

A multifaith and interspiritual website on everyday spirituality organized around 37 essential spiritual practices (The Alphabet of Spiritual Literacy) of the world's religions. The name reflects a basic understanding: **spirituality** and **practice** are the two places where all the traditions come together. While respecting the differences among them, we celebrate what they share in common.

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The Alphabet of Spiritual Literacy

Attention Beauty Being Present Compassion Connections
 Devotion Enthusiasm Faith Forgiveness
 Grace Gratitude Hope Hospitality Imagination
 Joy Justice Kindness Listening
 Love Meaning Nurturing Openness Peace
 Play Questing Reverence Shadow
 Silence Teachers Transformation Unity Vision
 Wonder X - The Mystery Yearning You Zeal

Practices: Enjoy articles on the tried-and-true spiritual disciplines of the wisdom traditions and also those simple activities you make up as you go along life's journey to honor the sacred in and around you. The Alphabet of Spiritual Literacy offers you 37 essential spiritual practices from Attention to Zeal, recognized as markers of the spiritual life in all the world's religions.

E-Courses: Sign up for Practicing Spirituality E-Courses, Online Retreats on classic practices and sacred texts, Elder Spirituality E-Courses, and 21-Day Programs that turn your email inbox into a retreat center. Reflect on your life, nurture your connection to Spirit, discover great teachers, and learn new practices. Online Practice Circles provide spiritual guidance and companionship. Try the current program or take courses on-demand, choosing your own dates and frequency.

Films: How do you find spirituality in today's films? Start by browsing through reviews written from a spiritual perspective — Hollywood features, foreign films, and special interest documentaries — as well as lists of the Most Spiritually Literate Films from 1997 to the present. Check out new DVD releases. Use our film discussion guides for community gatherings.

Books: When reading exercises your faith, fires your imagination, stirs your soul, and expands your circle of compassion, it is a spiritual practice. Here you will find reviews of new books accompanied by excerpts and a searchable database with thousands of archived reviews. Need help narrowing down the list? Check out the "Best Spiritual Book Awards" since 1998.

Arts: The arts, photography, and music express our spiritual yearnings. They call us to pay attention, give us experiences of beauty and reverence, and awaken our wonder. Much more than images and sounds, they are treasured companions on our spiritual journeys. Here you will find photo galleries, music playlists, an arts reviews database, reflections on art, music, and photography, and more.

Quotes: A good quotation can inform, inspire, and motivate us to take action. Quotes can also be catalysts to spiritual practice, stirring our imaginations and opening our hearts and minds to the great mysteries. We share quotes that are life-savers and life-enhancers in collections and meme galleries.

Blogs: Our blogs — Spiritual Literacy, Praying the News, KidSpirit Youth Voices, Process Musings, A Commonplace Book, Civility & Spirituality, Body Spirituality, and The Ritual Space — read the book of the world for sacred meanings.

Explorations: Here you can wander for hours! Read profiles in the **Living Spiritual Teachers** and **Remembering Spiritual Masters** Projects. Delve into resources and practices for **The Elder Spirituality Project**, **The Reverence Project**, and **The Practicing Democracy Project**. Discover multiple entry points into the world's religious **traditions**. Find resources on **topics** such as climate change, racism, anger, happiness, empathy, resilience, conversations, and more.