



Dear Family,  
Friends, and  
Community,

I honor and value your time. Therefore if you wish to unsubscribe, please do. However, I ask that you read this email in its entirety before doing so because the next chapter of our journey has a lot to do with each of us since we have crossed paths at some point!

---

**WOW!!**

**IT'S BEEN A LONG LONG TIME!**

I'm sure you have changes in your life and so do I!

---

I have joined forces with...

- Florida Balance Centers (FBC) & Acupuncture and Integrative Medicine (AIM)

We specialize in Inner Ear Problems

*(vertigo, dizziness, & balance)* and *(Pain Management)*

check us out at -- [Balancecenters.com](http://Balancecenters.com)

- I am writing a book on my concept of *Recognize and Manage your level of CRAZY with EQ...*
- The Ei EQ Institute community is growing one step at a time...

- Earned my *Reiki 2 degree* and on track for becoming a Reiki Master...
- I have been Ordained as an *Interfaith Reverend...*
- *Tom and I celebrated our 3 Year Anniversary...*
- We are excited for *2023!* And we wish you and your family all the BEST in 2023!

**STAY TUNED FOR MORE WAYS WE CAN  
CONNECT IN 2023!...**

---

Here's a quick and fun video on *Secrets to a happy and sustainable relationship on all levels!*



*"When you know and understand yourself, the whole world will know and understand you too, and remember, what's the best that can happen?" -Alla Esther Levy*

**Learn. Transform. Impact.**