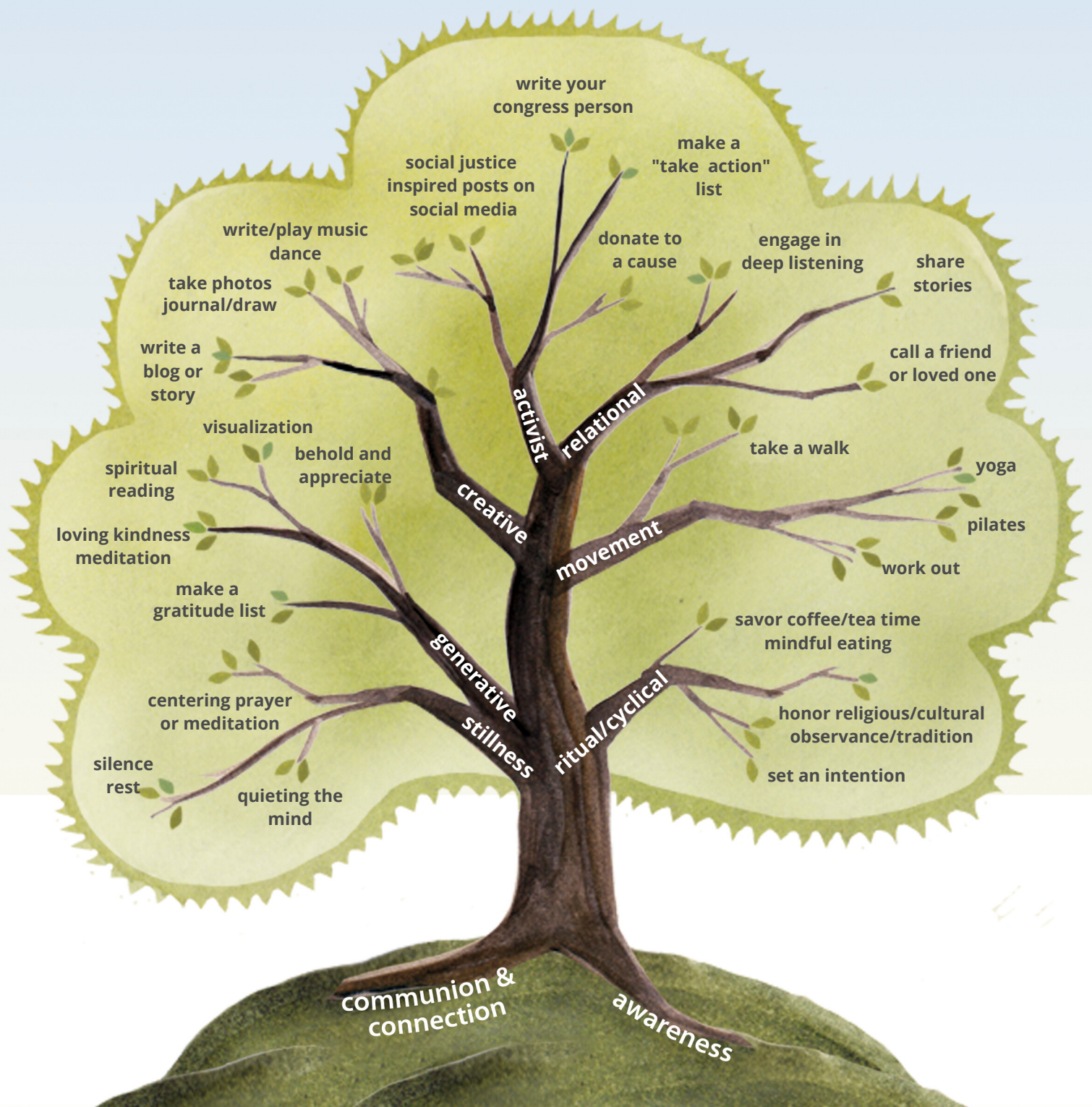


# The Tree of Contemplative Practices



Adapted from  
**The Center for Contemplative Mind in Society**  
[www.contemplativemind.org](http://www.contemplativemind.org)