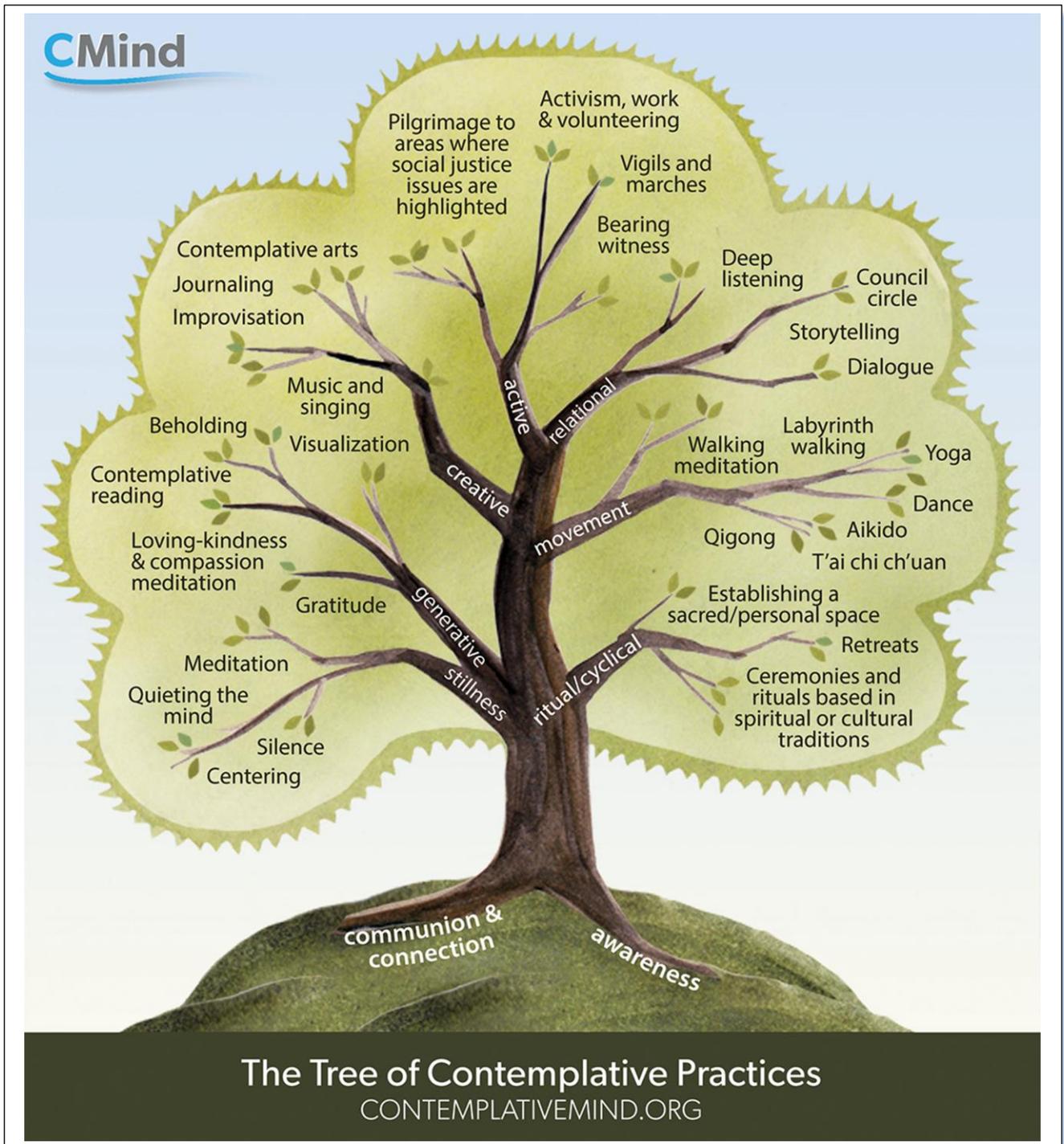


The Tree of Contemplative Practices ¹



¹ www.contemplativemind.org, (accessed November 11, 2023).

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next question and so forth. A person can pass.

- 1. Share which of “The Tree of Contemplative Practices” you are currently doing. How are they helpful to you?**
- 2. Tell a story about a person, group, or organization which introduced to you one of the Contemplative Practices you do. Was there anything you were going through in your life at that time? If so, what? Say more.** (relationship break-up, loss of job, loss of a dream, accident, illness, death of a loved one, feeling too much stress, feeling fearful or angry, grieving a loss, etc.)
- 3. Share about what contemplative practices you are interested in doing and why.**
- 4. Share about how your contemplative practices have changed as you age. Are there any insights that come to your attention as you share?** (i.e. I have practiced meditation for many years, enjoyed dancing in my youth, learned how to listen better to others (as best I can letting go of trying to “fix” what is being shared, or feeling the need to share my story that is being triggered in my mind by what I am hearing), being in small group discussions, more involved with social justice issues, volunteer, exercise, enjoy attending worship services and retreats, and enjoy walking/hiking/skiing in nature with family, friends or alone. As I age, I find myself naturally being more attracted to many of The Tree of Contemplative Practices.)