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EMPOWERMENT

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**Authentic Living**  
**Wednesday at 1 PM Pacific**  
**September 08th 2010: Getting Healthy = Getting Conscious**

We tend to look at healthiness as a product of good nutrition, and a healthy dose of exercise, in combination with good genes, good medicine and good luck. Most recently, we've added low stress to that combination. What this means is that we are basically looking to the externals to bring us to good health. But Ivan Rados has a different take on it. Author of the book, "Health: It's All About Consciousness," Ivan believes that health and sickness are a reflection of our essential being. In fact, he believes that when we restore consciousness to the flow of Oneness, we restore our body's

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### Featured Guest



#### Ivan Rados

Ivan Rados is an internationally renowned author in the field of self-development, healing and consciousness; as well as an internationally recognized artist whose work is displayed in European museums and private collections around the world. He has written four books: Create Yourself – Secrets of Self Discovery and Healing with Sacred Geometry, The Transparent Man – The Last Anti-Manifesto, Health It's All About Consciousness and Transform Your Life Through Sacred Geometry. Ivan's journey to wholeness is a story of courage and determination. His journey reads like a book of miracles, which he modestly labels "ordinarinesses," though those who heal from countless ailments experience anyt

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