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Spiritual Practice

Choose one of the four “branches” of our YOUiversal Prosperity Tree of Life. Reflect on the quotes related to that “branch” and ask yourself:

- What are these quotes saying to me, at the deepest level of my Being?
- What questions are they raising for me?
- What other ideas and thoughts are these quotes bringing up for me?
- Is anything making me feel uncomfortable?
- What actions are the quotes calling me to take?
- What other quotes, books, music, poetry, artwork, etc. relate to this “branch” of my YOUiversal Prosperity Tree of Life and can inspire my Spiritual Enrichment?

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Happiness

☯ Realize that for every minute you're pessimistic you lose 60 seconds of happiness!

What we want is not blind optimism, but flexible optimism!

We must be able to use pessimism's keen sense of reality when we need it, but without having to dwell in its dark shadows.



Martin Seligman

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Happiness

☯ Happiness is doing within while you're doing without.

☯ If you trash talk yourself – stop it! It's blaspheming against your True Nature, which is divine.

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