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Sovereign Self
Monday at 3 PM Pacific
May 30th 2022: Encore Rebuilding the Father Child Bond

How's your relationship with your father? Whether you answered: Great!, What relationship?, or It could be better, you'll enjoy today's show. Zofia chats with an expert panel of healers about how today's definition of masculinity is influencing fatherhood. We explore the broken places around fatherhood, healing with your father, whether he's still available or not. And discover how to father better, even if you had a poor example, or no example at all.

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Featured Guests

Guest Image

Bill Protzmann
Bill Protzmann's mission is to raise awareness of the power of music as self-care. He is the world's leading expert on the power of music for physical, mental, emotional, and spiritual health, holds magna cum laude degrees in piano performance and creative writing, and has led a successful IT consulting practice for more than 30 years.
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Jonathan Glass
Jonathan Glass, M.Ac, is the founder/creator of JivAtma Energy Healing and is the author of the Total Life Cleanse. He is a Master Acupuncturist, Ayurvedic Practitioner, energy healer, herbalist and Natural Health Educator. Jonathan served on the faculty of the New England School of Acupuncture and the Dharma Institute of Yoga and Ayurveda. He has facilitated thousands through his JivAtma Energy Healing program and his individual and group-supported, transformational cleanse program. Jonathan has been in private practice since 1987 when he co-founded the Healing Essence Center with his wife Katherine, in Concord, Massachusetts.
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Mark Youngblood
Mark Youngblood is devoted to elevating human consciousness and promoting spiritual growth, individually and collectively. He is the founder and CEO of Inner Mastery, Inc., providing Executive Coaching for business leaders and Transformational Life Coaching and Training for the public. Mark is an internationally recognized speaker and author, and his latest book is "Dear Human, Master Your Emotions." He has been practicing transformational coaching and teaching the Inner Mastery methods for more than 25 years. He is a Master Practitioner and Trainer of Neuro-Linguistic Programming and the creator of the Quantum Clearing System™ for transforming energy patterns and many other transformati
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Magick Bernstein
For nearly 25 years Magick has been creating a Shamanic Container which catalyzes healing and awakening. He has studied with master teachers, Elders, Kahuna, Shaman and Mystics as well as had extraordinary success as an entrepreneur. After moving to Maui, he established Sacred Voyages, through which he facilitates retreats and personal shamanic guidance. His unique approach is to create & transmit a powerful field of love and truth in which awakening, healing, the mystical, and connection to higher self is exponentially amplified. He does this in part through his shamanic storytelling style in which he transmits teachings which penetrate deep into listeners, helping them dissolve illusion an
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