

August 2021

WWW.COMETOYOURSELF.COM

RAISING YOUR VIBRATION!

New Challenges!

Starting in August, we are challenging you to raise your vibration each day by engaging in spiritual practices designed with your busy schedule in mind.

Follow us on Instagram and/or Tik Tok and each day you will find a new task designed to connect you with your inner mind and help you live a more authentic life!

Interviews/Podcasts

Creative Spirit features **Marcus Miller**, legendary jazz bassist, writer, composer, and producer discussing how he honors his “mind-body-spirit” trinity with the support and love of his family.

New Podcasts coming in August discussing Consciousness and the flow of Prana and Kundalini Energy.

Social Media

FB: @cometoyourself828

IG: @gretchen_cometoyourself

TikTok: @come.to.yourself

YouTube: Come To Yourself channel



ARTICLES AND BLOGS

Please log on to www.cometoyourself.com and check out the following:

- New Informational Articles (Peak Experiences, Mindful Meditation and more!)
- Courses and Workbooks Coming this Month (Meditation, Dreamwork, Finding Your Soul's Purpose)
- New Items in the Shop/Marketplace