

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



Things Worth Considering
Thursday at 5 PM Pacific /8 PM Eastern
March 5th 2020: Grounded - Smartphones May Impede These Connections

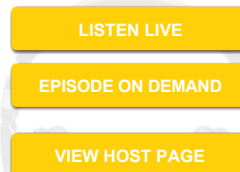
From childhood onward, we are subjected to multiple influences that seek to tell us who we are, how we are supposed to be, act, think. Slowly we disconnect from who we are trying without success to be what other people want us to be. We may begin to experience a disconnect between our body, emotions and spirit. If someone hurt us physically or sexually, the trauma disconnects us in powerful ways. We may withdraw socially, shut down our ability to feel, we become silent. The good news is we can learn to reconnect. Studies in the area of Human connections have identified a very simplistic pra

[Read more](#)



Tune in

Thursday at 5 PM Pacific
Time/8 PM Eastern Time on
VoiceAmerica Empowerment
Channel



Questions? Comments?
Call In Live! Call-In
Toll Free: 1-888-346-9141
Intl: 001-480-553-5760

Featured Guest

Guest Image

Alexia Georgousis ND

Alexia is a Naturopathic Doctor practising in Toronto. She is the former associate dean of clinical studies at the Boucher Institute of Naturopathic Medicine in British Columbia and was also on the clinical faculty at the Canadian College of Naturopathic Medicine for 15 years. Today Alexia teaches Homeopathy and Pathology at Torontos Transformatonal Arts College. Alexia maintains private practices at 2 clinics in Toronto . When one aspect of ourselves is misaligned it impacts our wellbeing we no longer thrive.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG