



Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific

November 03rd 2016: Master Your Thoughts with Reverend Karen Fry

My thoughts tormented me for the first half of my life. They were very good at making me believe that I was never doing enough, I was not lovable, other people were more important than me, I was not good enough, taking care of others was more important than taking care of myself, I was not very smart, I should stay in the background and help others succeed... You get the idea. I made this list because I want you to hear some of the things that are roaming around in your head. Maybe they're identical, maybe they're different, but they are definitely hurting you. 90 percent of our self-talk is n

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Featured Guest



Reverend Karen Fry

Rev Karen Fry is the Associate Minister at CSL Dallas, A Center for Spiritual Living. She has a genuine love for all of life and meets people exactly where they are. She leads with her heart and is willing to be vulnerable and real. Her authenticity is definitely noticeable when you spend time around her and she invites you into your own magnificence. In August 2014, when she got diagnosed with breast cancer, Karen received the greatest gift of her life. This "unexpected blessing" taught Karen that loving herself needed to be added to her practice of BE LOVE in the world. In 2010, Karen discovered BE LOVE as her primary daily spiritual practice. Out of this awakening, she started "BE LOVE –

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