



Miraculous Silence: A Journey to Illumination and Healing Through Prayer

Mitra Rahbar

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Regardless of where you are in life—whether you’re celebrating new beginnings, mourning a loss, weathering a hardship, or seeking inspiration—you will find this book of prayers to be the perfect companion.

At seventeen, Mitra Rahbar left her homeland due to political unrest. However, she would soon find her way in an unfamiliar land through an ever-deepening prayer life that led her to her soul’s core. Turning outward, she pursued a life of service—first as a social worker and then as a spiritual teacher, healer, and guide. Having worked with students from many walks of life for more than thirty years, Rahbar has a deep understanding of what spiritual seekers long to learn and how best to teach them.

In *Miraculous Silence*, she takes us on a journey into the sacred space of prayer and spiritual healing, providing practical guidance on how to pray and meditate, as well as many of her own prayers to inspire and encourage us. Rahbar also suggests images to visualize and meditate on, mantras to recite in every situation, and stones to aid in the healing process. In these practices, prayers, and inspirations, you will find comfort, illumination, and renewal.

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