

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Spirituality is so profoundly personal that it can scarcely be defined or explained.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Spirituality comes from the Latin word <i>spiritus</i>, which means ‘breath’ as in ‘breath of life.’”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Spirituality is the notion that we are connected to the universe, to nature, to others, and to ourselves.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Spirituality means that you are open to divine guidance.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...your spiritual nature guides your character, your ethical behavior, and has a profound effect on the development of your self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...spirituality is about caring for yourself, understanding yourself, examining your gifts and strengths, and looking inside yourself for peace and understanding.</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Spirituality helps you appreciate yourself and the space in which you live, breathe, and work.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Spirituality is one of the guiding factors in what you believe and how those beliefs preside over your life.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Among all beliefs, your spiritual beliefs are usually the strongest indicators of your actions and behaviors.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Fear imprisons, faith liberates; fear paralyzes, faith empowers; fear disheartens, faith encourages; fear sickens, faith heals.”</p> <p>Harry Emerson Fosdick</p>

<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Don’t underestimate the power of a genuine spiritual life.”</b></p> <p style="text-align: center;">TO A CHILD LOVE IS SPELLED T-I-M-E what a child really needs from you</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Get yourself into the presence of the loving Father. Just place yourself before Him, and look up into, His face; think of his love, His wonderful, tender, pitying love.”</b></p> <p style="text-align: center;">Andrew Murray</p>
<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“As your spirituality guides your beliefs, your beliefs guide your actions and behaviors.”</b></p> <p style="text-align: center;">Dr. Robert M. Sherfield THE EVERYTHING SELF-ESTEEM BOOK</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Your spiritual beliefs guide how you feel about issues ranging from living, death and dying, to understanding the meaning of life, to faith and trust.”</b></p> <p style="text-align: center;">Dr. Robert M. Sherfield THE EVERYTHING SELF-ESTEEM BOOK</p>
<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Your self-esteem is tied to your spiritual beliefs in that your esteem soars when you have acted in a way that is harmonious with your belief system and it is damaged when you act in a way that is detrimental to your belief system.”</b></p> <p style="text-align: center;">Dr. Robert M. Sherfield THE EVERYTHING SELF-ESTEEM BOOK</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Sometimes the very essence of faith is trusting God in the midst of things He knows good and well we cannot comprehend.”</b></p> <p style="text-align: center;">Beth Moore</p>
<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Joy cannot be pursued. It comes from within. It is a state of being. It does not depend on circumstances, but triumphs over circumstances. It produces a gentleness of spirit and a magnetic personality.”</b></p> <p style="text-align: center;">Billy Graham</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principal.”</b></p> <p style="text-align: center;">George Washington</p>
<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“The great love of God is an ocean without a bottom or shore.”</b></p> <p style="text-align: center;">C. H. Spurgeon</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><b>“Draw near to God, and He will draw near to you.”</b></p> <p style="text-align: center;">James 4:8 The Holman Christian Standard Bible</p>

<p style="text-align: center;">Spiritual</p> <p style="text-align: center;">“Worry and anxiety are sand in the machinery of life; faith is the oil.” E. Stanley Jones</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;">“If you don’t like to worry, why do it? It doesn’t help your performance.” Joe Namath</p>
<p style="text-align: center;">Spiritual</p> <p>“The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.” Euriputides (484 BC-406 BC)</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;">“...my Christianity was largely a matter of birth and habit.” Dinesh D’Sousa <i>What’s So Great About Christianity</i></p>
<p style="text-align: center;">Spiritual</p> <p>“The evolutionary biologist is puzzled: why would evolved creatures like human beings, bent on survival and reproduction, do things that seem unrelated and even inimical (hostile) to those objectives? Dinesh D’Sousa <i>What’s So Great About Christianity</i></p>	<p style="text-align: center;">Spiritual</p> <p>“... religious people develop a zest for life that is, in a sense, unnatural. They exhibit a hopefulness about the future that may exceed what is warranted by how the world is going.” Dinesh D’Sousa <i>What’s So Great About Christianity</i></p>
<p style="text-align: center;">Spiritual</p> <p>“...(religious people) forge principals of morality and charity that simply make them more cohesive, adaptive, and successful than groups whose members lack this binding and elevating force.” Dinesh D’Sousa <i>What’s So Great About Christianity</i></p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;">“The spirit is willing, but the flesh is weak.” Jesus Matthew 26:41</p>
<p style="text-align: center;">Spiritual</p> <p>“I know the untamable spirit of the man; bent it cannot be---but it can be broken.” Seneca the Younger (5? B.C.-A.D. 65)</p>	<p style="text-align: center;">Spiritual</p> <p style="text-align: center;">“The spiritual quest begins, for most people, as a search for meaning.” Marilyn Ferguson</p>

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Spirituality is to religion as justice is to law.” Richard M. Gross (1944-)</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Emotion is inseparable from being filled with the spirit, which is above all a state of being moved.” Abraham Joshua Heschel</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The religious experience ... is that which lives itself out within the private breast.” William James (1842-1910)</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“No matter what the world thinks about religious experience, the one who has it possesses a great treasure, a thing that has become for him a source of life, meaning and beauty, and that has given a new splendor to the world and mankind.” Carl Jung (1875-1961)</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Religion is a set of social and political institutions and spirituality is a private pursuit which may or may not take place in a church setting.” D. Patrick Miller</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The spiritual life does not remove us from the world but leads us deeper into it.” Henri J. M. Nouwen</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“I don’t view medicine, psychology, and spirituality as different camps. When I use spirituality, I don’t necessarily mean religion; I mean whatever it is that helps you feel connected to something that is larger than yourself.” Dean Ornish San Francisco cardiologist</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“We’ve seen that an individual’s beliefs can markedly affect their health and that a physician’s reassurance can make a measurable, physiologic difference.” Herbert Benson, MD <i>Timeless Healing</i> The Power and Biology of Belief</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“When fed images of disability and despair, the body is wired to accept these limits as truthful and to respond with impairment.” Herbert Benson, MD <i>Timeless Healing</i> The Power and Biology of Belief</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...the body absorbs images of activity and mobility, as if it sees flashcards in a word association game, the body literally reconfigures its vision of itself. This is remembered wellness.” Herbert Benson, MD <i>Timeless Healing</i> The Power and Biology of Belief</p>

<p>“We’ve seen that an individual’s beliefs can markedly affect their health and that a physician’s reassurance can make a measurable, physiologic difference.”  Herbert Benson, MD  <i>Timeless Healing</i>  The Power and Biology of Belief  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“...all human bodies foster an internal healing power.”  Herbert Benson, MD  <i>Timeless Healing</i>  The Power and Biology of Belief  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“The act of focusing your mind on a visual image is called a ‘visualization.’ ”  Herbert Benson, MD  <i>Timeless Healing</i>  The Power and Biology of Belief  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“The first step in breaking the worry habit is simply believing you can. If we continually practice filling our minds with thoughts of faith, hope and gratitude, they will eventually crowd out our fears.”  Dr. Norman Vincent Peale  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Life moves pretty fast, but in the end it’s all about our faith, our family, and the relationships we’ve formed along the way.”  Tom Matthews  Aim for the Heart  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“It is part of the cure to wish to be cured.”  Seneca  (4 B.C.-65 A.D.)  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“We must be careful not to let anything of this world... own us. That way we can be free when we enter the spirit world.”  Eagle Feather  <i>Eagle Vision</i>  Return of the Hoop  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Depression is the enemy. Just like terrorists, Viet Cong, or hard core NVA, you must prepare yourself physically, mentally, and spiritually for this fight for your life.”  Ron Rayner  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>"It is a basic principle of spiritual life that we learn the deepest things in unknown territory. Often it's when we feel most confused inwardly and are in the midst of our greatest difficulties that something new will open. We awaken most easily to the mystery of life through our weakest side. The areas of our greatest strength, where we are the most competent and clearest, tend to keep us away from the mystery." Jack Kornfield  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Physical strength can never permanently withstand the impact of spiritual force.”  Franklin D. Roosevelt  <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>

<p>“Freedom is one of the deepest and noblest aspirations of the human spirit.”</p> <p>Ronald Reagan</p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“We all should work, at any age, in any condition, if at all possible, to avoid floating about in spiritually devastating ignorance. We must have the heart to finish well, to finish strong.”</p> <p>Lt. General Hal Moore</p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“I am no theologian...It is my own belief that God, in his compassion, provides for every human being who seeks a relationship with him, no matter the form of worship.”</p> <p>Larkin Spivey</p> <p><i>God in the Trenches</i></p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“The most worthwhile life is spent discovering your spiritual core and building your existence on it.”</p> <p>Deepak Chopra</p> <p><i>The Third Jesus</i></p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“We don’t work our way to God, but if he is within us, we will want to do great things for him.”</p> <p>Larkin Spivey</p> <p><i>Battlefields &amp; Blessings</i></p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“<b>BELIEVE</b> and <b>ACT</b> as if it were <b>IMPOSSIBLE</b> to <b>FAIL</b>.”</p> <p>Charles Kettering</p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“When we are tempted to feel too ill-equipped to accomplish anything for God, remember that it is not our ability that God is interested in, but our availability.”</p> <p>Larkin Spivey</p> <p><i>Battlefields &amp; Blessings</i></p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Have you noticed that we experience the most growth when times are difficult? When times are easy, we have no reason to rely fully on the Lord.”</p> <p>Larkin Spivey</p> <p><i>Battlefields &amp; Blessings</i></p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“In a study on <b>depression</b>, cited in <i>Chemistry and Industry</i>, the <b>placebo</b> worked <b>as well</b> or <b>better</b> than, Prozac, Paxil, and Zolft. The antidepressants worked as well, but the placebo did too. Why? <b>BECAUSE OF THE POWER OF BELIEF</b>.”</p> <p>Robert Sherfield, Ph.D.</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“We all need times of quiet study and contemplation...These times are meant to prepare us to take action in service to God’s kingdom.”</p> <p>Larkin Spivey</p> <p><i>Battlefields &amp; Blessings</i></p> <p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p>