Tab 1

# Week

18

# Day

1

# Day Title

Community as a Sacred Mirror

# Lesson Name

Ordinary Life as Spiritual Practice

# Meme

(insert meme image)

# Summary

Community is a living mirror for spiritual growth. Through shared learning, honest connection, and mutual support, we remember that awakening is not a solitary path. When we gather in sincerity and service, we encounter the divine reflected through one another.

# Daily Passage

No one awakens alone. Even when the path feels solitary, our growth is shaped by the presence of others. Community is the living mirror of our spiritual practice. It reflects back our strengths and blind spots, offers encouragement when we falter, and reminds us that love and wisdom are collective endeavors.

Community deepens spiritual practice by providing support, shared learning, accountability, and belonging. Through shared experiences, rituals, and honest conversation, we find inspiration and companionship. In community, we learn not only from teachings but from each other’s stories and courage. The spiritual life becomes less abstract and more human.

A spiritual community offers emotional and spiritual support through life’s challenges. When we walk together, our burdens become lighter. The simple act of being seen and heard can bring comfort and perspective. We belong not because we are perfect, but because we are human. This shared humanity becomes sacred ground.

Community also brings accountability. It reminds us to stay committed to our practice when we feel distracted or discouraged. When others witness our growth, we feel inspired to keep going. Mutual encouragement strengthens our faith in ourselves and in the process. Sometimes community also challenges us constructively, helping us see where we are clinging, avoiding, or resisting change. In this way, community becomes both sanctuary and catalyst.

Learning together deepens our understanding. Group discussions, shared study, and collective reflection reveal new layers of insight that we might miss alone. When we gather to meditate, pray, dance, or sing, our individual practices are amplified by shared energy. The presence of others helps us stay anchored in the present moment.

Storytelling is one of the most ancient and powerful ways community connects us. When we share our experiences, doubts, and revelations, we discover that others have walked similar paths. Hearing another person’s truth can open our hearts to compassion and expand our own capacity to heal. The act of listening is as sacred as the act of sharing.

Being part of a community also nurtures a sense of identity. We shift from “I” to “we.” This collective belonging helps us integrate spiritual values more deeply into daily life. The energy of the group influences us in subtle, positive ways, shaping habits of kindness, patience, and generosity. Through one another, we meet the divine reflected in human form.

Many traditions view community itself as spiritual practice. To sit together in silence, to share food, to serve side by side, or to hold one another through grief are all ways of encountering the sacred. The divine does not only live in solitude or scripture but in the space between hearts. When we gather with sincerity, that space becomes holy.

Community also invites us into action. Service, reciprocity, and shared purpose help us embody love in tangible ways. When we serve together—whether tending a garden, feeding others, or simply offering presence—we turn compassion into movement. Community empowers us to live our beliefs, each contribution adding to the wholeness of the collective.

Spiritual community does not require perfection. Differences, misunderstandings, and discomfort will arise. Yet these moments can also be teachers. They invite humility, patience, and forgiveness. Through community, we learn to love people as they are, not as we wish them to be. In doing so, we discover the sacred art of belonging.

# Alternative View

Community can also be challenging. Differences in values, pace, or perspective may arise. Yet these challenges can deepen understanding and compassion if met with openness. True community is not about sameness but about growing together through diversity and authenticity.

# Activity

How has community supported your growth, healing, or sense of belonging?

What gifts do you bring to the communities you are part of?

How might you show up with more presence and authenticity in group settings?

Where have you experienced challenge in community, and what did it teach you?

How does serving or learning with others help you feel closer to the divine?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

Tab 2

# Week

18

# Day

2

# Day Title

Sacred Service and Reciprocity

# Lesson Name

Ordinary Life as Spiritual Practice

# Meme

(insert meme image)

# Summary

Service as a spiritual practice invites us to move from self-focus to self-giving. Through humility, compassion, and intentional action, we participate in the sacred cycle of giving and receiving. Every act of service, no matter how small, becomes a way to experience divine connection and inner transformation.

# Daily Passage

Service is one of the most profound ways to express love. When we serve, we step beyond the boundaries of self and remember our shared humanity. Service as a spiritual practice is not about performance or recognition. It is an act of humility and compassion, a way of offering our time, presence, and gifts to life itself.

True service begins with intention. It is less about what we do and more about how we do it. When we serve with a heart of sincerity, even the smallest gesture becomes sacred. Holding a door, offering a meal, listening deeply to someone’s pain, each of these acts becomes a quiet prayer. Through service, we remember that our lives are interconnected and that our gifts are meant to flow outward.

Humility is the soul of service. Many spiritual traditions teach that the most transformative service is the kind done without need for recognition. The Buddhist concept of *seva* and the Christian ideal of servanthood both point to this truth. When we release the desire for praise, service becomes a way of freeing ourselves from ego. It reminds us that the divine moves through us, not because of us.

Service also transforms the one who gives. Each act of generosity softens the grip of self-centeredness and opens the heart to empathy. As we care for others, we begin to see the divine reflected in their faces. In helping someone else, we often discover healing in ourselves. Service becomes a spiritual mirror that reveals both our capacity for love and our need for grace.

Service takes many forms. Sometimes it looks like volunteering in a hospital or community center. Other times it shows up in small, quiet acts of care, such as writing a kind note, cooking a meal for a friend, or offering understanding to someone who has wronged us. Even listening with full attention can be an act of service, as can choosing to protect another person’s reputation instead of joining in gossip.

Every act of service is also an act of reciprocity. We give, but we also receive. The gratitude in another person’s eyes, the peace that follows compassion, the joy that arises when we contribute, all remind us that giving and receiving are two sides of the same sacred flow. Indigenous traditions often describe this as the “reciprocity of life,” where care circulates through all beings. When we give freely, we join that cycle of generosity and belonging.

Psychedelic and mystical experiences often awaken a deep desire to serve. The vision of interconnectedness that arises in those moments calls us to act on behalf of life. Service becomes the bridge between insight and embodiment. It grounds revelation into daily practice, turning compassion into movement.

Service also protects us from the temptations of pride and disconnection. When we devote ourselves to helping others, we remember that we are part of something larger than our own story. This humility keeps the heart open and soft. We are not diminished by service but expanded by it. The more we give from love, the more spacious and peaceful we become.

Sacred service is not limited to organized efforts. It can be lived in every interaction. Smiling at a stranger, tending to the earth, or speaking truth with kindness are all forms of service. What matters is that we show up with sincerity and presence. In serving others, we serve the divine.

# Alternative View

Sometimes service can become performative or exhausting if we lose touch with balance and intention. True service arises from love, not obligation. When we serve with awareness, honoring both our capacity and our boundaries, service remains replenishing rather than depleting.

# Activity

What does service mean to you, and how do you define it in your own life?

When have you experienced the joy that comes from giving without expectation?

How can you serve from the heart without overextending or losing balance?

What small, everyday acts of kindness could become part of your spiritual practice?

How does service connect you more deeply with the divine and with others?

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# Domain

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# Modality

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Tab 3

# Week

18

# Day

3

# Day Title

Honoring the Inner Light

# Lesson Name

Ordinary Life as Spiritual Practice

# Meme

(insert meme image)

# Summary

Honoring the inner light means recognizing and living from the divine spark within. When we align our actions, words, and choices with that light, we bring more authenticity and compassion into the world. The more we honor it in ourselves, the more easily we see it in others.

# Daily Passage

Each of us carries a light that is uniquely our own. It is the quiet presence that shines beneath personality, success, and struggle. Some call it soul, some call it divine essence, and others simply call it awareness. Whatever name we give it, this light is our truest nature. To honor it is to remember who we are beneath all the noise of becoming.

This light is not something we must earn or create. It is already here, steady and radiant, even when clouds of fear, doubt, or distraction pass through. Our work is not to make the light brighter, but to clear what obscures it. Every act of honesty, forgiveness, and courage allows it to shine a little more freely.

Many spiritual traditions speak of this inner radiance. In the Quaker tradition, it is called the “Inner Light,” the presence of the divine within every person. In Hinduism, it is the Atman, the spark of the eternal Self. Mystics across cultures have recognized this same truth: within each of us lives a reflection of the infinite.

Spiritual practice is, in many ways, the art of polishing the lens so the light can shine through. Our thoughts, fears, and defenses can cloud the glass, but each moment of mindfulness clears it. Meditation, prayer, self-inquiry, and acts of compassion are all ways of cleaning the mirror of awareness. When we do, our inner light naturally illuminates everything around us.

To honor the inner light is to live in alignment with it. This means listening deeply to the quiet guidance within. It means acting with integrity, speaking truthfully, and following what feels alive and authentic. When we honor our light, we begin to live from wholeness instead of habit. Our choices become expressions of soul rather than survival.

Honoring the inner light does not mean ignoring the shadow. The light grows stronger when we meet our darkness with compassion. We all carry wounds, defenses, and moments of forgetting. Yet these, too, can serve the light. When we bring awareness to our pain instead of rejecting it, we discover that even the most difficult emotions are made of the same substance as love.

When we honor the light in ourselves, we naturally begin to honor it in others. Every person we meet carries their own radiance, even if it is hidden beneath layers of fear or conditioning. Seeing the light in others does not mean we must agree with them or even enjoy their company. It means we recognize that beneath all differences, we share the same divine spark.

When our own light shines clearly, it touches those around us. The glow of authenticity invites others to remember their own brilliance. In this way, spiritual practice becomes an act of service. By tending our own inner flame, we become a source of warmth, clarity, and inspiration for others. The light within one heart can awaken the light within many.

Psychedelic and mystical experiences often make this truth vividly clear. Many people describe seeing light within everything—people, nature, even the air itself. They realize that this light is not separate but one vast presence expressing itself in countless forms. Integration invites us to remember that this vision is not only true in moments of revelation but in ordinary life. The sacred lives in us and as us.

To honor the inner light is also to care for it. Rest, nourishment, creativity, and reflection all help keep the flame steady. Service and presence are how we share it. When we tend our inner light with gentleness, it naturally illuminates the world around us. We do not need to force or prove anything; simply being aligned with that truth radiates peace.

The more we honor this light, the more we understand that it is not ours alone. It belongs to the great fabric of being, shining uniquely through each soul. To live in this awareness is to participate in the divine work of remembering that all of life is connected, luminous, and alive.

# Alternative View

At times, the inner light may feel dim or distant. Life’s challenges can obscure our connection to it. Yet the light never disappears. Even in moments of darkness or confusion, it remains within us, waiting for our attention and care. Remembering this brings peace and perspective.

# Activity

What helps you feel most connected to the light within?

When do you tend to forget or doubt that inner radiance, and what restores your faith in it?

How might you live more consistently from that place of inner truth?

What would it mean to honor the light in others, even when it is hard to see?

How can you care for your inner light through rest, nourishment, and authenticity?

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# Domain

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# Modality

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Tab 4

# Week

18

# Day

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# Day Title

Embracing the Mystery

# Lesson Name

Ordinary Life as Spiritual Practice

# Meme

(insert meme image)

# Summary

Embracing mystery means finding peace in not knowing and wonder in uncertainty. When we stop demanding answers and open to the unknown, we discover that life is not something to solve but something to experience. The more we trust the mystery, the more alive and connected we become.

# Daily Passage

Life is full of questions that cannot be answered. No matter how much we learn or accomplish, mystery remains at the center of everything. The more awake we become, the more we realize that we are surrounded by what cannot be explained. To embrace mystery is not to seek control or certainty, but to rest in wonder and trust that there is wisdom in what we do not yet understand.

Mystery is not a gap in knowledge to be filled, but a living presence to be experienced. When we surrender to not knowing, something softens inside us. We stop trying to figure everything out and begin to feel our way through life instead. This openness allows grace to enter. It reminds us that the sacred often speaks in silence, symbols, and synchronicities rather than clear answers.

Mystery lives in the small and ordinary moments as much as in the vast unknown. It is in the way a flower unfolds, in the rhythm of breath, in the feeling that guides us to reach out to someone at just the right time. Every day holds quiet wonders that invite us to pause and feel awe. When we slow down, life reveals its layers.

To live in relationship with mystery requires humility. We must admit that we do not always know what is best, and that the story of our lives is larger than our plans. When we loosen our grip on outcomes, we create space for something wiser to move through us. Trust grows in the place where certainty ends.

Embracing mystery also means making peace with uncertainty. We spend much of life trying to secure what cannot be secured. We want guarantees for love, success, and safety. Yet the deeper truth is that life is always changing, always flowing. When we accept this, we find a strange kind of freedom. The unknown becomes less frightening and more like an invitation.

Philosopher Alan Watts described faith not as clinging to belief but as relaxing into the flow of life. This kind of trust allows us to meet the mystery of existence with curiosity rather than fear. The mystics, poets, and scientists who have glimpsed the divine all agree: the closer we come to truth, the greater the mystery becomes.

Psychedelic and mystical experiences often open us to this vastness. In those moments, the boundaries of self dissolve, and we sense a reality beyond comprehension. It is not uncommon to return from a psychedelic experience and not have words or concepts to describe and understand the experience. We see that mystery is not something separate from us but something we belong to. Integration means carrying that awareness into daily life and allowing wonder to live in our ordinary routines, our relationships, and our quiet reflections.

When we embrace mystery, life becomes an unfolding conversation rather than a problem to solve. We can stop demanding answers and start listening to the questions themselves. Each uncertainty becomes a doorway to trust, each unknown a reminder of the divine intelligence that holds all things together.

Mystery asks only that we stay awake and willing. It invites us to meet life as it is, without forcing it to make sense. In doing so, we find that peace does not come from certainty but from connection. The unknown is not empty; it is alive with presence.

# Alternative View

Uncertainty can feel uncomfortable or even frightening. It challenges the part of us that longs for control. Yet resisting mystery only creates tension. When we soften into not knowing, we realize that life’s uncertainty is also its beauty. Mystery is what allows newness, creativity, and growth to emerge.

# Activity

What areas of life are currently asking you to live with mystery or uncertainty?

How do you usually respond when you do not have clear answers?

What helps you trust the unfolding of life even when you cannot see the outcome?

When have you experienced awe or wonder in the unknown?

How might you invite more curiosity and openness into your daily relationship with mystery?

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# Modality

Spiritual and Energy Oriented

Tab 6

# Week

18

# Day

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# Day Title

Falling in Love With Life

# Lesson Name

Ordinary Life as Spiritual Practice

# Meme

(insert meme image)

# Summary

To fall in love with life is to welcome its beauty and its pain. When we practice gratitude, live with presence, grow with intention, and meet suffering with compassion, we awaken to the sacredness of existence. Love becomes not an emotion but a way of being.

# Daily Passage

To fall in love with life is to open our hearts to all of it: the beauty and the mess, the triumph and the ordinary. It is to remember that every experience, even the ones we resist, holds something precious. Love for life is not a constant emotion but a way of seeing. It grows through attention, gratitude, and trust in the unfolding of our days.

We learn to love life by practicing gratitude. Gratitude is not about pretending everything is perfect; it is about recognizing that everything has value. When we pause to name what we are thankful for, our vision shifts. A morning breeze, a warm meal, a shared laugh, or even a lesson learned through difficulty can awaken a quiet appreciation. Gratitude reminds us that life is happening for us, not to us, and that each moment carries a gift waiting to be noticed.

Falling in love with everything also begins in the mind. The way we see shapes the way we live. When we manage our mindset, we accept that we cannot control everything, but we can choose how we respond. We can step back from fear and meet life with curiosity. Instead of asking, “Why is this happening to me?” we can ask, “What is this teaching me?” This shift transforms struggle into growth and turns everyday experiences into opportunities for awakening.

To live this way, we must stay present. The mind often drifts into the past or worries about the future, but love lives here, in the moment we are in. When we return to the present, we begin to see how alive everything truly is—the texture of a leaf, the rhythm of our breath, the hum of life around us. The more we notice, the more we fall in love.

Yet falling in love with life does not mean denying its pain. Bad things do happen. People are harmed. Losses come that break us open. There are experiences that cannot be made “good,” no matter how much spiritual language we wrap around them. To love life fully, we must also feel its grief. We must allow our hearts to ache, to rage, to mourn what should never have happened. This is not weakness, it is truth. When we feel our pain honestly, without bypassing it, we honor our humanity. Some things cannot be fixed, but they can be held with tenderness. In those moments, love becomes less about happiness and more about compassion.

Falling in love with life also means investing in our growth. When we engage in self-discovery through books, learning, or therapy, we begin to build a life that reflects our deepest values. Growth is not about fixing ourselves but about aligning more closely with what is true. Each insight and healing moment becomes another thread in the fabric of our joy.

Intentional living helps this love deepen. When we make choices that match what matters most, we begin to design a life we can truly love. It means letting go of what no longer serves us, such as old habits, relationships, or beliefs that keep us small. Releasing these with compassion makes space for what is meant to arrive. Love grows in the space we clear.

Falling in love with life also invites us to embrace spontaneity. We can break free from routine, try something new, visit a place we have never been, or talk to someone unexpected. Novelty wakes up the senses and invites delight. It reminds us that life is always offering something new when we stay open.

Surrounding ourselves with positivity nourishes this practice. The energy we allow into our lives, through the people we spend time with, the media we consume, or the spaces we inhabit, shapes our perception. When we fill our lives with beauty, kindness, and inspiration, our hearts expand naturally.

To fall in love with life is also to engage with the world. Every encounter is an invitation to connection. When we smile at a stranger, listen with presence, or share kindness without expecting return, we add warmth to the web of being. In these small acts, we remember that we are not separate from the world but part of its living pulse.

Spiritual practice at its core is about saying yes to existence. Gratitude, presence, growth, and love are the ways we polish the lens through which we see life. When that lens clears, we begin to perceive what has been true all along: life is sacred, and we are surrounded by wonder. The more we open to it, the more we realize that to love life is to love the divine expressing itself through everything.

# Alternative View

There are times when life feels unlovable. Tragedy, injustice, and loss are real. Falling in love with life does not mean pretending otherwise. It means feeling deeply, acting with integrity, and allowing compassion to hold what cannot be changed. Love expands to include sorrow, and in that expansion, it becomes whole.

# Activity

What does it mean to you to fall in love with life just as it is?

How can you allow gratitude and grief to coexist within you?

What helps you stay present with pain without closing your heart?

Where can you practice more spontaneity, openness, or kindness in daily life?

How can you live in a way that expresses love for all of existence, even the parts you cannot understand?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

Tab 5

# Week

18

# Day

6

# Day Title

### Walking in the Divine: A Spiritual Being Having a Human Experience

# Lesson Name

Ordinary Life as Spiritual Practice

# Meme

(insert meme image)

# Summary

To walk in the divine is to embody the awareness that we are spiritual beings living a human life. Integration means carrying sacred consciousness into the ordinary, allowing every act and moment to express the infinite love that animates all things.

# Daily Passage

There are moments when we glimpse something vast and wordless, a reality beyond what the mind can hold. It may come through a moment of stillness, a brush with nature, or a psychedelic journey that leaves us unable to describe what we have seen. We return without words or concepts, carrying only a sense of having touched something infinite. This silence is not a failure of language but a sign of reverence. What is most real often lives beyond explanation.

Over time, we learn that awakening is not about escaping our humanity but embodying it more deeply. To say we are spiritual beings having a human experience means remembering that our essence is boundless, yet our path is grounded in time and form. The purpose is not to live apart from the world but to bring divine awareness into every breath, conversation, and gesture. The sacred does not ask us to leave life behind. It asks us to live it fully, with presence and tenderness.

To walk in the divine is to remember this unity. Spirit and matter are not separate; they dance together in every cell, heartbeat, and sunrise. When we walk with awareness, even the smallest act—a touch, a word, a breath—becomes an expression of devotion. Ordinary life reveals itself as the living temple of the divine.

Integration is how we turn revelation into embodiment. It is the gentle work of allowing our insights to shape how we live. Each time we speak truthfully, forgive freely, or extend compassion, we make the invisible visible. Our lives become the ceremony. We stop seeking enlightenment as a destination and begin to recognize it as a way of walking.

Being a spiritual being in human form means holding both light and shadow, joy and pain, transcendence and groundedness. To live authentically, we must welcome all of it. We are made of the same mystery that spins galaxies and grows flowers, yet we also bruise, grieve, and forget. Our divinity does not erase our humanity; it sanctifies it.

When we live from this awareness, even our difficulties become part of the path. Pain and uncertainty invite compassion. Grief teaches tenderness. Each experience becomes a thread in the tapestry of awakening. We begin to see that there is no separation between spiritual practice and daily life. Every moment offers a chance to return, to listen, and to love.

Walking in the divine also means walking with humility. We acknowledge that the mystery is larger than we can understand. Life unfolds through us, not because of us. We cannot always see its purpose, but we can trust its intelligence. When we surrender to this flow, we move through the world with grace. Our lives become prayers of gratitude.

Psychedelic and mystical experiences often reveal this vast unity directly. In those moments, boundaries dissolve and everything feels alive with light. But the deeper journey begins afterward, in how we live. Integration invites us to carry that vision into our work, our relationships, our creativity, and our service. It asks us to embody what we have seen, to let the infinite express itself through our ordinary days.

To walk in the divine is to live with remembrance. It is to meet each sunrise as a blessing, each breath as a gift, and each human encounter as sacred ground. Forgetting will happen, but forgetting is part of the rhythm. The divine does not vanish when we lose sight of it; it waits quietly for our return, as constant as the heartbeat.

At the end of every spiritual journey, we arrive where we began: here, in this moment. The path circles back to the simplicity of being. The divine has never been elsewhere. It lives within us, through us, and as us.

Let this be our prayer:  
 May we walk slowly.  
 May we listen deeply.  
 May we remember that the ground beneath us is holy.  
 And may our lives become a blessing to everything we touch.

# Alternative View

It can be tempting to separate the spiritual from the human, seeking only transcendence and avoiding the world’s pain. Yet true spirituality embraces both. Forgetting and remembering are both part of the path. Divinity is not found by leaving life but by loving it completely.

# Activity

What moments have reminded you that you are both human and divine?

How can you bring the awareness of unity into your daily routines and relationships?

What practices help you embody the sacred rather than seek it elsewhere?

How can you walk with humility and trust in the mystery that moves through life?

What does it mean for you to make your life a blessing to everything you touch?

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# Domain

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# Modality

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