Soul Care - Creating a Minute Book

A minute book can serve as a visual and tangible reminder of who you are at your soul, True Self, level. We are spiritual beings on a human journey. When our human journey leads us away from our spiritual being, we can look through our minute book and reconnect with who we are in God, no more, no less.

Collect Images Gather photographs, paintings, and other images that create a sense of grounding, peace, and familiarity with you.

Collect Text Gather quotes, poetry, sacred texts, and notes that remind you of who you are at a deep and consistent nature.

Create a book or collage Manually or digitally combine the images and text in a way you can access very quickly and easily. You may scan them digitally and upload images to design and print a photobook using Walgreens or Apple’s photobook creators. You may simply photocopy them onto one sheet and fold it and carry in you pocket or purse. The goal is to have these within arm’s reach when you want to quickly connect with your unique spirit, giving you grounding, wherever you are.

*The Peace of Wild Things*

*by Wendall Berry*

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children’s lives may be,
I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water.
And I feel above me the day-blind stars waiting with their light. For a time
I rest in the grace of the world, and am free.