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**January 8th 2014: Declare Your Independence and Reclaim Your Power: Tools, Exercises and Techniques**

According to my guest, JD Messinger, reclaiming our power requires a combination of mental, physical and spiritual techniques. Learning to create purpose and meaning involves recognizing and removing the blocks that prevent us from becoming all we were meant to be. JD will share techniques and tools he has perfected over his 12-year quest for answers. As a man of science, JD used his nuclear engineering and advanced math degrees to explain spiritual phenomena and develop the regimen that regenerated his damaged vertebrae. Weaving together metaphysics, numerology, hypnosis and past life regress

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#### Featured Guest



#### JD Messinger

JD Messinger is the award winning author of the bestselling book 11 DAYS IN MAY: The Conversation That Will Change Your Life. He is a Distinguished Graduate of the United States Naval Academy

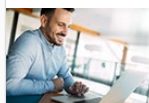
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