

20 Spiritual Disciplines



- 
- Mindfulness
 - Chanting and Mantra Repetition
 - Sacred Rituals
 - Forgiveness and Reconciliation
 - Mindful Eating
 - Breathwork
 - Retreat and Pilgrimage
 - Creative Expression
 - Silence of Speech
 - Embodiment Practices
 - Meditation
 - Prayer
 - Fasting
 - Study
 - Service and Compassion
 - Gratitude
 - Silence and Solitude
 - Journaling
 - Contemplation and Reflection
 - Yoga

Disciplines Of The Spirit

Robert R. Redfield



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