

How do You Know if Your Spirit is Being Fulfilled?

Do you:

- Feel hopeful,
peaceful and grateful?
- See my life as a gift of
great value?
- Find purpose in
everything that happens?



Take the time to
align yourself with
a Spiritual Center
and daily
spiritual practices.

Exploring Your Spiritual Solar System:

Allows you to look at what gives
you lasting meaning and joy.



Clears away confusion between the
clamor of the culture and
the call of your true self.



Leads you to an open sense of
purpose, hope and direction.



For More Information

Call HopeWorks at
(860) 561-1175, ext. 703
or email us at
hopeworks@snet.net.



Contributions to HopeWorks

We rely on the generosity of people like
you in order to continue
offering our services. **All contributions**
are very gratefully accepted.

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The Spiritual Solar System

*We must find some spiritual
basis for living, else we die.*

Bill W. (Bill Wilson)
Founder of AA



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*Providing hope and help to
young people and their
families through counseling
and education.*



Spiritual Connections

Psychology has put the ego at the center of each individual's universe. This has resulted in huge changes in thinking such as:

- * If it feels good, do it
- * Looking out for #1
- * Nice guys finish last

*But what feeds
your ego may not
feed your spirit.*

*Unanswered spiritual hunger
can lead to
loneliness, anxiety,
compulsion, depression,
and addiction.*



Spiritual connection results in lasting, positive change.

Spiritual Centers

Long ago, Copernicus discovered that the sun is in the center of the solar system around which the planets revolve. Consciously or unconsciously human beings also revolve around a power greater than themselves.

It is easy to forget that all of us are programmed to be connected to a Spiritual Center. Some people make their central focus the approval of others, perfectionism, drug and alcohol abuse, power, or materialism. In this way, many lives are ruined.



You can intentionally center each day on the Spirit by meditating*, creating, praying, journaling, seeking a spiritual perspective, performing community service, or nurturing honest and caring relationships with others.

* See our brochure "The Gentle Gifts of Meditation."

Every Day You Make Choices About Your Central Focus

If your central focus drains you dry, it may be a **Black Hole**. Black Holes suck perspective, joy and appreciation from your life.



Some Black Holes

Addiction, Cynicism, Materialism, Violence, Cruelty, Racism, Jealousy, Entitlement, "Me"-ism



Some Spiritual Centers

God, Hashem, Yahweh, Allah, the Great Spirit, the Divine, the Buddha, Hope, Nature, and Wonder