Exploration of Spiritual Practices

Regardless of your belief system, engaging in spiritual practices may be beneficial to your well-being. For instance, yoga increases flexibility and muscle strength and may improve cardiovascular health. Meditation may reduce stress and lower blood pressure. This is not a comprehensive list but may be a starting point for your spiritual journey. Visit www.spiritualityandpractice.com to learn about additional practices.

Disclaimer: This is information is not intended to be medical advice. The practices listed herein are not meant to replace traditional health care, but may complement current health care treatments. Consult with your physician before beginning any new physical or mental practice.
Exploration of Spiritual Practices – Resources

Arts

How Art Changes Consciousness
Mandala Art: Drawing Your Way to Wholeness
Village Rhythms

Meditation/Mindfulness

What is Spiritual Meditation?
Mayo Clinic: Mindfulness exercises

Mind Work

7 Journaling Prompts for Exploring Spirituality
Positive Daily Affirmations: Is There Science Behind It?
Laughter: A fool-proof prescription

Nature

Green America: Green Living
What are the Benefits of Interacting With Nature?

The 7 Spiritual Laws of Gardening

Other

The Labyrinth Society
Spiritual Activism

The Science Behind Essential Oils: Are You Using The Right Ones?

Does Volunteering Your Time Really Help Anyone?

Physical/Body Work

What Is the Spiritual Aspect of Yoga?
Mindful Walking
Sacred Dance Guild: About Sacred Dance
Tai Chi – A Centuries-Old Practice That Heals Body, Mind, and Spirit

Religious

Sacred Space: How to Create an Altar in Your Home

What Is Prayer? Discovering that something really happens when we pray

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