



RANDOM ACTS OF KINDNESS: A WONDERFUL WAY TO LIVE



Kick-start your day by extending kind words to your co-worker, neighbor, loved one, bus driver, teacher, friend, gas station attendant, waitress, or a stranger.

Let your heart sing with joy as your smile brightens the day with sunshine.

Continue your kindness by complimenting a post, texting your thanks, and sharing appreciation online and in person.

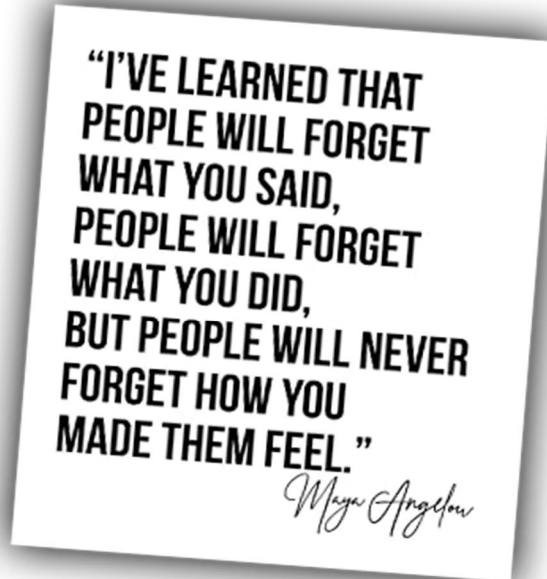
Spend a few moments with a senior citizen and reminisce about their life.

Support children's lemonade stands, purchase homemade pies, and buy flowers from roadside kiosks. Thank these entrepreneurial efforts with LOVE.

Attend local events, support family farm stands, and experience the magic of engaging with kindness.

The [Random Acts of Kindness Foundation](#) provides a multitude of daily quotes, creative events, work, and home ideas that stimulate kindness.

Download the [Workplace Kindness Challenge](#) to stimulate your kindness repertoire.



OPEN TO HOPE



I just returned from presenting three workshops on after-death communication techniques, Reiki, and the healing power of trees at the very supportive TCF: [The Compassionate Friends National Conference](#) in Houston, Texas.

[Open to Hope Foundation](#) was prominently represented as they shared an exquisite multitude of grief and recovery resources.

Open to Hope radio [podcasts](#) offer meaningful stories about loss and recovery. Over 7,000 [articles](#) provide bereavement support and advice. The award-

winning [Open to Hope TV](#) series hosted by Dr. Gloria Horsley and Dr. Heidi Horsley introduces people who found hope after suffering tremendous loss.

I was thrilled to be videotaped describing my award-winning book: [Change Maker, How My Brother's Death Woke Up My Life](#). Check out my 1-minute video of [Change Maker](#) on the Open to Hope [website](#) and [YouTube](#)!



UPCOMING: INTERNATIONAL ASSOCIATION FOR NEAR-DEATH STUDIES ANNUAL CONFERENCE!

Salt Lake City, Utah
Wednesday, Aug 31 – Sunday, Sept 4, 2022



I am honored to provide **in-person Reiki Level I certificate-provided training** on Wednesday, August 31, from 10-5:30 pm at the marvelous IANDS Conference.

Reiki, a natural energy healing modality, provides peace, reduces pain and stress, and increases our sense of well-being. Reiki can be learned in 1 day! Check out my 2-minute [Reiki explanatory video](#). This training is approved for 6.0 contact hours by the National Board for Certification in Occupational Therapy. Akamai University provides 6.0 continuing education hours for nurses and other medical professionals. Reiki training is appropriate for ALL people, including those who are not medical professionals. Register now for this 1-day training of experiential empowerment and joy: [Reiki at IANDS](#)

UPCOMING: INTEGRATIVE HEALTHCARE CONFERENCE AT UTICA UNIVERSITY

Saturday, September 10, 2022
Utica, NY



My undergraduate alma mater, Utica University, is offering a state-of-the-art conference on Integrative Healthcare for community health and healing. This 1-day program is being held on September 10, 2022, in Utica, NY.

Dr. Helene Langevin, MD, Director of the National Center for Complementary and Integrative Health (NCCIH), is the morning keynote speaker!

Over 25 presentations and poster sessions are offered during this dynamic day of holistic healthcare practices. Sessions include information about mind/body pain, wellness techniques, acupuncture, spiritual assessment, reflexology, COVID vaccine dissenters,



resiliency, dancing for wellness, childhood integrative healthcare, community healing and mental health, neurofeedback, American Indian ceremonial practices, workplace challenges, and interprofessional collaboration in integrative health research.

I'm thrilled to present **Better Health with Reiki and Forest Bathing Activities** designed to enhance personal and community well-being.

Register now to attend this marvelous in-person [Integrative Healthcare Conference](#) at Utica University on Saturday, September 10, 2022.

BE GOOD TO YOURSELF



Summer is a marvelous time to take care of YOU.

Listen to birds grace our lives with songs of joy. Share the magic of trees blossoming in forest groves. Pick bundles of flowers and spread their beauty throughout your home.

Walk on the beach and cushion your toes in glistening sands of warmth. Enjoy ocean waves as they break upon rocky shores. Bask beneath full moons of light and LOVE.

Take time for yourself. You deserve the best life can offer.

Know you are very loved.

Thank you for being a glorious part of my life.

Sending you lots of LOVE always and forever,

Becky

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