

# HEART HEALTH - Mind, Body, and SPIRIT

*"No cure that fails to engage our spirit can make us well." - Viktor Frankl*

- The Human Condition consists of "deep pain" and "full joy"—our heart falls at the very center on this condition
- Out of the heart flows "the issues of life" therefore it is important also for us to take Spiritual care of our hearts
- Issues may include unhealthy relationships, fear, doubt, unforgiveness, and other emotions which weigh heavy on our hearts
- Where do we start in Spiritually cleansing our heart?

