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SPRINGTIME MAGIC

Flowers burst from the earth, illuminating our day with glorious yellow, purple, and pink splashes of color. Leaves unfurl, and trees begin to blossom. Bird song brightens our morning as we look forward to spring's awakening glory.



This is a time of new beginnings. The cold winter sheds its blanket, and new growth emerges. A fresh start is on the horizon.

What would YOU like to do this spring? Is there a project brewing inside you, waiting for your magical inspiration? Allow yourself to dream, to discover what makes your heart sing. Give yourself permission to explore spring's blossoming glories. Invite excitement into your soul and release the constrictions of winter doldrums.

Step outside, look slowly around and breathe deeply and mindfully. Hear the wind soar through trees waving branches of new growth. Say hello to animals waking from long winter nights.

Spring is coming! A time for optimism has arrived. Release the winter constrictions and breathe in the fresh air. Spend daily moments soaking in the sun's golden rays of life. A fresh start is just around the corner. Let yourself move forward.

Open your heart to the magic of spring.



REIKI, NATURAL HEALING ENERGY FOR YOU!

This weekend, I am delighted to teach Reiki, a path to open your soul and awaken your spirit.

Reiki releases the constrictions of your mind while opening your heart to the joys of life. Connect with yourself and others. Explore your inner dimensions. Allow yourself to receive unconditional LOVE.

One day of experiential practice is all that is needed for you to receive a lifetime of growth and new beginnings.

Check out [Reiki Immersion Online](#), a highly successful self-healing day of awakening.

Reiki Level I activates your own natural healing energy available to us all. Learn self-healing and how to help others heal too. Practice receiving and sharing Reiki with three different partners on a 1 to 1 basis. **Saturday, March 25**... one day is all that you need to learn Reiki.

Reiki Level II teaches you how and why Reiki works. Learn long distance healing that connects you to loved ones on earth and beyond. Explore supplemental modalities, including crystals and sound healing. Expand your awareness with three experiential sessions, receiving and sharing Reiki 1 to 1 with like-minded souls. **Sunday, March 26**... a special day of discovery.

Reiki Master Level III is the culmination of Reiki training. At least 6 months of practice after receiving a Reiki Level II certificate from any Reiki Master is needed, along with a [Reiki Master Interview](#) with me. Learn how to attune others and teach Reiki's

profound lessons of joy. Discover how to start your own Reiki practice in a medical facility or community. Obtain the latest Reiki research and advance your healing skills. Experientially share Reiki with two other newly attuned Reiki Masters on a 1 to 1 basis. **Saturday, April 1...** take your Reiki training to a new level..

You still have time to sign up and attend [Reiki Immersion Online!](#) I hope to see you soon!



THE AMAZING POWER OF WATER

Spend time by a lake, river, or ocean and rejuvenate yourself. Ease mental overload and refresh your soul while reducing anxiety and stress.

Water relaxes us and helps our mental focus. When we are near nature's water, our minds can rest since we have fewer auditory and visual distractions. Flowing water soothes our souls. The smell of water is peaceful and cleansing. The beautiful interplay between color, sound, and light is mesmerizing and calming.

Two hours a week in nature increases our well-being. Exploring nature's water sites enhances peace while providing a refreshing balm to our senses. [Search "Nature's Water Near Me"](#) to find locations close to your home.

Rain on Leaves, available from the Calm app, is a popular soundscape designed for relaxation. Consider recording your favorite water sound; listen and refresh yourself. Beach waves, a babbling brook, and forest rain are three highly restorative sounds of renewal.

Enjoy the peace of nature's water this coming spring.



TAKE TIME FOR YOU

We rush and scramble and try hard to accomplish a multitude of activities each day. It's important to give yourself permission to relax and refresh.

Information overload constantly bombards us. Nature is healing and beneficial for our soul and physical well-being. Nature's waterways soothe our minds and cleanse our bodies internally and externally. Reiki, a natural energy pathway for healing, can be learned in just one day. Combining Reiki with nature's magnificence multiplies our peaceful restoration..

You are very special. Taking time for yourself expands your ability to enjoy life on earth. Participate in nature's bounties this spring. **Explore new growth both externally and internally.**

It is wonderful having you in my life. Thank you for being YOU!

Sending you lots of LOVE always and forever,

Becky

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