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Being Here  
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October 2nd 2019: Being in Nature Part I

"I took a walk in the woods and came out taller than the trees." Henry David Thoreau Most of us have lost our connection to our natural being and do not smell the air or feel the ground beneath our feet. We spend time invested in our computers, smartphones and worries as if that is where life is taking place. Join Ariel and Shya in this revitalizing episode of Being Here and experience the world that is all around you.



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