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[Uplift Your Life: Nourishment of the Spirit](#)

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

June 01st 2017: Asking the Right Questions with Dr. Velvete H. Womack, PhD

Science shows how very important our thoughts and words are. They have the power to create health or illness, happiness or sadness, gratitude or hate. In other words, they create the quality of our lives and even the specifics of our lives. Dr. Emoto had Buddhist Monks direct thoughts into water. The positive thoughts created colorful complex snowflake-like crystal shapes and the negative ones caused incomplete asymmetrical shapes of dull colors to form. Since our bodies are about 70% water, our thoughts (conscious and unconscious) have a similar impact on our bodies. For instance, one of my c

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Featured Guest

Guest Image

Dr. Velvete H. Womack, PhD

Dr. Velvete, is a change agent, using her nurturing abilities to enhance the lives of others that are willing to experience more joy, peace and abundance in their lives. With over 20 years of experience in the health and wellness field, Dr. Velvete uses her teaching techniques and skills, as well as other proven techniques to best benefit the clients individual needs. Whether there is a nutritional imbalance, an emotional block, or a spiritual impression, Dr. Velvete provides quality care to each and every client, tailoring each session to encourage individual growth and empowerment.

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