



GRATITUDE AND KINDNESS Enhances Well Being



Expressing Gratitude and Kindness throughout the day brings us Joy, Connectedness, and a sense of completeness to our soul.

Holding a door open for a stranger brings light into our often insulated world of self. Brief smiles of acknowledgment connect our hearts with LOVE. Eyes link and glisten with momentary delight. Kindness is felt and acknowledged with gratitude. Both people win.

Smiling, catching someone's eye for a few seconds brings joy to the receiver

and the recipient. Even while wearing a mask, we see eyes crinkle with delight as we acknowledge one another with a smile.

Kindness often precedes gratitude. Both emotions lift our souls while reducing anxiety and stress.

Creating a *Gratitude Journal* is a delightful way to recognize events and activities that bring you joy. Feel the positive ripple effect that occurs when journaling actions that elicit heartfelt appreciation. Empower your soul by expressing Kindness and Gratitude for yourself and others during this month of Thanksgiving.

THE AFTERLIFE IS REAL! Bigelow Award Winners!



On November 1, 2021, the Bigelow Institute for Consciousness Studies (BICS) awarded close to \$2 million for 29 winning essays that support human consciousness surviving bodily death.

This contest was designed to stimulate additional research, debate, and discussion about the afterlife. Dr. Jeffrey Mishlove, Ph.D., a licensed psychologist and host of the YouTube channel “New Thinking Allowed,” received \$500,000 for his first-place winning essay!

Dr. Pim van Lommell, M.D., a cardiologist who has seen hundreds, possibly thousands of Near-Death Experiencers validate the afterlife after they returned from “clinical death,” was the 2nd place winner and received \$300,000.

Dr. Jeffrey Long, M.D., founder of the Near-Death Experience Research Foundation: NDERF.org, showcasing over 4,900 surveys of near-death experiencers describing the afterlife, was one of 11 runner-ups and received \$50,000.

Multiple International Association for Near-Death Studies (IANDS) speakers were also winners. Robert Bly, a current Board Member of IANDS.org, received \$20,000 for his Honorable Mention winning essay.

Look for all 29 winning essays to be published on the [BICS website](#) this month. Collections of these essays will be distributed free of charge to university libraries, hospices, and various religious institutions soon. The plan is to distribute this information to the broadest group of people possible.

The afterlife is real!

THE EARTH PLEDGE



Our earth is in dire need of sustainability.

A project of Foundation Earth called [The Earth Pledge](#) strives to promote “earth consciousness” to all people throughout the world. *The Earth Pledge* is designed for young people to identify with supporting and protecting our planet.

The goal of Foundation Earth is to have *The Earth Pledge* recited each morning by thousands of young students, similar to how the Pledge of Allegiance is spoken at the beginning of the school day.

Thomas Berry (1914-2009), environmental writer and thinker, inspired this worldwide initiative. He passionately worked to provide children with an alternative to “technological entrancement” by increasing their awareness of mountains, rivers, the sun, the moon, and all living things. One of his students, Andrew Kimbrell, is the co-founder of Foundation Earth that strives to continue the environmental activation of Thomas Berry.

Let us all endeavor to protect Mother Earth, now and forever.

I pledge allegiance to the Earth,
to its mountains, rivers, soil and sky.
One planet, irreplaceable,
to be cherished and protected by all.



Amethyst HEART-SHAPED Geode



This stunning heart-shaped geode has been found in Uruguay by two miners at the border of Uruguay and Brazil!

When the miners broke open this naturally forming geode, they were delighted to discover a beautiful heart-shaped amethyst sign of LOVE.

Love surrounds us all. Our earth is sharing its love with each of us.

Spiritually, amethyst represents illumination, peace, and LOVE.

Let the LOVE from our earth transform your life into one filled with meaning and purpose.

PEACE be with YOU



I encourage you to spend time outside in nature's healing bounty as we head into our holiday season. It's time for renewal and a resurgence of Peace, LOVE, Kindness, and Gratitude.

Nature provides us with comfort and strength during times of change. Bask in nature's gifts and take care of YOU. Consider starting your day outside, looking at the sun for a moment or two, as you feel the sun's cleansing rays surge throughout your body and heart. Feel the peace surrounding you.

Give thanks at the end of the day by opening your heart, just for a moment or two, to the peaceful energy of the moon.

Share your LOVE. Receive LOVE. Honor yourself with Nature's Peace and LOVE.

I'm sending you lots of Peace and LOVE always and forever,

Becky

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