

FAMILY DISCOVERY OF SPIRITUAL PRACTICES

If your family is interested in experiencing spiritual practices together other than prayer there are many resources available for this purpose. There are many ways in which people can seek spiritual deepening, name what is in their hearts, and engage in deep listening.

Consider enrolling in a family yoga class. If classes are not an option, there are many good videos that introduce simple yoga poses, some specifically for children and a deck of cards with yoga poses, "Kids Yoga Deck" by Annie Buckley. You may wish to combine an exploration of yoga with an investigation of Hinduism and the role that different forms of yoga play in the Hindu religious practice.

Look for books or tapes with guided meditations and experience a peaceful journey of imagination and relaxation. Guided meditations can be especially effective at bedtime and can be a useful tool for getting children ready to sleep.

A good audio CD is [*Guided Meditations for Children: Journey Into the Elements* by Chitra Sukhu \(New Age Kids, Inc.: 2002\)](#)

You may be near a spiritual or Christian retreat center that has a labyrinth open to visitors. The labyrinth invites walking meditation, sometimes a more appealing form of spiritual practice for an active person.

Read about pagan practices honoring the cycles of nature. There are many great rituals that are child-friendly and help to nurture a relationship to the Earth.

A recommended reading is [*Circle Round: Raising Children in Goddess Traditions* by Starhawk \(Bantam: 2000\)](#).

