

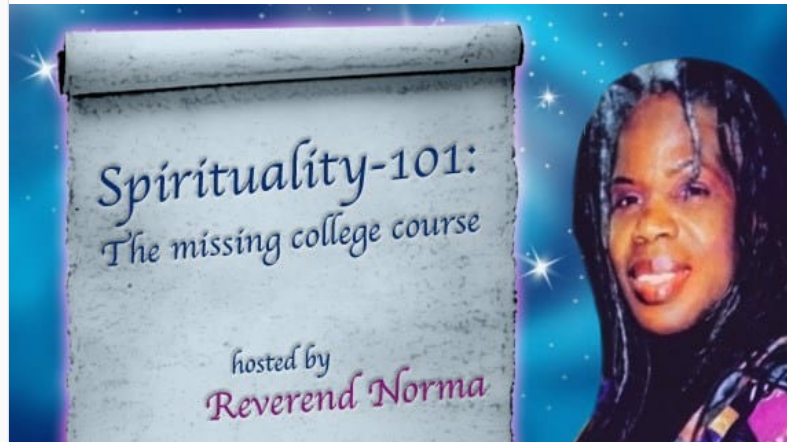
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All of us can easily relate to and answer the question, "How fit are you?" How well would you fare with the question, "How would you rate your spiritual wellness?" This week's class will offer an assessment guide on the dimensions of spiritual wellness. How to assess it, maintain it and ascend to esoteric heights in these changing, evolutionary times. If you are serious about your spiritual growth this is a lesson you cannot afford to miss. Join me live on the show at 1-866-472-5795.

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