



“NEW DAY’S LYRIC” by AMANDA GORMAN



I love this poem’s clarity and call to action from Amanda Gorman, the U.S. first national youth poet. She describes the incredible challenges we have faced during this past year while encouraging us to open our hearts to the promise of a new day.

*May this be the day
We come together.
Mourning, we come to mend,
Withered, we come to weather,*

*Torn, we come to tend,
Battered, we come to better.
Tethered by this year of yearning,
We are learning
That though we weren't ready for this,
We have been readied by it.
We steadily vow that no matter
How we are weighed down,
We must always pave a way forward.*

*This hope is our door, our portal.
Even if we never get back to normal,
Someday we can venture beyond it,
To leave the known and take the first steps.
So let us not return to what was normal,
But reach toward what is next.*

*What was cursed, we will cure.
What was plagued, we will prove pure.
Where we tend to argue, we will try to agree,
Those fortunes we forswore, now the future we foresee,
Where we weren't aware, we're now awake;
Those moments we missed
Are now these moments we make,
The moments we meet,
And our hearts, once altogether beaten,
Now all together beat.*

*Come, look up with kindness yet,
For even solace can be sourced from sorrow.
We remember, not just for the sake of yesterday,
But to take on tomorrow.*

*We heed this old spirit,
In a new day's lyric,
In our hearts, we hear it:
For auld lang syne, my dear,
For auld lang syne.
Be bold, sang Time this year,
Be bold, sang Time,
For when you honor yesterday,*

*Tomorrow ye will find.
Know what we've fought
Need not be forgot nor for none.
It defines us, binds us as one,
Come over, join this day just begun.
For wherever we come together,
We will forever overcome.*

FREE REIKI WORKS! WEBINAR
Saturday, February 5, 2022
1-2:30 pm EST ~ 10-11:30 am PST



Reiki, a natural healing energy available to us all is used by millions of people around the world.

We each have the ability to assist ourselves to heal. Come learn how to activate your own energy for relaxation and stress reduction. By raising our vibrational energy, we also enhance abilities to communicate with deceased loved ones living beyond.

I am delighted to share Reiki's incredible natural energy healing during a FREE webinar on **Saturday, February 5, 2022, from 1-2:30 pm EST ~ 10-11:30 am PST.**

Register NOW! for [REIKI WORKS!](#) and join me on this incredible journey of self-care and LOVE.

**AOTA REIKI LEVEL I and LEVEL II
TRAININGS! IN-PERSON
March 30 and 31st, 2022**



The American Occupational Therapy Association Annual Conference is being held in San Antonio, TX from March 30 – April 3, 2022.

I am delighted to present Reiki Level I and Reiki Level II again this year, continuing the Reiki training provided at every in-person AOTA Annual Conference since 2015.

Reiki Level I activates your Reiki energy. At least three 1:1 partnering experiences occur as you receive and share Reiki's natural healing energy with three different partners during this one day, pre-conference Institute training on March 30 from 12:00-6:30 pm, CST.

Reiki Level II teaches you “why” and “how” Reiki works. You learn long distance healing, supplemental modalities, and experience Reiki with three different partners by attending two 3 hour workshops on Thursday, March 31, 2022.

Each course is approved for 6.0 contact hours through the National Board for Certification in Occupational Therapy.

Register for in-person Reiki training at the [AOTA INSPIRE 2022 Annual Conference](#) now!

STRAY ANIMAL PET BEDS MADE FROM USED TIRES!



A Brazilian artist, Amarildo Silva Filho is transforming old, abandoned tires into beds for stray animals!

Amarildo has collected and beautified over 6,000 tires into cozy, comfortable, and attractive beds for stray dogs and cats. He was looking for an activity that would help provide relief to animals and assist the environment and voila, his remarkable tire modification project began.

He spends about 40 minutes modifying each tire as he cleans, cuts, and molds it into shape designed to fit animals. He paints every tire and adds fabric and a pillow to the center of the tire to provide cushioning for the animal.

Upon completion, Amarildo distributes the tires to local animal shelters and also places them on the street. Animals immediately curl up, relax, and sleep in their new place of comfort.

Check out this [PassItOn.com](https://www.passiton.com) video describing Amarildo's wonderful efforts of LOVE.

**Hawaii International Association for
Near-Death Studies Presentation (IANDS)**
***HOW I LEARNED TO TALK WITH MY
“DEAD” BROTHER AND YOU CAN DO
THIS TOO!***

**Tuesday, February 1 at 9-10:30 pm EST ~ 6-7:30
pm PST**



My life changed dramatically when my 37-year-old brother David passed in 1995. I had no psychic or spiritual awareness yet discovered the ability to communicate with him and others living in the afterlife. It took me 20 years to find the courage to publicly share these events.

If I can communicate with my deceased relatives, so can you!

You are invited to join me and the marvelous Hawaiian IANDS community for an evening of discussion, after-death communication techniques, and support. Receive resources to enhance the healing that occurs when we continue relationships with our loved ones living in the afterlife.

Here's the link to my upcoming [Hawaii IANDS Facebook Group](#) LIVE on Tuesday, February 1 from 9-10:30 pm EST ~ 6-7:30 pm PST.

IHOT CoP:
**Integrative Health for Occupational
Therapy Community of Practice
Online Group**
***EXPERIENCE REIKI: A BIOFIELD
ENERGY MODALITY***
Thursday, February 17, 2022
7:00-8:00 pm EST ~ 4:00-5:30 pm PST



The online monthly IHOT CoP group which began in October 2022 and is provided by the American Occupational Therapy Association continues to expand and support OT practitioners, educators, and students with their use of integrative health concepts.

I am thrilled to be IHOT CoP's first guest speaker, sharing how Reiki's natural healing energy can be effectively used by clients with cancer, pain, hip fractures, migraines, Parkinson's, mild dementia, arthritis, autism, ADHD, and additional diagnoses.

Contact Michelle Bradshaw: mbradshaw@ithaca.edu to attend and engage in this informative chat with other like-minded souls.



***RESTORING BALANCE
PROVEN PRACTICES TO REBOOT
YOUR VITALITY, RESILIENCE, AND
ENERGY***

**Presented by Deanna Waggy, MSA, OTR, CZB
February 12 & 13, 2022
10-5:00 pm EST**

Deanna Waggy is a delightful and effective acupressure instructor. She

teaches you how to reboot your body's stress response by using multiple holistic techniques that reduce anxiety in less than two minutes.

Deanna has taught thousands of people easy to learn skills that can revitalize you and are also effective for clients, family, and friends.

Join Deanna and other like-minded souls by [REGISTERING HERE](#) for this two day workshop beginning Saturday, February 12 from 10-5:00 pm EST.



GRATITUDE and LOVE: 2022

Our new year, 2022, numerically denotes a year of partnership, continuity, and LOVE.

The number two (2) represents duality, comradery, and sharing.

The number zero (0) means completion and eternity.

We have three 2's in this year's 2022 date. The number three symbolizes mind, body, and soul. Re-energize your active mind with healthy activities for your body as you consider the presence of eternal soul life.

I find it helpful to express GRATITUDE and LOVE each morning and night, as I step out into the morning sun, and absorb the evening rays of the moon. I share my appreciation for being present and partnering during this time of massive change and discovery.

Allow yourself to uncover what is most meaningful to you. Give yourself permission to pursue your passions as we move through this powerful year that encourages fellowship and LOVE.

Sending you lots of LOVE always and forever,

Becky

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