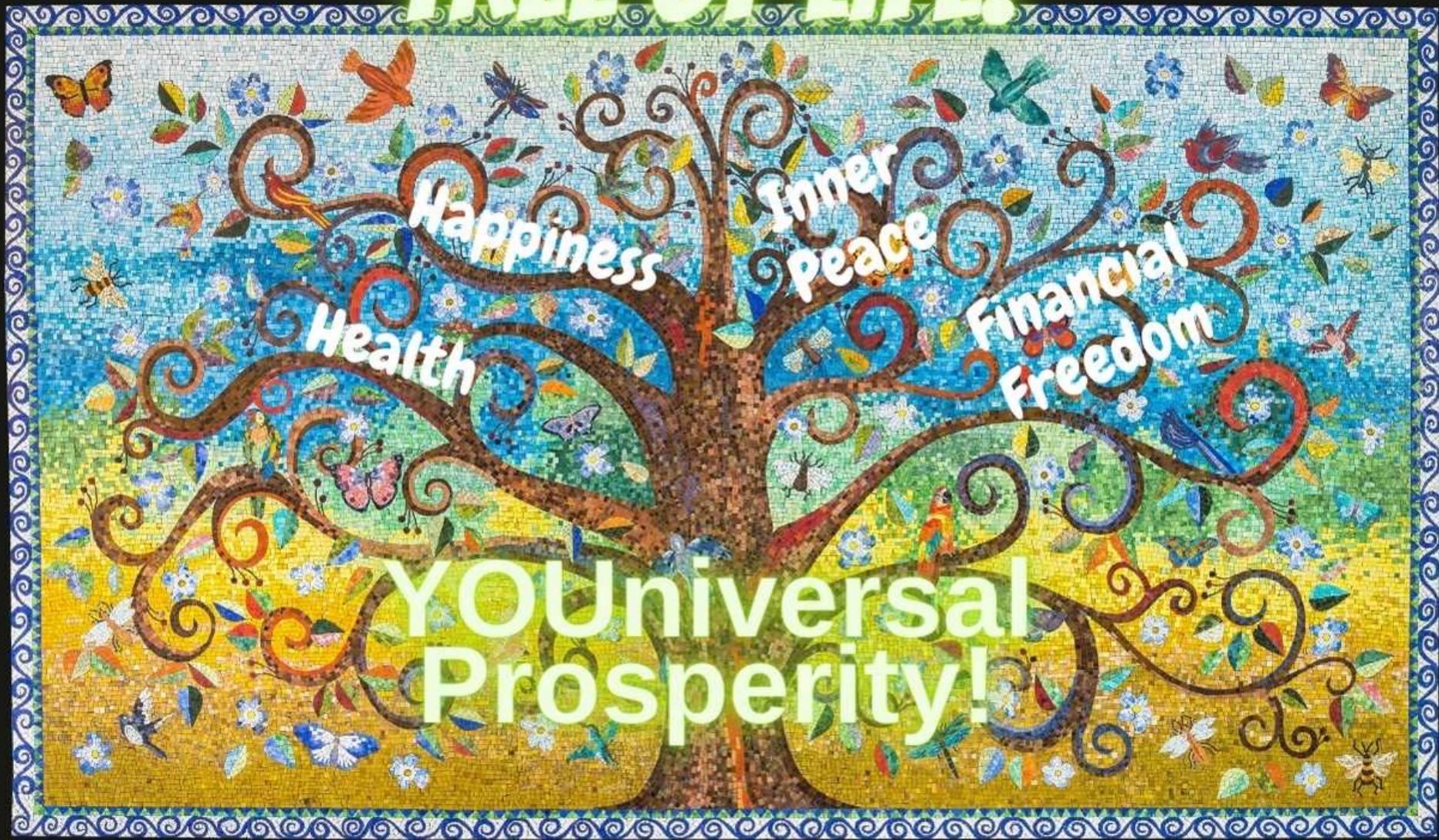


# TREE OF LIFE!

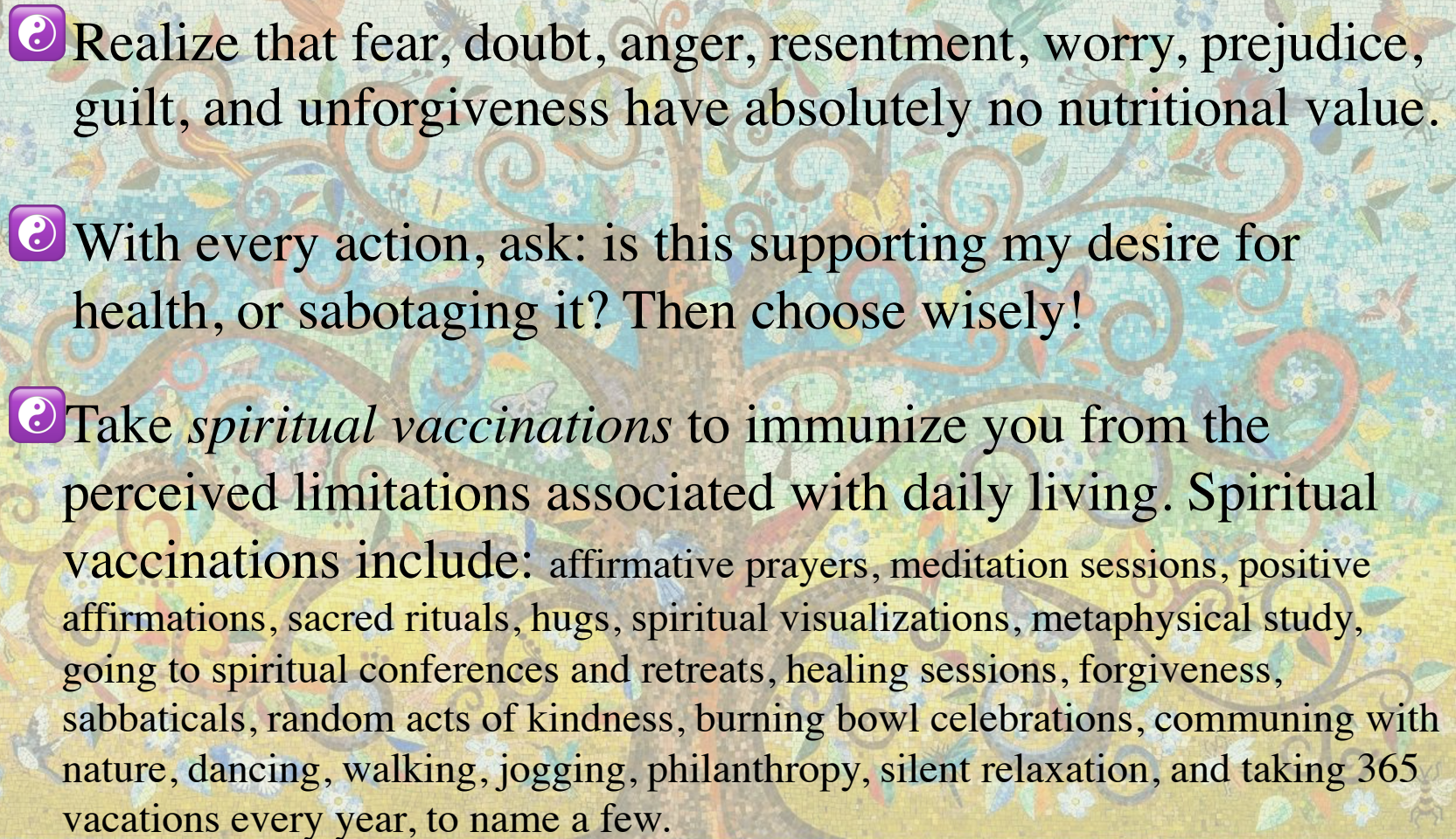


# Spiritual Practice

Choose one of the four “branches” of our YOUniversal 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 YOUniversal Prosperity Tree of Life and can inspire my Spiritual Enrichment?

# Health

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- ☯ Realize that fear, doubt, anger, resentment, worry, prejudice, guilt, and unforgiveness have absolutely no nutritional value.
  - ☯ With every action, ask: is this supporting my desire for health, or sabotaging it? Then choose wisely!
  - ☯ Take *spiritual vaccinations* to immunize you from the perceived limitations associated with daily living. Spiritual vaccinations include: affirmative prayers, meditation sessions, positive affirmations, sacred rituals, hugs, spiritual visualizations, metaphysical study, going to spiritual conferences and retreats, healing sessions, forgiveness, sabbaticals, random acts of kindness, burning bowl celebrations, communing with nature, dancing, walking, jogging, philanthropy, silent relaxation, and taking 365 vacations every year, to name a few.