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**WHAT IS THE OLDEST AGE OF A ROBIN?**





Seeing robins are a marvelous sign of spring. Yet, many robins also stay in the area, roosting in trees during winter.

My husband and I just returned from a month out West, seeing the Badlands, Custer State Park, Devil's Tower, and marvelous caves. We saw beautiful, red-breasted robins regularly throughout our travels. Multiple robins would be scratching the earth, looking for worms. Often one would look up and stare straight at me, reminding me of my Mom. I always smile, open my heart, and send love to her across our realms of existence.

As a kid, I remember Dad gleefully encouraging us to see the robin catching a worm in the snow on April 1st. We rushed to the kitchen window and peered through the glass, eagerly searching for spring's first robin. Dad would say, "April Fools!" with great pleasure and delight.

A robin's cheerful chirping is often a backyard staple. **How long do you think a wild robin lives?**

Two years, six years, ten years, or fourteen years?

Give this some thought... the [Nature Conservancy](#) reports that 13 years and 11 months is the oldest recorded wild American robin's age! WOW!

We need to help keep our lands and waters clean for beautiful robins and billions of birds to remain healthy. **Have FUN** imagining robins singing their delightful chorus for nearly 14 years as you observe them throughout the year.



## REIKI TRAINING WAS AGAIN A SUCCESS!

This has been a busy spring of Reiki training, first providing it online and then in-person at the recent American Occupational Therapy Association INSPIRE Annual Conference in Kansas City, MO.

It has been glorious **teaching Reiki every year since 2015** at all the in-person AOTA Annual Conferences. Occupational Therapy practitioners have been able to include complementary health modalities as part of our occupation-based practice since 2005.

I'm delighted to have trained thousands of people, including OT practitioners, how to use Reiki's healing benefits for self-care, client-centered treatments, and for family, friends, colleagues, animals, and even plants. Integrating complementary health approaches with traditional medical care is now considered the gold standard of care.

Reiki can be learned in just one day. Seeing **"lightbulbs of awareness"** blossom during just one day of Reiki Level I training is marvelous. Receiving Reiki Level II instruction the following day solidifies skills and experiential knowledge.

**[AOTA is now accepting proposals](#) for its March 2024 INSPIRE conference in Orlando, FL.** Consider submitting your passion for presentation NOW through June 13th, 2023.



## UNLOCK THE SECRETS OF THE AFTERLIFE with Brian Smith, *Grief Educator*

I am thrilled to recommend Brian's NEW multimedia course, "Love Never Dies." Brian and I have supported each other for years. He is an excellent teacher, grief counselor, and presenter.

This self-paced, affordable course delves deep into the [mysteries of the afterlife](#). Embark on a personal growth and spiritual development journey as you heal emotionally, expand your awareness, and strengthen inner peace and clarity. Your sense of purpose expands as you enhance connections with the afterlife.

Brian generously offers an exclusive, limited-time introductory price of \$97, a huge savings from the regular price of \$297.

In addition, Brian is offering YOU an additional \$20 discount! You can receive the entire "Love Never Dies" course for just **\$77!**

Just use the [coupon code BECKY](#) during checkout to claim your special discount.

Here's the "Love Never Dies" course link:

<https://www.grief2growth.com/loveneverdies>

I invite you to join Brian on this life-changing journey as you embark on a path toward healing, growth, and a deeper understanding of the afterlife.



## SPENDING TIME IN NATURE

As the summer quickly approaches, I encourage you to spend time outside. Listen to the wind whistling. Rejoice with the singing of birds calling to each other. Smell blooming flowers that share beautiful rainbow colors with us.

**Give yourself the gift of TIME.** Our lives are constantly filled with hectic noise. See if you can slow down, take a few deep breaths, and find a lovely natural site to visit. Enjoy the solitude of nature.

Thank you for being a glorious part of my life.

I hope you have a wonderful day filled with **LOVE**.

*Becky*

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