

Merry Christmas, Happy New Year, and blessings for 2022! I am sending you all my love and hugs. I hope this year has been filled with celebration, sweetness, connection, and healing amidst any challenges.

[If duplicating this letter, use your own personal life updates in this paragraph, here's

what I wrote] For me, 2021 brought a new soul tribe into my life after settling in Bellingham. I've been living a writer's dream in my home tucked away in the woods. I enjoyed hiking and lake swimming to my heart's content, while completing my latest manuscript. I had a fun and celebratory launch for my book *The Invisible Corset* last January, and my newest book, *Beyond The Rulebook* was released over the summer. I've been deeply grateful to spend this year writing books that open people's hearts and minds, while soaking up the beautiful Pacific Northwest nature.

Current events have divided many families, including ours, into completely different worldviews. I am so grateful that our family is focused on practicing compassion, kindness, and understanding. Still, the rift in our different paradigms may seem cavernous at times, as if we are seeing and experiencing completely different realities. This mirrors the pattern on a global level, as various cities, states, and countries exist without a trace of covid measures, while others continue with increasingly stringent measures.

What I most appreciate about our whole extended family is that we share the same values, even as we exist in these different worlds. Like you all, my deepest values include compassion, loving action, and health for every one.

Many people, in my public work and private life, do not understand my current healthcare or lifestyle choices. They believe I am selfish and reckless, caring more about my convenience than challenging my limited worldview, or suggest my political beliefs have impeded my ability to make scientifically-informed choices.

At the end of the day, I am the only one with direct access to my heart and soul. I know the faith and courage I've gathered in my heart to make the hardest choices of my life regarding current events – choices I've made with commitment to the wellbeing of my entire community and world. My political beliefs have been completely and uncomfortably disrupted. My ego has taken the biggest beating of my life, from people both close and distant to me.

Five years ago, I made a vow with myself, and with God. I said, "*I am willing to be called whatever by whoever. I am willing to be misunderstood and misperceived. I am willing to hand over my ego. I will do whatever it takes to be a force of God's love and truth in the world.*" I recommit to this vow every single day, sometimes with great trepidation and discomfort, because it commits me to selfless action, not selfish action.

Perhaps it is an enigma to you why I don't participate in measures proposed by our family to meet in person, like taking a test. In short, I have dedicated my entire career to liberating people from the pharmaceutical industry and illuminating the misinformation within the allopathic healthcare system. Those values of health and transparency inform my choices. All of my healthcare decisions I carefully weigh in my heart and put through the fire of ruthless scientific analysis.

Because we all have different personal experiences and interests, we may have made very different lifestyle and health choices in the last year. No matter how opposing our beliefs may be, I trust you to make the best choices for you, just like I trust myself to make the best choices for me.

I love you all and wish you a new year filled with abundance, serenity, and dreams come true!

With love,

A handwritten signature in cursive script that reads "Lauren". The letters are fluid and connected, with a prominent loop on the 'L' and a long, sweeping tail on the 'n'.