



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
Action Guide

Chapter Six
Spirit, Soul, Love and Healing

*"You are not a human being in search of a spiritual experience.
You are a spiritual being immersed in a human experience."*
Teilhard de Chardin

1. Complete the exercise on p. 95 before answering the questions for this chapter. It's important and it *really* feels great.

2. On p. 96, what do I say is the most important aspect of health, well-being and life?

3. Write down the first sentence of the third paragraph on p. 96. "You are a _____
_____."

4. Read "*Your Journey*" on pp. 97-100. If you do not have a regular spiritual practice, write down one idea for beginning to incorporate a regular spiritual practice into your life:

Write the name of one person who has inspired you spiritually, and how:

5. Turn to p. 101 and read "*Meditation 101*." If you do not already have a consistent meditation practice, write down some ideas for how you can begin one:

Copy the Mahatma Gandhi quote from p. 106: _____

6. Read, "*Your Mind, Heart and Soul Create Your Life*," on pp. 110-113. On p. 111, I quote a famous doctor. In light of the quote, which choice is your predominant one? _____

Write down a new reality you would like to create in your life: _____

Using the guidelines from this section, craft an affirmation to help you create your new reality:
