

Transcendent Experiences

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

Connect to Others

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



Access Wisdom

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

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)