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EMPOWERMENT



Authentic Living
Wednesday at 1 PM Pacific
January 20th 2021: Encore Spiritual Practice for Crazy Times

Philip Goldberg is our guest today, here to talk about his latest book, "Spiritual Practice for Crazy Times: Powerful Tools to Cultivate Calm, Clarity, and Courage." And this is definitely the year for it! We are all hoping for an end to the pandemic in the next 6 to 8 months through the power of vaccines, but it is currently surging and there is widespread anxiety and depression regarding that, the racial problems, the on-going political divide—despite the change in leadership, the economic concerns that continue to rise and may worsen if leadership does not intervene and the potential for

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Featured Guest



Philip Goldberg

Philip Goldberg has been studying the world's spiritual traditions for more than 50 years, as a practitioner, teacher, and author. An Interfaith Minister, public speaker, and workshop leader, his numerous books include the award-winning Roadsigns on the Spiritual Path; American Veda: From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West; The Life of Yogananda: The Story of the Yogi Who Became the First Modern Guru, and his latest, Spiritual Practice for Crazy Times: Powerful Tools to Cultivate Clarity, Calm and Courage. He blogs on Elephant Journal and Spirituality & Health, cohosts the popular Spirit Matters podcast, and leads American Veda Tours to I

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