




Self Healing Invitation: Spiritual Connection

Let's try an exercise that can help you delve deeper into the nuances of your spiritual experience, uncovering layers of meaning and understanding that contribute to your personal and spiritual growth.





Describe a time in your life when you feel you've had a spiritual experience:



What thoughts or insights came to you during this experience?

How did your experience affect you afterward? Have there been any lasting changes in your beliefs, attitudes, or behaviors as a result?



How has this experience influenced your relationships or sense of community?

