
LIGHT AND BRILLIANCE

THE CHALLENGES

The world is full of distractions, challenges, inevitable failures and disappointments. We must learn to confront these in order to get to our destination. Personal experiences created by our own decisions and actions have a great impact on wellbeing. Similarly, an unhealed past carries a burden for people to do better in life. The average health care cost has increased beyond control. All of these factors can make the journey very difficult and can bring down life satisfaction. **What is against us?**

- **An ever changing healthcare system**
- **Limited wellness programs**
- **Lack of funding**
- **High healthcare cost**
- **Poor health habits**
- **Dynamic lifestyles**
- **Inability to overcome**
- **Persistent conflict**
- **Lack of trust**
- **Trans-generational behaviors**
- **Unfair government practices**
- **Spiritual disconnection**
- **Deep roots of an unhealed past**
- **Selfishness**
- **Lost desire to improve conditions**
- **Inability to forgive**