

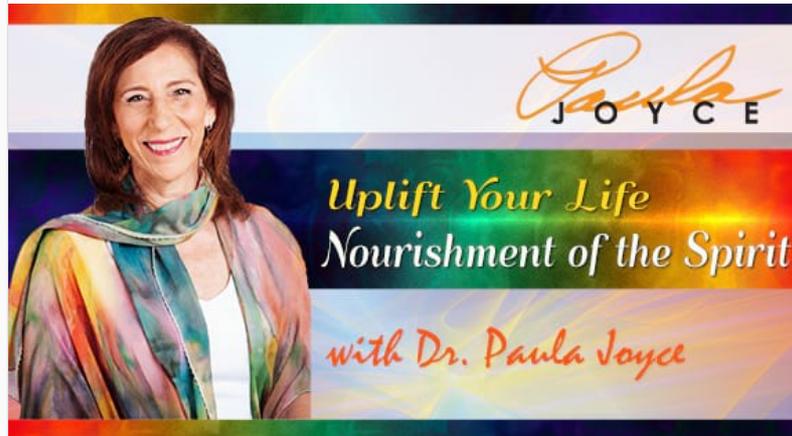
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**August 10th 2017: Learning How to Face the Unknown**

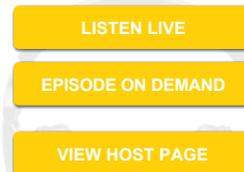
The feelings of fear and excitement are the same. Furthermore, heroes and villains have the same feelings in the split second before they each make very different choices. The journey of our life prepares us for that split second decision. It is rarely a magical leap, rather a steady path of living life one choice at a time, building our courage, strength and resilience as we go. Marianne Williamson wisely said: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us." The process of all

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**Featured Guest**



**Estelle Frankel**

Estelle Frankel is a practicing psychotherapist, author, spiritual adviser and popular public speaker. In her private practice in Albany, CA, she works with individuals and couples providing brief and long-term psychotherapy and spiritual mentoring. Estelle is also a seasoned teacher of Jewish mysticism and meditation who offers workshops on the intersection of Kabbalah and depth psychology and Mindfulness and Positive Psychology. She is the author of two award-winning books: Sacred Therapy: Jewish Spiritual Teachings on Emotional Healing & Inner Wholeness, a groundbreaking book on the intersection of Kabbalah and depth psychology, and her new book, The Wisdom of Not Knowing: Discovering a

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