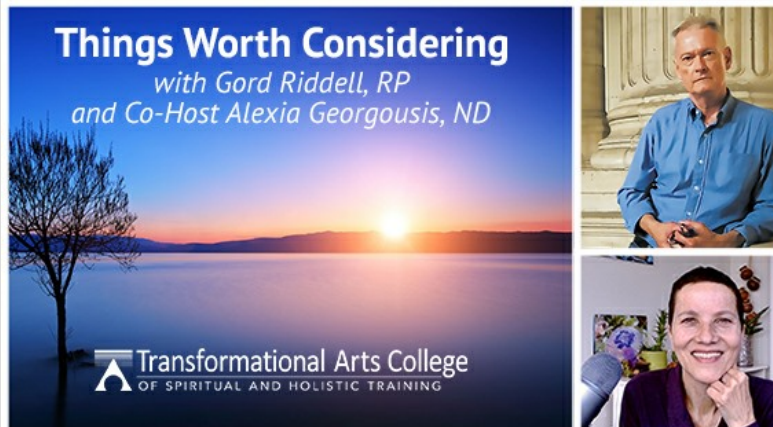


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In our everyday life, we are always in relationships. They can be romantic, with co-workers, family, friends the cashier at the grocery store and most importantly, the relationship to our self. In most cases we allow mostly old old and unconscious patterns to dictate how we showp in our relationships. This episode wil take a look at how these patterns play out for us in the dynamics of our relationships and why we keep attracting the same people. What role does trusting ourselves and trusting other people? Ever wondered what the different stages of a relationship are. And importantly how can w

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Featured Guest



Maria Galle

This weeks guest Maria Galle, is a Faculty member at Transformational Arts College in Toronto, Canada. She is a Registered Psychotherapist, a Reiki Master and a Life Skills Coach. She brings an authentic presence, easily moves to laughter and a genuineness to her work.

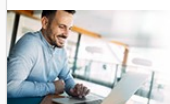
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