



I'm not a robot

































What up, Beasts! Here's a sneak peak of the latest episode of the Unveiling the Beast Podcast. This episode of Unveiling the Beast ... Join my Flow60 Community to get started: In this video, I'm gonna show you how to release the Beast ... Join Julie for a fascinating conversation with David Lauterstein, experienced DO YOU BELIEVE THERE IS A MIND BODY CONNECTION WHEN IT COMES TO STRESSRELIEF THROUGH MESSAGES? Vagus nerve massage for stress and anxiety RELIEF Shannon Livezey is the owner and founder of Avodah What is Somatic Massage? My Experience + Why it matters for real healing. 00:00 Introduction 00:30 Heart Disease 01:39 The Placebo Effect 02:20 Candice Pert 02:35 The