



**Rise ‘n Shine! Not Just for Mornings Anymore.**  
**Tuesday at 12 Noon Pacific**  
**April 20th 2021: Rising ‘n Shining for a Year! The Anniversary Show.**

We’ve been hosting “Rise ‘n Shine!” for a full year now! And what an adventure it’s been for us, both on the air and in our personal lives. In this episode, we interview each other about who we were when this show launched, who we’ve become, and who look forward to being moving forward. You’ll hear about Lori Anne’s re-discovered gift and how she’s now using it to serve others, what it was like for Mark to meet the boy who’d bullied him in elementary school after the decades that have passed, and so much more. To learn more or find out how you can be a guest, visit [www.RiseAndShineAsOne.com](http://www.RiseAndShineAsOne.com).

 [DOWNLOAD PDF](#)

 [GET CODE](#)

**Tune in**  
Tuesday at 12 Noon Pacific  
Time on VoiceAmerica Variety Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

**Questions? Comments?**  
**Call In Live! Call-In**  
**Toll Free: 1-866-472-5788**  
**Intl: 001-480-398-1394**

**Featured Guests**

Guest Image

**Lori Anne Rising**  
Lori Anne Rising is the international award-winning author of “You. Rising! Reclaim Your Life. Live Your Purpose.” She’s a spiritual and intuitive mentor for women, an empathic channeler, and host of “You Rising!” the podcast for women seeking to answer their inner call. Her work challenges old paradigms, and reconnects women with their Wise One Within to empower, inspire and reawaken their life’s purpose and passion. To claim your free gift and learn more about mentorship programs or intuitive readings, visit <https://podspout.app/loriannerising>.  
[Read more](#)



**Mark Olmstead**  
Mark Olmstead is a singer-songwriter and International Best Indie Book Award-winning children’s author who’s performed on stages all over the world. His book, The Adventures of The True Sunbeam, is a delightful, universal story that reminds everyone’s inner child how to shine authentically and by using the books interactive activities, family relationships are strengthened, even across generations. Inspired early on by John Denver, Mark is committed to making a difference one song and one story at a time. To learn more about him, his music, and his children’s book, visit [www.MarkOlmstead.com](http://www.MarkOlmstead.com).  
[Read more](#)

**Share This Episode**

 [Share On Facebook](#)

 [Share On Twitter](#)

 [Share On LinkedIn](#)

**Connect with VoiceAmerica**

Download our mobile apps







**Set Yourself Free From Inner Turmoil & "Stuck" Emotions**  
[Click here to Download This 10 Minute Meditation FREE](#)

