

# 20 Spiritual Disciplines



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

# Spiritual Disciplines

**Xiang Xie**



## **Spiritual Disciplines:**

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