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March 11th 2015: Navigating the Big Ones

Mara and guest Cal Loo of Intentional Legacies explore ways to navigate life's biggest transitions with intention and grace. Some transitions are a natural part of the lifespan like birth, puberty and death. Others are cultural, and made important by our society or spiritual community, such as marriage, graduation, coming of age, spiritual or religious initiation, and even endings like divorce. All of these transitions, when marked intentionally, can help ease the way into releasing a previous stage, and preparing for the new roles, identity, or responsibilities that come with the new stag

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Featured Guest



Cal Loo

Callan (Cal) Loo is a co-founder and Chief Intention Officer of Intentional Legacies, and he's an experienced, authentic, and creative participant in the journey of life.

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