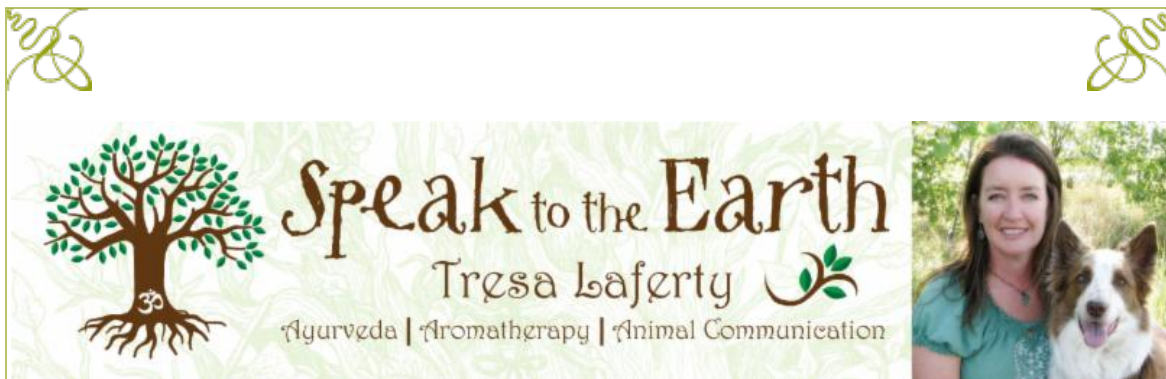


Hi, just a reminder that you're receiving this email because you have expressed an interest in Speak to the Earth, LLC. Don't forget to add tresa@speaktotheearth.com to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

Your Moment of Zen



A Moment of Zen

One definition of "Zen" is to relax and not worry about things you cannot change.

This Buddhist word can mean a lot for someone who is working through grief, loss or having a really hard time. It can be freeing and inspiring to relax and not worry.

Prayer Flags are also from a Buddhist tradition in Tibet. It is thought that by writing your prayers on these flags, then placing them high among the winds, your prayers (and blessings) would be sent out to all the world, carried on the wind.

I invite you to stop what you are doing and sit to enjoy

a "Moment of Zen" by watching the video below. Relax, don't worry and just remember: remember a loved one, remember a dear friend, remember a happy time in your life, remember the last time you laughed. **Then send a blessing to the world.** Imagine it printed on a prayer flag and watch it blowing in the wind, sending your blessing to all beings in the world.

As you sit, please receive the blessings I've sent to
you,
carried on the wind.

With love, kindness and compassion,
~Tresa~



A Moment of Zen

Tresa Laferty | Speak to the Earth, llc | 262-902-2271 | [Email](#) | [Website](#)



Upcoming Classes

I've got a few upcoming classes on my schedule. The Women's Renewal evening on August 13th includes an Ayurvedic Cooking demo and meal. YUM!

Three-Day Wisdom of the Earth Aromatherapy Certification.

Check out the listings by [clicking here](#).

STAY CONNECTED:

