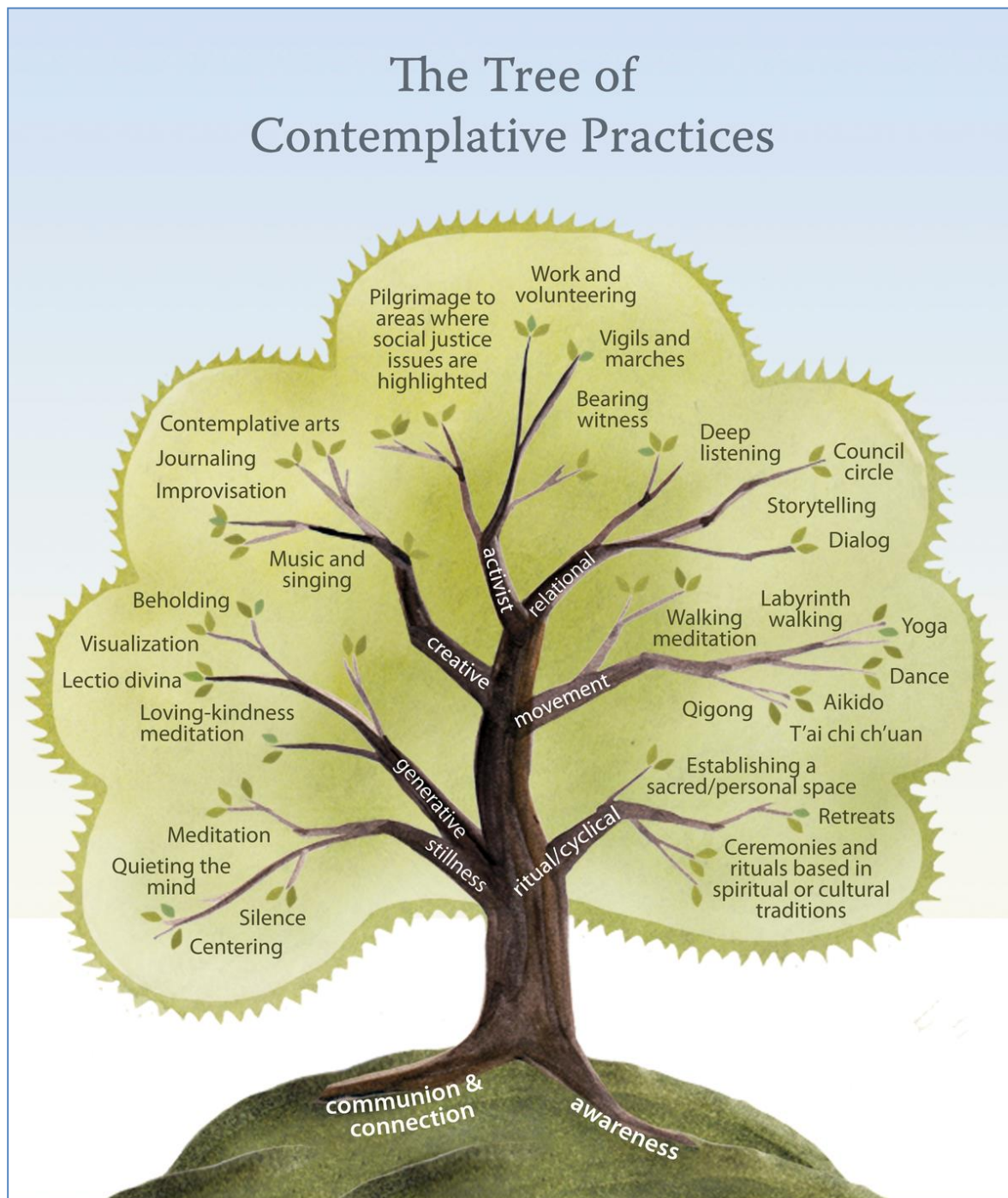


# Spiritual Practices for Older Elementary



Roots are the sources and religions from which these spiritual practices have developed. The branches represent clusters of spiritual practices that are similar.

From: **The Tree of Contemplative Practices** BY TRENT GILLISS (@TRENTGILLISS), EXECUTIVE EDITOR / CHIEF CONTENT OFFICER

# The Tree of Contemplative Practices



The Center for Contemplative Mind in Society  
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