



THE ABC OF SPIRITUAL PRACTICE:

# A = ATTENTION

Through the mundane and  
the familiar we discover a  
world of ceaseless wonders.



**Need help?**

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org) visit

[www.facebook.com/SailorsSocietyCRN](https://www.facebook.com/SailorsSocietyCRN), go to

[www.sailors-society.org/helpline](http://www.sailors-society.org/helpline)

or call our helpline +1-938-222-8181



THE ABC OF SPIRITUAL PRACTICE:

# B = BEAUTY

Beauty is everywhere, just  
waiting for you to notice it.

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THE ABC OF SPIRITUAL PRACTICE:

# C = COMPASSION

Open your heart to suffering;  
move towards it by caring.

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