

SOUL NOURISHMENT

A man with a beard and white shirt, arms outstretched, looking up at a radiant light source, surrounded by a variety of fresh fruits and vegetables. The scene is vibrant and colorful, with a warm, golden glow emanating from the light source behind the man. The fruits and vegetables are arranged in a circular pattern around the man, creating a sense of abundance and nourishment.

FUELING YOUR SPIRITUAL
TRANSFORMATION THROUGH FOOD

Spiritual Food For The Living Soul

Kathleen Armour



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