



January 22, 2015

Rita Marie's work with Peace and the Connection Practice has had an amazing impact on members of our community. We have hosted her workshops, had folks go through her facilitation trainings, and even had the opportunity to experience her for 2 days in Costa Rica! Rita Marie's passion and clarity shine through her heart and words. The Connection Practice (also called BePeace) is a powerful practice easily integrated into our spiritual understanding and aligns beautifully with principle. It helps us heal our human hurts, finds ways to satisfy our human needs while staying centered in the spiritual truth of who we are. It helps us connect with others, develops empathy and compassion, and is a wonderful conflict resolution tool that anyone can learn to use. People are opened and transformed by it almost immediately and it gives them an ongoing tool to stay that way! I highly recommend Rita Marie, with her new book, to you and your Center. Your community will love her and the practice.

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