

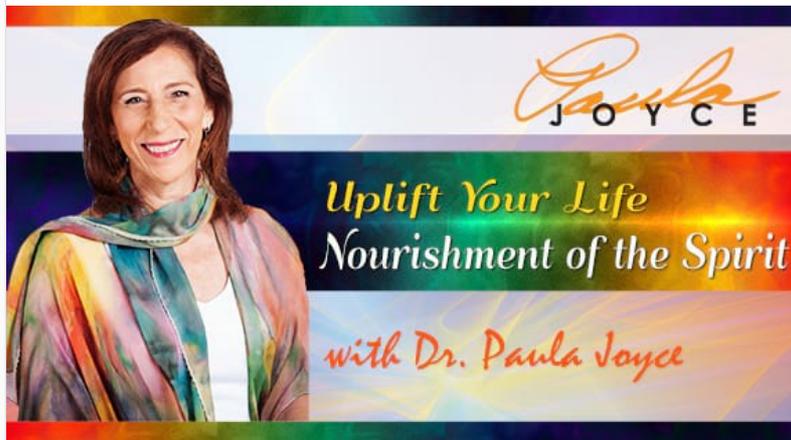
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EMPOWERMENT

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### Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific May 19th 2016: Create Success With Your Internal Guidance

I went through most of my life experiencing a lump in my throat. It always scared me, but I didn't know how to stop it. Other people experience a rock or knot or churning sensation in their solar plexus that can last for days or even years. Still others feel pressure or tightening and constriction in their chest. You may have experienced more than one of these sensations at different times. It is your body trying to tell you that something is not right, but most of us don't know what the sensations are trying to say. Zen DeBrucke has spent years paying attention to this IGS, Internal Guidance

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### Tune in

Thursday at 8 AM Pacific Time on  
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### Featured Guest



#### Zen Cryar DeBrücke

Zen Cryar DeBrücke, author of Your Inner GPS: Follow Your Internal Guidance to Optimal Health, Happiness, and Satisfaction. Everyday a new tech gadget offers us the opportunity to learn about ourselves: our optimal state of physical, mental, and emotional well-being. Wearable technology telling me how I feel... Author Zen Cryar DeBrücke says: "You were born with a factory-installed guidance system. It is like the GPS in a car...your Internal Guidance System (IGS). The guidance it gives you has many different purposes. The most important one is to get you from one end of your life to the other with as much joy, ease, and fulfillment as possible." You can retrain your mind to easily ac

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