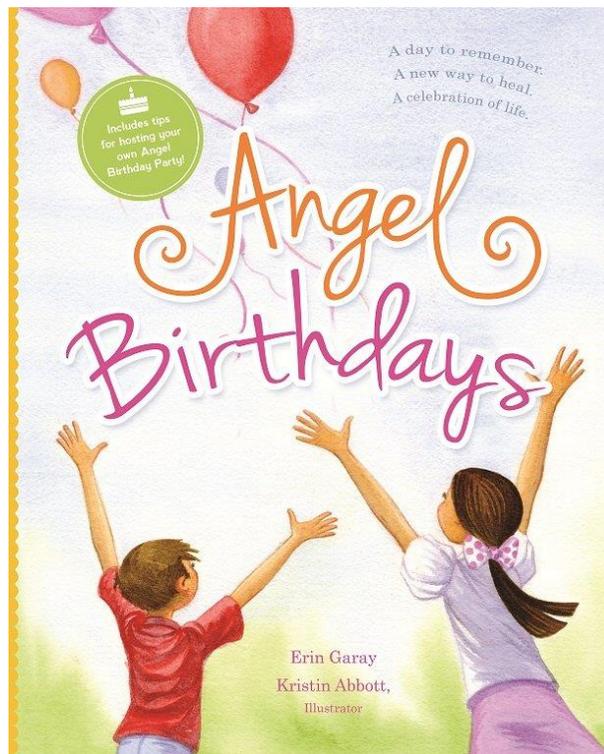


Angel Birthdays Newsletter



Thank you for being a part of our
Angel Birthdays Family!

These past few weeks have been so surreal. I have received so many beautiful healing stories of how *Angel Birthdays* has already made an impact on the lives of others. It inspires me to work even harder to help get this message into the hands of the people who need it most.

This newsletter is going to be overflowing with updates and Angel Birthday love.

ANGEL BIRTHDAYS NEWS

Speaker News

This beautiful book is now leading me down a wonderful speaking path. Years ago, I would've never imagined myself here in this place, but it feels like it's exactly where I

am supposed to be. I'm helping people heal their hearts through gratitude, love and celebration. Check out my brand new speaker promo video here:

<https://vimeo.com/79985240>

Blogging News

I had the honor to guest blog on the With Sympathy Gifts website. Check out my article on **How to talk to your kids about death** for some helpful tips to help heal your whole family.

<http://withsympathygifts.com/blog/grief-help-2/how-to-talk-to-your-kids-about-death>

I have also published these new articles on the Familius Site:

Top 10 Warning Signs of Grieving Children:

<http://www.familius.com/Author.aspx?userid=117>

Healing Hurt with Compassion:

<http://www.familius.com/Author.aspx?userid=117>

Community Board News

My community board is up and running. I would love your comments and participation, and best of all, I invite you to join me in my gratitude circle. A daily posting and sharing of the little things in our life for which we are most grateful. We attract what we think, so let's all attract what brings us the most happiness in our lives.

<http://www.angelbirthdays.com/forums/topic/please-join-gratitude-circle>

ANGEL BIRTHDAYS HEALING MOMENT

I always love to end my newsletter with healing and love and I had to share this moment as we head into one of the busiest times of year!

"All that we are is the result of what we have thought. It is founded on our thoughts. It is made up of our thoughts. If one speaks or acts with a pure thought, happiness follows one, like a shadow that never leaves."

- Dhammapada 1-2 / Müller & Maguire, 2002

We must train our brains to think this way. Sometimes our lives and our thoughts get so busy, damaging and truly out of control.

We always say we don't have time to slow down. I used to say that, too, until I figured out this great little trick. I have started a "Stop Light Practice" that has really helped me. I always take a moment at a red light to sit and check-in with myself. I tell myself to "Stop" anything negative. Stop worrying, stop harboring thoughts that bring me down, stop any and all negative self-talk. I tell myself,
"Erin, just STOP!"

And I do so-literally and spiritually. I stop and I ask for God to come in and take over.

When the light turns green, I go. Not only does my car move forward, but I go forward with a more positive reframe and a little more peace. Try it out, and let me know how your stoplight meditation practice makes your day just a little bit better.

Thank you for spreading the
Angel Birthdays message and have a beautiful day!

Love and Blessings, Erin