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**March 20th 2019: Meditation as a Foundation for
Personal Growth**

For centuries, meditation has been a traditional practice in many Eastern cultures. Over the last few decades, it has become more accepted in the West as a way to calm the mind and practice self-care. In this episode, learn more about meditation as a tool for self-care as well as how eastern philosophy and mythology can guide us along our journey of life. Find answers to questions such as: Who are we? What is 'right' action and 'wrong' action? How do we apply spiritual teachings to everyday life. Join me in conversation with Ramaa Krishnan as we explore some of these questions and more!

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Featured Guest



Ramaa Krishnan

Ramaa Krishnan was born and raised in India and has spent most of her adult life studying and developing techniques to calm the mind and train it to be a fit companion for the journey of the spirit.

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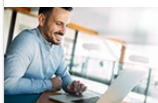
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