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and other contemplative practices it is not like other classics in western spirituality that are typically read from beginning to end it is more like a handbook especially for use by spiritual directors who accompany and guide people through this dynamic process of reflection the spiritual exercises is a compilation of meditations prayers and other contemplative practices the spiritual exercises is a handbook especially for use by spiritual directors who accompany and guide people through this dynamic process of reflection 1 take a conscious walk in nature one of the easiest spiritual wellness practices you can do is to simply walk slowly and mindfully outside you can practice this in a forest on a beach or even in a neighborhood park as you walk try to notice the feeling of your feet on the ground the air on your skin and your breath in your lungs a living spirituality wednesday may 22 2024 brian mclaren reflects on the holy spirit s work in the early church and today following jesus 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