

Love, Serve & Remember

The late great spiritual teacher Ram Dass described our purpose as human beings in just four words: “**Love, Serve and Remember**”. Please join me live online for this intimate program designed to open your heart and inspire your highest self.



We're all just walking each other home.

Ram Dass

Through a soulful process of meditation, reflection and spirited conversation in cozy breakout rooms, we'll cultivate these 3 essential spiritual seeds, so they can come to flower. You'll leave with simple tools derived from positive psychology, self-directed neuroplasticity, and ancient wisdom, each intended to cultivate maximum awareness and inner light.

Loving: How do we connect with that love in ourselves, others, nature? How do we remove the blocks to love's presence so that our best self can become our default self.

Serving: Living with purpose doesn't mean martyrdom or burnout. True service is an enlivening alignment with soul rather than a draining assignment from ego. Together we'll investigate that continuum in our own lives.

Remembering: The heart yearns most deeply to remember its eternal connection to the Source of Being, the Great Mystery. Working with our own cherished spiritual experiences- no matter how fleeting- we will lay the foundation for building the neural circuitry of presence, bypass the brain's negativity bias, and lighten up.