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### Uplift Your Life: Nourishment of the Spirit

Thursday at 8 AM Pacific

March 09th 2017: The Truth About Enlightenment with Jason Gregory

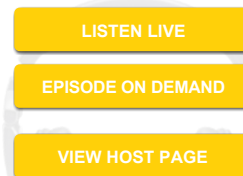
Enlightenment is not about meditating, achieving or even following what we believe is limited to Eastern philosophy. Enlightenment is letting go of false beliefs, fears and negative thoughts that weigh you down. It is literally about lightening up. As you release what weighs you down, you become lighter. Whether you call it listening to the still small voice within, connecting with your limitless higher self or becoming one with all that is, enlightenment is within each of us. It is who we are when we strip away everything else. It is us finding the spiritual being that was born into this world

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### Featured Guest



#### Jason Gregory

Jason Gregory is a teacher and international speaker specializing in the fields of Eastern and Western philosophy, comparative religion, metaphysics, and ancient cultures. Author of Fasting the Mind, Enlightenment Now, and The Science and Practice of Humility, he divides his time between Asia and Australia.

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