

## Worksheets - Spiritual Texts and developing connection with a Higher Power

Text	Ramcharitramanas	Eg from Article	Your Example
Approach	Devotional and Mythological	The "Ramcharitmanas" embodies archetypal ideals—like Rama's integrity or Hanuman's devotion—which serve as internal compass points	
Core mechanism	Story of devotion, love	Eg - collecting and relating to local histories	
Source of Spiritual Depth	Resonance and pursuit of righteousness	Eg- The story of a father of an addict who worked on his resentments through 12 step recovery	
Resulting Growth	Heart centred relation to Divine	Eg Non attachment to elements while doing Nature walks	

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