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### Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific

Learning to see life from a spiritual perspective can change the way we think, which changes everything. As we let go of fear, worry, regret, blame, anger, guilt, resentment, jealousy and shame, we can create the loving, joyful, prosperous, healthy life that we want and deserve.

The best or worst place to live is in our own mind. You will learn how to weed out the negativity and to be grateful and positive in word, thought and deed, resulting in your ever-increasing happiness. Uplift Your Life: Nourishment of the Spirit is broadcast live every Thursday at 8 AM Pacific Time on the Voi

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