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**April 20th 2012: Coming to you from South Africa...How do we have more joy, light and happiness? Holistic lifestyle tips and tools to counteract our post-modern lifestyles**

You are safe, it is ok - all is as it should be. What if you really felt that? Why does life on our planet feel different now than it did ten or even five years ago? A brief chat about the more subtle, less well-known contributing factors in our post-modern world starts us off to see how they challenge us to rise above what almost feels like a contagious tendency towards a heavy or depressed or fear energy that is a part of life right now on this planet. We then focus on holistic lifestyle tools, ie., food, exercise, constructive thinking - simple daily habits you can easily incorporate

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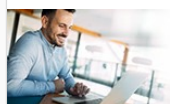
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