

# Fire in the Soul



'Lighting the Path' by Joan Drescher©  
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Crisis sets the soul on fire, fueled by sorrow, grief and anguish. Yet, this same soul burns with an eternal inner flame, just waiting to be aroused by the fans of hope and possibility. Powered by the virtues and values of human goodness - our inner flames can consume the darkness of despair with the lights of love and promise.

What if we discovered that *within* these life crises reside the seeds of opportunity for personal growth and spiritual transformation? Together, let's become explorers of the spirit as we search for the meaning, hidden blessings, and silver linings deep within the existential troubles of our day.

Over 7 weeks, we'll cultivate spiritual optimism by using the best of Positive Psychology to help us see crisis as a catalyst for growing the six core virtues that make life worth living, create authentic happiness and transform us into our best selves.

**Transcendence – Wisdom – Humanity – Courage – Justice – Temperance**

We've added a 7<sup>th</sup> core value - **Speaking Truth** (to ourselves and to others).



Join me, my friend, Gilah, and other like-hearted others for 99+ minutes of weekly inspiration, positivity tools and conversations that really matter!