

Georgann Low (aka Bunny), an Elder Stateswoman of the Hippie Generation and Author of Resurrecting Bunny: A Wild Child's Pilgrimage – Episode 256

Show Notes

In this Episode:

- Georgann shares her journey of finding her inner light; the pathway she took to get to know and accept herself genuinely
- How turning off noise and distractions can help you show up more present
- Why having a good sense of humor matters and allows us to dance through the struggles of life
- Tips on finding your own inner light
- The importance of showing up for yourself
- Why meditation matters and how this practice allows us to be more in tune with ourselves and the world around us
- Georgann's take on contemplative mysticism

Notable Quotes:

"We need to drop out in terms of not being competitive and not wanting all the money we can get our hands-on." --Georgann Low

"I wanted to be myself, and it was hard to do because people don't want you to be different; they don't want you to be unconventional." --Georgann Low

"Inside is your own inner reality, your own peace." --Georgann Low

"We are always given more opportunities if we tune in." --Georgann Low

"We need to be present in this world at this time. We can't deny what's going on, we can't dwell on it, and we can't just lose ourselves in the news." --Georgann Low

3 Pearls of Wisdom

1. Don't take life too seriously.
2. Keep your sense of humor.
3. Breath and listen.

Resources - Georgann Low – artist, author, musician, and spiritual companion

Website: <https://georgannlow.com>

Book: RESURRECTING BUNNY: A Wild Child's Pilgrimage: <https://amzn.to/3OA8VF3>

Book: Dancing Alone: <https://amzn.to/3QGORTb>

Facebook: <https://www.facebook.com/GeorgannLowJazzBunny>

Instagram: <https://www.instagram.com/georgannlow/>

Music: <https://music.apple.com/us/artist/georgann-low/446900973>

Link to this show: <https://www.kamiguildner.com/ewr-georgann-low-episode-256/>

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