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HEALTH & WELLNESS



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**December 20th 2017: Encore: Connecting to Your Intuitive Mind**

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Do you interact with your intuition as though you stare at it from across the room and over think about how to make a move to connect and open up to trusting your unique internal GPS system? Now, more than ever, it's time to connect. James Bene joins host Lorraine Giordano to talk about ways to trust your intuition to create the life you desire. James is the founder of Bene Mudra Wellness, a place where emotional balance, clarity and well-being is achieved with a gentle touch and a guided light. He is an Intuitive Usui Reiki Master, Psychic, Life Coach, Singer, Songwriter. James Bene is a popu

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#### Featured Guest



#### James Bene

James Bene is an acclaimed Intuitive and Reiki Master healer born and raised in Hoboken, NJ and now living in Downtown Los Angeles, CA. Although he has committed 12+ years of his life cultivating his gifts and learning through intense healing with Guru Kelly Piper, spiritual development classes, and study in Thailand and Nepal, he always credits his daily work with clients as his greatest teacher.

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