The Tree of Contemplative Practices

- Pilgrimage to areas where social justice issues are highlighted
- Vigils and marches
- Bearing witness
- Work and volunteering
- Deep listening
- Council circle
- Storytelling
- Dialog
- Walking meditation
- Labyrinth walking
- Yoga
- Dance
- Qigong
- Aikido
- T’ai chi ch’uan
- Establishing a sacred/personal space
- Ceremonies and rituals based in spiritual or cultural traditions
- Retreats

- Contemplative arts
- Journaling
- Improvisation
- Music and singing
- Beholding
- Visualization
- Lectio divina
- Loving-kindness meditation
- Meditation
- Quietting the mind
- Silence
- Centering

- Activist
- Creative
- Relational
- Movement
- Generative
- Stillsness
- Ritual/cyclical

- Communion & connection
- Awareness

The Center for Contemplative Mind in Society
www.contemplativemind.org