



TRANSFORMING BUTTERFLY MILKWEED PODS AND OUR SOUL



Watching fluff from milkweed pods float in the wind is magical. Did you know that in the 1940s, this same milkweed pod fluff was used to stuff World War II life jackets?

Children from 25 U.S. states, Quebec, and Ontario participated in this life-giving activity in 1942, '43, and '44.

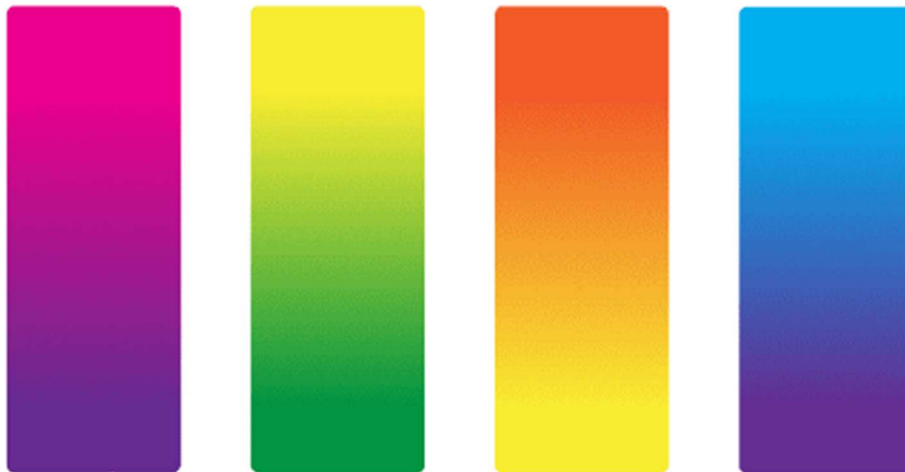
One pound of silky fine milkweed floss is as warm as wool, 6 times lighter, and 6 times more buoyant like a cork. A 150-pound man could remain afloat for more than 40 hours when wearing a life-sustaining swim vest stuffed with milkweed floss.

Over 1.2 million life vests were made with milkweed floss picked by children, Boy Scouts, and Roman Catholic nuns from the Holy Cross School in Cross Village, Michigan. Two full bags of milkweed pods, approximately 20 pounds, were used to make one life vest: saving the lives of thousands.

Milkweed also helps save **monarch butterflies** recently placed on the **endangered list by the [International Union for the Conservation of Nature](#)**. Milkweed leaves are the sole source of nourishment for monarch caterpillars before they grow into chrysalis and transform into beautiful butterflies.

Are there ways YOU can transform your life? Can you repurpose activities or items that surround you? Look around your environment and discover the joys of transformation. Explore the inner dimensions of your soul. Give yourself permission to view life in a new way. Honor yourself while being open to change.

Allow yourself to metamorphosize into a beautiful butterfly of life-sustaining LOVE.



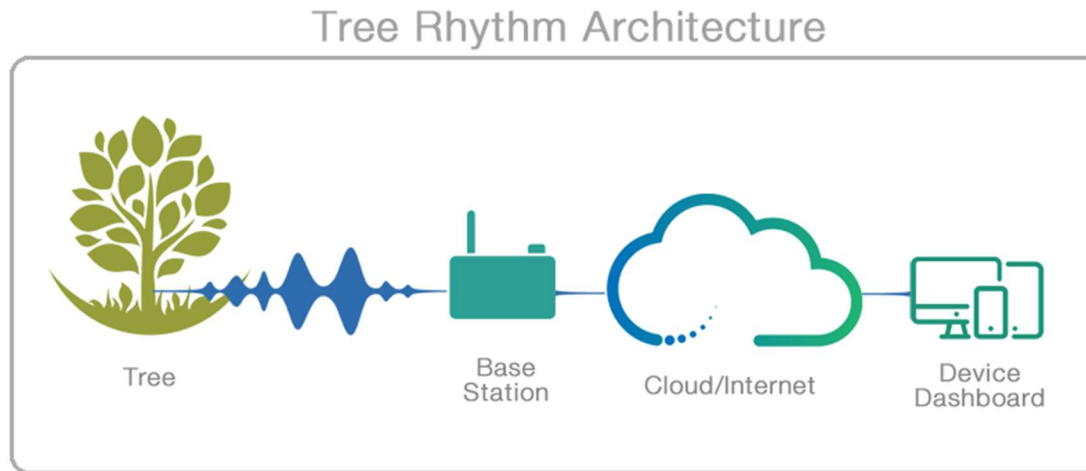
HEARTMATH TREE PROJECT



Recent research has validated that trees communicate with each other.

The [HeartMath Institute](#) is now researching electrical signals from trees to help establish the concept that all life is connected.

The [HeartMath Tree Rhythm Research Site](#), **A Citizen Science Project**, analyzes data from trees and the surrounding earth. This magnetic information is fed to the cloud, where it is processed and can then be accessed by your computer.



Data from 27 trees around the world are being analyzed. Kendal at Longwood, a retirement community in Kennett Square, PA, is pleased to participate in this unique study of connectedness. I was delighted to visit Kendal last week and see their 10' tall willow oak tree gently attached to the Tree Rhythm monitoring device.

Kendal plans to have “tree appreciation events” where dozens of people surround the tree and share loving energy with the earth. Kendal can then monitor the biofield electrical energy from their specific tree at the [Tree Rhythms](#) website. **HeartMath Institute** is exploring the concept that tree biofields can interact with human and planetary energy.

Check out my **NEW 2-minute video** about me connecting with the magnificent [Tecumseh tree](#) in Sequoia National Park, CA.

The interconnectivity of trees, nature, animals, and all life here on earth and beyond is rapidly being scientifically demonstrated.

MEDITATION WITH SLOW GENTLE BREATHING



Establishing a routine of regular meditation can help ease stress and anxiety, which can be particularly helpful during our upcoming holiday season. Mindfully connecting with yourself for just a few moments, 3-4 times a week, is a wonderful self-care process.

Find a comfortable place where you can relax. It's often easier to meditate outside, although with the winter season approaching, see if you can locate a spot indoors that is comfortable for you.

Inhale slowly and deeply, mindfully filling your heart with **Peace**. Then slowly exhale, releasing **Stress** as you imagine it traveling to the center of Mother Earth. Express **Gratitude** to Mother Earth for receiving and liberating your stress.

Breathe in again, filling your heart with **Joy**, then slowly release **Anxiety** as your body begins to relax.

The third time, or after a few more cleansing inhales and exhales, breath in **LOVE**. Feel beautiful Love moving through your body, from the soles of your feet, up your legs, past your hips, and coming to rest in your heart.

Allow your heart to expand with peace, joy, and LOVE. Feel love emanating from you and spreading throughout your environment. Feel LOVE for yourself, surrounding you with gentle support and kindness.

[Insight Timer](#) is a marvelous resource for guided meditations. Join over 20 million people that use this **FREE app** to provide terrific support for a soothing meditative practice

Please know you are very loved and very special.

SUCCESSFUL AFTER-DEATH COMMUNICATION WEEKEND WORKSHOP



We had a marvelous gathering of wonderful souls for our [After-Death Communication Weekend Workshop](#) held November 5-6, 2022. Lots of sharing, communication, guided meditations, and training occurred.

I was delighted that **99% of attendees said the Weekend Workshop effectiveness was Excellent/Very Good**, based on two end-of-the-day Zoom polls.

Thank you again to all the attendees and multiple people who supported this transformational weekend of LOVE.

[Sign up for updates](#) regarding our next after-death communication training.

THANKSGIVING GRATITUDE



Thanksgiving is my favorite holiday. Gathering with family and friends while celebrating the meaning of LOVE is very special. Eating delicious traditional and unique food is a marvelous opportunity to share joy and friendship.

Yet, holidays can also be challenging as we remember those that have passed beyond the veil. Please be extra kind to yourself as you honor loved ones that have transitioned. Toasting their presence in your life and then moving on, remembering them with LOVE while moving past the sorrow, helps us heal.

Please give yourself a huge hug of **LOVE** and **SUPPORT** from me to beautiful you.

I will be toasting each of you at my Thanksgiving gathering this week. **Thank you for being a marvelous part of my life.**

I'm sending you bundles of LOVE always and forever,

Becky

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