

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

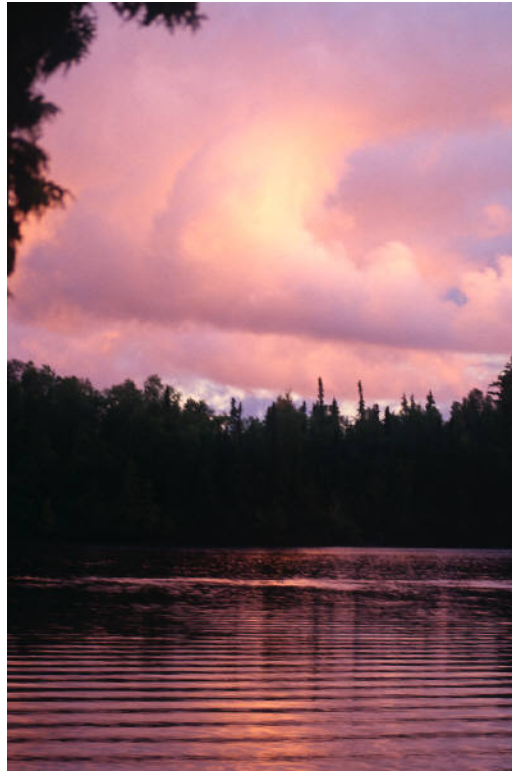
are too afraid to say
spirit gets trampled
but this does not
longer soar. It can.
care and attention.
part of us, spirit
is a living thing that
sustenance. It
diet of beauty, love

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