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Express Yourself!
Sunday at 3 PM Pacific
November 03rd 2019: Longevity and Earth Frequency

"Let not the seasons, nor the sun nor the stars nor the moon, or planets make a timetable for your life." Frank A. Carlyle Life expectancy has changed dramatically since the time of the Roman Empire when the average lifespan was 22-25. In 1900, the world average was 30. Fast-forward a hundred years where the average man is expected to live to 75 and woman to 80. Siri reads Cynthia Brian's chapter from Be the Star You Are! Millennials to Boomers Celebrating Gifts of Positive Voices in a Changing Digital World. Brigitte and Siri introduce author of Earth Frequency Melissa Alvarez who explores

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Featured Guest



Photo: Kelly Perry

Melissa Alvarez

Melissa Alvarez is a bestselling, award-winning author who has written ten books and nearly five hundred articles on self-help, spirituality and wellness. As a professional intuitive coach, energy worker, spiritual advisor, medium, and animal communicator with over twenty-five years of experience, Melissa has helped thousands of people bring clarity, joy, and balance into their lives.

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