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## Spirituality – 101: The Missing College Course

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February 12th 2010: Let's Talk About Healing

This week's lesson is about healing. Walking the spiritual path requires of us attention to mindfulness, balance, and harmony in all aspects of our lives. What happens when the body and the mind are not quite in sync with each other? Let's talk about healing. The question on the table this week is: Do we really have the ability to heal ourselves? Whether you're looking for a way to stay healthy, relieve the stress of modern living, or trying to understand the basic principles of healing, this show is for you. Join me, as we explore this hot topic of health and healing. Call me with your qu

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