



Winter Magic



We often think that winter is a time to slow down, curl up on our couch, and relax.

Yet, research has shown that spending even a little time outside in the cold weather boosts our physical,

emotional, and mental well-being.

Walking outside increases our creativity and our ability to focus when compared to indoor exercise. Evening walks under the calm, crisp beauty of winter skies are magical, particularly when the moon shines its soothing rays upon us.

The color green, noticeable in pine trees and evergreen hollies, is actually proven to make exercise feel easier.

Spending 20 minutes a day outdoors helps us sleep better. Fewer aches and pains are noticed when compared to people that stay inside during the cold winter months.

Consider parking your car a bit farther away from your destinations. You can boost your energy, increase your metabolism, and receive physical exercise while warming your beautiful soul.

FREE Live Reiki Works! Webinar & POTA Namaste Reiki and OT



I am SO EXCITED to offer a FREE online webinar called Reiki Works! Discover Your Natural Healing Ability and Explore Afterlife Communication webinar on **Saturday, February 13, from 1:00-2:30 pm Eastern.**

Three key concepts of Reiki will be shared, including ways to use your own healing abilities, releasing “stuck” bodily energy that could be the cause of physical or emotional discomfort, and discovering how Reiki enhances afterlife communication.

I have taught empowering Reiki classes for the past five years at the American Occupational Therapy Association Annual Conference, at multiple universities, and at national and state conferences.

Come hear why millions of people are using Reiki, a natural healing modality to help heal themselves, their clients, family, friends, and animals.

Register here to attend my free [LIVE Reiki Works!](#) webinar on Saturday, February 13.

Also, I am delighted to be the guest speaker at our Pennsylvania Occupational Therapy Association's monthly holistic *Namaste, Sharing Occupational Support* group. My topic is: *Reiki and Occupational Therapy, A Biofield Energy Modality*, presented on the third Thursday of the month, **February 18, from 7-8:30 pm Eastern**. Come earn 1.5 contact hours and discover how OT uses Reiki as part of our occupation-based practice! Registration for all interested folks is through the POTA.org website, calendar listing on the home page.

Reawaken your inner spirit with Reiki!

Amazing Grace Video



I am confident that we will overcome the challenge of COVID-19 this year. Here is a beautiful video of Heather Jean Jordan, a schoolteacher in the town of Banff, Alberta, Canada. She climbs the steeple of her local St. Georges-in-the-Pines Anglican Church each daysince the coronavirus outbreak began.

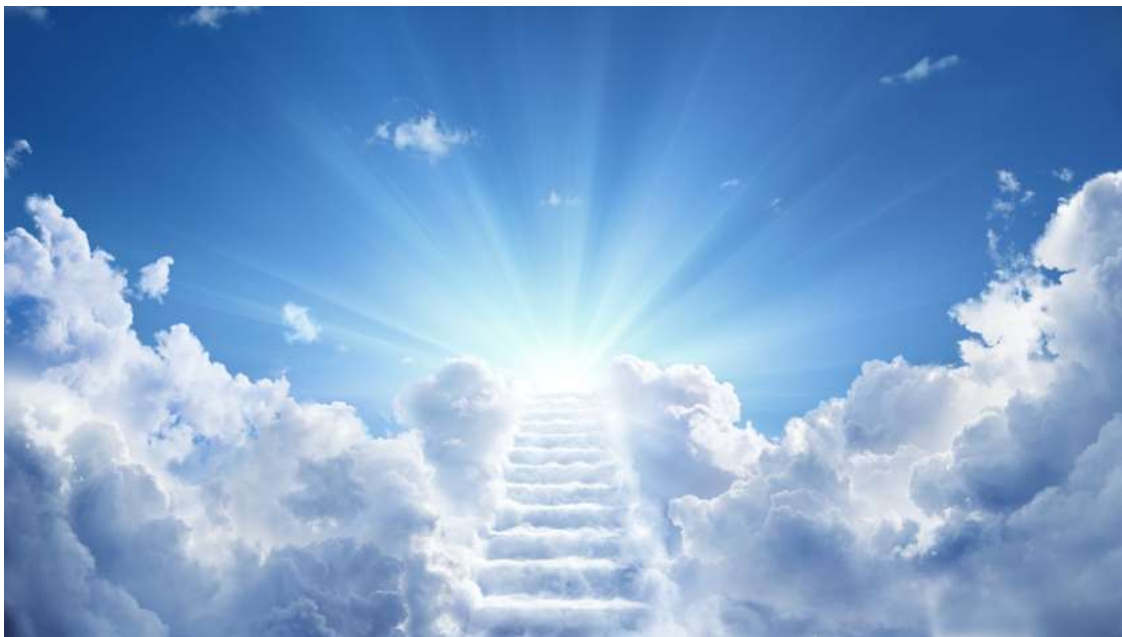
Heather plays Amazing Grace on the church bells while listeners throughout the village share positive, energetic thoughts for an end to the virus. This is a perfect time for us all to send LOVE and LIGHT to our country and our world.

My award-winning book [*Change Maker, How My Brother's Death Woke Up My Life*](#), shares an incredible

afterlife validation scene highlighted by the song
Amazing Grace.

I encourage you to take a few moments and listen to
this stunning rendition of the compelling [Amazing
Grace](#) song of LOVE.

Almost One Million Dollars in Prize Money for Afterlife Validation!



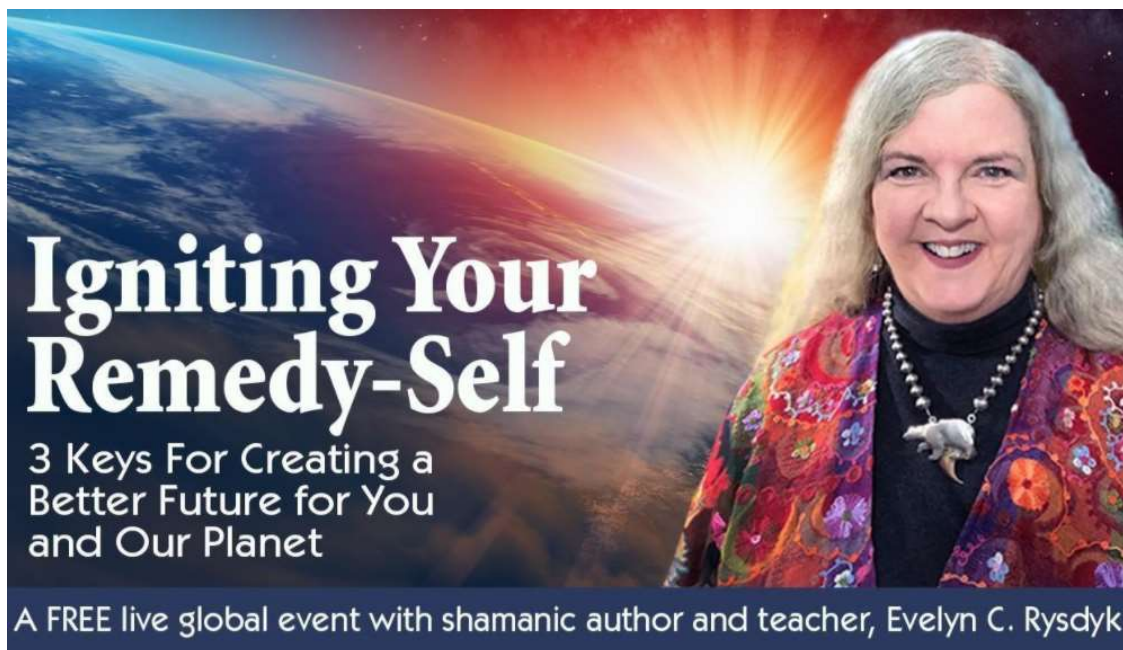
The Bigelow Institute for Consciousness Studies is
awarding \$500,000 for the top essay, \$300,000 for the
secondbest, and \$150,000 for the third place essay to
anyone that can provide the best evidence of the
afterlife!

The deadline for submission is August 1, 2021.

Check out the contest details here: [Bigelow Institute](#)
HAVE FUN and GOOD LUCK!!!

Igniting Your Remedy-Self: 3 Keys to Creating a Better Future for You and the Planet

Encore: February 5



I'm excited to announce that my friend, the world-renowned shamanic healer and author, Evelyn Rysdyk is presenting a free global online webinar. She will

share innovative tools for accessing your soul's dynamic power to generate true peace and healing throughout the day.

Evie shares her 30 years of research and shamanic healing knowledge with you. Discover how expanding consciousness supports new possibilities. Explore how balancing yourself can transform you and others.

The LIVE Encore of this empowering webinar will be on Friday, February 5.

Here's the [registration link](#) for this empowering program.

1 to 1 Coaching



Give yourself a valentine treat and schedule a FREE 1:1 Discovery Coaching session with me!

We can explore after-death communication, meditation, and shamanic journeying. Discover your spirit guides, automatic writing, forest bathing, crystal energy, and finding your path with joy and LOVE.

I am glad to assist with your plans to write a book or discuss ways to expand your business practice.

Receive Reiki treatments online - a highly effective way to reduce stress and anxiety while providing a natural healing remedy designed to soothe your soul.

I'm booking up fast, so feel free to contact me soon!
Check out my [Coaching services on my website](#) to receive loving assistance for your quest to awaken.

Give Yourself a BIG HUG



Please imagine my arms wrapped gently around you, sharing hugs of LOVE and JOY as we move forward into

this new year.

You are very special and very loved.

Thank you for being a glorious part of my life.

Sending you lots of LOVE always and forever,

Becky
