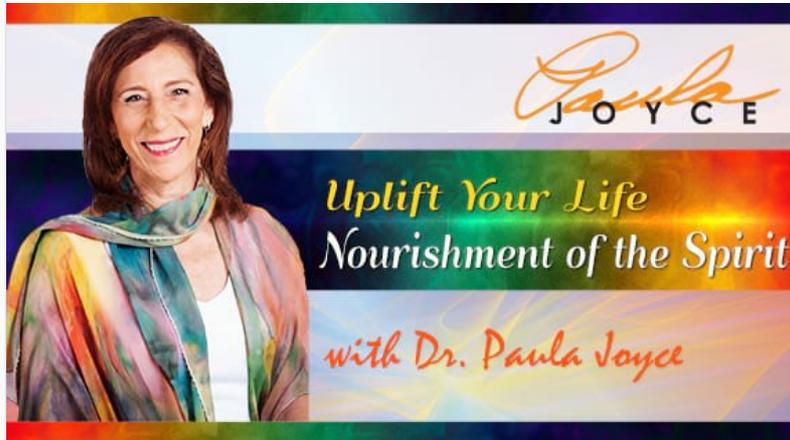


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**January 28th 2021: Seven Truths for Creating Well-Being and Connecting with Spirit**

"Your feelings are your compass," writes Diana in her new book. "As I worked with this simple yet powerful truth, I realized that if I feel good, I am good — even when the circumstances and events in my outer world don't unfold exactly as I would like them to. This truth also gave me a new perspective when it comes to what other people are feeling or experiencing. It offered a healthy vantage point that helped me to stop taking responsibility for the emotions and feelings of others. It helped me give myself a break. With better energetic boundaries, I made some rules for myself that you might

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#### Featured Guest



#### Diana Cole

Diana Cole is a spirit translator, thought leader, and author. Passionate about spirit guidance, she is committed to teaching people how to access their spirit guide so they may find freedom from pain and limitation and live a life of abundance, fun, and inspiration. Diana's spirit guide helped her create a fulfilling life after a back injury, a failed business, and a divorce. She offers her empowering tools for spirit guidance in group settings, speaking engagements, live workshops, and through her vibrant Instagram and Facebook communities. She helps people heal through channeling, positive thought patterning, and meditation. Diana is the author of Spirit Translator: Seven Truths for Creat

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