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Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
August 13th 2015: Finding Comfort in the Uncomfortable

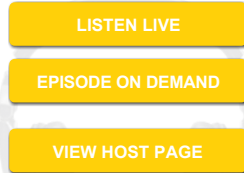
The world is in a lot of chaos right now due to fear caused by everything from war to natural disasters. This chaos affects the energy in the world which, in turn, impacts each and every one of us. Knowing that we are in the midst of upheaval that is leading us to peace, harmony and unity can help us through this difficult transition. We even have sayings for it, like: The darkest hour is just before the dawn or The dark night of the soul. When we get through the darkness, there is always light and after the rain, there are rainbows. The peace that is coming starts with us. As we are able to c

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Featured Guest



Betsy Thompson

Betsy has a B.F.A. from the University of Pennsylvania. She worked for several Philadelphia radio stations and appeared in television commercials in Philadelphia and New York.

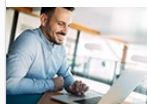
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