

## Podcasts on Spirituality

(meditation, mindfulness, compassion, gratitude, forgiveness, psychedelics)

by RegenerativeBusinessConsulting.ORG

Subtopics	Speaker	Number & title	Link
Mindfulness	Jonathan Fields	Make Better Decisions Faster, Dismantling Mindfulness	<a href="https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000397296185">https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000397296185</a>
	Jamie Wheal and Steven Kotler	Flow Genome Project's on Altered States of Consciousness and Stealing Fire	<a href="https://itunes.apple.com/us/podcast/finding-mastery-conversations-with-michael-gervais/id1025326955?mt=2&amp;i=1000382396181">https://itunes.apple.com/us/podcast/finding-mastery-conversations-with-michael-gervais/id1025326955?mt=2&amp;i=1000382396181</a>
Meditation, mindfulness, compassion, and scientific validation of eastern spiritual practices	Matthieu Ricard	World's Happiest Man on What Really Matters	<a href="https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000400945117">https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000400945117</a>
Paradox & provability & undecidable facts & lack of ultimate truth		Loops	<a href="https://podcasts.apple.com/us/podcast/radiolab/id152249110?i=1000430363730">https://podcasts.apple.com/us/podcast/radiolab/id152249110?i=1000430363730</a>
Former Mormon with a fundamentalist upbringing	Tara Westover	Educated	<a href="https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000437295457">https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000437295457</a>
		#214 Truth and Art in the Grey with Allyson & Alex Grey	<a href="https://podcasts.apple.com/us/podcast/abrey-marcus-podcast/id521945322?i=1000444688409">https://podcasts.apple.com/us/podcast/abrey-marcus-podcast/id521945322?i=1000444688409</a>
Death and grief. acceptance. Love & lightness. Trusting the universe	Elizabeth Gilbert	Back Into the Light	<a href="https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000440727837">https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000440727837</a>
General spiritual principles including renewal	Rob Bell	The Joy of Growing Younger	<a href="https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000436023167">https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000436023167</a>
The big questions and spiritual quest; Looking at life challenges as a call to a bigger purpose	Soren Gordhamer, Wisdom 2.0 Founder		<a href="https://podcasts.apple.com/us/podcast/finding-mastery/id1025326955?i=1000430234609">https://podcasts.apple.com/us/podcast/finding-mastery/id1025326955?i=1000430234609</a>

Minimalism, life lessons, karma		Oprah and Newton's Third Law	<a href="https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000457982590">https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000457982590</a>
Fear not from god. Love and forgive here		#70 Sharon Milliman's Near-Death Experiences	<a href="https://podcasts.apple.com/us/podcast/near-death-experience-podcast/id1378436227?i=1000417954011">https://podcasts.apple.com/us/podcast/near-death-experience-podcast/id1378436227?i=1000417954011</a>
Activism and spirituality	Marianne Williamson	Transforming the Illusion	<a href="https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000380025152">https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000380025152</a>
	Theresa Cheung	The Premonition Code	<a href="https://podcasts.apple.com/us/podcast/life-death-and-the-space-between/id1445726793?i=1000446446807">https://podcasts.apple.com/us/podcast/life-death-and-the-space-between/id1445726793?i=1000446446807</a>
	Robert Schwartz	Your Soul's Plan-Part 2	<a href="https://podcasts.apple.com/us/podcast/life-death-and-the-space-between/id1445726793?i=1000434655988">https://podcasts.apple.com/us/podcast/life-death-and-the-space-between/id1445726793?i=1000434655988</a>
An Orthodox Lutheran clergy woman examines Christianity	Nadia Bolz-Weber	Sex, Shame, Freedom and Faith	<a href="https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000442900928">https://podcasts.apple.com/us/podcast/good-life-project/id647826736?i=1000442900928</a>
	Pema Chödrön	Welcoming the Unwelcome	<a href="https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000454564647">https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400?i=1000454564647</a>