

# [Theartofmeditation.org/the-stillness-challenge/](http://Theartofmeditation.org/the-stillness-challenge/)

tham krabok is often referred to as simply "the vomiting temple" because everyone is forced to partake in a daily ceremony which involves ingesting a drink specifically brewed to induce vomiting

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and a all round interesting blog (i also love the themedesign), i donrsquo;t have time to read through

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