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Authentic Living
Wednesday at 1 PM Pacific
January 20th 2016: The Gift of Sorrow

No one wants to feel sorrow. It is the emotion we most avoid, for it makes us vulnerable to the onslaughts of deep emotional and psychic shifts. We live in a world in which the social pressures and rigid schedules of life forbid our sorrow. Yet sorrow changes us, allows us into the closets where we have hidden the authentic Self. Our guest today is going to talk to us about sorrow and how we might facilitate a deeper soulful journey through sorrow. Author of "The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief," Frances Weller is a Psychotherapist, writer and soul activist

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Featured Guest



Francis Weller

Francis Weller, MFT, is a psychotherapist, writer and soul activist. He is a master of synthesizing diverse streams of thought from psychology, anthropology, mythology, alchemy, indigenous cultures and poetic traditions. Author of "The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief," he has introduced the healing work of ritual to thousands of people. The core of his work is creating pathways to reclaiming our indigenous soul, what psychologist Carl Jung called the "unforgotten wisdom" that resides in the heart of the psyche. Out of this core, he founded and directs Wisdom Bridge, to provide educational programs that seek to integrate wisdom from traditional cultures wi

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