

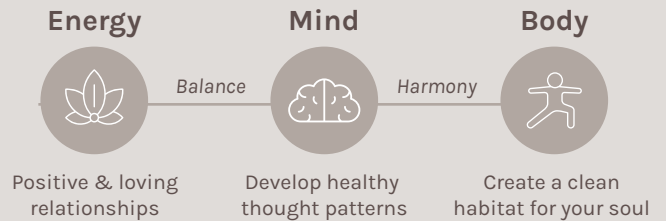
# Spiritual Fitness

A GUIDE | A LIFESTYLE | A SYSTEM

To access the power found from your soul, you need to first view the soul as a muscle. Spiritual Fitness is a guide to help you strengthen that muscle through a commitment consisting of: energy & body alignment, philosophies, daily spiritual practices, continuous healing & personality integration, soul nourishments and finally, your inner self.

## ALIGNMENT

The physical aspects of your life need to be in alignment in order for you to hear the wisdom of the soul. Find energetic harmony in your relationships and environment, foster a healthy mind through therapy and continuous learning, and keep the body active and healthy with a balanced diet and daily movement.



## PHILOSOPHY

The Buddhist philosophy of detachment means letting go of any expectation to an outcome which then allows for a more immersive experience. Focus, be mindful and bring in awareness for the reality of the present moment.

### Detachment



Non-attachment to a person, past event or future outcome

### Presence



Understand the reality for the here and now

## PRACTICE

A daily meditation practice will help you deepen into detachment, presence and your soul. Journal after each session to find insight into your thoughts/emotions to keep healing old wounds and live more in the present.

### Meditation

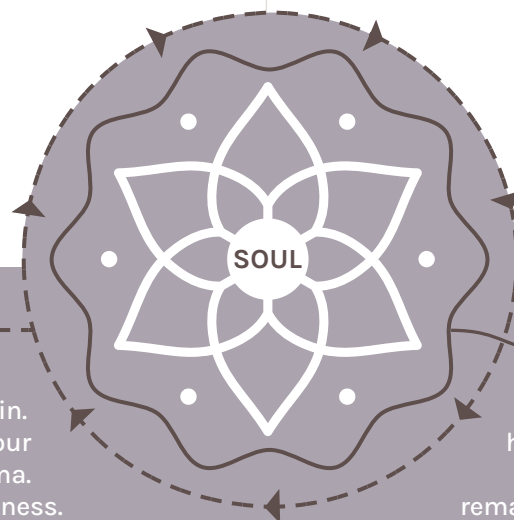


Use silence and your breath to deepen into your soul

### Journal



Strengthen your self-awareness and find deeper clarity



## Continuous Healing

Our nervous system and mind keeps hold of all our past heartbreak and pain. When we bring in gentle attention to our old wounds we release a layer of trauma. Forgive with no shame and show kindness.

## Personality Integration

Parts of our personality act as a barrier to our soul. Through healing, we slowly form new personality defaults, to integrate and utilize the remaining strengths to form a super power.

## NOURISHMENT

Creativity is the window into your soul and a gateway for your soul to shine through. Create everyday or bring in more creativity to your routine to spark fun and imagination. Enjoy the process and let go!

### Creativity



Get lost into your soul and fall in-love with the process

Nourish the soul by spending time outdoors. Deepen into your practice by hearing the healing sounds only found in nature. Replenish the soul muscle through fresh air and trees.

### Nature



Hear the universe through nature

## INNER SELF

Unconditional self-love is the key component in **Spiritual Fitness**. Heal, and spend time alone to understand your soul. Deepen into your spiritual practice to find mental freedom and a path towards sustained inner peace.

### Unconditional Self-Love



Make sure to always check in on your own needs/desires

How you view yourself sets the tone for all other relationships. Be kind with your thoughts and emotions towards yourself and others as this has a positive impact on the world at large.

### Loving Kindness



Practice inner kindness for yourself and others

