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EMPOWERMENT



Things Worth Considering
Thursday at 5 PM Pacific / 8 PM Eastern
**August 15th 2019: MANIFESTING YOUR
HIGHEST POTENTIAL**

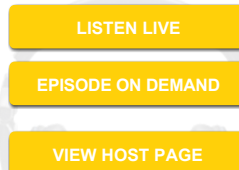
From ancient times to the present, mystics, scholars and authors have been pondering and writing about how we co-create our reality with the Universe. This episode explores the ins and outs of moving our self to reach our highest potential. In general, the closer you are to who you really are, your TRUE SELF, the better you feel. At the top of the spectrum you feel happiness, freedom, joy etc. At the other end you feel completely powerless depressed, unworthy, and afraid. Our beliefs, our emotions and our habits all work together to form our perception of the world. Neuroscience has taught

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Thursday at 5 PM Pacific
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Featured Guest



Pauline O'Hanlon

Pauline O'Hanlon, RP, teaches at Transformational Arts College in the Total Self, Esoteric Spiritual Studies, Spiritual Director and Spiritual Psychotherapy programs and is also a Registered Psychotherapist for our Clinic.

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