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Illuminating Now! Linzi's Life Secrets.

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March 18th 2015: Special Encore Presentation: Wellness as a foundation for Physical, Emotional and Spiritual Health is the focus of today's show, but what does it mean?

What does wellness mean in this context? We often focus on the ailment we are physically dealing with or we spend time stuck in a state of mind that feels anything, but comfortable. In the next hour, we will explore your personal power for wellness and power to be well. Expert Coach and Owner of Integral Awakening, Michael Brabant, will help us make sense of so much of the confusion of how to stay healthy, Universal energies and the power within to make choices that lead us to health; these options can be practically applied immediately. This show is for EVERYONE!

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Featured Guest



Michael Brabant

Michael Brabant is an Integral Awakening coach, evolutionary consultant, and emerging teacher of relational spiritual practice and collective awakening. He is interested in how to synthesize the various streams of some of the world's most potent healing and transformational technologies and translate them to be offered to the most amount of people for the most amount of local and global benefit. He is finishing his PhD in Psychology and Interdisciplinary Studies at Saybrook University. His dissertation is studying the efficacy of an embodied leadership curriculum he is co-creating and co-teaching at Sonoma State University for undergraduate students. He is continually studying and practicing

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