

Secrets to a healthy, happy life unveiled...

A cutting edge new approach to spirituality, to be launched by Dr William Bloom, identifies Connection, Peace of Mind and Service as the essential ingredients of Spiritual Health

Launch Event: Monday 25 March, 7.00pm-8.30pm

St James's Church, Piccadilly, London W1

Over 60 Taster events will follow across the UK from 26 March until 7 April

[Dr William Bloom](#), Founder of the [Spiritual Companions Trust](#) and one of the UK's pioneering wellbeing educators, will be launching the new [Your Spiritual Health Programme](#) at St James's Church, Piccadilly on Monday 25 March (7pm-8.30pm), as part of the [Alternatives](#) programme.

The result of ten years' extensive research by Dr Bloom and a group of educators at The Spiritual Companions Trust (the charity behind the UK's first spirituality and health qualification on the Ofqual Register), this revolutionary new approach to spiritual health is founded on three main tenets: Connection, Peace of Mind, and Service.

Dr Bloom, author of *The Power of Modern Spirituality*, *The Endorphin Effect*, and other acclaimed books, explains:

"The cornerstone of *Your Spiritual Health Programme* is about making your personal connection to the wonder and energy of life. It may happen when you're walking in nature, or hear some music, or see a friend's smile, or smell a flower, or during prayer. Some people find this connection when they're swimming, running, playing sport or being creative. It's crucial that you make time daily to connect to this life force. It's your spiritual fuel.

"Also at the heart of the programme is peace of mind, which can be developed by viewing every situation in life, whether easy or painful, as an opportunity to become more loving, compassionate and conscious. Choosing to perceive our experiences in this way creates a deep sense of meaning and inner peace. The third foundation is service: giving care and love to others. You are part of the web of life and your spiritual generosity supports everyone's health, including your own. As Ghandi said: '*Be the change you want to see*'."

Your Spiritual Health Programme, presented in an elegant 40-page booklet (with a digital version freely available), offers a simple, accessible way to enjoy spiritual health. Grounded in science, the programme contains helpful exercises, questionnaires and audits, with further audio and video resources available on the website (<http://yourspiritualhealth.org>). Free from the dogma associated with traditional religions, this new approach is ethical, inclusive and embraces diversity.

In his experiential [launch talk](#) at St. James's Church, Dr Bloom will guide participants to discover their own best way to connect to spiritual health. He will also share tools and exercises for developing peace of mind and compassion, and give an overview of the scientific evidence for the health benefits of spiritual practice.

This London launch event will be the first of a series of over 60 [Spiritual Health Taster](#) events happening across the UK between Monday 25 March and World Health Day on Sunday 7 April, giving hundreds of people the chance for a direct experience of the programme. Facilitated by qualified spiritual health coaches, the tasters will be delivered to a variety of sectors, including businesses, hospices, GP surgery staff, midwives, NHS Trust employees, yoga and meditation groups, faith groups, families, friends and neighbours, and to those attending open public events.

Your Spiritual Health Programme has been widely acclaimed by leading pioneers in the wellbeing field - from nutritionist Patrick Holford, Robert Holden and Lynne Franks, to Satish Kumar, Tim Freke and pop star Toyah Willcox.

“I highly recommend Your Spiritual Health Programme which provides highly practical exercises to help you establish an enhanced spiritual outlook and resilience until this becomes your habitual point of reference,” says Patrick Holford, author of *The Chemistry of Connection*. Happiness expert Dr Robert Holden praises the programme as *“the key to inner peace and happiness”*, adding: *“Your spiritual health supports and nourishes you physically, emotionally and mentally. I wholeheartedly recommend this programme.”*

Professor David Peters MD, Clinical Director at the Centre for Resilience, Westminster University, says:

“Grounded in reliable physiology and psychology *Your Spiritual Health Programme* is relevant to all those involved in health care.”

Dr William Bloom’s ‘Ten Keys of Spiritual Health’ are attached

For more information about Dr Bloom’s talk at St James’s Church on 25 March visit:

<https://www.alternatives.org.uk/event/spiritual-health--new-wellbeing-frontier>

For details of Spiritual Health Taster Events happening around the UK, 25 March – 7 April, visit:

<http://yourspiritualhealth.org/taster-events/>

To buy a hard copy of *Your Spiritual Health Programme* or download your free digital copy, visit:

<http://yourspiritualhealth.org>

PRESS IMAGES ARE AVAILABLE IN THIS [DROPBOX](#)

Dr William Bloom and other Spiritual Companions are available for interview

For Media Enquiries contact Will Gethin at Conscious Frontiers:

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Notes to Editors:

- For Media Resources relating to *Your Spiritual Health Programme*, visit: <http://yourspiritualhealth.org/media/>
- To order printed copies of *Your Spiritual Health Programme* at a cost of £2.00 each, including post & packaging, visit <http://yourspiritualhealth.org>. The programme includes guided exercises throughout, and audio for these exercises can be listened to on the website
- The website also provides a service supporting individuals and small groups in going through the programme. If you’re interested in support as an individual or small group, contact Diana Brown at the Spiritual Companions Trust: 01458 555008; diana@spiritualcompanions.org. If enquiring on behalf of an organisation, contact Ruth Jolly: 07974 266108; ruth@spiritualcompanions.org
- If you are interested in being trained to support others develop their spiritual health, the Spiritual Companions Trust offers a nationally recognised qualification, the Diploma in Practical Spirituality and Wellness (Ofqual Register Crossfields Institute Level 3). For more information visit: www.spiritualcompanions.org
- For more information about Dr William Bloom visit: www.williambloom.com