

Brilliant Miller Releases Video Podcast Interview with Dr Dawson Church

Dawson and Brilliant discuss how we can live good lives despite the challenges we face and the difficult situations happening around us.

SANDY, UT, USA, September 22, 2021 /EINPresswire.com/ -- Dr. Dawson Church is the author of "Bliss Brain: The Neuroscience of Remodeling Your Brain for Resilience, Creativity, and Joy". Dawson decided to shift from his successful publishing career because of the great impact that meditation had on his ability to be happy despite some of the catastrophic events he has lived through. Dawson's many scientific clinical trials have also helped him find many astonishing results in the techniques he uses. Dawson's work comes from a place of first healing trauma, and then beyond that, achieving elevated states of

consciousness, which, of course, is why he's named his book Bliss Brain. He's founded the National Institute for Integrative Health Care to promote groundbreaking new treatments. And he's also founded something called the Veterans Stress Project, which has offered free treatment

to over twenty thousand veterans with PTSD over the last 10 years.

“

By healing yourself, you heal the world.”

Dawson Church

In this [interview](#) for the [School for Good Living](#) Podcast, Dawson joins [Brilliant](#) Miller to talk about what's going on inside our brains and our bodies when we meditate,

helping to demystify, make it comprehensible and actionable, and explain some of the benefits of meditation, taking it out of the realm of mysticism and making it very relatable, understandable, and doable. In this interview, Dawson explains and shares many of the ways



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Brilliant Miller Headshot

that he has been able to enhance his own meditation and ultimately how it has become one of his greatest keys to good living.

Topics Discussed:

- Healing Trauma: The initial step to reaching elevated states
- Creating oneness with the nonlocal mind
- How Dawson was happy and prosperous despite losing his home, business, and life savings.
- Understanding problems and remaining happy anyway
- Diminishing our negative thinking

Watch the interview on YouTube

<https://www.youtube.com/watch?v=e5K-hPs9iMQ> and the audio version is available on Apple Podcasts (<https://podcasts.apple.com/us/podcast/school-for-good-living-podcasts/id1389591902>), Stitcher (<https://www.stitcher.com/podcast/school-for-good-living-podcasts>), Google Podcasts (<https://podcasts.google.com/feed/aHR0cHM6Ly9wb2RjYXN0cy5nb29kbGl2aW5nLmNvbS9mZWVklW>), and Spotify (<https://open.spotify.com/show/2gAkcrCqCeit7H4csjdDGd>).



Dawson Church Podcast Interview



Dawson Church Headshot

Visit the Dawson Church guest page at <https://goodliving.com/guests/dawson-church/> or view the entire episode, show notes, and transcript at <https://goodliving.com/podcasts/bliss-brain-the-neuroscience-of-remodeling-your-brain-for-resilience-creativity-and-joy/>

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