

The Way of the Spiritual Path Episodes—Season 1

1. The Answer is in the Problem
-GUEST: Vanessa Crites
2. My Three Most Important Things in Life: A Conversation with M
-GUEST: Mark “M” Pendroy
3. Sales as a Form of Service
-GUEST: Tonya Hardy
4. Sufi Drumming with Adnan Sarhan
-GUEST: Adnan Sarhan
5. Discussing Death and Dying
-GUEST: Mark “M” Pendroy
6. The Way of Aging
-GUEST: Liz Mangum
7. Misconceptions Along the Path
-GUEST: Señora Cristal
8. The Language of Compassion
-GUEST: Clarice Belcher
9. Service: We May be the Bridge
-GUEST: Vanessa Crites
10. Intro to Pranic Healing
11. Healing Through Sound
-GUEST: Flournoy Holmes
12. The Journey of the Way
-GUEST: Keith Dykes
13. My Way
14. Getting Lost Along the Way
-GUEST: Liz Mangum
15. Breaking Out of Your Spiritual Box
-GUEST: Señora Cristal
16. Communicating from the Heart
-GUEST: Clarice Belcher
17. The Way of Internal Family Systems
18. Boundaries: Set Them!
-GUEST: Keith Dykes
19. Cooperating with Intuition
-GUEST Tonya Harvey
20. The Way of Your Weeds
-GUEST: Dr. Robert Springer

**THEME: Ambient Lounge Deep House with vocal chops
by Canoe Music (AudioJungle #17017268)**

MAIN FONTS:

- Show title: Rossetti Regular
- Guest title: Garineldo, GarineldoNo02
- Guest subtitle: Gabriela
- Disclaimer: Gabriela
- Disclaimer URL: Snell Roundhand (regular)

CREDITS:

- Ursula Lentine: HOST
- Jesse Grainger: Producer/Editor

S1 E1 The Way of Spiritual Path—The Answer is in the Problem

-Aired: Wednesday, 3/1/17

Join Ursula Lentine as she finds the WAY in everyday. Ursula sits down with Vanessa to talk about the oppression of addiction and the path those who suffer from addiction must walk before overcoming it. Vanessa and Ursula offer a frank and intimate discussion regarding alcoholism, spirituality, and moving forward.

For more about Ursula, visit her website at www.ursulalentine.com

Like Ursula on Facebook: <https://www.facebook.com/HealingwithUrsula>

TAGS: ursula lentine, twelve steps, spirituality, addiction, alcoholism, 12 steps, family, struggle, God, awakening

RUNTIME: 29 minutes

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S1 E2 The Way of the Spiritual Path—My Three Most Important Things in Life: A Conversation with M

-Aired: Thursday, 3/9/17

Join Ursula as she discusses living a fulfilled life with Mark "M" Pendroy, whose terminal illness has brought him a unique understanding of what truly matters. M shares his insights on death and dying, and what really counts when looking back on one's life.

Find Ursula at www.ursulalentine.com

TAGS: death, God, dying, addiction, cancer, service, cirrhosis, spirituality, altruism, sickness, alcoholism, life, ursulalentine, theWAY

RUNTIME: 33 minutes

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S1 E3 The Way of the Spiritual Path—Sales as a Form of Service

-Aired: Thursday, 3/16/17

Ursula chats with friend Tonya Harvey about the importance of bringing honesty and integrity to the workplace, and how even a career in sales can bring light and positivity into the world.

Visit Ursula at www.ursulalentine.com

For more information on Tonya Harvey's work, visit www.connect2revenue.com

TAGS: honesty, connect2revenue, sales, business, integrity, honest, ursula, theWAY, lentine, ursulalentine, tonya, tonyaharvey, harvey

RUNTIME: 23 minutes

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S1 E4 The Way of the Spiritual Path—Sufi Drumming with Adnan Sarhan
-Aired: Thursday, 3/23/17

Join Ursula for an episode of meditative drumming and reflection on healthy living with Sufi master Adnan Sarhan. Adnan treats us to his therapeutic drumming technique and shares with us his advice on living a fuller life.

Visit Ursula at www.ursulalentine.com.

For more information on Adnan Sarhan and his workshops, visit www.sufifoundation.org.

TAGS: theWay, Ursula, Lentine, ursulalentine, spirituality, spiritual, meditation, drumming, sufi, adnan, sarhan, adnansarhan, sufifoundation, koran, quran, health

RUNTIME: 41 minutes

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S1 E5 The Way of the Spiritual Path—Discussing Death and Dying
-Aired: Thursday, 3/31/17

Ursula is back with Mark "M" Pendroy, who's terminal diagnosis now brings him to end of life reflections. Ursula and M discuss the dying process, what it means, and what to expect when we all inevitably reach our time to transition from our own lives.

Visit Ursula at www.ursulalentine.com

TAGS: deah, dying, cancer, cirrhosis, addiction, chemotherapy, forgiveness, faith, chemo, God, spirituality, service, altruism, alcoholism, sickness, life, ursulalentine, theWAY

RUNTIME: 40 minutes

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S1 E6 The Way of the Spiritual Path—The Way of Aging

-Aired: Thursday, 4/6/27

Ursula chats with reflexologist and close friend, Liz Mangum about the thoughts and mentalities of the aging and long lived, and how to enjoy every moment of life.

TAGS: liz, lentine, mangum, aging, ursula, spirituality, life, death, positivity

RUNTIME: 25 minutes

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S1 E7 The Way of the Spiritual Path—Misconceptions Along the Path

-Aired: Thursday, 4/13/17

Ursula sits down with dear friend, Señora Cristal, spiritual leader in the Atlanta Latin American community, to discuss common pratfalls when seeking enlightenment and higher sense of spirituality. Ursula and Sra. Cristal reflect on how different types of spiritual mentalities, including secularism and nonspiritual viewpoints, can act as different paths to personal enlightenment.

Visit Ursula at www.ursulalentine.com

TAGS: healing, pranic, pseudospirituality, spirituality, enlightenment, mindfulness

RUNTIME: 21 minutes

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S1 E8 The Way of the Spiritual Path—The Language of Compassion

-Aired: Thursday, 4/20/17

Ursula shares her insights on learning nonviolent communication (NVC), and sits down with her teacher, Clarice Belcher, an expert in NVC. Ursula and Clarice provide examples of coded "violent" communication, and highlight the subtle differences between our needs and feelings.

Be sure to check out enLight'n Up's recent episode for more on NVC.

Find Ursula at www.ursulalentine.com

TAGS: nonviolent, communication, nvc, ursula, lentine, compassion, marshall, rosenberg

RUNTIME: 24 minutes

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S1 E9 The Way of the Spiritual Path—Service: We May be the Bridge

-Aired: Thursday, 4/27/17

Ursula is back with Vanessa Crites to talk about finding ways of service in life, and how we can better the world and ourselves with acts of kindness and altruism, both large and small.

Visit Ursula at www.ursulalentine.com

TAGS: ursula, lentine, service, spirituality, spirit, enlightenment, altruism, faith, pranic, calling

RUNTIME: 18 minutes

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S1 E10 The Way of the Spiritual Path—Intro to Pranic Healing

-Aired: Thursday, 5/4/17

Join Ursula for a history and primer on the principles of pranic healing, including a thirty second exercise in energy work you can do at home!

For more info on pranic healing, visit <http://pranichealing.com/>

Find Ursula at www.ursulalentine.com

TAGS: xi, prana, ursula, qi, pranic, lentine, energy, healing, chakra, spirituality

RUNTIME: 22 minutes

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S1 E11 The Way of the Spiritual Path—Healing Through Sound

-Aired: Thursday, 5/11/17

Grammy nominee and member of the Flying Mystics, Flournoy Holmes, stops by The Way of the Spiritual Path to share his work with music as a healing modality. Flournoy plays a soothing musical set as Ursula does pranic energy work for the viewers.

Visit Ursula at www.ursulalentine.com

The Way of the Spiritual Path Episodes—Season 1

TAGS: pranic, prana, music, healing, ursula, lentine, flying, mystics, flournoy, holmes

RUNTIME: 39 minutes

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S1 E12 The Way of the Spiritual Path—The Journey of the Way

-Aired: Thursday, 5/18/17

Ursula interviews psychic, spiritual counselor, and master hypnotherapist Keith Dykes about his path to enlightenment and his spiritual routines and practices.

For more information on Keith Dykes and his services, visit www.keithdykes.com

Find Ursula at www.ursulalentine.com

TAGS: spirituality, ritual, psychic, mindfulness, ursula, lentine, keith, dykes

RUNTIME: 33 minutes

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S1 E13 The Way of the Spiritual Path—My Way

-Aired: Thursday, 5/25/17

Ursula reveals her spiritual practices and experiences, and recounts the many steps she has taken on her spiritual path.

Find Ursula at www.ursulalentine.com

TAGS: spirituality, religion, spiritual, path, metaphysics, pranic, ursula, lentine

RUNTIME: 20 minutes

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S1 E14 The Way of the Spiritual Path—Getting Lost Along the Way

-Aired: Thursday, 6/1/17

Ursula sits down with friend Liz Mangum again to talk about the struggles that seem to mislead us along our path through life and to enlightenment. Liz shares personal stories from her past that revealed to her how our lowest moments can sometimes lead us to our greatest blessings.

The Way of the Spiritual Path Episodes—Season 1

TAGS: spirituality, spiritual, god, addiction, disease, alcoholism, ursula, lentine

RUNTIME: 26 minutes

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S1 E15 The Way of the Spiritual Path—Breaking Out of Your Spiritual Box
-Aired: Thursday, 6/8/17

Sra. Cristal talks with Ursula about the invisible walls that box in our minds, keeping us from our enlightened selves.

TAGS: spirituality, multiverse, metaphysics, spiritual, enlightenment, señora, cristal, ursula, lentine

RUNTIME: 30 minutes

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S1 E16 The Way of the Spiritual Path—Communicating from the Heart
-Aired: Thursday, 6/22/17

Part two of Ursula's chat with Nonviolent Communication expert, Clarice Belcher. Clarice and Ursula discuss strategies for using NVC, and provide examples to help identify and separate our needs and our feelings.

Visit Ursula at www.ursulalentine.com

TAGS: nvc, lentine, ursula, communication, nonviolent, cnvc

RUNTIME: 34 minutes

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S1 E17 The Way of the Spiritual Path—The Way of Internal Family Systems
-Aired: Thursday 6/29/17

Ursula covers the ways and concepts of one of her main therapeutic modalities, and discusses the benefits of identifying and studying the disparate parts of self that live within the subconscious all of us.

TAGS: family, ursula, internal, lentine, systems, therapy, therapeutic, subconscious

Visit Ursula at www.ursulalentine.com.

RUNTIME: 27 minutes

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S1 E18 The Way of the Spiritual Path—Boundaries: Set Them!

-Aired: Thursday, 7/6/17

Ursula is back with professional intuitive and Hypnotherapist Keith Dykes to talk about the spiritual benefits of boundaries. Keith lists some of his own boundaries he's set up in his career, and how many of his clients allow theirs to be crossed unknowingly.

Find Keith Dykes at www.keithdykes.com

Visit Ursula at www.ursulalentine.com

TAGS: ursula, lentine, keith, dykes, subconscious, hypnotherapy, psychology, wellness, health, therapy

RUNTIME: 24 minutes

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S1 E19 The Way of the Spiritual Path—Cooperating with Intuition

-Aired Thursday, 7/13/17

Ursula sits down with Tonya Harvey to discuss your intuition, and how it interacts with the other internal cast members of the brain.

Visit Ursula at www.ursulalentine.com

TAGS: Internal Family Systems, intuition, Ursula Lentine, subconscious, psychology, intuitive

RUNTIME: 25 minutes

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S1 E20 The Way of the Spiritual Path—The Way of Your Weeds

-Aired: Thursday, 7/27/17

Ursula chats with her personal doctor and friend, Dr. Robert Springer MD about the importance of meeting all your subconscious parts, and how integrating each mental piece of yourself makes you a stronger, more whole human being.

The Way of the Spiritual Path Episodes—Season 1

Find out more about Dr. Springer and his practice at www.springerwellpath.com

Visit Ursula at www.ursulalentine.com

TAGS: Internal Family Systems, medicine, subconscious, wellness, Dr. Robert Springer, Ursula Lentine

RUNTIME: 22 minutes

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