You are an expert UX/UI designer. Your job is to fill out a style guide based on the below format. You are making the guide based on this website https://www.practicingtheway.org/. Go through the entire website with corresponding pages. Before you respond, though, wrap your entire thought process in <pondering> tags. Obviously, you're a heady-artistic type, so you're thinking about the app, it's aesthetics, principles it conforms to, how that makes the user feel a certain way, etc. Here's the output format as an example. Add or subtract if need be from it:

Color Palette
Primary Colors
* Primary White -
#F8F9FA (Used for backgrounds and clean surfaces)
* Primary Dark Green -
#0A5F55 (Primary brand color for buttons, icons, and emphasis)
Secondary Colors
* Secondary Green Light -
#4CAF94 (For hover states and secondary elements)
* Secondary Green Pale -
#E6F4F1 (For backgrounds, selected states, and highlights)
Accent Colors
* Accent Teal -
#00BFA5 (For important actions and notifications)
* Accent Yellow -
#FFD54F (For warnings and highlights)
Functional Colors
* Success Green -
#43A047 (For success states and confirmations)
* Error Red -
#E53935 (For errors and destructive actions)
* Neutral Gray -
#9E9E9E (For secondary text and disabled states)
* Dark Gray -
#424242 (For primary text)
Background Colors
* Background White -
#FFFFFF (Pure white for cards and content areas)
* Background Light -
#F5F7F9 (Subtle off-white for app background)
* Background Dark -
#263238 (For dark mode primary background)
Typography
Font Family
* Primary Font: SF Pro Text (iOS) / Roboto (Android)
* Alternative Font: Inter (Web fallback)
Font Weights

* Regular: 400
* Medium: 500
* Semibold: 600
* Bold: 700

Text Styles

Headings

* H1: 28px/32px, Bold, Letter spacing -0.2px
  * Used for screen titles and major headers
* H2: 24px/28px, Bold, Letter spacing -0.2px
  * Used for section headers and card titles
* H3: 20px/24px, Semibold, Letter spacing -0.1px
  * Used for subsection headers and important text

Body Text

* Body Large: 17px/24px, Regular, Letter spacing 0px
  * Primary reading text for transcript content
* Body: 15px/20px, Regular, Letter spacing 0px
  * Standard text for most UI elements
* Body Small: 13px/18px, Regular, Letter spacing 0.1px
  * Secondary information and supporting text

Special Text

* Caption: 12px/16px, Medium, Letter spacing 0.2px
  * Used for timestamps, metadata, and labels
* Button Text: 16px/24px, Medium, Letter spacing 0.1px
  * Used specifically for buttons and interactive elements
* Link Text: 15px/20px, Medium, Letter spacing 0px, Primary Dark Green
  * Clickable text throughout the application

Component Styling

Buttons

* Primary Button
  * Background: Primary Dark Green (
#0A5F55)
  * Text: White (
#FFFFFF)
  * Height: 48dp
  * Corner Radius: 8dp
  * Padding: 16dp horizontal
* Secondary Button
  * Border: 1.5dp Primary Dark Green (
#0A5F55)
  * Text: Primary Dark Green (
#0A5F55)
  * Background: Transparent
  * Height: 48dp
  * Corner Radius: 8dp

* Text Button
  * Text: Primary Dark Green (
#0A5F55)
  * No background or border
  * Height: 44dp
Cards
* Background: White (
#FFFFFF)
* Shadow: Y-offset 2dp, Blur 8dp, Opacity 8%
* Corner Radius: 12dp
* Padding: 16dp
Input Fields
* Height: 56dp
* Corner Radius: 8dp
* Border: 1dp Neutral Gray (
#9E9E9E)
* Active Border: 2dp Primary Dark Green (
#0A5F55)
* Background: White (
#FFFFFF)
* Text: Dark Gray (
#424242)
* Placeholder Text: Neutral Gray (
#9E9E9E)
Icons
* Primary Icons: 24dp x 24dp
* Small Icons: 20dp x 20dp
* Navigation Icons: 28dp x 28dp
* Primary color for interactive icons: Primary Dark Green (
#0A5F55)
* Secondary color for inactive/decorative icons: Neutral Gray (
#9E9E9E)
Spacing System
* 4dp - Micro spacing (between related elements)
* 8dp - Small spacing (internal padding)
* 16dp - Default spacing (standard margins)
* 24dp - Medium spacing (between sections)
* 32dp - Large spacing (major sections separation)
* 48dp - Extra large spacing (screen padding top/bottom)
Motion & Animation
* Standard Transition: 200ms, Ease-out curve
* Emphasis Transition: 300ms, Spring curve (tension: 300, friction: 35)
* Microinteractions: 150ms, Ease-in-out
* Page Transitions: 350ms, Custom cubic-bezier(0.2, 0.8, 0.2, 1)

Dark Mode Variants
* Dark Background:
#121212 (primary dark background)
* Dark Surface:
#1E1E1E (card backgrounds)
* Dark Primary Green:
#26A69A (adjusted for contrast)
* Dark Text Primary:
#EEEEEE
Dark Text Secondary:
#B0BEC5

Practicing the Way - Design Style Guide

Design Philosophy

The Practicing the Way
visual identity embodies contemplative simplicity, authentic spirituality, and
accessible wisdom. The design creates a sense of sacred space in the digital realm, emphasizing
clarity over complexity and substance over style. Every element serves the mission of spiritual
formation, creating an environment that feels both timeless and contemporary, serious yet
approachable.

Color Palette

Primary Colors
Primary Nav
y - Primary Cream - #1B2A3A #F7F5F0 (Deep, contemplative blue-gray for primary headers and emphasis)
(Warm off-white for backgrounds and clean surfaces)

Secondary Colors
Secondary Sage - Secondary Warm Gray - #8B9A8C (Muted green for secondary text and subtle elements)
#6B6B6B (Medium gray for body text and supporting content)

Accent Colors
Accent Gold - Accent Soft Blue - #C9A876 #7A8FA8 (Warm gold for calls-to-action and important highlights)
(Gentle blue for links and interactive elements)

Functional Colors
Success Green - #5B7F5A (Earthy green for confirmations and positive states)
Alert Orange - #D4934A (Warm orange for important notifications)
Error Red - #A85A5A (Muted red for errors and warnings)

Background Colors
Background Primary - #FFFFFF (Pure white for content cards and reading areas)
Background Secondary - #F7F5F0 (Cream for page backgrounds and subtle differentiation)
Background Accent - #F0F2F5 (Light blue-gray for highlighted sections)

Typography Font Family

Primary Font: Crimson Pro (Serif for headings and emphasis)
Secondary Font: Source Sans Pro (Sans-serif for body text and UI)
Fallback Font: Georgia / Arial system fonts

Font Weights
Light: 300
Regular: 400

Medium: 500
Semibold: 600
Bold: 700
Text Styles
Headings
H1: 36px/42px, Crimson Pro Bold, Letter spacing -0.5px
Used for page titles and major section headers
H2: 28px/34px, Crimson Pro Semibold, Letter spacing -0.3px
Used for section headers and course titles
H3: 22px/28px, Crimson Pro Medium, Letter spacing -0.2px
Used for subsection headers and card titles
H4: 18px/24px, Source Sans Pro Semibold, Letter spacing 0px
Used for smaller headings and emphasis text
Body Text
Body Large: 18px/28px, Source Sans Pro Regular, Letter spacing 0px
Primary reading text for articles and long-form content
Body: 16px/24px, Source Sans Pro Regular, Letter spacing 0px
Standard text for most UI elements and descriptions
Body Small: 14px/20px, Source Sans Pro Regular, Letter spacing 0.1px
Secondary information and supporting text
Special Text
Caption: 12px/16px, Source Sans Pro Medium, Letter spacing 0.3pxUsed for image captions, timestamps, and metadata
Button Text: 16px/20px, Source Sans Pro Semibold, Letter spacing 0.2px
Used for all button text and primary actions
Quote Text: 20px/30px, Crimson Pro Italic, Letter spacing 0px
Used for inspirational quotes and testimonials

Component Styling

Buttons
Primary Button
Background: Accent Gold (#C9A876)
Text: Primary Nav
y (#1B2A3A)
Height: 48dp
Corner Radius: 6dp
Padding: 20dp horizontal, 12dp vertical
Border: None
Hover: 10% darker background
Secondary Button
Border: 2px Primary Nav
y (#1B2A3A)
Text: Primary Nav
y (#1B2A3A)
Background: Transparent
Height: 48dp
Corner Radius: 6dp
Padding: 18dp horizontal, 10dp vertical
Hover: Background Primary Nav
y, Text Cream
Text Button
Text: Accent Soft Blue (Underline on hover
No background or border
Height: auto
Padding: 8dp horizontal

#7A8FA8)Cards
Background: Background Primary (#FFFFFF)
Shadow: Y-offset 4dp, Blur 16dp, Opacity 6%
Corner Radius: 8dp
Padding: 24dp
Border: 1px solid #E8E8E8
Input Fields
Height: 52dp
Corner Radius: 6dp
Border: 1.5px Secondary Sage (Active Border: 2px Primary Nav
Background: Background Primary (Text: Secondary Warm Gray (Placeholder Text: #A8A8A8
Padding: 16dp horizontal, 14dp vertical
#8B9A8C)
y (#1B2A3A)
#FFFFFF)
#6B6B6B)
Icons
Primary Icons: 24dp x 24dp
Small Icons: 20dp x 20dp
Large Icons: 32dp x 32dp
Interactive Icons: Primary Nav
Decorative Icons: Secondary Sage (Style: Minimal line art, 2px stroke weight
y (#1B2A3A)
#8B9A8C)

Layout & Spacing System
Grid System
Container Max Width: 1200px
Columns: 12-column grid
Gutter: 24dp between columns
Breakpoints:Mobile: 320px - 767px
Tablet: 768px - 1023px
Desktop: 1024px+
Spacing Scale
2dp - Micro spacing (inline elements)
4dp - Tiny spacing (tight relationships)
8dp - Small spacing (component internal padding)
16dp - Medium spacing (between related elements)
24dp - Default spacing (standard margins and gaps)
32dp - Large spacing (section separation)
48dp - Extra large spacing (major content blocks)
64dp - Massive spacing (page sections)
Content Hierarchy
Page margins: 24dp mobile, 48dp tablet+
Section spacing: 64dp vertical
Content blocks: 32dp vertical spacing
Related elements: 16dp vertical spacing
Line height: 1.5-1.7 for body text, 1.2-1.4 for headings

Motion & Animation
Transition Timing
Standard Transition: 250ms, ease-out
Emphasis Transition: 400ms, ease-in-out
Microinteractions: 150ms, ease-in-out
Page Transitions: 500ms, cubic-bezier(0.4, 0.0, 0.2, 1)

Animation Principles

Subtle and purposef

ul - animations support content, never distract

Organic timing - follows natural motion curves

Respectf

ul of

user preferences - reduced motion when requestedConsistent easing - unified timing f

unctions across components

Accessibility Guidelines

Color Contrast

Text on light backgrounds: Minimum 4.5:1 ratio

Large text (18px+): Minimum 3:1 ratio

Interactive elements: Minimum 3:1 ratio for borders/focus states

Typography Accessibility

Minimum font size: 14px for body text

Line height: Minimum 1.5 for body text

Paragraph width: Maximum 75 characters per line

Focus indicators: 2px solid outline with 2dp offset

Interaction Guidelines

Touch targets: Minimum 44dp x 44dp

Keyboard navigation: Clear focus indicators throughout

Screen reader support: Semantic HTM

L and proper ARIA labels

Alt text: Descriptive text for all meaningf

ul images

Voice & Tone Through Design

Visual Personality

Contemplative: Ample whitespace and unhurried pacing

Authentic: Natural imagery and genuine photography

Approachable: Clear hierarchy and readable typography

Timeless: Classic typography paired with modern layout

Purposef

ul: Every element serves the content and mission

Content Design Principles

Clarity over cleverness - straightforward communication

Substance over style - content-first approach

Community-focused - emphasizing togetherness and shared journeyGrace-filled - patient and encouraging tone throughout

Practical wisdom - actionable guidance grounded in tradition