

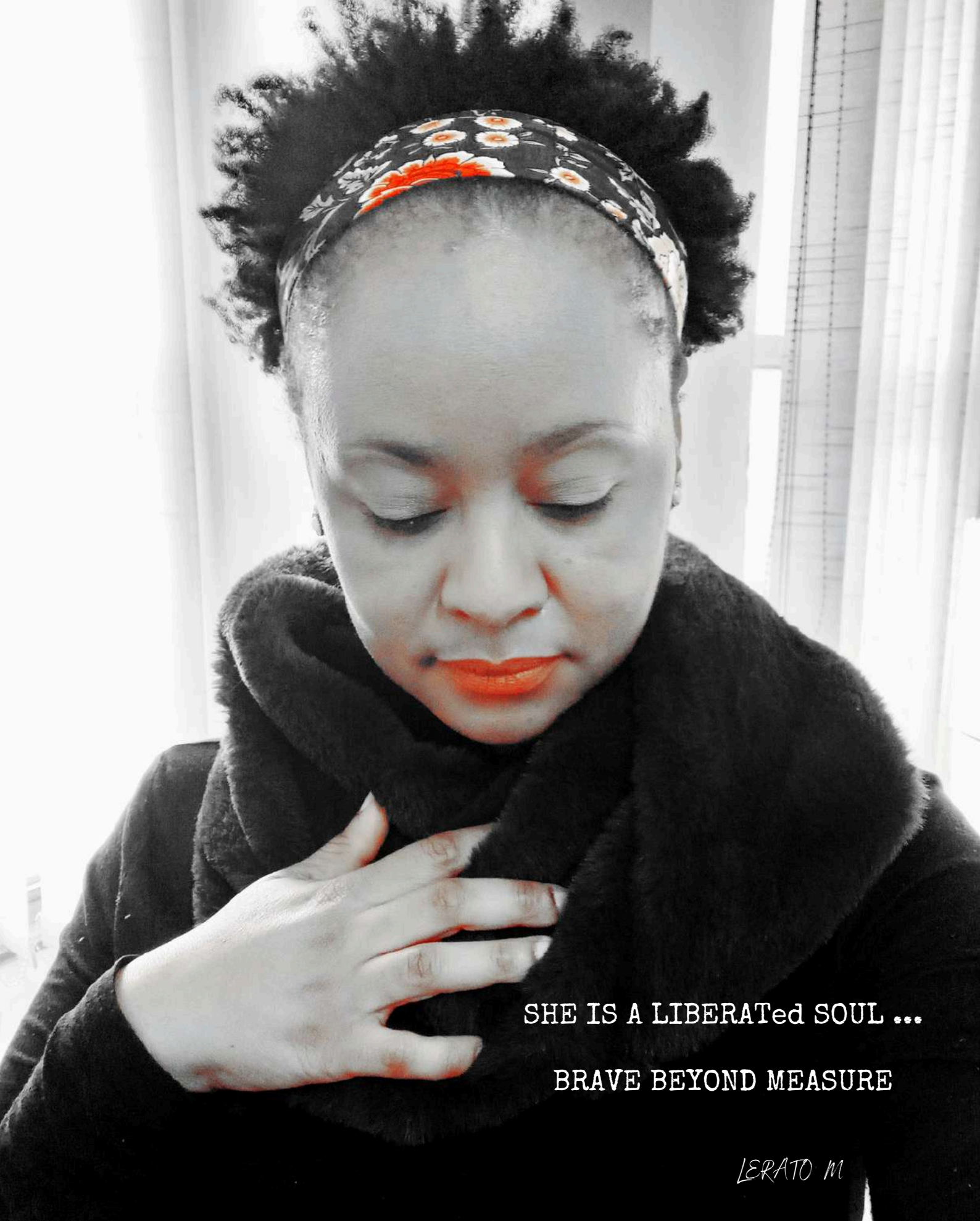
SOUL  
*LIBERATED*

EVOKED AFFLUENCE

# SOUL LIBERATED FREE E-BOOK

Spiritual guidelines for soul hygiene  
following spiritual awakening

LIBERAT.ONLINE



SHE IS A LIBERATed SOUL ...

BRAVE BEYOND MEASURE

*LERATO M*

IN A SPIRITUAL  
AWAKENING, WHAT IS  
THE NECESSARY SOUL  
HYGIENE PRACTICE?

A SPIRITUAL GUIDELINE  
SUGGESTS

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ONCE YOU  
EXPERIENCE A  
SPIRITUAL  
AWAKENING,  
RETURNING TO YOUR  
PREVIOUS LIFE IS  
IMPOSSIBLE.  
EVERYTHING  
CHANGES, AND  
SOMETHING  
SIGNIFICANT HAS  
SHIFTED WITHIN YOU.

A SPIRITUAL  
AWAKENING IS AKIN  
TO A PROFOUND AHA  
MOMENT, WHERE YOU  
BEGIN TO  
UNDERSTAND THE  
LIMITATIONS OF THE  
HUMAN MIND AND  
THE ESSENCE OF  
HUMAN EXISTENCE IN  
ITS TRUE FORM.



LIBACADEMY

# 7 MEANINGFUL CONNECTIONS

A deep, authentic relationships and bonds between individuals that foster a sense of understanding, support, and companionship. These connections can occur in various contexts, such as friendships, family relationships, romantic partnerships, or even professional settings.

Typically, meaningful connections are characterized by:

1. Open Communication: Honest and transparent exchanges enhance trust and understanding.
2. Empathy: A genuine concern for each other's feelings and experiences.
3. Shared Values and Interests: Common ground that helps individuals relate to one another.
4. Support: Being there for one another during both good times and challenging times.
5. Personal Growth: Encouraging each other to grow and develop as individuals.

Overall, these connections contribute significantly to our emotional well-being and can be a source of joy, resilience, and fulfillment in life.



# SELF- TRANSCENDENCE SOLITUDE

Self-transcendence involves going beyond the self to connect with something larger, expanding personal boundaries. It's about merging the self with the world, potentially including spiritual experiences. While solitude isn't explicitly mentioned in the provided search results, it could facilitate self-transcendence by providing the space for introspection and connection with something beyond the self. Solitude might offer the quiet necessary for expanding personal boundaries and experiencing the world in a new way, thereby promoting self-transcendence.

# 3 CELIBACY

Celibacy is the voluntary state of abstaining from marriage, sexual activity, or both. It is commonly linked to religious practices and beliefs.

Individuals may choose celibacy for religious devotion, personal values, or specific life circumstances. Celibacy can be a temporary choice, lasting for a defined period, or a permanent lifestyle commitment. It is distinct from enforced abstinence and is typically a personal decision reflecting an individual's principles or spiritual journey.

For many, celibacy offers an opportunity for personal growth and self-discovery. By choosing to focus on other aspects of life, such as career, spirituality, or personal development, individuals often find a deeper understanding of themselves and their aspirations. This lifestyle can encourage mindfulness and a heightened sense of purpose, contributing to a more fulfilling and intentional way of living.

# 4 FASTING

Fasting for spiritual clarity involves intentionally abstaining from food, distractions, or worldly comforts to quiet the physical self, heighten spiritual awareness, and seek deeper connection with the divine for guidance and focus, allowing for clearer perception, stronger prayer, and alignment with higher purpose. It's a practice of replacing earthly cravings with spiritual hunger, revealing inner struggles, and preparing the soul to hear divine direction.

- Reduces distractions: Denying the body's demands (food, entertainment) shifts focus from the physical to the spiritual, silencing "the world's noise".
- Heightens awareness: Creates mental and emotional calmness, making one more attuned to Divine presence and guidance.
- Reveals inner truths: Brings to light personal weaknesses (pride, anger) that need addressing, fostering transformation.
- Intensifies connection with inner self and world around you:  
Elicits power with more focus, deeper meditation, as the spirit is sharpened on a higher motivation than dependence in normal survival

# 5 CLEANSING RITUAL

Cleansing rituals consist of a range of practices designed for purification. These rituals may include physical elements, such as body scrubs and ablutions (like wudu and ghusl), or concentrate on cleansing spaces through techniques like burning incense, Palo Santo, salt, essential oils, and fresh air. Additionally, some rituals utilize tools like tuning forks and quartz crystals to promote energy cleansing. The choice of method often varies based on the intended goal, whether it's for bodily purification, spiritual renewal, or creating a clear environment.



# 6 NATURE

Nature represents the physical world and governs its phenomena, impacting spirituality in numerous ways:

- Source of Awe: Expansive landscapes inspire wonder, alleviating anxiety while fostering a sense of belonging within a greater system.
- Life Lessons Teacher: The cycles of nature reflect human spiritual development, imparting lessons on resilience and the necessity of letting go.
- Mindfulness Pathway: Soothing natural stimuli encourage meditation and help to reduce daily stress.
- Sacred Space: Natural elements have long been honored as divine, linking cultures to their spiritual essence.
- Self-Mirror: Nature offers a setting for introspection and self-discovery, promoting intuitive instincts.
- Ecological Self Catalyst: Nature-based spirituality encourages a shift from ego to a sense of interconnectedness, nurturing a sense of responsibility for the Earth.



# MEDITATION & PRAYER MINDFULNESS

Mindfulness, meditation, and prayer offer various benefits including improved sleep, emotional calmness, enhanced focus, and better memory. Mindful breathing, a core mindfulness practice, involves observing thoughts without judgment.

Prayer and meditation aim to deepen a relationship with the universe, creator, which distinguishes it from general mindfulness practices.

While mindfulness focuses on the present moment and awareness, whiles prayer often involves specific requests or expressions of gratitude

# DEVELOPMENT

The journey of growth and transformation commences with the fundamental act of planting seeds. This critical initial step lays the groundwork for what will eventually thrive. When seeds are sown in fertile soil, they initiate a remarkable process of germination, wherein the potential for life is nurtured. Given optimal conditions of sunlight, water, and care, these seeds develop roots and shoots, marking the beginning of a new life cycle. Over time, what began as a mere seed evolves into a robust plant, adorned with vibrant flowers or yielding nourishing fruits. The act of planting seeds embodies hope and the promise of future abundance, serving as a powerful reminder of the virtues of patience and perseverance in fostering growth and transformation.





# JOURNALING

Journaling transcends the simple act of expressing thoughts on paper; it plays a crucial role in transforming these thoughts into actionable steps and serves as an invaluable tool for planning future endeavors. Beyond mere expression, journaling helps clarify ideas, allowing you to break down complex thoughts into manageable actions. This process not only aids in personal growth but also in strategic planning, as it creates a tangible roadmap for achieving goals. By regularly engaging in journaling, one can track progress, reflect on past experiences, and adapt strategies for more effective future outcomes. In essence, journaling becomes both a mirror and a map, reflecting one's journey while charting a course forward.

A

Abundance, Awareness,  
Answers



B

Balance, Boundaries,  
Birthright

C

Clarity, Connection,  
Compassion



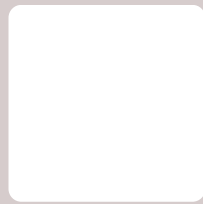
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Liberation is Soul  
Deep

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existence unrepressed



**EXISTANCE**

*Unrepressed*

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