



The Power of Spiritual Self-Care: A collection of activities and ideas for non-religious, highly spiritual, God-centered people

Akilah S. Richards

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Spiritual exploration offers so many rich opportunities to activate self-love, taking it from an idea in one's head to a real part of the daily experiences. Daily experiences with spiritual exploration also directly influence our barometers for self-care. This means, for example, that we are less likely to get sick before we realize we need to make time for ourselves. I use rituals to root myself in my spiritual beliefs, and this book is about those rituals. I hope you use what I share to explore, create, and practice simple habits for your consistent spiritual growth.

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I took a minimalist approach to this book. Some chapters are personal narratives. Others will prompt you to ask yourself several questions. Others will call for you to put the book away and be with your own intuition. This book won't read like a novel, nor will it operate as a workbook. It's a bit of both; Strategy and Soulwork designed to walk you inward, toward yourself, and toward a stronger, more empowering relationship with God.

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