

SPIRITUAL PRACTICES

Activism	Dancing	Ikebana
Affirmations	Dark Night of the Soul	Illness
Aikido	Dialogue	Improvisation Imagery
Altar/Shrines	Difficult Relationships	Integral Life
Amulets	Digital World\	Intentions
Ancestors	Discernment	Incense
Angels	Discussion/Study	Intercessory Prayer
Animals	Groups	Interspirituality
Aroma Therapy	Divorce	Interpreting Signs
Art	Drawing	Intuition
Astrology	Dreams	Japanese Arts
Awareness of Death	Drumming	Jesus Prayer
Balance	Eating	Journaling
Bathing	Embodied Prayer	Karma
Bearing Witness	Emotions	Kneeling
Bible Study	Empathy	Knitting
Blessings	Enneagram	Koans
Body Work	Equanimity	Labyrinth
Book of Common Prayer	Ethics	Laughter
Bowing	Ethical Wills	Learning
Breath Work	Everyday Spirituality	Lectio Divina
Brush Meditation	Examen of	Legacy Work
Candles	Consciousness	Letting Go
Caregiving	Failure	Liturgical Year
Celebrations	Family	Loss
Centering Prayer	Fasting	Loving Enemies
Chakras	Feng Shui	Lovingkindness
Chanting	Food	Mandalas
Chanting the Psalms	Generosity	Mantras
Children's Spirituality	Gift of Tears	Marriage and
Chores	Giveaway	Partnerships
Circles	Grandparenting	Martial Arts
Civility	Grief	Massage
Clothing	Haiku	Meditation
Coaching	Heart	Mealtime Graces
Community	Healing	Memories
Commuting	Helping	Mentoring
Confession	Herbs	Milagros
Contemplation	Hobbies	Mind Training
Conversation	Home	Mindfulness
Courage	Humility	Monastic Life
Creating Sacred Space	Humor	Money Stewardship
Creativity	Hymns	Music
Crochet	Icons	Names of God
Daily Office	Ignatian Exercises	Nature

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Nonviolence	Relationships	Solitude
Not Knowing	Religious Holidays	Soul Care
Obstacles	Religious Seasons	Speech
Offerings	Religious Symbols	Spiritual Direction
Oracles	Remembrance of God	Sports
Pain	Renunciation	Stress
Painting	Repentance	Storytelling
Parenting	Repetition	Studying with a Teacher
Passing the Peace	Resilience	Suffering
Passion	Respect	Surrender
Patience	Retreats	Synchronicity
Pausing	Restorative Justice	Tai Chi/ Qi Gong
Perseverance	Resurrection	Tea Ceremony
Pets	Right Livelihood	Teaching
Photography	Rituals	Therapy
Pilates	Rosary	Things
Pilgrimage	Rule of Life	Thrift
Plants	Running	Time
Poetry	Sabbath	Tolerance
Politics	Sacraments	Totems
Positive thinking	Sacred Texts	Transitions
Pottery	Sacrifice	Travel
Practicing the Presence of God	Saints	Vigils/Attending the Dying
Praise	Sculpture	Virtues
Prayer	Self-Care	Vision Quest
Prayer Beads	Self-Growth	Visiting the Sick
Prayer Rugs	Self-Inquiry	Vocation
Prayer Wheels	Serenity	Volunteering
Protests/ Marches/Petitions	Service	Vows
Purification	Sewing	Wabi Sabi
Quilting	Senses	Walking
Reading	Sexuality	Welcoming Strangers
Recovery	Shadow Work	Wholeness
Recycling	Shopping	Work
Reframing	Sign of the Cross	Worship
Reflexology	Singing	Writing
Rejoicing in the Happiness of Others	Simplicity	Yoga
	Sleeping	
	Smiling	
	Social Justice	