



## Real Estate News You Can Use

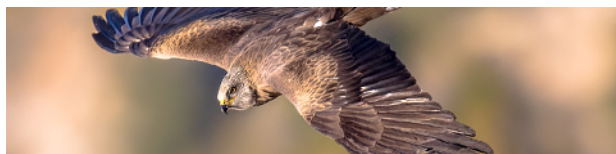
*Brought to you by Brett Roderman*

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### Because we all need to be uplifted and enjoy a good laugh...

**The Indian brothers nursing wounded birds of prey.** Brothers Mohammad Saud and Nadeem Shehzad have spent the best part of 20 years dedicating themselves to rescuing and caring for injured black kites in their native Delhi. The birds are often found to have fallen from the sky, having been struck by crushed glass-coated strings from paper kites above the Delhi skyline. A new film, *All that Breathes*, documents their work over the past two decades. <https://tinyurl.com/uplift0522a>

**Pillow fighting is now an official professional combat sport.** Have you ever enjoyed a good old-fashioned pillow fight at a slumber party or sleepover? If you were particularly skillful, you may want to consider it a potential new career option with the recent establishment of the Pillow Fight Championships as a professional sport with pay-per-view events. You should probably get some practice, though; current PFC competitors include active MMA fighters and bare-knuckle boxers among its athletes. <https://tinyurl.com/uplift0522b>



**A walk in the wilderness on doctors' orders.** It's well known that spending time in nature can have multiple healing benefits, from the positive effect on our mental health to the curative properties of fresh, clean air. Now, in some parts of Canada, doctors can officially prescribe patients with a free annual pass to the country's national parks in a bid to increase access to the outdoors and the benefits it brings to everyday health.

<https://tinyurl.com/uplift0522c>

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### Links You Can Use Now

#### Cool Links about Space

Space. It's scary, it's big and it's fascinating. We still don't know much about this gigantic expanse that sits just beyond our atmosphere. If you're interested in learning more, here are some resources to do just that.

This *The Planets* article lists 17 facts about space to get curious minds going, such as how the moon was once a piece of the earth and how asteroids are formed.

<https://tinyurl.com/uplift05221>

When it comes to learning new things, there's no better way than an infographic. This one is all about the life cycle of a star. <https://tinyurl.com/uplift05222>

If you want to do a deeper dive on how the universe works, this article lists 18 of the best apps and websites for you to continue your exploration. <https://tinyurl.com/uplift05223>

Of course, one of the best places to learn about space is NASA itself. Their website has incredible resources to find out information about the solar system and the universe, including the NASA Talks videos. <https://tinyurl.com/uplift05224>



## How to Finally Let Go and Meditate

Meditation is a healthy mindfulness technique that has been growing in popularity in the Western world for years, but many of us are still quite a bit unsure about how to actually use it properly. It's a simple practice, but it can feel a bit overwhelming. Here's a breakdown so that if you're ready to give it a try, it's as easy to understand as breathing.

**The basics.** What many people get wrong about meditation is that it takes too much time out of your day. In actual fact, just a few minutes can help. You don't have to be somewhere silent or beautiful, either. Try taking time when you wake up or go to bed or even just sitting at your desk. It's also not about clearing your mind, at least not completely. It's important to be mindful. If it's noisy, notice the sounds happening around you. Allowing your surroundings to pass through you but not hinder you is what the practice is all about.

**Controlling a wandering mind.** Your mind is bound to wander; thinking is what makes us human. The main influence meditation can have on your life is by allowing your mind to wander, then refocus. If you start thinking about other things during your practice, note it, then return your attention back to the breath and go again.

### Exercises to Try

**The 4, 7, 8.** This simple breathing technique is all about creating a pattern of breath work to relieve tension. Start by sitting comfortably and aligning your body so you're able to breathe effectively. Inhale slowly and steadily for four counts. Using the same rhythm, hold that breathe in for seven, then release all the way to the bottom of the lungs for eight. Repeat.

**Body scan.** Doing a quick body scan can help you assess how you're feeling and if there's anything your body is trying to tell you. This is best done lying down, but you can try it anywhere you feel comfortable. Start with your head and slowly bring attention to every single part of your body, noticing everything.

If you know of any local families or organizations that are especially in need at this time, please give me a call at 404-229-7600 or email [br@brettroderman.com](mailto:br@brettroderman.com). I will do my best to spread the word. If there is anything I can do to support you at this time, please let me know.

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## NFL Star Accompanies Bereaved 11-Year-Old to Father-Daughter Dance

When 11-year-old Audrey Soape tragically lost both her father and grandfather last year, after the dust had settled, her mind turned to the potential dread of the upcoming father-daughter dance at her local church. The social event had always been one of the highlights of her year, attending annually with her dad or with her grandpa if dad couldn't make it. But this year, the thought of having to attend alone brought new trauma to the family.

Determined to make sure Audrey wasn't on her own at the dance, her mother, Holly, began brainstorming ideas for who could save her daughter's year by accompanying her to the party. The family was huge fans of the NFL's Minnesota Vikings, and their favorite player was Anthony Harris. Despite his now playing for the Philadelphia Eagles, they still admired Harris, and Holly decided that no matter how far-fetched it seemed, she'd ask if he'd consider being Audrey's date.

She sent Harris a direct message on Instagram, and to her astonishment, he responded immediately, saying that he'd be there. Not only that: in an effort to help Audrey feel special and to alleviate some of the financial strain on the family, he insisted on buying her a brand-new outfit and arranged for a professional hair and makeup appointment for the night.

When the night finally came, true to his word, Anthony Harris arrived in Round Rock, TX, and accompanied Audrey to the church, where they danced for several hours and took part in the scavenger hunt. The overjoyed Audrey and her family were in disbelief at how much he did to ensure she was happy, with Audrey commenting afterwards that by the end, "It felt like I was with a normal person that was my friend."