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Authentic Living
Wednesday at 1 PM Pacific
February 15th 2012:East to West

Before Eastern, particularly Indian philosophical and religious concepts were popularized in the West, there were not many allowable options for how a person might recognize the connection between mind and body, or how one might meditate and get in touch with deeper aspects of self. But even though the real explosion of the popularity of Vedic concepts occurred in the 1960's people like Ralph Waldo Emerson and Walt Whitman were way ahead of the game as they subscribed to some of these concepts. Today, we want to learn more about this shift in consciousness, and Philip Goldberg, author Americ

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Featured Guest



Philip Goldberg

Philip Goldberg has been studying India's spiritual traditions for more than forty years, as both a practitioner and an author. He is the author or coauthor of nineteen books, including Roadsigns on the Spiritual Path and his latest, American Veda: From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West, which was named one of the top ten religion books of the year by both the Huffington Post and the American Library Association's Booklist. A public speaker and workshop leader, he has given presentations at venues throughout the country and has appeared in national media. He is an ordained Interfaith Minister and spiritual counselor, and recently found

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