

Resources for Spiritual Support

1. Online Bible, Bible study, prayer chat, Q&A, devotionals, audio clips

<https://bibleresources.org/>

2. Online prayer, free booklets can be requested, LGBT resources, online radio, articles, 30 day interactive affirmation devotionals, meditation audio/videos,

<http://www.unity.org/>

3. (For Women) Blog links, 25+ free resources, free printable devotions, articles, independent online studies

<http://alisontiemeyer.com/spiritual-growth/>

4. Online Bibles, articles, Q&A read from over 500,000 posted or ask a question, chat, audio MP3, videos, resources for all age groups

<https://www.gotquestions.org/>

5. Buddhist introduction to faith, beliefs, practices, free audio resources for meditation, chanting, some offered in both English and Sanskrit, the Sevenfold Puja, meditation guides, mindfulness breathing, and links to other sites with similar content such as the second link below,

<https://thebuddhistcentre.com/buddhism>

<https://www.freebuddhistaudio.com/browse?th=Chanting%20and%20Ritual>

6. Content can be accessed in 12 languages, articles, videos, E-books, live chat, history of Islamic faith,

<https://www.islamreligion.com/>

7. Multifaith and interspiritual website offering resources including video, books, arts and, blogs for traditions in...12 step spirituality, Buddhism (Insight Meditation, Tibetan, Zen), Christianity (Anglican, Catholic, Protestant), Hinduism, Islam, Judaism, Multifaith, Native American, Spiritually Independent, Sufism, Taoism

<https://www.spiritualityandpractice.com/explorations/traditions>

8. Yoga and Meditation 101, poses, practice, audio and video guided meditation and Yoga, grounding, self-massage, and breathing techniques for stress release and relaxation

<https://www.yogajournal.com/meditation>