

CLARITY GUIDES

In a world full of disinformation, get **Clarity.**

MEDITATION · PRAYER · NATURE · RITUAL

SPIRITUAL PRACTICES

*A clear starter guide to practices from
around the world, and where to go next*



Published by Clarity Guides • Cover: forest path near Spean Bridge, Scottish Highlands. Photo: Alex Holyoake, CCo

Preview – full guide coming soon – goclarity.uk

ABOUT THIS GUIDE



People have always looked for ways to feel calmer, more connected and more awake to life. Some pray, some sit in silence, some walk to a holy island, some light a candle by the window on the longest night.

This is a starter guide. It introduces more than twenty spiritual practices from many faiths and none, in plain language, so you can see what each one is, where it comes from, and what it feels like to try. It is not a rulebook and it does not ask you to believe anything. Take what helps and leave the rest.

Every chapter follows the same pattern:

WHAT IT IS	A short, clear description.
ROOTS & HISTORY	Where the practice comes from, with honest labels (see below).
REPORTS & EVIDENCE	What people say they experience, side by side with what research has and has not found. We are deliberately cautious.
TRY IT	A simple version you can do at home in 5 to 10 minutes.
WHERE TO GO NEXT	Books, places and our deeper Clarity guides on drumming, the Moon, sound healing, yoga and massage.

Our three labels. **RECORD** means something we can show from a historical document, an archaeological find or a published study. **LEGEND** means a story or tradition, often treasured, that cannot be checked. **MODERN** means a practice or idea created or reshaped in the last century or so. All three have value. Problems start only when one is passed off as another.

Respect for every faith. Many of these practices are sacred to living communities. We describe them as their own traditions describe them, as far as we can, and we encourage you to learn from people who belong to those traditions. Nothing here is meant to replace a faith, a teacher or a community.

Not medical advice. This guide is for general interest and education. Nothing in it treats or cures any condition, and none of it replaces care from your GP or a mental health professional. Please read the “Safety & wellbeing” page before you start.

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WHERE SHOULD I START?



There is no right first step. If you are not sure, pick the line below that sounds most like you and start with that chapter for a week.

"MY MIND WON'T STOP"	Breathwork (ch. 2), then mindfulness meditation (ch. 1). Short and simple.
"I WANT TO FEEL CONNECTED TO GOD"	Prayer & contemplation (ch. 3), mantra & chanting (ch. 4), silence & retreats (ch. 21).
"I FEEL MOST ALIVE OUTDOORS"	Nature & forest bathing (ch. 6), pilgrimage (ch. 14), the turning year (ch. 20).
"I THINK BEST ON PAPER"	Journaling & gratitude (ch. 5), dreams (ch. 17), tarot as reflection (ch. 18).
"I LIKE TO MOVE"	Walking meditation (ch. 1), yoga (ch. 10), qigong & tai chi (ch. 12).
"I LOVE MUSIC AND RHYTHM"	Chanting (ch. 4), drumming (ch. 8), sound (ch. 9).
"I'M DRAWN TO SCOTLAND'S OLD WAYS"	Celtic spirituality (ch. 15), pilgrimage & sacred places (ch. 14), the Moon (ch. 7).
"I WANT TO HELP OTHERS"	Service & kindness (ch. 22). Many traditions put this first.
"I WANT A ROUTINE"	Go straight to "Building your own practice" (ch. 23) and its 30-day starter plan.



"A journey of a thousand miles begins beneath your feet."

TAO TE CHING, CHAPTER 64, OFTEN RENDERED "BEGINS WITH A SINGLE STEP"

Five or ten minutes a day, kept up for a month, usually teaches you more than one long weekend course. Be patient and kind to yourself, and stop anything that does not feel right.