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The Self Improvement Show Archives Available March 27th 2014: Recipes for a Sacred Life

Rivvy Neshama talks about living a sacred life and asks, "I guess you could live a sacred life without laughter. But tell me this: Why would you want to?" A sacred life to Rivvy is most likely not what you imagine a "sacred life" to be. She refers to herself as a hippie and a gypsy and she has an outlook on life that makes you smile and want to know more about her. Join us as we talk about living life to the fullest and bask in her lovely humor and delightful outlook. Rumi says, "The soul is here for its own joy." Rivvy shows you how to make that saying a reality. <http://rivvyneshama.com>

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Featured Guest



Rivvy Neshama

Rivvy Neshama is a writer and community organizer whose spiritual path draws from many sources: Eastern and Western religions, Native traditions, Sufis and shamans, and her mom. Her stories have appeared in such publications as Ms., Glamour, and The New York Times. Rivvy holds degrees in philosophy, comparative literature, social work, and education. She has been a teacher and social worker in Harlem, a campaign manager in Boulder, and a Tarot card reader at Macy's on Halloween. She lives in Boulder, Colorado.

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