

SELF-COMMUNION

Meaning: Self-communion is the practice of introspective reflection on one's thoughts and emotions, often in solitude, leading to personal insight and clarity.

1. Self-communion allows individuals to reflect deeply on their thoughts and emotions.
2. In moments of solitude, she found solace in self-communion, gaining clarity on her life's direction.
3. The practice of self-communion can lead to profound personal insights and self-awareness.
4. During the retreat, participants engaged in self-communion to explore their inner selves without distractions.
5. He believed that self-communion was essential for personal growth and understanding one's true purpose.

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