

# Cheryl Thompson Beckett, Ph.D.



## Tribute to Dr. Cheryl Beckett By Rev. Dr. Victoria Gardner

Cheryl was an eclectic, multifaceted author and individual who was one of the original organizers of the Fort Collins Hour For Peace in 1986. She served as its coordinator for many years until she convinced me to take over the position in 2006. It took a lot of convincing because it's a lot of work! But she promised to continue mentoring and supporting me and have the nonprofits she managed sponsor the Hour For Peace. I certainly could not have done the job the past 15 years without her. In the process of working on many peace, justice, and humanitarian ventures together, we became friends as well as colleagues. I was honored to be asked to do the music for her mother's memorial service. She knew my late husband David and was very supportive and helpful when he died in June 2017. When she passed away December 21st at age 77 from a stroke complicated by Covid-19, I wondered how I . . . how any of us . . . will continue without her.

Cheryl's goal, like all of us peacemakers, was to create peace, justice, and harmony, and to make the world a better place. In addition to her work with the Hour For Peace, until 2019 she ran "The Institute for Peace and Harmony", a nonprofit dedicated to, you guessed it, peace and harmony. She also helped organize and was very active in FC NIOTA: Fort Collins Not In Our Town Alliance, <http://www.ftcollinsnotinourtown.org/>

Cheryl had her M.S. in Psychology and Child Development, a Ph.D. in Nutrition, and an M.S. and Ph.D. in Consciousness. She opened her first preschool in 1965 and worked with preschoolers most of her life. She was certified in Educational Kinesiology and “Touch for Health”, both mind/body integration techniques. She taught Transcendental Meditation in India, Switzerland, France, Spain, and Germany as well as the U.S.

Cheryl also taught “Brain Gym” classes for the Colorado Department of Education as well as Continuing Education classes through Colorado State University. “Brain Gym” is a program that uses developmental movements and exercises to improve neurological function so that areas of the brain are more strongly connected and accessible for any given task. The movements help coordinate and integrate the two hemispheres of the brain to accelerate learning and enhance performance. They can be done on their own or integrated with other therapies, and are simple and fun for everyone from age 8 and above.

Her 1994 book, “Growing Up Inside Out” is about the developmental process of achieving one’s full potential and moving into higher stages of consciousness. It

- Brings new insight into how we grow and develop
- Shows the connection between consciousness and physiology
- Connects modern Western Psychology and ancient Eastern Vedic Psychology
- Suggests ways to move beyond old patterns of response that block continued development.

Cheryl felt that just as everyone needs to understand the horizontal day to day life, they need to be stationed in the vertical field of Pure Consciousness. This is the blueprint that was intended, and is the missing element in understanding development. She wrote, “People are meant to live with joy, satisfaction, and fulfillment. When we attend to the physical, mental, emotional, and spiritual dimensions of living, we optimize the possibilities.”

Cheryl’s work and life adventures brought her practical and esoteric experiences which synthesized to a focal point of tools to bring peace, joy, and satisfaction to others. She consulted with people using Nutrition, Developmental Psychology, Ayurveda, Sacred Geometry, and energy techniques. As a peace consultant, her work was to find the basic element in individual and group needs to blend networks and coalitions for the cooperative process.

Cheryl enjoyed the outdoors, bike riding, and swimming, and was involved in many ecological activities. She lived most of her life in Fort Collins with her husband John. When they retired, they bought a second home in Palm Desert, California, where they spent winters. She had seven stepchildren, twelve grandchildren, eight great-grandchildren, and one great-great-grandchild.

In the copy of her book that she autographed for me, she wrote, “Victoria, enjoy the adventure within. Much appreciation for all you do.” I would like to say the same to her . . . “Cheryl, enjoy the adventure within! Much appreciation for all you did!”