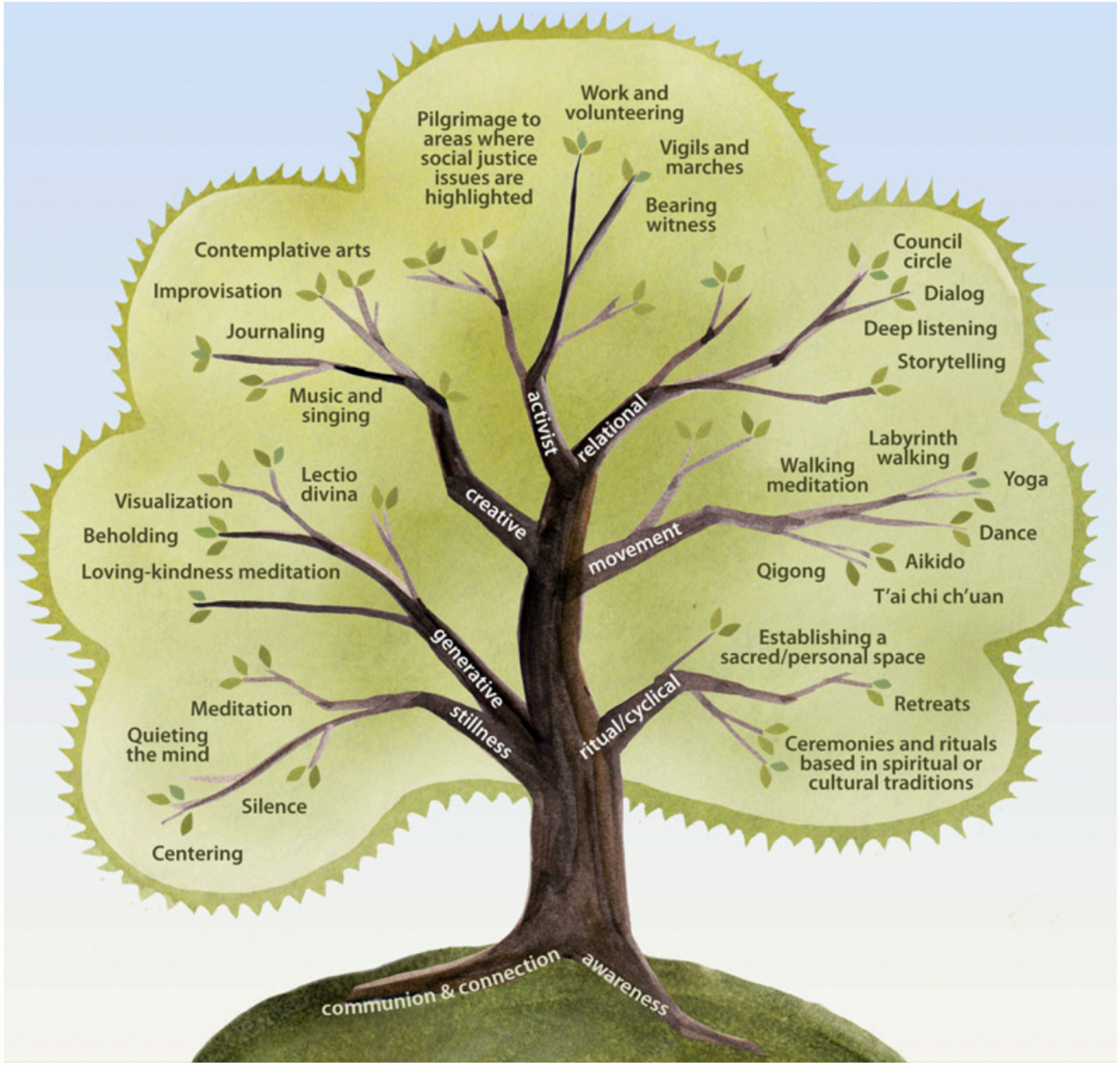
Work and volunteering
Pilgrimage to areas where social justice issues are highlighted
Vigils and marches
Bearing witness
Contemplative arts
Improvisation
Journaling
Music and singing
Council circle
Dialog
Deep listening
Storytelling
activist
relational
Labyrinth walking
Walking meditation
Yoga
Dance
Aikido
Qigong
T'ai chi ch'uan
creative
movement
Lectio divina
Visualization
Beholding
Loving-kindness meditation
Establishing a sacred/personal space
Retreats
Ceremonies and rituals based in spiritual or cultural traditions
generative
ritual/cyclical
Meditation
Quieting the mind
Silence
Centering
stillness
communion & connection
awareness