



The Patricia Raskin Show
Monday at 11 AM Pacific
December 18th 2017: Dr. Alexander and Karen Newell,Mindful Universe/Kyczy Hawk,Yoga Tools

In the first half, Patricia interviews Dr. Eben Alexander and Karen Newell, co-authors of Living In A Mindful Universe: A Neurosurgeon's Journey Into The heart Of Consciousness. In 2008, Dr. Eben Alexander's brain was attacked by a devastating illness and he fell into a weeklong coma. While appearing to be at death's door, he realized that the brain is not responsible for consciousness, and he uses this realization to explore profound love and connection. In the second half Patricia interviews Kyczy Hawk, certified yoga instructor. She discusses her book, A Guide For Working The 12 Steps:

[Read more](#)

[Download PDF](#)

[Get Code](#)

Tune in

Monday at 11 AM Pacific Time
on VoiceAmerica Variety
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-866-472-5788
Intl: 001-480-398-1394

Featured Guests



Dr. Eben Alexander

Dr. Eben Alexander, MD, has been an academic neurosurgeon for the last 25 years, including 15 at the Brigham & Women's Hospital, Children's Hospital, and Harvard Medical School in Boston.

[Read more](#)



Karen Newell

Karen Newell is cofounder of Sacred Acoustics™, a company that creates brain entrainment audio meditations that combine digital frequencies, sacred instruments, sounds of nature and human vocals in order to access deep states of consciousness.

[Read more](#)



Kyczy Hawk

Kyczy Hawk (Keet-ski) is a certified yoga instructor. She lectures on yoga and recovery throughout the Bay Area and has been a presenter at the Art of Yoga Project and Niroga Institute's Yoga Therapy teacher training.

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

