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Express Yourself!
Sunday at 3 PM Pacific
April 25th 2021: Meditations for the Soul and KeepMeSafe APP

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Host Diya Hituvalli interviews Neale Lundgren, PhD about his fascinating life and new book, *Meditations for the Soul*. The book guides you on a journey through accessible meditations to help you experience the deep joy and fulfillment that comes when we live in the immediate now. Included are 30 awakening exercises designed to help you activate your soul's senses, become more present to your life and learn to bring soulfulness to your relationships. During the interview, Dr. Lundgren helps you reconnect to your soul and strengthen your personal sense of purpose in life through breathing techniq

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Featured Guest



Neale Lundgren, PhD

Neale Lundgren, PhD, is a therapist, a former Benedictine monk, a poet, and a musician. He received his doctoral degree from Emory University in psychological, philosophical, and religious thought and has taught at St. John's University, Emory University, and Pacifica Graduate Institute. As a teacher, he uses the conversation of presence, reflective reading, meditation, and transformational energy work to help put students in touch with the sacred. Neale lives in Atlanta, Georgia. Visit him online at www.nealelundgren.com.

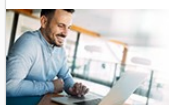
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