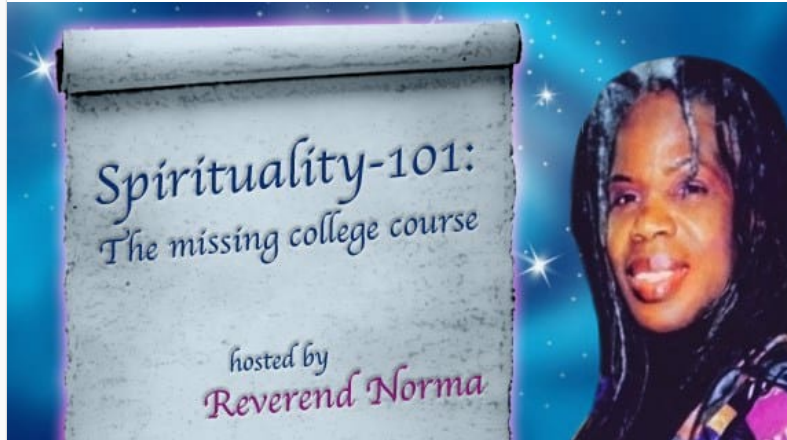


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**Presentation: Harmony and Understanding**

This week we're leading with the theme of harmony. Is it possible to find harmony and understanding in these seemingly troubled times? If you're looking for answers to this question, or trying to breathe in the midst of chaotic times, then this class is for you. Join me live on the show, call into the show with your comments and or questions. There's something here for everyone, from beginners on the spiritual journey to those of you who are seasoned travellers on the path to transformation. Peace.

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