

# Maintaining a Healthy Spiritual Immune System

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Symptoms of spiritual health include

Well Being ♦ Loving Kindness ♦ Harmony ♦ Balance ♦ Concern for Others

Desirable states such as these cannot be maintained in modern times without a strong spiritual immune system. This requires that we fill our lives with spiritual nutrients such as those listed below. Striving for the optimal balance of these essential nutrients helps reduce unwanted stress and self-defeating habit patterns. Common complaints such as anxiety and depression, resentment, jealousy, envy, and fear are often associated with an absence or excess of one or more of these spiritual nutrients. There is some evidence that people addicted to poverty or affluence, dominance or victimization, or electronic representations of reality may respond positively to the administration of appropriate dosages of missing nutrients.

## Maintaining a Healthy Spiritual Immune System: Essential Nutrients

### Intra-Personal

Awareness  
Confidence  
Commitment  
Courage  
Creativity  
Detachment  
Determination  
Discernment\*  
Enthusiasm  
Excellence  
Flexibility  
Gratitude  
Hopefulness  
Humility  
Idealism  
Joyfulness  
Moderation  
Obedience  
Patience  
Perseverance

Purposefulness  
Reliability  
Responsibility  
Self discipline  
Self respect  
Simplicity  
Sincerity  
Trustworthiness

### Inter-Personal

Assertiveness  
Commitment  
Compassion  
Consideration  
Courtesy  
Empathy  
Fairness  
Friendliness  
Generosity  
Helpfulness

Honesty  
Humor  
Kindness  
Loyalty  
Mercy  
Obedience  
Respect\*  
Service  
Tact  
Tolerance  
Trust

### Trans-Personal

Faith  
Forgiveness  
Love\*  
Peacefulness  
Reverence  
Wisdom\*

(\*Core indicators of a mature, healthy spiritual immune system.)