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Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
June 23rd 2022: Letting Go of Nothing: Relax Your Mind and Find Your True Nature

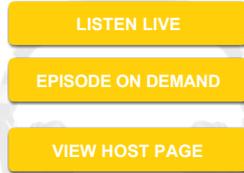
Shame, blame, guilt, and judgment are all habits of the mind. We can choose to stay in that uncomfortable way of thinking and living or we can choose to accept life and stop letting it hurt us. When I realized that all my experiences have helped form who I am, I began to experience life differently. Since I don't know which parts of my life I could remove and still be me, I chose to acknowledge that all of it has helped me become my true self. Recognizing the gifts of learning and growth in each experience has brought me peace and gratitude. We may not be able to control what happens to us, bu

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Featured Guest



Peter Russell

Peter Russell, author of *Letting Go of Nothing* and *From Science to God*, earned degrees in theoretical physics, psychology, and computer science at the University of Cambridge in England, where he studied for a time with Stephen Hawking. He studied meditation and Eastern philosophy in India and later conducted research into the neurophysiology of meditation. He coined the term global brain with his 1980s bestseller of the same name (100,000 copies sold), in which he predicted the internet and the impact it would have on humanity. He lives in Northern California. Please visit him at www.PeterRussell.com.

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