

SPIRITUAL WELLNESS



How do you define spiritual wellness?

To me, spiritual wellness is the connection that we have to ourselves, and to the world around us. This means understanding our own emotions, as well as how those emotions affect how we perceive the world around us. Keeping these two in balance, to me is the essence of spiritual wellness.

Who are we, really?

If you have an asked yourself this question, then you know there are a lot of things in your character that you don't realize exist. For example, are you a person who needs to have things your way? Or are you a person who can compromise, take advice or input, and allow people to have their way?

What is my world?

And now, on to the world around you. The world is the same for everyone. But not the world directly around us. If we live in a country club, vs. in the slums of Burma, we face very *different* worlds.

Do you understand the world and your place in the world? I'm not saying you can't change your position in the world or your career or your purpose. In fact, all of those things can change if you decide to change them. Do you need a guide?

There is SO much more waiting inside on the member page. This is only a sample. This is such a deep subject and I have so many insights to share with you.

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