

## NURTURING SPIRIT

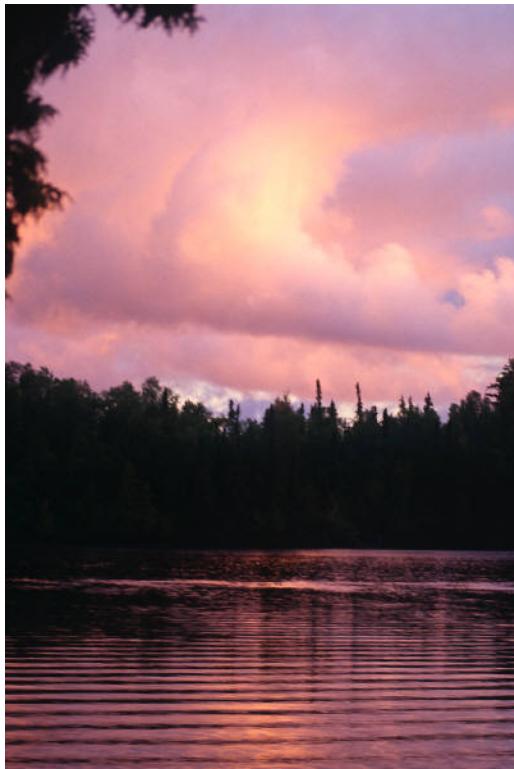
The power of the human spirit is beyond imagination. The wellspring of life, it knows no bounds. Certainly there are times when our spirits shrink... these are the times when we feel alone and lonely... when we are too tired to stand up to the cruelties life are too afraid to say spirit gets trampled but this does not longer soar. It can. care and attention. part of us, spirit is a living thing that sustenance. It diet of beauty, love

No matter where life what it has handed today to nurture health... to bring help it expand to it has ever known. beauty. If it seems supply, create take much... smile at look for expressions learn how to give

back, then take a risk and practice doing it. You will get good at it because this is what the spirit knows how to do best. Decide to see the blessings in your life, for they are there despite whatever turmoil or distress tries to overshadow them. Express gratitude for them all.

Turn your mind to beauty, love and gratitude. These are your spirit's three nutritional requirements. Make a commitment to the health of your spirit. Take time to nurture it. See how every day that you feed it, you find that much more to give it the next day. Feel the power of your spirit embracing all that life offers. Watch it soar as your life turns toward a future of peace, fulfillment, and joy.

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delivers... when we no to injustice. The on the life journey, mean it can no But it needs our Just like every other needs nurturing. It needs constant thrives on a steady and gratitude.

has taken you or you, you can decide your spirit back to back its power... to greater fullness than Decide to look for to be in short some. It doesn't someone. Decide to of love. Choose to love and receive it