



TEACHING METHODS

Spiritual Practices

MATERIALS NEEDED FOR

IN-PERSON TEACHING:

- LIQUID (WATER)
- GLASS, MUG, OR PLASTIC CUP; SMALL BUCKET OR BOWL
- SMALL BAG OF SAND
- [YOGA] MAT
- CANDLE

MATERIALS NEEDED FOR

VIRTUAL TEACHING:

- LIQUID (WATER)
- GLASS, MUG, OR PLASTIC CUP; SMALL BUCKET OR BOWL
- SMALL BAG OF SAND
- [YOGA] MAT
- CANDLE

EMPOWERING LEARNING:

- ENGAGES SIGHT, AUDITORY, TOUCH, HEARING, KINESTHETIC, INTRAPERSONAL AND INTERPERSONAL LEARNERS ON VARIOUS LEVELS

DESCRIPTION

Spiritual Practices is a journey of divining the self, by honoring the sacred within, and being transformed, so that a greater connection to self and Creator is embodied. Spiritual practices come in many forms: prayer, meditation, journaling, gratitude, honoring Ancestors, worship to name a few.

INSTRUCTIONS FOR IN-PERSON TEACHING

- Learn What Spiritual Practice Your Soul Calls For
 - prayer, meditation, journaling, gratitude, honoring Ancestors, pouring libation rituals, or walking/drawing labyrinths.
- Pray or Meditate
 - regular prayer &/or meditation can increase spiritual development.
- Give
 - giving – volunteering, donating, etc. – can help make your Spiritual Practices more fruitful.
- Live Healthier
 - care of mind, care of spirit, also requires care of physical body.
- Focus on Yourself
 - focus on your inner self by dedicating 10 to 20 minutes per day to inward exploration.

INSTRUCTIONS FOR VIRTUAL TEACHING

- Follow the instructions for in-person teaching.
- Participants may mute themselves during speaking times for privacy.

IDEAS FOR USING THIS METHOD

- Spiritual Practices can be performed in private/public and individual/group settings.
- Spiritual Practices can be performed during celebrations (of life & death), holidays, and honoring celebrations.