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Mighty Gems – Essence of Authentic Presence

Archives Available

November 07th 2014: You are more than body and mind

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. Carl Jung

We are each on a journey. Some of us are dreaming, but others of us are going inside, into the heart and awakening. As part of this journey, we have to take responsibility for our beliefs, our thoughts, our actions, and our reactions. We are the conduit through which energy flows into ourselves, into our world, and into the earth. Focusing on your breath is a way to start becoming more aware of yourself as a being of energy. As you take better car

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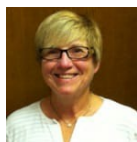
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Featured Guest



Margaret Tanner

For over 25 years, Margaret Tanner has studied energy healing and meditation. She also has earned a BS degree, a Master's degree in Counseling, and has trained as a massage therapist. Because of her desire to help people, she has been ordained as a minister as well. For the past 14 years, she has built a thriving practice as a Licensed Massage Therapist. In her practice, she has learned that to be able to help others effectively, she had to experience the journey of learning about spirit herself. In her work, being in the flow with spirit is very important to her, requiring that she honor the intuitive part of herself so that she can learn what her client needs rather than what she thinks

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