

## ATTEND TO BEAUTY

Strolling along nature, paying attention and experiencing beauty and awe

## ATTUNE TO DIVINE

Sitting in silence, opened and attuned to the possibility of connection with the Divine

## FOCUS ON BREATH

Breathing and focusing on your inhale and exhale. Engage daily in a mindfulness practice, centering prayer, or reading sacred texts or scripture (such as Lectio Divina)



## ACCESS WISDOM

Joining a faith or spiritual community in worship, in the sacrament of communion, or even in yoga

## CONNECT TO OTHERS

Connecting to others through fellowship, such as communal meals or acts of service contribute to moral elevation

# TRANSCENDENT EXPERIENCES