

PEACE

It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.

-unknown



A spirituality that embraces feelings rather than bypasses them allows us to feel more whole. Rather than struggle to be perfect, we relax into what psychologist and meditation teacher, Tara Brach calls

RADICAL ACCEPTANCE

We embrace whatever arises from moment to moment, which empowers us to share our heart, our feelings, our longings—and even our silence — with those who are available to receive us.



The major problems in the world are a result
of the difference between

THE WAY
NATURE
WORKS AND
THE WAY
PEOPLE THINK

-Gregory Bateson



Dropping into the present moment with a simple

BODY SCAN

You can do this anywhere, anytime. You can learn to do this almost all the time. We also call this a

CHECK IN



At times we leave an emotional wake behind us. It is important to turn around and see how it is affecting those around us so we can appropriately trim our motors.

EMOTIONAL WAKE

The wake doesn't go away when you speed up to get away from it!



AWARENESS EXAMEN

Reflect back on your day and discover where you were in the moment and responding with movement toward or movement away from Sacred Mystery.



When you can identify what triggers you and keeps you from showing up in the world with compassion, place it between you and sacred mystery and

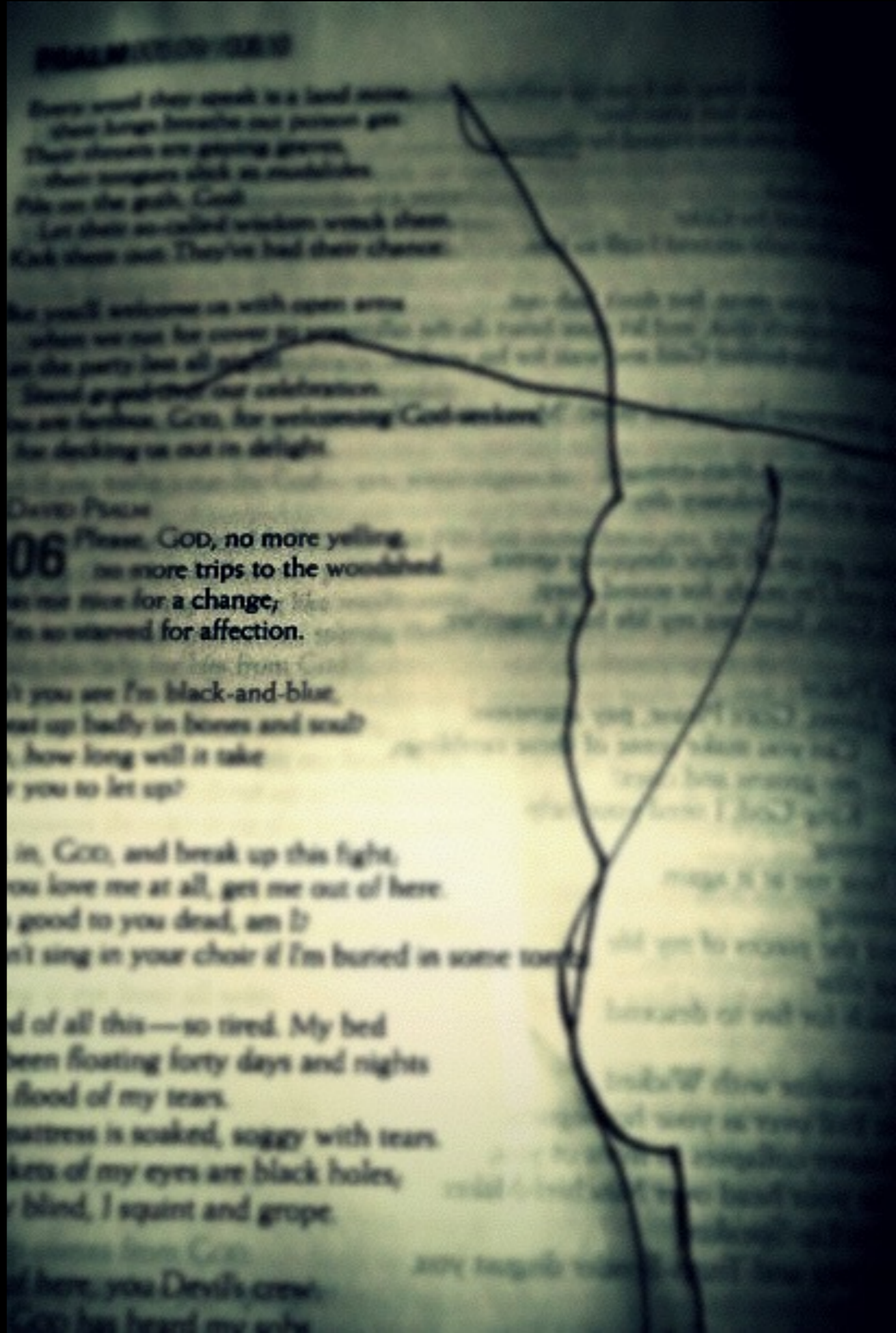
PRAY THROUGH YOUR BLOCK

Everything that irritates us about others can lead us to an understanding of ourselves.
-Carl Jung



Read a short piece of scripture or sacred text and notice which word or phrase carries a charge. Notice the body sensations and the feelings they may be indicating. Spend time contemplating the needs or longings that associate with these sensations and feelings. Make a list of values or longings. Write down what you might do to move in the direction of these longings.

LETTING SCRIPTURE READ YOU



Lectio Divina
Visio Divina
Contemplative Photography
Rewriting a Psalm
Spiritual Journaling
Writing Icons

THINKING CAN BE A GETAWAY ART CAN BE A GATEWAY

Art can push us to see in a different way. It makes us slow down and process something we might repeatedly overlook. and the best part is,

IT IS ABOUT THE PROCESS NOT THE PRODUCT



If the ego and soul are like oil and water,
then spiritual practice is to be

SHAKEN,
NOT STIRRED



GROWING IN WISDOM

comes when we intentionally walk with
suffering and reconciliation.

ARE YOU
AVOIDING WHAT
IS REAL TO MAKE
YOURSELF FEEL
BETTER OR
IS YOUR **SELF**
TRYING TO
BETTER FEEL
WHAT IS **REAL**?

