

#### THE ABC OF SPIRITUAL PRACTICE:

## $\mathbf{A} = \mathbf{ATTENTION}$

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



#### Need help?

Email crisis@sailors-society.org visit www.facebook.com/SailorsSocietyCRN, go to www.sailors-society.org/helpline or call our helpline +1-938-222-8181

Produced as part of Sailors' Society's Wellness at Sea programme. Not to be reproduced without permission For more info on partnering on Wellness at Sea go to www.sailors-society.org/wellness Registered Charity No. 237778. Registered Company No. 86942. Sailors' Society Scotland. Charity registered in Scotland no. SC041887. Registered Company No. SC387850.





#### THE ABC OF SPIRITUAL PRACTICE:



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



#### Need help?

Email crisis@sailors-society.org visit www.facebook.com/SailorsSocietyCRN, go to www.sailors-society.org/helpline or call our helpline +1-938-222-8181

Produced as part of Sailors' Society's Wellness at Sea programme. Not to be reproduced without permission. For more info on partnering on Wellness at Sea go to www.sailors-society.org/wellness Registered Charity No. 237778. Registered Company No. 86942. Sailors' Society Scotland. Charity registered in Scotland no. SC041887. Registered Company No. SC387850.





THE ABC OF SPIRITUAL PRACTICE:

### C = COMPASSION

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

Need help? Email crisis@sailors-society.org visit www.facebook.com/SailorsSocietyCRN, go to www.sailors-society.org/helpline or call our helpline +1-938-222-8181

Produced as part of Sailors' Society's Wellness at Sea programme. Not to be reproduced without permission. For more info on partnering on Wellness at Sea go to www.sailors-society.org/wellness Registered Charity No. 237778. Registered Company No. 86942. Sailors' Society Scotland. Charity registered in Scotland no. SC041887. Registered Company No. SC387850.



