

How To Unlock the Power of Your Beautiful Authentic Self. Module 4. Lesson 31. I Nourish My Spirit. Additional Resources.

I Nourish My Spirit.

My spirit needs nourishment just like my body and mind. I cultivate my spiritual health. I deepen my capacity for love, compassion, and joy.

I read inspiring texts. Encouraging words strengthen my motivation. ***I post my favourite sayings on my computer and bathroom mirror where I can see them throughout the day.***

I connect with others. Talking with my spiritual friends gives me an opportunity to ask questions and discuss different perspectives.

I marvel at nature. I embrace beauty and mysteries. I recognize the sacred spaces that surround me.

I think positive. My faith gives me hope. I develop the courage to follow my heart. I become more willing to trust and forgive others. I take worthwhile risks knowing that I can learn from each experience.

I meditate and pray. I slow down and quiet my thoughts. I set aside time to listen to my inner voice and reflect on spiritual truths.

I practise my faith. I put my values and beliefs into action. I ask myself whether my choices are consistent with my principles. ***I renew my commitment to make my faith central to my daily routine.***

I persevere through difficult times. I examine my doubts and fears. ***I build my confidence by remembering the obstacles I have already overcome.***

Today, I open myself up to profound experiences. I walk a spiritual path that lifts me up, and leads me to greater fulfilment.

Self-Reflection Questions:

1. How can I make time for meditation and prayer each day?
2. What is the relationship between spiritual health and physical healing?
3. How would I describe my purpose?

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