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Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
October 6th 2016: Listening with an Open Heart

Moving from anger, hurt and pain to forgiveness, self-love and peace has been a challenging journey. I began to understand just how much damage I was causing myself by blaming others when a Shaman said to me: Do you realize that every time you tell that 'ain't it awful story,' you let that person hurt you all over again? That was not the response I expected, but it did help me wake up and begin taking responsibility for my own life circumstances. On my healing path, I learned that I can forgive others without allowing them to continue to treat me poorly. They don't even have to acknowledge wha

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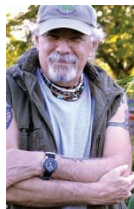
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Featured Guest



Stephan V. Beyer, Ph.D., J.D.

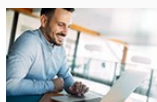
Stephan V. Beyer, Ph. D., J.D., is a well-known writer and speaker on shamanism and spirituality. He is also a community builder, peacemaker, and carrier of council.

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