

With Love and Light from our family to yours!



2022 – It is hard to comprehend the speed of time right now. Another year where COVID has been at the forefront and yet, Karen, myself and the critters seem to be in a good place. We are, of course, being respectful and cautious, however, much of the constant anxiety has left. We are still observing safe practices but are not feeling the need to mask inside when working with our patients (client willing, of course, since we all should be sensitive to the wishes of others in that way). Everyone seems so much more relaxed and the healing energy seems to have soared.

I am usually superstitious of writing good news, but what the heck. This is the FIRST card in over 12 years without an “In Loving Memory” page on the back. We feel very blessed and, this year, I decided to use that page for a “look what I did” – house spruce up brag. Even though practice is very busy, Karen and I are pacing ourselves. We have been taking the time to de-clutter, update and rejuvenate the house and property. It is great mental and physical therapy and Home Depot really LOVES me this year. I did not realize how “Rustic” the old farmhouse had become until I got on a painting and repair spree. Since July, I have redone quite a bit – see the back page for my boasting.

Mom is doing great in Boynton Beach (1 year already) and the rest of the family is well. Our eldest Cavalier - Maisie is slowing down but Remington watches over and guides her. The cats have all intermixed. Bruce (about 12 and was Herb's before he passed in 2019) has found his way into the house and even Goliath has started to venture into the main house and hang with the rest. On any one night, we might end up sleeping with 2 dogs and 2-3 cats. It is pretty great. Rem is 2 ½ and Maisie will be 13. We are hoping for a new addition in January so, fingers crossed.

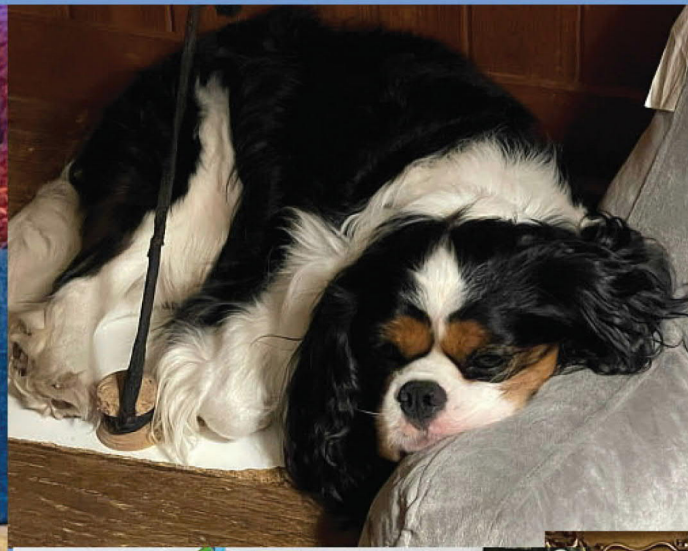
We are still holding space for healing in the upcoming year. In most ways, it feels like 2021 was better than 2020. It is our fervent intention that 2022 continues the progress. Please pay close attention to your physical and mental health (even if you can't repaint the house) and stay as safe as you can while we find our way back to the full Light



**Please have a happy and healthy New Year and, as always...
With Love and Light from our family to yours!
Karen and Larry Bernstein
www.naturalholistic.com**



Dylan



Garfunkel



Simon



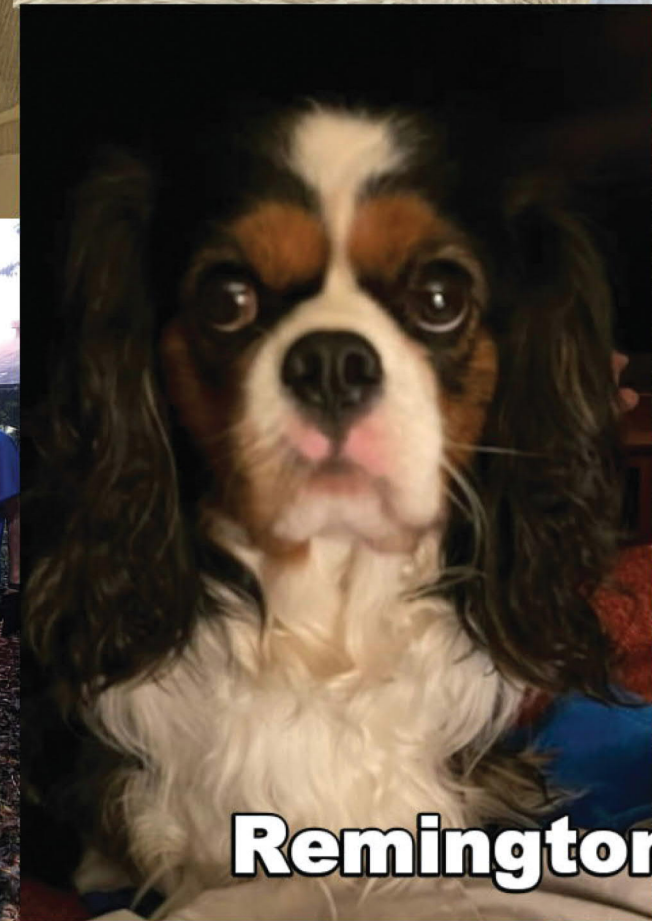
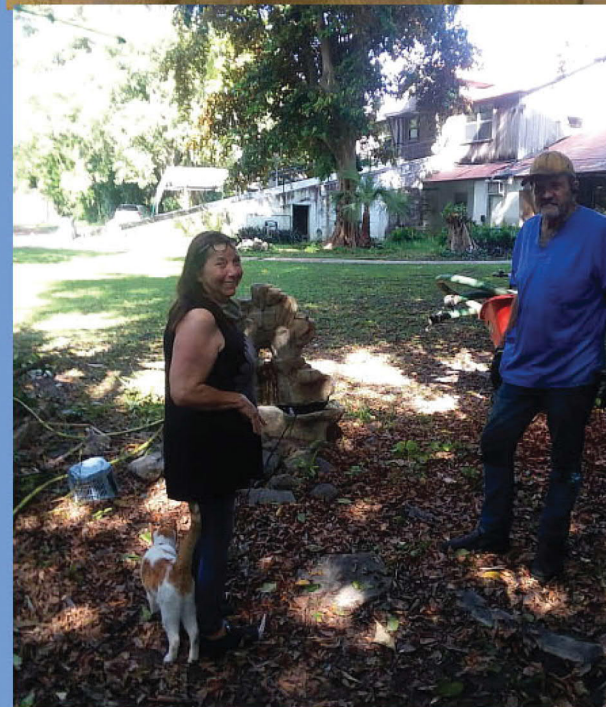
Goliath



Maisie



Bruce



Remington



Bruce



Rem and Dylan

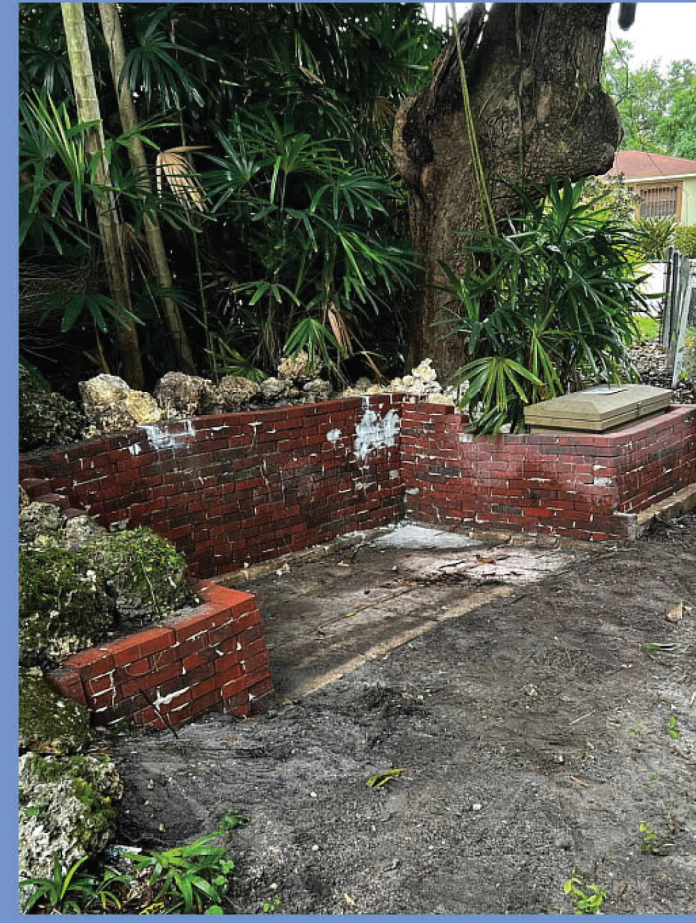


Mr "T" and Simon





My Summer Therapy



Dr. Larry and Karen Bernstein
Natural Holistic Health Care
www.NaturalHolistic.com
www.facebook.com/naturalholistic
305-652-5372