



HEALTH & WELLNESS



Shift Happens!

with Karin Weiri



Shift Happens!

Archives Available

May 19th 2020: Writing as a Path to Healing Trauma and Building a Business from a Becoming a Radio Host

Writing as a healing modality is what my first guest will talk about. Specifically how to heal from trauma and how to build community with writing. We are and become our stories that we develop from our experiences, hence when we can write them out and then re-write our story as one that serves us better and empowers us, then we are shifting from a victim standpoint to an empowered standpoint. My second guest is another radio show host, Jay Mattas, of Spiritually Raw and now Uncensored on BBS, which he hosts with his wife April Mattas. During these times of uncertainty, with the censored mains

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Featured Guests



Sarah Jefferis

Sarah Jefferis is an author, editor, and speaker. Through her consultant business, Write. Now., Sarah serves as a 1:1 writing coach for graduate students, and for writers who need assistance at any stage of the process and across multiple disciplines and genres. She designs generative workshops on the creative process and the importance of vulnerability, as well as subject-specific writing workshops that empower mothers to honor their artistic spirit and develop confident voices. She offers poetry readings on surviving sexual assault, and on trusting the writing process as a tool to speak out and effect change. Sarah holds an MA in Creative Writing and Literature from Hollins University, an

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Guest Image

Jay Mattas

Ajay(Jay) Matta the "Realist". He's an extremely evolved soul blessed with a witty personality. His tenacious viewpoints and uncanny nature to verbalize brings forth a lot of laughs and insight.

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