schachter-Shalomi, Netanel Miles-  
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name of meditation, prayer or contemplation, as long as they also involve technical . Recitation dominates the Early Hebrew practices as well as those of the Desert same applies to the guiding of the Jesus Prayer into the 'heart' ( which is both Reported by Arrian , Th e Manual and Fragments , Loeb Classical Library,

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