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Authentic Living
Wednesday at 1 PM Pacific
December 07th 2011: Enlightenment: Can it live up to its hype?

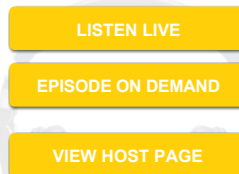
You know there are a lot of people out there talking about enlightenment, what it means and how to get it. The biggest hype about it is that if you are enlightened you are living in a constant state of bliss. But can most people really attain that? A better question is: Is that what enlightenment is really all about? Well our guest today is going to answer that question. He is Robert Forman, PhD, author of the book Enlightenment Ain't What It's Cracked Up To Be: A Journey of Discovery, Snow and Jazz in the Soul, in which he exposes his own journey to enlightenment in some very enlightening way

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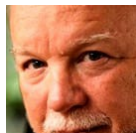
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Featured Guest



Robert K.C. Forman

Robert K.C. Forman, Ph.D.: Professor of Comparative Religion, co-founder of the Journal of Consciousness Studies; the Forge Guild of Spiritual Teachers and Leaders; and of the Soul Jazz family of programs for bringing spirituality into the everyday. Forman is a meditator of 42 years, and author of the forthcoming book that has attracted some impressive endorsements and is destined to help transform lives. Enlightenment Ain't What It's Cracked Up To Be. Forman@EnlightenmentAint.com Info about Soul Jazz at www.GoDeeperTogether.com

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