

# Spiritual Support Group Resources

Dear Group Members,

We hope this message finds you in peace and comfort. As part of our ongoing efforts to support each other on our spiritual journeys, we would like to share some valuable resources that may aid your practice and personal growth.

## Recommended Reading

- **The Power of Now** by Eckhart Tolle
- **The Four Agreements** by Don Miguel Ruiz
- **Radical Acceptance** by Tara Brach

## Meditation Resources

- [Headspace](#)
- [Insight Timer](#)
- [Calm](#)

## Upcoming Workshops

- Mindfulness Meditation Workshop - Date: 10th November 2023
- Finding Your Purpose Retreat - Date: 20th December 2023

Feel free to reach out if you have any additional resources or insights to share. Let us continue to uplift each other through our shared knowledge and experiences.

With love and light,

The Spiritual Support Group