

EXINANITION

Meaning: Exinanition is the process of spiritual purification or the act of emptying oneself of worldly concerns to achieve inner peace.

1. The ancient manuscripts contained references to exinanition as a form of spiritual purification.
2. Her exinanition during the meditation session left her feeling lighter and more at peace.
3. The philosopher argued that exinanition was essential for achieving true self-awareness.
4. In moments of exinanition, one often discovers hidden strengths and resilience.
5. The ritual of exinanition was performed to symbolize the shedding of burdens and negativity.

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