



SOARING MINDFULNESS



Binoculars scanned the sky as we looked for the elusive condor. Condors, the largest bird in North America with a 9.5' wingspan, were almost extinct when Pinnacles National Park established a [“Save the Condor”](#) program in southern California.

Condors were placed on the endangered species list in 1967. In 1980, only 22 condors were believed to remain wild.

My husband Jeff and I recently hiked up the Condor Gulch trail early in the morning before the blazing sun reached its peak mid-day. Vertical craggy spires punctuated the barren desert landscape. Gray spotted lizards scampered across our path. Red bark manzanita trees waved us gracefully forward as we paused for water breaks multiple times during this steep climb.

We reached the Condor Overlook and chose our seat amongst a few flat-topped rocks. The wind whistled. Our eyes focused upward as we searched for white wing feathers

and a bald head gliding amongst rocky pinnacles. About a dozen birds soared above, yet none seemed to be the elusive condor. We kept looking skyward.

Suddenly, a hiker appeared and pointed to a spot behind us. A massive black condor was sitting on a rocky crag only 15' away.

Its 20-pound black body glistened in the sunlight. The identification tag #72 was prominently displayed on its breast so that conservationists could keep track of these awe-inspiring birds. My heart glowed with joy. Amazement blossomed. Condors can fly 180 miles a day, and here it was, sitting majestically beside us.

While our eyes searched the skies, we had totally missed the condor landing quietly behind us.

Sometimes when we focus outward, away from ourselves, we miss the obvious. Our condor sighting was a great reminder to be mindful of the present rather than focusing on the beyond.

The Incas believe the condor is a sacred bird representing the concept of heaven. The connectedness of heaven and earth was beautifully demonstrated by the landing of this condor. Once I paid attention, my heart melded with my soul, and I gave great thanks for this incredible opportunity of transformational delight.

45th TCF NATIONAL CONFERENCE THE COMPASSIONATE FRIENDS NATIONAL CONFERENCE

August 5-7, 2022 Houston, TX

I'm thrilled to present two workshops at The Compassionate Friends National Conference held in Houston, TX, on Friday, August 5th through Sunday, August 7th, 2022.

This supportive conference is being held in person for the first time in 2 years. Come attend over 100 workshops at the *Love Soars Through Clouds of Hope* 45th TCF National Conference.

Here are my workshops:

> After-Death Communication Techniques to Engage with Your Loved Ones
and

> Reiki Energy Healing That Enhances After-Death Communication.

The Compassionate Friends provides support for families who have experienced the passage of a child. They support a network of over 500 chapters located in all 50 states, including Washington DC, Puerto Rico, and Guam.



TCF 45th National Conference
Houston, TX • August 5-7, 2022

Registration for the **45th TCF National Conference** is open **now**. Come attend multiple workshops and conference highlights that include a heartfelt Candle Lighting Program, Healing Haven, Silent Auction, a Walk to Remember, a Sibling Camp for children 9-17, and evening performances.



**REIKI LEVEL I TRAINING,
IN PERSON
Wednesday, August 31, 10-5:30 pm
at the
INTERNATIONAL ASSOCIATION FOR NEAR-DEATH STUDIES
ANNUAL CONFERENCE
Salt Lake City, Utah**

I am delighted to return and present in-person Reiki Level I training in Salt Lake City, Utah, on **Wednesday, August 31, 2022**.

This one-day Reiki program begins the International Association for Near-Death Studies Annual Conference.

Reiki, a natural energy healing modality, awakens our own healing abilities both for ourselves and family, friends, clients, colleagues, pets, and even plants. Attend one day of training filled with numerous experiential activities to activate YOUR natural occurring Reiki energy. Receive and share Reiki with multiple partners. There is plenty of time for discussion, and Q and A throughout the day, experiencing Reiki's unconditional LOVE.

Reiki reduces pain, stress, and anxiety and increases a sense of well-being. Reiki enhances after-death communication and facilitates awareness of the afterlife.

This one-day certificate-provided Reiki training is appropriate for medical professionals and all others.

Reiki is approved for 6.0 contact hours by the National Board for Certification in Occupational Therapy.

95% of all attendees rate Excellent/Very Good effectiveness

for this Reiki Level I training program
designed to activate YOUR healing energy

Come experience transformational joy by attending in-person **Reiki Level I**
at IANDS.org on **August 31, 2022!**

Experience the incredible variety of esteemed speakers and keynote presenters providing valid research and information about near-death experiences and spiritually transformative experiences. Attend film premiers, music and meditation, military/veterans' discussion groups, experiencers sharing lounge, and delightful evening events.

This year's marvelous in person and online conference theme is *Timeless Oneness, the Luminous Message of Near-Death Experiences & Related Spiritual Experiences.*

IANDS supports people facing death, helps to ease grief, and assists the discovery of one's life purpose.

IT'S TIME FOR YOU!



Spring has sprung, and summer is coming up fast! Take the time to experience nature's healing magic.

It's exciting to watch plants spring from their winter confinement and blossom into marvelous colors of delight.

Animals are frisky and thrilled to be frolicking in green pastures of joy.

Listen to the birds sing songs of JOY.

Spend time walking forest paths, digging your feet into beaches of sand, and jumping into the ocean or lakes to cleanse your spirit.

Allow yourself to **have FUN** as you immerse yourself in nature's bounteous gifts.

Sending you lots of **LOVE** always and forever,

Becky

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