

“Inside Perspective with Cindy Castano”

Sunday, December 23, 2007

RARE PEACE, RAGING WORLD

**Discovering Calm in Today’s Storms with
Special Guest Rande Howell, Life Coach/Therapist/Author**



- What happens to a person’s psyche when they fall victim to a traumatic event, be it war, genocide, slavery, or home-grown conflict, be it internal or external?
- How does one begin to expand the sense of possibility in these people (and ourselves), and also break free of our own constrictive ways of seeing the world, and access the light of our Creator that is within us?
- How does compassion and essential skills-sets break constrictive ways of seeing and being in the world and opening possibility for a person to experience the new life promised by Christ through the body/mind/Spirit integration?

The impact of severe and traumatic experiences have great influence on the ways a person sees what is possible in their lives. Lives become constricted and not expansive. We will compare the plight of the people in conflict situations to our self imposed limitations and learn how to break the hold that fear has on our body, our mind, and our Spirit to claim new life through compassion.



Rande Howell, MEd., LPC, became a Christian therapist, life coach, workshop leader, lecturer, and author as Christ has lead him into new life. His professional work is based on a Biblically based mind/body/Spirit integration and teaches people how to regulate their body's and mind's emotional nature so they have new options about the world they bring forth. It is an area that science and religion can work together effectively and produce positive growth. His work includes anger and fear management in prison settings, school environments, within the Christian community, and in the general population. His work is also used with peak performance training, executive coaching, and marriage coaching.

Learn more about Rande Howell and his work at:

www.empoweredhorizons.com