I need to mention how radically important it was for me to attend to my spiritual health during times of extremely poor health, the health of my heart and soul. The soul, mind and body and all interconnected. While I understand we may not have similar beliefs, pursuing my walk with God has been the MOST important aspect of my health journey. The reality is, as much as working towards better health is so important, we may not all have the blessing of achieving good health. And this is okay. I had to come to a point in my health journey, that I may never find the healing that I desire for my physical body, but I can find healing and restoration for my soul. Our bodies will age, decay and we will pass on when the time comes, and finding peace in this truth is this is key to peace in the midst of any hardships.

If you would like to receive any kind of spiritual encouragement, I will share my short daily devotionals with anyone who is looking to be encouraged in their spiritual life. I do not expect anything in return. Only to share with you the one thing, above all else that has and is restoring my life daily.

In retrospect, I believe the dramatic decline in my health was a blessing and I would not have the relationship with God that I do now without it.