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April 23rd 2013: Joy of Self-Acceptance

We have been bombarded with everyone else's truths; from our parents to teachers to society in general. There may even be times when we losetrack of what our own truth represents and even what it really is. This becomes apparent when we accomplish what we think we want in our life only to find ourselves unfulfilled or unhappy; especially when our truth is not considered mainstream. When we truly accept ourselves and others for their brand of uniqueness, even if it is the opposite our own beliefs and truth, we no longer put effort out to change others. This is turn eradicates the energy of othe

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Featured Guest



Fay Thompson

Fay Thompson is a licensed Spiritual Health Coach, spiritual teacher, and channel committed to increasing the well-being of individuals. Her aim is to empower each person to stand in their power and realize the immense potential within. Fay discovered and honed her intuitive abilities and now specializes in Subconscious Mind Correction. Fay also conducts various spiritual workshops. Her work has been featured on CBC Radio/TV and in various journals and magazines including Wholife Journal, Well Being Magazine, and Discovering She. The author of the just released book Azez Medicine, Fay's mission is for every person to realize the immense creative power they have to create a life of joy and ea

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