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EMPOWERMENT



The Self Improvement Show
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October 1st 2015: Alive, Awake and Aware!

Are you alive, awake and aware? Think about it. We hear these words tossed around a lot these days, so much so that we may not think about what they really mean. In this crazy, cyber-driven, fast paced society, it's easy to become so caught up in "the mental noise within your mind [that]has disallowed you to be aware of its existence until now." You breathe, you have blood running through your veins and your mind thinks, but are you truly "alive" or are you simply existing? Your eyes are seeing, ears are hearing, legs walking but are you "awake" in the true sense of the word or are you sleep w

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Featured Guest



Christopher A Pinckley

Christopher A. Pinckley is a Professional Executive Coach for world class CEO's, Entrepreneurs, and Business Owners. He is also a spiritual teacher, writer, illuminator, and creator of the Emotional Integration Technique.

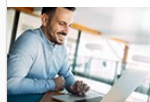
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