

# SPIRITUALITY PRACTICE

RESOURCES FOR SPIRITUAL JOURNEYS

## From Our Guest Book:

"I can hardly believe my good fortune to have discovered this deep well. You can experience God to the bone. You can notice the spirituality of life in every square inch of it. Come in, look around, and stay a while, at least several years!" - Joanne

"I work at the computer all day (in a little gray cubicle); your web site, e-courses, and links keep me connected to the REAL reality!" - Eve

"This site helps me step away from my hectic life for some time of reflection and renewal. It keeps me much more aware of the greater world I am a part of rather than just the "busyness" in front of me." - P. Z.

"I am a chaplain at a drug and alcohol rehabilitation center and I have found the information on this website incredibly helpful. The list of spiritual qualities and the associated resources have been useful when clients are wanting to develop their own understanding of spirituality and put into practice simple yet meaningful spiritual practices." - Lizrae

"I am in awe of the depth and breadth of spiritual resources on this site. As a seminary student, I find the book, movie, and music recommendations to be a great resource for (*cont.*)

**SpiritualityandPractice.com**, created by Frederic and Mary Ann Brussat, authors of *Spiritual Literacy* and *Spiritual Rx*, is your doorway to a treasurehouse of resources for spiritual journeys. The site's name reflects a basic understanding: *spirituality* and *practice* are the two places where all the world's religions and spiritual paths come together. With respect for the differences among them, we celebrate what they have in common. Here's what you'll find at this unique website:

### THE ALPHABET OF SPIRITUAL LITERACY

The entire site is organized around 37 essential spiritual practices from Attention to Zeal that are recognized as markers of the spiritual life in all the world's religions. Homepages devoted to each practice recommend books, films, exercises, prayers and mantras, websites, and much, much more. And everything else on the site is linked back to these practices.


### SPIRITUAL PRACTICES

Articles on the tried-and-true spiritual disciplines of the wisdom traditions and also those simple things you make up as you go along life's journey to honor the sacred in and around you. Also, articles, meditations, and galleries for practicing Spiritual Literacy in Wartime.

### BOOKS & AUDIOS FOR SPIRITUAL JOURNEYS

Reviews of new books, most with excerpts. Access to our reviews database of more than 8,500 reviews, all searchable by title, author, tradition, keyword, and practice in the Alphabet. Lists of the Best Spiritual Books of the past 11 years. We only do positive reviews, so you know these titles are really recommended for your journey.

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*(more from our guest book)*

school and for enriching my personal spiritual practice.”  
- Christy

“There are so many wonderful things about this website! Book suggestions and movies that you have previewed have helped me to make good selections. At other times, I have gone through the spiritual literacy alphabet, finding just the right word to ponder.” - Eileen

“I have loved this site for some time, finding great things here for personal use as well as storytelling and preaching. I especially like the best movies and books lists and the movie discussion guides! Mostly I am here because of my own major life transitions and wanting to find ways to join with other like-minded pilgrims.”  
- Linda

“Just like a serious friend, great websites don’t just inform us; they change us and not what, but how we think. This is critical at this stage of the cosmic game and I am grateful that this treasure of wisdom you created is only a few clicks away.” - Deann

“My favorite section is the one on spiritual teachers. What a wonderful idea! I don’t have a whole lot of time right now, but the idea has so fascinated me that I often go to it just to read the different quotes.”  
- Barbara

“I am very grateful for the hard work and depth of vision that goes into this site. It is the first place I look when I log into my computer. Sometimes I just have time to look at the Practice of the Day; other times I browse for hours. I am particularly drawn to the multifaith aspect of the site.”  
- Lindsay

## **SPIRITUALITY & FILM**

Reviews of today’s films written from a spiritual perspective – Hollywood features, foreign films, and special interest documentaries. Lists of the Most Spiritually Literate Films of the last 12 years. Interviews with directors plus teachable moments in movies.

## **SPIRITUALITY ON DVD**

New recommended DVD releases. Discussion guides to movies plus program ideas for spiritual film circles.

## **SPIRITUAL TEACHERS**

Profiles of 80 (and counting) contemporary teachers we think you should meet on your spiritual journey. Assessments of each teacher’s contribution to the field plus a biography, sampler of quotations, links to reviews, articles, interviews, websites, and more.

## **BLOGS AND MAPS**

The Spiritual Literacy Blog where we read the book of the world for sacred meaning. Maps to the site content by themes such as sacred poetry, the heart, the monastic life, plus audio and video clips of spiritual teachers.

## **E-COURSES**

Sign up for Practicing Spirituality E-Courses and Online Retreats that turn your inbox into a retreat center. Plus private online Practice Circles for spiritual companioning. Try the current program or take available courses on-demand and choose your own dates and frequency.

## **NAMING THE DAYS**

Ways to celebrate special days with spiritual practices – everything from household rituals to DVD viewing to community service projects.

## **THE SPIRITUAL LITERACY PROJECT**

All about the 26-part DVD series based on Frederic and Mary Ann Brussat’s bestselling book. Discussion guides and models of how people are using the series in churches, prisons, retirement communities, spirituality circles, hospitals, counseling, and elsewhere.

## **S&P COMMUNITY**

Where you can interact with other visitors and the S&P team. Share practices and talk about books, audios, and films. Help us build music playlists and brainstorm ways to be of service to the world.

## **FREE NEWSLETTER**

Teaching stories, inspirational quotes, and updates about new content on the site.

[www.SpiritualityandPractice.com](http://www.SpiritualityandPractice.com)