



# Practices for the spiritual journey

There are myriad tools and techniques which can be used to deepen one's spiritual exploration. Below are some of the tools we can use during spiritual companionship sessions. This is not an exhaustive list; rather, my hope is to inspire you with possibilities for exploration.

## Physio Divina

Art journaling • Mandalas • Mask-making • Collage  
Sculpting • Mindful drawing • Mala/rosary practice • Nature immersion

## Lectio/Visio Divina

Spiritual memoir • Reading poetry and prose • Exploring sacred texts  
Oracle cards • Blackout poetry • Sacred music

## Personality Exploration

Myers-Briggs Type Indicator • Enneagram • Naming the Divine  
Spiritual gifts • VIA inventory of strengths • Values alignment

## Practice Development

Altar building • Gratitude practices • Space clearing • Spiritual travel  
Intuition development • Shamanic journeywork • Meditation  
Centering prayer • Guided imagery • Ritual creation • Sacred activism