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EMPOWERMENT



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May 21st 2013: Time for Meditation

Most of us are over-stimulated and over-scheduled. Many of us feel stressed out, overwhelmed, anxious and even depressed. This can have a direct result on our physical, emotional and spiritual health. What if the antidote that we are searching for is as simple as creating "Time for Meditation"? Meditation offers us a way to pull back from the daily stresses and problems in life; a way to unplug, unwind and take a break. Sarah McLean joins Bonnie Wirth on PURE Talk Radio to share her wisdom and Light on this ancient tradition to inspire you to foster a state of well being that will have a pos

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Featured Guest



Sarah McLean

Sarah McLean, best-selling author of *Soul-Centered: Transform Your Life in 8 Weeks with Meditation* (Hay House), inspires anyone to develop or deepen their meditation practice and maintain their connection to their center point of peace, equanimity, and joy.

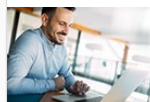
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