

## to Celebrate National Spiritual Day

## **Public events**

Our events page shows details for events in your area and the SNZ online events.

## **Personal events**

Organise a meal with family or friends Travel to a sacred space together and enjoy time there Watch your favourite spiritual film with friends Undertake favourite family rituals Share stories of growth Arrange a gratitude circle Have a candle lighting ceremony Draw and/or colour mandalas with friends Share healings Share and listen to music that has spiritual significance

## Celebrating on your own

Walk in nature

Undertake your favourite spiritual practice – gratitude journal, meditation, breathing, yoga, ...

Participate in community service with a local charity or nursing home

Reflect on your personal journey (possibly in a journal)

Create a sacred space in your home and enjoy it

Smudge your house

Read an inspirational book or watch your favourite movie

Do something that makes you happy

Pull some tarot or oracle cards

Study your astrological chart

Create a vision board

Perform random acts of kindness