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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
April 4th 2018: Compassion Magic

What is it about deep loss and devastating life circumstance that sometimes hones our compassion? Perhaps we become aware of others who suffer as we do. Perhaps we come to feel there is nothing left but opening to compassion's mysteries. And perhaps compassion finds us at a desperate moment where nothing else works. For Virginia Sampson, it was all of the above. In compassion she found a balm she had never experienced before. As she developed her own capacity to meet others with compassion, her life transformed. Compassion became her passion and sharing how it can build our families, communiti

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Featured Guest



Virginia Sampson

Virginia Sampson is passionate about disseminating the science based message of the power of compassion to create success in all areas of our lives.

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