

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



**Master Your Life**  
**Archives Available**  
**April 25th 2017: Meditation**

In our demanding, hectic and stressful world the ability to slow down and experience rather than analyze or process, is critical for effective life mastery. Not only is it necessary to re-energize but critical if you want to be a human being who experiences life rather than a human doing who lives to cross items of a to do list. To achieve that goal you need to consciously practice, and meditation is arguably the best tool for developing these critical life skills. Research on meditation has shown that it can bring great benefits. It can improve focus and attention, decrease anxiety and de

[Read more](#)



**Tune in**

Archives Available on  
VoiceAmerica Empowerment  
Channel

EPISODE ON DEMAND

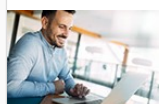
VIEW HOST PAGE

**Share This Episode**



**Connect with VoiceAmerica**

Download our mobile apps



Read what our hosts are writing about.

**VOICEAMERICA BLOG**