



It's so easy to get disconnected from your essential self.

Over 50 years in the worlds of personal growth and spirituality have taught me a thing or two, and I want to offer you a pocketful of simple tools and life-affirming skills to calm and reconnect you, no matter what life has in store. In just a few mindful minutes you can reclaim your equanimity and feel better.

Through ***Pocketful of Blessings***—a 3-month guided psychospiritual journey—you will receive the four essential blessings of deep connection that every human being needs to feel peaceful and whole: connection to your essential self; to the beauty and biorhythms of nature; to the present moment, and to infinite spirit.

I've teamed up with my creative partner and kindred spirit, Gilah Rosner, and the two of us have curated our best tools and practices to bring you joy and resilience, week-by-week and season by beautiful season.

Let us support you with our best short, sweet and *effective* sacred practices, meditations, and tools for inner strength. They've kept us calm and connected for many years, and we want that for you, too.

The most ancient spiritual wisdom was centered around the predictable shifts in seasonal rhythms that govern all of life. With mindful awareness, we can draw down a multitude of healing blessings inherent to each season of the Sacred Cycle of the Year.

Pocketful of Blessings delivers short and sweet spiritual and wellness practices straight to your inbox every Tuesday