

Untitled Document

We're all scared that one day we're going to be faced with a situation that's going to break us. That we

So says JJ Virgin in her documentary, 'You are stronger than you think'. JJ is a celebrity nutritionist

"I don't care about false hope, to me all hope is real," she said. It is about energy and everything that ha

JJ didn't only change the direction of her own life by this choice, but also that of her son. He was in

Few of us ever have to deal with situations as drastic as a hit-and-run accident and we're scared th

Insignificant things happen each normal day that can push us down from energy level ten to level o

Nick Polizzi, director of 'The Sacred Science' documentaries, talks about a technique, taught to hi

"A deer knows it's a deer. It has no inner conflict about its past, its purpose, its needs, or its destiny. It l

How can humans do this? By refusing to allow ourselves to be distracted by thoughts that aren't se

The shaman told Nick to break this chain by picking an hour out of a normal day in which you pay

Your hour is not about working with negative thought patterns. You are simply taking inventory of v

It is all about the simple act of observing your triggers. Unfortunately it has become the aspirin of h

She says that releasing is only useful if you're holding onto something, not if you're reaching out fo

Releasing is not healing when the feeling stems from lack. You can't let go of something you don't

So, girlfriend, which dragon would you fight if you knew that you were stronger than you think?