

Whew! What a week! Anyone else feeling a bit disorganized lately? Me too!

In this episode of my [Spiritual Medicine Digest](#) I share

- Why there are so many sudden deaths and illnesses lately
- Upgraded morphic fields of the I AM presence Body Mind and Soul
- Some cool new things you can check including Resistance to Change!

Be sure to also mark your calendars for Monday for back to back shows!

At 12 pm Noon EST I'm interviewing Dr. Dennis Lobstein on my radio show on how to activate your acupuncture points with Lifewave Patches in order to curb carb cravings and addictions during the holidays. You can join us [HERE](#).

Then at 1 pm EST I'm hopping back on From Heartache to Joy for a fun interview on how to use the ascension tools to Clear your home and property. So be sure to join us LIVE for some mini healings! If you aren't already on their mailing list you can jump on it here <http://www.karenkan.com/FHTJ> for the call in details.

Finally last but not least, I share why its SO important to double up on self-care! Check out all this juicy info in the video below!

Lots of love!

Dr. Karen

PS- Congrats Christy on Winning the "Being Seen Video Contest." Thank you to everyone who participated you guys ROCK!