

Thank You Message for my Clients:

A profound thank you to both my private and corporate clients for your amazing kindness, touching cards and flowers of support for the sad loss of my mother Lydia this last year. Your understanding and generous hearts were felt and so very much appreciated.

After spending much of my life in the corporate world devoted to easing rising workplace stress for many, it was incredibly rewarding to spend time with my then healthy 96-year-old mother. Shortly after spending a two-week vacation with her, she was given an inaccurate near-fatal medical diagnosis. It was time to fight for her and fight we did. Thankfully, successfully with the amazing skill of my father's cardiologist and a very timely placed pacemaker. She soared after and far surpassed all. I distinctly remember one of my closest clients saying it's time for you Rachel to make memories. She was so right, and it's been so much more. My sweet sister and I were also able to care for our 94-year-old auntie, "tiny but mighty" her words...always filled with humor. That followed by a season of fighting alongside several special clients' through their losses and several neighbors in my close community through untimely, horrific ones. Together stronger we move forward bringing our profound gratitude and personalized refocused action.

My mother was determined to make it to her prized 100 birthday, choosing always herbal and homeopathic remedies over medications...and only missed it by a few short months.

The magnitude of that loss is beyond expression. She was truly my anchor in life, mentor and best friend. I know she was also a mentor to many of you. She was without question the kindest person I've ever known. Her lifelong moto was "Love & Forgive."

Together with all of you, we are welcoming this new year with special offerings and exciting surprises. Remembering and celebrating our loved ones inspiring legacies and springing forward with our very best in 2020.

Excitedly, in this new year, I look forward to seeing many of you, my amazing, loyal, and eager-to-learn clients – And to my new curious ones I've not yet had the privilege to meet; please inquire, come ready, and we will ignite those goals for a healthier, more energetic and balanced you.

Warmest Regards,

Rachel

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