

Testimonials for Your Spiritual Health Programme

"Your spiritual health supports and nourishes you physically, emotionally and mentally. It is the key to inner peace and happiness. I recommend wholeheartedly this program to you."

Robert Holden Ph.D., author of *Happiness NOW!* and *Shift Happens!*

"If you want to stay fit you need to exercise. The same is true for connection. William Bloom's workbook provides highly practical exercises to help you establish an enhanced spiritual outlook and resilience until this becomes your habitual point of reference. Highly recommended."

Patrick Holford, author of *The Chemistry of Connection*.

"Distilling several decades of learnt wisdom, with this revolutionary new programme, William Bloom and his charity The Spiritual Companions Trust have created a simple and effective way to help anyone connect to spiritual health and enjoy the good stuff of life. Finally here is an accessible form of spirituality which embraces diversity, and is done with ethics and service."

Lynne Franks, change maker and activist, author of the *Seed Handbook*

"Everything is connected, our families, friends, strangers, animals, trees, the sea and its creatures. In this busy world it's not always easy to find this connection. The Spiritual Health Programme has been devised to guide you back to YOU. We all need to allow ourselves time to discover the things that make us happy and feel alive, leading to good spiritual health and a greater connection with the world around us. This booklet, available for free download, leads you step by step to discover the true you. Spiritual Health is easily within reach, it encourages community, love and health on all levels."

Toyah Willcox, singer & actress

"Your Spiritual Health Programme offers an inspirationally simple way to connect to the wonder and energy of life. Free from the dogma often associated with organised religions, it is accessible and inclusive, and provides a user-friendly road map to a life of greater health and wellbeing, love, service, meaning, joy and all the good things in life."

Tim Freke, author of *Soul Story* and 35 books

"Inviting readers to view and experience spirituality not as in some way 'supernatural' but as a normal relationship with an innately inter-connected world, Your Spiritual Health Programme is a greatly welcome and timely manual of practical, everyday wisdom and guidance. I wholeheartedly recommend it, as ever more evidence is showing that spiritual health is foundational for all other aspects of our wellbeing."

Dr Jude Currivan, cosmologist, co-founder of WholeWorld-View / author of *The Cosmic Hologram*

In an age where the old schools of science and religion are finally collapsing, and re-constellating into a contemporary language of sacred wisdom values, Your Spiritual Health Programme offers a new opportunity for sincere seekers after truth, to question, to access, to navigate and to embody their own direct experience of the wonder of Life. William Bloom and his team have created a non-denominational, all-inclusive, adventurous spiritual journey of self-remembrance and awakening, for the benefit of both novices and well-seasoned inquirers. Your Spiritual Health is a positive response to the needs and motivations of a contemporary culture that is letting go the old narratives and is ready for personal change and global transformation. The guiding compass at the heart of the programme

is a questionnaire inviting the reader to relax and inquire within; to listen beyond the busy mind, and to access a stillness of self-awareness, nourished by an unconditional loving practice of self-care. This inevitably points towards a deeper, skilful awareness of the transformative power of caring, compassionate relationships. Your Spiritual Health is a safe haven and sanctuary within which you can begin to realise, to express and to embrace your very own spiritual health and wellbeing. Enjoy this simple, rigorous, graceful journey to the source.

Chloe Goodchild, international singer, author and founder of The Naked Voice

19 March 2019