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**Being Here**  
**Wednesday at 9 AM Pacific**  
**October 29th 2008: Simplicity Being Here: How to Dissolve Stress, Fear, Worry and Guilt**

Imagine what it would be like to live your life in a state of well-being. Where stress, fear, worry and guilt just melt away as become aware of them. In this insightful episode Ariel and Shya Kane will show you how to untangle the complexities of modern day living as you learn how to live your life directly. Simply Being Here, in the moment can transform even an ordinary circumstance into a profoundly moving and enlightening event. An episode not to be missed!

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