

**The wonderful beauty  
of contemplation is that  
the opening of our heart  
is as natural as  
the opening of a flower.**

**To let a flower open and bloom  
it is only necessary to let it be  
\_so if we simply are,  
if we become and remain  
still and silent,  
our heart cannot but be open  
and the Spirit cannot  
but pour through  
into our whole being.**

**It is for this  
that we have been created**

*Dom John Main, O.S.B.*

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