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**January 13th 2016:Practices Determine Experiences!**

Our Practices Determine our Experiences and Results! Have you ever wondered why you have the experiences you do in life? Why you get the results you do, especially when the same things keep happening over and over again? Our guest today will share his insights into how our practices, those things we do regularly, determine our results and experiences. In other words, we are what we practice: Kindness, compassion, meditation are a few examples of positive practices. It is also true that we have practices of which we are unaware! Through the process of self-reflection and an examination of

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**Featured Guest**



**Jason D Mitchell**

Jason D. Mitchell comes from a family with a rich spiritual heritage. When he walked into the Agape International Spiritual Center in 2005 he was set on a path that would forever alter the trajectory of his life. A former teacher, he spent nearly a decade working with the homeless of Los Angeles' Skid Row community. During his time at Agape he answered his calling to become an Agape Licensed Spiritual Practitioner. Whether he is being of service to the community, facilitating workshops and classes or practicing his creativity through photography – Jason sees the Divine in it all. Recently, Jason was appointed by Rev. Michael Bernard Beckwith to be the Director of the Agape's Sacred Service M

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