



# CONTEMPLATIVE PRACTICES

## Free Writing

Spiritual writing is a prayerful, spiritual practice, setting aside the time for soul-searching at a deep, meaningful level. Spiritual writing, when done with careful intention can deepen your relationship with God and with your 'self'. By using your imagination and creative mind, spiritual writing can be a means to explore the mystery of your own life experience and your soul's means of speaking to you. Spiritual writing is particularly helpful when you are working through major life decisions or highly emotional or stressful periods.

## Contemplative Art

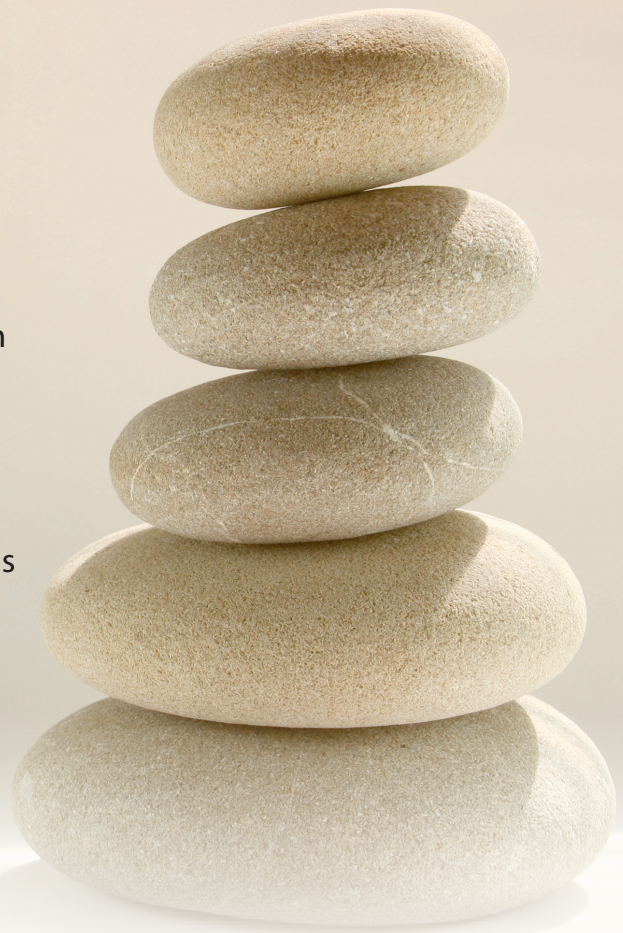
Art-making is a contemplative practice that affects us internally, through our thoughts and emotions, as well as externally, through the creation of object and images that can serve as sources of inspiration and healing.



## Meditation

Meditation is useful in exploring the self. It's not a fixed destination. It's a special place where each and every moment is momentous. When we meditate we venture into the workings of our minds. Mindfulness meditation asks us to suspend judgment and unleash our natural curiosity about the workings of the mind, approaching our experience with warmth and kindness, to ourselves and others. [www.mindful.org](http://www.mindful.org)

Tau Center offers Centering Prayer, Gong Meditation, Contemplative Prayer, and other meditation programs throughout the season.



## Yoga

Yoga is beneficial to regenerate the Mind, Body, and Spirit. Yoga increases flexibility, strength, and brings one back into the body. Each movement reminds one to be gentle and breathe into the pose. Be calm and at peace and reconnect the mind and body to work together as one.

Tau Center periodically offers Yoga in the summer and at the Women's Day of Renewal. Yoga is beneficial to regenerate the Mind, Body, and Spirit.

