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NATURE's NURTURING POWERS



Connecting with nature nurtures our soul. Many of us spend close to 10 hours a day looking at a technological screen, according to a 2016 Nielsen Total Audience Report. WOW.

Stress is reduced when we spend time outside in nature. Cognition improves, attention increases, and our concentration ability is significantly impacted.

Listening to nature sounds benefits our minds. Breathing in the calm serenity of trees is healing. Happiness expands as we discover that meaning and purpose increases when nature becomes part of our lives ([Science Advances](#), Vol. 5, No. 7, 2019).

Our mood is elevated by walking outside in a natural environment or strolling through a park in an urban setting. Positivity expands, well-being occurs, and mental discomfort diminishes.

Give yourself permission to take a well-deserved break from staring at a screen. Go outside and breathe slowly and mindfully. Feel the sun's rays penetrate your soul. Allow yourself a few moments of peace as you listen to birds calling to each other. Feel the wind ruffle your hair.

Experience the beauty and healing benefits of nature.



LARGEST INTERNATIONAL ASSOCIATION FOR NEAR-DEATH STUDIES ANNUAL CONFERENCE 2023!

Arlington, VA, was the gathering site for the largest annual conference held by the International Association for Near-Death Studies during the recent Labor Day holiday week. Both in-person and live-streamed events occurred during five days of magnificent speaker presentations, musical interludes, social events, and healing activities.

I was delighted to teach Reiki Level I, Natural Energy Healing Certificate-Provided Training for the third year in a row.

As the IANDS Healing Coordinator, it was marvelous to have 24 healer volunteers from multiple practice arenas available to provide 424 individual healing sessions for conference attendees.

I was honored to participate in a Speakers Lunch discussion and a panel presentation on Ethical Healing.

[Conference videos](#) are available to purchase if you were unable to attend.

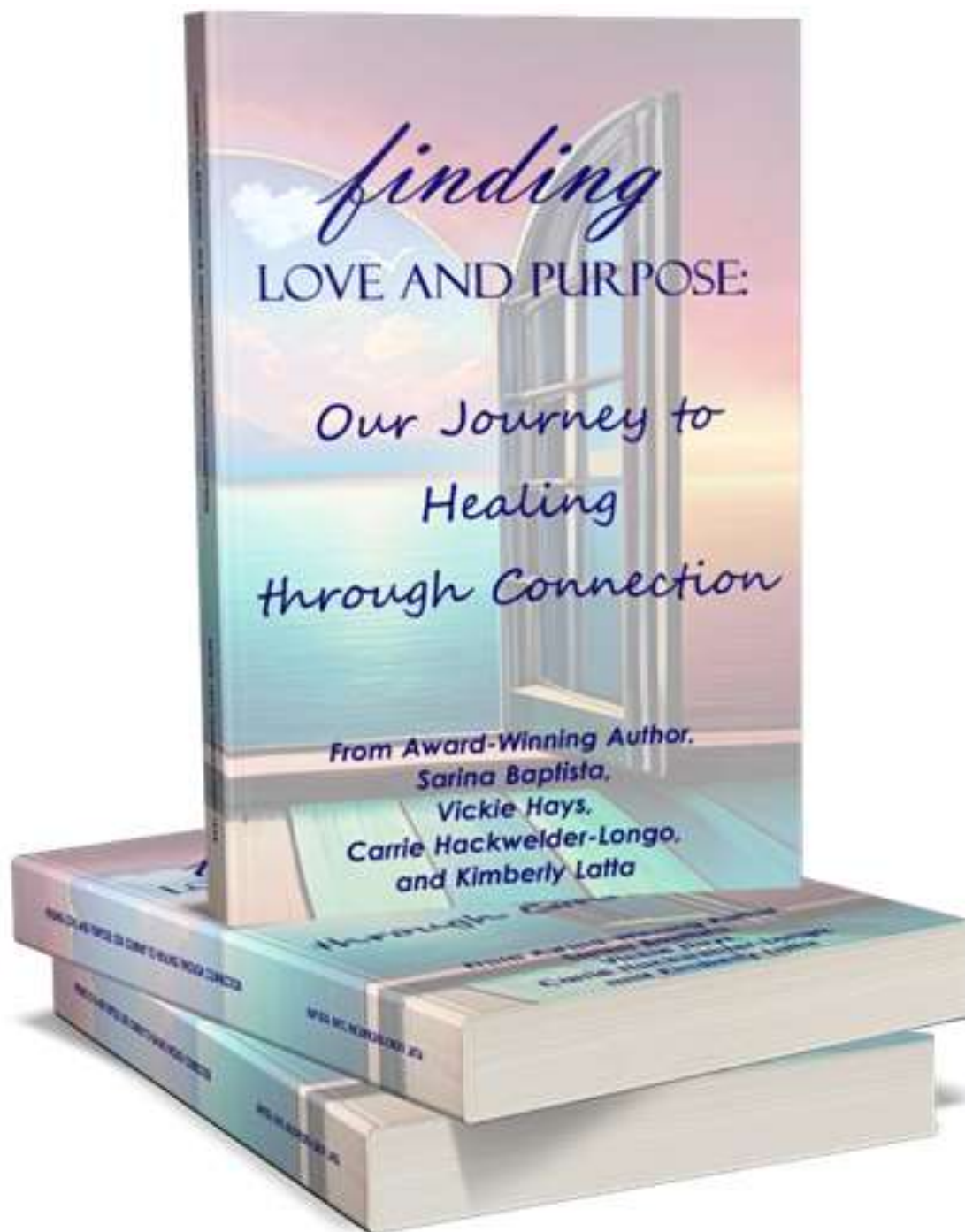
Next year's IANDS Annual Conference will be held in Phoenix from August 28 through September 1, 2024. It would be great to see you in Phoenix!

Near-Death Experiences are recognized medical events that have reached worldwide recognition. Dr. Sam Parnia, MD, PhD, Director of Critical Care and Resuscitation Research at NYU Grossman School of Medicine, along with 25 primarily US and British hospitals, just published a large-scale study of 567 patients who received CPR. Many experienced “some degree of consciousness” even though their body was flatlined.

These death experiences are “different from hallucinations, delusions, illusions, dreams or CPR-induced consciousness” ([NYU Langone Health, NewsHub, Patients Recall Death Experiences After Cardiac Arrest, September 14, 2023](#)).

The International Association for Near-Death Experiences has a multitude of resources, weekly online sharing events, validating research, and information for medical professionals about the transformational power of Near-Death Experiences.

Consider joining this marvelous community of LOVE at [IANDS.org](#).



NEW BOOK ***FINDING LOVE AND PURPOSE***

Four women share their heartfelt stories of transformation from grief-stricken loss to spiritual awakening. Acclaimed author Sarina Baptista, along with Vickie Hays, Carrie Hackwelder-Longo, and Kim Latta, connect with loved ones living on the other side who serve as their “writing guides.”

A beautiful, heartfelt book of LOVE, personal growth, and spiritual awareness was created and is now available on Amazon (paperback or Kindle). I was honored to read an advance copy of this empowering experience.

Find solace and comfort by reading [*Finding Love and Purpose: Our Journey to Healing Through Connection.*](#)



FALL FORWARD!

Autumn is right around the corner. Leaves falling from the trees brighten the horizon with orange, yellow, maroon, and gold earthy colors.

Immerse yourself in nature's glory as you view leaves spiraling to the earth.

Acknowledge the change of seasons as you watch squirrels gather food for winter comforts. Reflect on past adventures while seeing birds take flight and head south.

Allow yourself time to ponder while you experience seasonal updates. Give yourself permission to LOVE YOURSELF, recognizing that you are very loved and appreciated.

Thank you for being a glorious part of my life.

Sending you much LOVE always and forever,

Becky

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