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EMPOWERMENT



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
**March 2nd 2017: Overcome Emotional Trauma:
An Easy Self-Healing Practice with Doug Hilton**

There's a reason we have expressions like: 2 heads are better than one, and it takes 2 to tango. Doug Hilton and Mantak Chia are the 2 heads who recognized that you could achieve profound healing by pairing EMDR with the Universal Healing Tao. Together these systems create what neither could do alone: fast profound relief from emotional trauma. Although EMDR relieves the symptoms of PTSD, depression, anxiety and addiction, it doesn't cure the physical harm that the stress does to the body. As we've shown often on my show, when negative emotions are not released, they get stored in the body, ca

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Featured Guest



Doug Hilton

Doug Hilton has a master's degree in counseling psychology from the University of Calgary and has been a practicing counselor for more than 20 years.

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