

Spiritual Practices for These Times

SPFT 8400

3 Units

Starr King School for the Ministry – Graduate Theological Union

Fall 2021

Instructor Information:

Taught by: Rev. Pamela D. Hancock

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Virtual Office Hours: By appointment on Mondays, Wednesdays & Thursdays—please use this link to set up an appointment as necessary: calendly.com/revpamelahancock

Meeting Dates and Times: Online READING & FILMS forum: initial post due by Wednesday (3pm PST), responses due by Friday (3pm PST). Online PRACTICE CIRCLE forum: initial remarks due by Friday (3pm PST), responses due by Sunday (6pm PST). We may also do one ZOOM meeting per month (will be determined first week of class through online poll).

Course Description:

In this semester-long, asynchronous online course, students will explore, develop and/or deepen their spiritual practice and support others in doing the same. The class will be experiential and multi-religious, drawing on some of the wisdom and practices of Judaism, Christianity, Islam, Buddhism, and Earth-based traditions, as well as neuroscience, art, and Ecopsychology. Evaluation will be based on reflections, spiritual practice exercise, a project, and how students help create a vibrant and caring learning community. Related to Thresholds: Spiritual Practice & Care of the Soul; Embodied Wisdom & Beauty. Related to MFC Comp 3: Encourages Spiritual Devotion for Self & Others.

Learning Objectives:

During this course, students will:

- Learn about a variety of different types of spiritual practices from various religions and spiritual disciplines, as well as secular sources.
- Through discernment and attention to personal needs, be able to choose a spiritual practice to pursue for part of the semester.
- Develop understanding as to how spiritual practices can enhance one's life and be able to share those appropriate practices in their future ministry.
- Study how specific spiritual practices were birthed in particular cultures, during specific times, and why.

- Recognize how spiritual practice can be used to foster community and build sustainable communities.

Learning Outcomes:

After successfully completing this course, students will be able to:

- developed, deepened and/or begun some form of personal spiritual practice;
- created a caring and collaborative learning community;
- sampled a variety of spiritual practice exercises; and
- be able to cite and discuss how practices such as mindfulness, gratitude, movement, the arts and soulful rest promote health and well-being, foster spiritual connection, counter oppressions, and help build joyful, just and sustainable communities and ministries.

Course Policies:

- Academic Conduct <https://www.sksm.edu/current-students/statement-academic-integrity-misconduct/>
- Plagiarism <https://www.sksm.edu/plagiarism/>
- Notice to Students About Your Privacy (FERPA) <https://www.sksm.edu/academics/policy-statements/ferpa-family-educational-rights-and-privacy-act/>
- Disability Policy

Course Assignments:

A full schedule will be provided before the class begins—see schedule outline below

Grading:

- **Participation:** Students are expected to participate in class, online, weekly.
- **Reading the READING & FILMS:** Students will need to engage with the texts related to that week's theme, doing at least 1 post and commenting on at least one classmate's post.
- **Mini-Practice Circle:** Students will also be asked to do one mini-spiritual practice exercise and comment on at least one classmate's practice post each week.
- **Personal Spiritual Practice Project:** By the fourth week of class, students will commit to doing a particular spiritual practice regularly each week for the duration of the semester. This will include doing research (in the form of finding readings and/or films as background) for their practice—please see the “Suggested Reading” list below for ideas. There are many great suggestions for types of practices in our REQUIRED TEXTS, so I highly recommend starting there, and then using the “Suggested Reading” to further your research and preparation. Once you have chosen what you will be doing, post it in the Personal Spiritual Practice Project FORUM in Week 4 in Moodle. There will be a final paper (7-9 pages in length) reflecting on your research and chosen Personal Spiritual Practice Project (PSPP), due at the end of the semester, Friday, December 10th by 3pm (PST). More regarding what is required in the PSPP final paper will be posted online.

Required Texts:

- Awakening Together: The Spiritual Practice of Inclusivity and Community by: Larry Yang, ISBN: 9781614293514, \$19.95.
- Everyday Spiritual Practice: Simple Pathways for Enriching Your Life edited by: Scott W. Alexander, ISBN: 9781558963757, \$16.00.
- Spiritual Practices for the Brain: Caring for Mind, Body and Soul by: Anne Kurtz Kernion, ISBN: 9780829450439, \$14.99.
- Voices from the Ancestors: Xicanx and Latinx Spiritual Expression and Healing Practices edited by: Lara Medina and Martha R. Gonzales, ISBN: 9780816539567, \$29.95.

Suggested Reading:

Please see Suggested Reading/Films list after the schedule, at the end of this syllabus—it is separated by theme and should be used as a reference for choosing and researching what you will choose to do for your *Personal Spiritual Practice Project*.

Schedule:

Note—Please cross-reference with our classroom in MOODLE for Dates. All Weeks and Themes are listed there.

WEEK/THEME/ Overview	Class Work	Reading/Films Assigned for this Week
<p>Week 1 GRATITUDE</p> <p>This week we are going to examine the concept of living a life of Gratitude, as well as how this theme is woven into the rituals and rites of passage in Chicanx/ Latinx culture.</p>	<ul style="list-style-type: none"> * Choose 1 (of the 3) Practice in the PRACTICE CIRCLE Forum, and try it for the week. Then make remarks on the experience as a response to the post in which the Practice is located by 3pm (PST) on Friday. Then respond to one other student’s remarks by 6pm (PST) on Sunday. Be aware of your word count. * Do the assigned reading. Then post your insights, disagreements, or life-changing feedback in the READING & FILMS Forum by 3pm (PST) on Wednesday. Then respond to one other student’s by 3pm (PST) on Friday. Please be aware of the required word count. 	<p>Please read the following:</p> <ul style="list-style-type: none"> * Kernion, <u>Spiritual Practices for the Brain</u>, chapter 3 “Living in Gratitude” * Medina & Gonzales, <u>Voices from the Ancestors</u>, chapter 11 “Life Changes” <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested GRATITUDE Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>

WEEK/THEME/ Overview	Class Work	Reading/Films Assigned for this Week
<p>Week 2 MINDFULNESS IN EVERYDAY LIFE</p> <p>This week we will examine Mindfulness, specifically through the lens of different types of meditation practices. The book <u>Awakening Together</u> is more a narrative and details the journey of a man who has done diversity and anti-racism work both inside and outside of Dharma communities.</p>	<p style="text-align: center;">SAME AS ABOVE</p> <p>Feel free to answer one (or more) of the questions in the <i>For Reflection</i> sections of Yang’s book for your post in READING & FILMS this week.</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * Kernion, <u>Spiritual Practices for the Brain</u>, Chapter 1 “Taking a Breath, Paying Attention” * Yang, <u>Awakening Together</u>, chapters 1-4 “From Suffering into Freedom,” “Finding a Spiritual Path,” “This Precious Life,” & “Nobility of Truth” * Alexander, <u>Everyday Spiritual Practice</u>, “Mindfulness” by James Austin <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested MINDFULNESS Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>
<p>Week 3 TRAUMA & SPIRITUAL PRACTICE</p> <p>This is a massive topic and a hard one to address in just a week. It is also a very sensitive subject, and as a trauma survivor myself, I did not want to overload you and create any adverse reactions. Thus, I mainly chose reading from the Chicax/Latinx book to bring attention to the traumas that can be experienced by an entire group of people. Please do not keep reading something if you get triggered in any way.</p>	<p style="text-align: center;">SAME AS ABOVE</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, “Introduction,” “Creating an Altar for the Healing of Our Younger Self” in Chapter 3, “Healing from Sexual Trauma” in Chapter 16, “The Wounded Warrior” in Chapter 17 * Alexander, <u>Everyday Spiritual Practice</u>, “Loss & Grief” by Jennie Knopf <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested TRAUMA & SPIRITUAL PRACTICE Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>

WEEK/THEME/ Overview	Class Work	Reading/Films Assigned for this Week
<p>Week 4 EATING, FEASTING & FASTING</p> <p>This week is pretty straight forward. We will be exploring how food can be incorporated into (or taken away as) Spiritual Practice.</p>	<ul style="list-style-type: none"> * Regular READING & FILMS Posts/ Responses. * Regular SPIRITUAL PRACTICE CIRCLE Remarks/Responses. * POST YOUR TOPIC FOR YOUR PERSONAL SPIRITUAL PRACTICE PROJECT in the specified Forum. If you need my feedback before posting, please email me. 	<p>Please read the following:</p> <ul style="list-style-type: none"> * Alexander, <u>Everyday Spiritual Practice</u>, “Fasting” by Marta Morris Flanagan, “Mealtime” by Aaron R. Payson, “Cooking” by Lynn M. Brodie * Medina & Gonzales, <u>Voices from the Ancestors</u>, Chapter 3 “Medicinal Foods” <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested EATING, FEASTING & FASTING Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>
<p>Week 5 SOULFUL REST</p> <p>Not only are we going to be addressing the concept of REST—but also looking into the psychology and neurobiology of society’s Technology Addiction. I felt it was an important thing to address, as many times people think they are “resting” when they are staring at their phone—which is actually not the case.</p>	<ul style="list-style-type: none"> * Regular READING & FILMS Posts/ Responses. * Regular SPIRITUAL PRACTICE CIRCLE Remarks/Responses 	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, In Chapter 10 “El Temazkal, a Place for Rest and Purification” & “Wellness Ways for Beginning Self- and Community Care” * Kernion, <u>Spiritual Practices for the Brain</u>, Chapter 10 “Dealing with Distraction and Technology” & Chapter 11 “Allowing Leisure and Play” * Go to MOODLE for “Additional Readings/Viewings for this Week” <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested SOULFUL REST Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>

WEEK/THEME/ Overview	Class Work	Reading/Films Assigned for this Week
<p>Week 6 EMBODIMENT</p> <p>This week we will do a deep dive into many types of being IN YOUR BODY as a Spiritual Practice.</p>	<p>SAME AS ABOVE</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, In Chapter 7 “Introduction” & “Prayer in Motion” * Alexander, <u>Everyday Spiritual Practice</u>, “Movement” by Robert T. Hughs, “Martial Arts” by Sarah Lammert, “Yoga” by Eva S. Hochgraf, “Exercise” by Scott W. Alexander * Go to MOODLE for “Additional Readings/Viewings for this Week” <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested EMBODIMENT Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>
<p>Week 7 BEING OUTDOORS & CLIMATE JUSTICE</p> <p>Yet again, this is a major topic and hard to cover in just one week of class. However, there is a nice variety of ways to look at nature and paying attention to environment in our readings this week.</p>	<p>SAME AS ABOVE</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, In Chapter 15 “Moon Gazing”, In Chapter 18 “The Earth Moves” and “Growing Maiz” * Alexander, <u>Everyday Spiritual Practice</u>, “Simple Living” by Ken Brown, “Recycling” by Audrey W. Vincent, “Vegetarianism” by Helena P. Chaplin, & “Gardening” by Barbara Davenport * Kernion, <u>Spiritual Practices for the Brain</u>, Chapter 8 “Enjoying Nature and Awe” <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested BEING OUTDOORS & CLIMATE JUSTICE Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>

WEEK/THEME/ Overview	Class Work	Reading/Films Assigned for this Week
READING WEEK	PLEASE FOCUS ON YOUR PERSONAL SPIRITUAL PRACTICE PROJECT	No assigned reading this week.
<p>Week 8 DREAMING</p> <p>I chose to have this theme after Reading Week to slowly integrate you back into class work—thus, there is not as much reading this week and there is an hour-long video for everyone to watch. I wanted to leave space for you to just DREAM.</p>	<ul style="list-style-type: none"> * Regular READING & FILMS Posts/ Responses. * Regular SPIRITUAL PRACTICE CIRCLE Remarks/Responses 	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, Chapter 9 “Dreaming” * In Moodle: click link to watch hour long video on Dreaming as a Spiritual Practice <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested DREAMING Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>
<p>Week 9 POETRY, ART & CREATIVE PURSUITS</p> <p>Another massive topic, on which I could teach a whole class. But the reading this week does an amazing job at giving you an overview of options for this.</p>	<p>SAME AS ABOVE</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, Chapter 5 “Creating Art As Spiritual Practice”, In Chapter 6 “Writing Is as Necessary as Air to Me” * Alexander, <u>Everyday Spiritual Practice</u>, “Quilting” by Laurie Bushbaum, “Meditation by Hand” by L. Annie Foerster, & “Art” by Julie-Ann Silberman * Kernion, <u>Spiritual Practices for the Brain</u>, Chapter 9 “Engaging Creativity and Solitude” <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested POETRY, ART & CREATIVE PURSUITS Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>
HOLIDAY WEEK	PLEASE FOCUS ON YOUR PERSONAL SPIRITUAL PRACTICE PROJECT & STARTING YOUR FINAL PAPER	No assigned reading this week.

WEEK/THEME/ Overview	Class Work	Reading/Films Assigned for this Week
<p>Week 10 PRAYER & SACRED SPACE</p> <p>One of my favorite topics is creating Sacred Space and I think that the readings from the Medina & Gonzales book are amazing.</p>	<ul style="list-style-type: none"> * Regular READING & FILMS Posts/ Responses. * Regular SPIRITUAL PRACTICE CIRCLE Remarks/Responses 	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, Chapter 1 “Morning Prayers”, Chapter 3 “Creating Sacred Space”, & Chapter 22 “Evening Prayers” * Alexander, <u>Everyday Spiritual Practice</u>, “Creating an Altar” by Johanna Nichols, & “Prayer” by Erik Walker Wikstrom <p style="text-align: center;">OR</p> <p>Watch one of the films in the suggested PRAYER & SACRED SPACE Section below.</p> <p>NOTE: Please only choose a film once a month (unless you make arrangements with the Professor), as an alternative to the assigned reading.</p>
<p>Week 11 CONNECTING TO THE SEASONS & THE DIRECTIONS</p> <p>Issues can arise around appropriation here. Please honor the cultures that these concepts come from, and be mindful when reading about these topics.</p>	<p>SAME AS ABOVE</p>	<p>Please read the following:</p> <ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, Chapter 2 “Honoring the Sacred Directions” * Go to MOODLE for “Additional Readings/Viewings for this Week”
<p>Week 12 SPIRITUAL ACTIVISM</p> <p>In this wrap up, you have two different sets of reading options, but no films. There will also not be a SPIRITUAL PRACTICE CIRCLE this week—as the main focus will be finalizing and turning in your PAPER.</p>	<ul style="list-style-type: none"> * Regular READING & FILMS Posts/ Responses. * FINALIZE YOUR SPIRITUAL PRACTICE PROJECT PAPER AND SUBMIT TO THE DROP BOX IN MOODLE BY Friday, December 10th at 5pm (PST). 	<ul style="list-style-type: none"> * Medina & Gonzales, <u>Voices from the Ancestors</u>, Chapter 19 “Spiritual Activism” * Alexander, <u>Everyday Spiritual Practice</u>, “Spiritual Practice for Our Time” by Rebecca Parker, & “Social Justice” by McDonald (et. al) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> * Yang, <u>Awakening Together</u>, chapters 5-> Please read at least through the end of chapter 10, however you may want to finish the book.

Suggested Reading/Films to use for Personal Spiritual Practice Project:

GENERAL SPIRITUAL PRACTICE—BOOKS:

Ortiz, Naomi. Sustaining Spirit: Self-Care for Social Justice (2018). \$16.95 ISBN: 9781947647138

Ellison, Koshin Paley. Whole Hearted: Slow Down, Help Out, Wake Up (2019). \$11.95, ISBN: 9781614295259

Rahman, Imam Jamal. Spiritual Gems of Islam: Insights & Practices from the Qur'an, Hadith, Rumi & Muslim Teaching Stories to Enlighten the Heart and Mind (2010). \$14.31, ISBN-10: 1954734305

Schroeder, C. Call. Practice Makes PURPOSE: Six Spiritual Practices That Will Change Your Life & Transform Your Community (2017). \$13.95, ASIN: B075NPRF3D

Taylor, Barbara Brown. An Altar in the World: A Geography of Faith (2009). \$7.17, ASIN: BOOBP0M57

GENERAL SPIRITUAL PRACTICE—FILMS:

Man on Wire, 2008, (Amazon rental, \$3.99)

The Scent of Green Papaya, 2011 (Amazon rental, \$.99)

Young@Heart, 2007 (Amazon rental, \$3.99)

GRATITUDE—BOOKS:

A Network for Grateful Living. Everyday Gratitude: Inspiration for Living Life as a Gift (2018). \$12.95 ASIN: B075657895

Bass, Diana Butler. Grateful: The Transformative Power of Giving Thanks (April 2018). \$12.99 ASIN: B07192GRJ4

Lisowitz, Nina and Mary Beth Sammons. Living Life as a Thank You: The Transformative Power of Daily Gratitude (2009). \$13.97 ASIN: B0045SNPS45

GRATITUDE—FILMS:

The Castle, 1999 (Amazon, \$12.74)

Harvest of Fire, 2019 (Amazon, \$9.99)

The Color of Paradise (Amazon rental, \$2.99)

MINDFULNESS IN EVERYDAY LIFE—BOOKS:

Stahl, Bob and Elisha Goldstein. Mindfulness-Based Stress Reduction Workbook with CD. (2009) \$18.29 ASIN: B004G527C6

Tull, Deborah Eden. Relational Mindfulness: A Handbook for Deepening Our Connections with Ourselves, Each Other & the Planet (2018). \$12.84 ISBN: 1614294139

Vaughn-Lee, Llewellyn and Hilary Hart. Spiritual Ecology: 10 Practices to Reawaken the Sacred in Everyday Life (2017). \$11.01. ASIN: B06XF265YQ/

MINDFULNESS IN EVERYDAY LIFE—FILMS:

Gurukalam, 2016 (Amazon rental, \$3.99)

The Mindfulness Movie (Amazon rental, \$3.99)
Tully, 2018, (Amazon prime video)
Walk with Me, 2017 (Amazon rental, \$3.99)

TRAUMA AND SPIRITUAL PRACTICE—BOOKS:

Nurrie Stearns, Mary & Rick. Yoga for Emotional Trauma: Meditations & Practices for Healing Pain and Suffering (2013). \$15.17 ISBN-10: [1608826422](#)
Tinkham, Pamela. Healing Trauma from the Inside Out: Practices from the East & West (2017). \$19.99, ASIN: B06XGGCVFM
Vincent, Kristen. Beads of Healing: Prayer, Trauma, and Spiritual Wholeness (2017). \$10.86, ASIN: B0IMS64C17

TRAUMA & SPIRITUAL PRACTICE—FILMS:

Of Men and War, 2016 (Amazon rental, \$2.99)
Stop Breathe Let Go, 2018 (Amazon rental #3.99)
Yoga for Trauma, season 1, by Krya Haglund (Amazon prime video)

EATING, FEASTING & FASTING—BOOKS:

Baab, Lynne. Fasting: Spiritual Freedom Beyond Our Appetites (2017, revised). \$12.81 ASIN: B001HLOEZW
Bays, Jan Chosen. Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (2009). \$15.54, ISBN-10: [1590305310](#)
Farajaje, Ibrahim and Katherin George Golitzen. Queen of Months: An Eco-Halal Sufi Vegan/Vegetarian Cookbook for Ramadan and Beyond (Kindle, 2013). \$6.99, ASIN: B00E193490

EATING, FEASTING & FASTING—FILMS:

The Hundred-Foot Journey (Amazon video, \$3.99)
Sweet Bean, 2016 (Amazon video, \$4.99)
Babette's Feast, 2014 (Amazon video, \$3.99)

SOULFUL REST—BOOKS:

Foster, Jeff. The Way of Rest: Finding the Courage to Hold Everything in Love (2019) \$12.89 ISBN: 9781622037926
Niequist, Shauna. Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living (2016). \$8.78, ISBN-10: 0310342996
Schaper, Donna. Sabbath Sense: A Spiritual Antidote for the Overworked (2005). \$10.89, ASIN: B0036S4DB0
Wunderlich, Cheryl. Sacred Rest: Finding the Sabbath in the Everyday (2017). \$8.33 ISBN: [0718097335](#)

SOULFUL REST—FILMS:

Chariots of Fire, 2011 (Amazon video, \$3.99)

New York Cantors, 2018 (Amazon rental, \$2.99)
Paris Can Wait, 2017 (Amazon rental, \$2.99)
The Horse Whisperer, 2011 (Amazon rental, \$3.99)

EMBODIMENT—BOOKS:

Dryer, Danny and Katherine. Chi Running: A Revolutionary Approach to Effortless, Injury-Free Running (2009). \$10.79 ISBN: 978146549444
Gore, Belinda. The Ecstatic Experience: Healing Postures for Spirit Journeys (2009) \$20.00 ISBN: 9781591430964
Kaparo, Rosa F. Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness (2012). \$21.95 ISBN: 9781583944172
Michaelson, Jay. God in Your Body: Kabbalah, Mindfulness and Embodied Spiritual Practice (2008). \$17.01, ISBN-10: 158023304X
Winton-Henry, Cynthia. Dance - The Sacred Art: The Joy of Movement as a Spiritual Practice (2009). \$14.81, ISBN-10: 159473268X

EMBODIMENT—FILMS:

Gloria Bell, 2019 (Amazon prime video)
The Professor: TaiChi's Journey West, 2016 (Amazon, \$14.32)
The World Before Your Feet, 2018 (Amazon prime video)
Yoga Is: A Transformational Journey, 2012 (Amazon video, \$3.99)

BEING OUTDOORS & CLIMATE JUSTICE—BOOKS:

Chase, Steven. Nature as Spiritual Practice and/or A Field Guide to Nature as Spiritual Practice (2011). \$14.69, ISBN-10: 0802840108
Guignard, Lilace Mellin. When Everything Beyond the Walls is Wild: Being a Woman Outdoors in America (2019). \$18.99 ISBN: 1623497647
Miller, Karen Maezen. Paradise in Plain Sight: Lessons from a Zen Garden (2014). \$14.47, ASIN: B005WZ1QFW
Delgado, Sharon. Love in a Time of Climate Change: Honoring Creation, Establishing Justice (2017). \$19.60 ISBN: 1506418858
Harvey, Andrew and Carolyn Baker. Savage Grace: Living Resiliently in the Dark Night of the Globe (2017). \$13.99, ISBN-10: 1532030541
McFague, Sally. A New Climate for Theology: God, the World, and Global Warming (2008). \$7.13 ISBN-10: 0800662717
Robinson, Mary. Climate Justice: Hope, Resilience and the Fight for a Sustainable Future (2018). \$12.23 ISBN: 1632869284

BEING OUTDOORS & CLIMATE JUSTICE—FILMS:

Love thy Nature, 2017 (Amazon rental, \$4.99)
Seed: The Untold Story, 2016 (Amazon rental, \$4.99)
Symphony for Our World, 2018 (Amazon prime video)
Before the Flood, 2017 (Amazon prime video)

How to Let Go of the World & Love All the Things Climate Can't Change, 2017 (Amazon video, \$9.99)

The Age of Consequences, 2017 (Amazon prime video)

Woman at War, 2019 (Amazon rental, \$3.99)

DREAMING—BOOKS:

Johnson, Robert A. Inner Work: Using Dreams & Active Imagination for Personal Growth (1986). \$10.00, ISBN: 0062504312

Whitmont, Edward C. & Sylvia Britton Perera Dreams, A Portal to the Source (2002). ISBN: 0415064538

DREAMING—FILM:

The Language of Dreams: Relating to Dreams—The Method, 2007 (Amazon prime video)

PRAYER & SACRED SPACE—BOOKS:

Epperly, Bruce. Praying with Process Theology: Spiritual Practices for Personal and Planetary Healing (2017). \$10.00, ISBN-10: 1940447267

Lauricella, Joseph. Postures, Prayers and Poems: A Yoga Journey Through Earth, Body & Soul (2019). \$16.95 ISBN: 1642375667

Wikstrom, Erik Walker. Simply Pray: A Modern Spiritual Practice to Deepen Your Life (2011). \$11.94, ASIN: B008MPCQN4

PRAYER & SACRED SPACE—FILMS:

The Mysteries of the Jesus Prayer, 2011 (Amazon video, \$4.99)

Thomas Keating: A Rising Tide of Silence, 2014 (Amazon Prime)

POETRY, ART & THE CREATIVE PROCESS—BOOKS:

Azara, Nancy. Spirit Taking Form: Making a Spiritual Practice of Making Art (2002). \$17.25, ISBN-10: 1590030168

Paintner, Christine Valters. The Artist's Rule: Nurturing Your Creative Soul with Monastic Wisdom (2011). \$11.90, ASIN: B0IN7CUNIL

Walsh, Carol. Painting Life: My Creative Journey Through Trauma (2016). \$16.61 ISBN: 1631520997

POETRY, ART & THE CREATIVE PROCESS—FILMS:

Poetry, 2011 (Amazon video, \$2.99)

Paterson, 2016 (Amazon prime video)

Herman's House, 2013 (Amazon Prime)

Kusama-Infinity, 2019 (Amazon rental, \$4.99)

The Danish Girl, 2015 (Amazon video, \$3.99)

CONNECTING TO THE SEASONS & THE DIRECTIONS—BOOKS:

Loewe, Emma & Lindsay Kellner. The Spirit Almanac: A Modern Guide to Ancient Self-Care (2018). \$25.00, ISBN: 9780143132714

SPIRITUAL PRACTICE, PHILOSOPHY & INITIATION—BOOK:

MacLennan, Bruce J. The Wisdom of Hypatia: Ancient Spiritual Practices for a More Meaningful Life (2013). \$21.99, ISBN: 073873599X