



Rise 'n Shine! Not Just for Mornings Anymore.

Tuesday at 12 Noon Pacific

June 23rd 2020: The Art of Letting Go: Grief, Change, and The New Normal

What if "normal" never comes back? We are living in a remarkable time of change and uncertainty. Our natural tendency is to want to hang on to what is familiar and comfortable, but that can be painful and limiting, especially when change is caused by things you have no control over. Yet letting go can stir up feelings of loss, grief, and depression. How do we step into this new world of the unknown in a positive way? How do we begin to create our "new normal" consciously and deliberately? In this episode, we talk with Christine Green about how to surrender the past, release old behaviors and m

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Featured Guest



Christine Green

Christine Green has a background in business, education and spiritual studies. She has a Masters in Religious Studies and has developed a number of teleseminars, workshops and retreats providing participants with tools and practices to expand their awareness and to overcome life's obstacles. As an author, facilitator, speaker, minister and spiritual mentor, Christine finds her inspiration in empowering women to grow beyond their limitations and discover their inner strengths and amazing courage. She currently serves as Assistant Minister at New Thought Center for Spiritual Living. To learn more about her and her work, visit www.revchristine.com.

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