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Leading Conversations
Friday at 10 AM Pacific
January 10th 2014: The Secret to Awakening
Consciousness It's Not Rocket Science

Cheryl Esposito welcomes Arjuna Ardagh author, speaker & founder of Awakening Coaching Training, dedicated to the awakening of consciousness within the context of ordinary life. In his latest book, *Better than Sex: The Ecstatic Art of Awakening Coaching*, Arjuna teaches that an infinite source of stillness, well-being, & creativity can be brought forth in every area of your life – and it is extraordinarily simple. Thoughts of limitation and stories of inadequacy rob people of happiness and shut down creativity. If we learn to relax into our true nature, all is possible in our life. This is esp

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Featured Guest

Guest Image

Arjuna Ardagh

Arjuna Ardagh writer, public speaker & executive coach, who has trained more than 2000 coaches around the world toward awakening the unique gifts in every person. Ardagh's latest book, *Radical Brilliance* teaches us how & why people have original ideas which change the world.

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