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CONNECTING WITH TREES

I love springtime when the trees start to bloom. Find a tree that resonates with you. Ask its permission to place your hands on the bark. Feel the flow of energy shared between you both.



Lean against the tree or lie down beneath branches of love. Listen to bird songs, feel the wind caress your hair, and enjoy the solitude and comfort of being with your chosen tree companion.

Relax and relish the peace of being wrapped in nature's bountiful arms. Express your gratitude and give thanks for this marvelous opportunity to decompress from life's many challenges.

Consider journaling your thoughts as you share this special time with your tree. You may enjoy reading [a poem from Kai Siedenburg](#), a marvelous nature connection guide who provides a free download of *Ten Ways to Deepen Your Connection with Trees* when you sign up to receive her information.

Connect with your tree and return to visit it regularly. Enjoy the springtime magic of trees.



REIKI IMMERSION ONLINE

Huge thanks to everyone that attended Reiki Level I, Level II, and the Reiki Master Level III one-day, certificate-provided courses offered through the recent Reiki Immersion Online program.

I am delighted that 99% of those attending Reiki Level I and/or Reiki Level II rated Excellent/Very Good effectiveness for the training. We had 100% of attendees at the Reiki Master Level III training rate it Excellent/Very Good.

Reiki, a biofield energy healing modality, reduces anxiety and facilitates a sense of well-being according to a 2019 Harvard affiliated large scale Reiki study. There were 1,411 people who received a single session of Reiki by 99 Reiki Masters all trained the same way with statistically significant results demonstrated.

Consider learning Reiki! Reduce stress and explore the connection with all life here on earth and beyond the veil.

INTEGRATIVE HEALTH, INCLUDING REIKI AT THE UPCOMING AMERICAN OCCUPATIONAL THERAPY ASSOCIATION ANNUAL CONFERENCE

I'm delighted to teach **Reiki Level I and Reiki Level II** again at the American Occupational Therapy Association Annual [INSPIRE Conference](#) in Kansas City, MO.

Reiki has been taught at every in-person AOTA Annual Conference since 2015!

Join us on Wednesday, April 19, 2023, for Reiki Level I and Thursday, April 20, 2023, for Reiki Level II. Empower yourself with easy-to-learn tools that enhance wellness for yourself, clients, family, friends, colleagues, pets, and even plants.

Over 30 sessions of integrative health topics are presented at this marvelous AOTA Annual Conference. Support the ***Integrative Health Occupational Therapy Community of Practice*** by wearing an IHOT button or displaying an IHOT sticker! [Find me](#) at the conference to receive your FREE IHOT pin!





HEALERS DESIRED AT THE INTERNATIONAL ASSOCIATION FOR NEAR-DEATH STUDIES ANNUAL CONFERENCE

*Alexandria, VA
(5 minutes from Washington, DC)
August 30 - September 3, 2023*

Come be **Inspired to Loving Action** at the upcoming Labor Day [IANDS Conference](#). Discover the Transformative Power of Near-Death and Related Experiences. Join like-minded souls, including many medical practitioners and researchers, as you explore the connectedness of all life.

Consider **volunteering as a healer** at this marvelous conference of LOVE. Attend the conference for FREE based on the number of healing hours you share with attendees. Join our 2023 IANDS Circle of Healers and experience comradery and JOY by sharing your healing gifts with attendees. Contact me for further information: becky@rebeccaustillclausen.com.

I'm thrilled to teach **Reiki Level I**, a natural energy healing modality, in-person on Wednesday, August 30, 2023, as a Pre-Conference Workshop for the third year in a row at IANDS Annual Conference.

Experience LOVE, connection, and confirmation of eternal life at the upcoming IANDS Conference!



BE KIND TO YOURSELF

As we move forward during these topsy-turvy times, give yourself the gift of kindness. Take a few moments to smile at YOU. Compliment yourself when you complete a task. Express compassion for the myriad of challenges you face daily.

Be good to yourself. Allow yourself time to relax. Participate in an activity you passionately enjoy.

Give yourself the freedom to explore. Spend time in nature. Help yourself heal by being kind to YOU.

You are awesome. You are loved.

Thank you for being a glorious part of my life.

Sending you much LOVE always and forever,

Becky

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