

OCTOBER 2023



Rebecca Austill-Clausen

Author, Afterlife Speaker, Reiki Master, Occupational Therapist

**NATURE'S HEALING
with NATIONAL PARKS**



Visiting National Parks is a marvelous way to heal while experiencing nature's finery. Spending time outside in nature reduces stress, lowers anxiety, and brings a sense of peace to our challenging lives.

Three of the U.S.'s most dramatic National Parks are related in an unusual fashion.

The bottom of **Bryce National Park**, home of tall, inspiring stalagmite-type spires called hoodoos, is the top layer of Zion National Park.



The bottom of **Zion**, filled with sedimentary layers of stunning earth colors, is the top layer of the Grand Canyon.



The **Grand Canyon**, our nation's dramatic example of depth, vastness, and majesty, was formed by the Colorado River downcutting, carving out the canyon's beauty over millions of years.

Thus, **the bottom layer of rock at Bryce Canyon is the top layer of Zion, and the bottom layer of Zion is the top layer of the Grand Canyon.**

How is this possible? Volcanic eruptions and sediment carried by fast-moving streams erode rock. Earth uplifts cause multitudes of geological transformations. Stunning rock layers of magnificent beauty are formed during different times of evolutionary development, even in a similar location.

During this period of massive societal upheaval, I encourage you to spend time outside, comforting yourself with nature's beauty and transformational continuity.



INTEGRATIVE HEALTH & WELLNESS FAIR
to benefit the
CANCER SUPPORT COMMUNITY
of GREATER LEHIGH VALLEY, PA
Saturday, November 4th, 2023
10 am – 4 pm

Come experience complementary and integrative holistic treatments for **FREE!**

Meet with area wellness practitioners, vendors, and representatives from local medical organizations who provide services and products to the cancer community and caregivers.

Learn about **Reiki, Reflexology, Color Puncture, Yoga, Qigong, Massage, Aromatherapy, Acupuncture, Crystals, Emotional Freedom Technique, Perfect Balance Boutique, Lymphedema Physical Therapists, Oncology Rehabilitation, Dietitians, Counselors, Nurse Navigators, Myofascial Release, & Occupational Therapy!**

FREE Community Awareness Event

Cancer Support Community

944 Marcon Blvd., Suite 110

Allentown, PA 18109

610. 861.7555

www.cancersupportglv.org



Contact Kiki Peppard, COTA/L, 570-460-8485, kpeppard@ptd.net for further information.

Kiki's article on *Reiki and OT* was instrumental in me receiving approval to teach Reiki for the first time at AOTA Annual Conference in 2015. Reiki is now being taught for the 8th year at the 2024 AOTA Annual Conference.

Thank you, Kiki, for all the excellence you share with our world. YOU ARE AMAZING!



**AMERICAN OCCUPATIONAL THERAPY
ASSOCIATION**

ANNUAL INSPIRE CONFERENCE, ORLANDO, FL

Reiki Level I – March 20, 2024

Reiki Level II – March 21, 2024

I am thrilled to teach Reiki again at the AOTA Annual Conference in Orlando, FL, this March 2024. Reiki has been taught at every in-person AOTA Annual Conference since 2015!

Reiki Level I is when your Reiki energy becomes activated. Lots of self-Reiki and experiential Reiki practice with three different partners occurs. A Reiki Level I certificate in the Usui form of Natural Energy Healing is received at this Pre-Conference Institute.

Reiki Level II is where you understand why and how Reiki works. Long-distance healing, intermediate healing skills, documentation, and supplemental modalities that work well with Reiki are provided. Three experiential sessions occur where Reiki is received and shared 1 to 1 with different partners. A Reiki Level II certificate in Usui Reiki is provided upon completion of this 6.0 contact-hour workshop.

Come experience Reiki in person at the upcoming INSPIRE AOTA Annual Conference!

Enjoy the peace, comfort, and accompanying sound healing during all my Reiki trainings.

[AOTA Annual INSPIRE Conference Registration](#) opens **October 25, 2023!**



HOLISTIC HEALING
GRIEF RETREAT 2023
Lake Huron Retreat Center
8794 Lakeshore Road
Burchville Township, MI 48059

November 10-12, 2024
Hosted by Dr. Jen Vogtmann, OTR/L

Help yourself heal from the grief of your loved one's passage. A holistic approach to healing occurs at **Grief Retreat 2023**, a weekend-long program open to the general public from November 10-12, 2024.

Host Dr. Jen Vogtmann, OTR/L, is a **certified End of Life Doula** and **Reiki Master practitioner**. Co-host Beth Brilinski specializes in **Sound Healing, Trauma Yoga, and Meditation Instruction**. These two marvelous people have brought together a team of 6 professional facilitators with complementary areas of expertise to provide grief support and healing through an immersive, holistic experience.

Retreat attendees will participate in **Yoga, Energy Healing, Art Therapy, Sound Healing, and Dance Therapy** while building community and igniting their own personal and spiritual growth. A safe, restful environment to discover holistic practices and learn new skills to help work through the grief process will occur.

Attendees of **Grief Retreat 2023** receive three days and two nights of accommodations surrounded by natural beauty, with all workshop sessions, activities, and meals included. Rates range from \$550 to \$995.00 for all-inclusive single to quad occupancy.

For more information and registration, contact **Dr. Jen Vogtmann, OTR/L**, at 810.292.0014 or visit Jen's lovely website: <http://InspiredbyJen.info>



GRATITUDE AND LOVE

Please wrap your beautiful arms around yourself and receive a huge supportive hug of LOVE from me to you.

Gratitude easily accompanies LOVE. Thank you for being a wonderful part of my life.

Thank you for sharing your awesome personality and skills with our world.

Thank you for doing your best to take care of yourself during these tumultuous times.

Please know you are very loved.

Please try your hardest to spend some healing time in nature. Refresh your soul and allow yourself to feel the peace that we all need.

I LOVE YOU very much.

Sending you lots of LOVE always and forever,

Becky

Rebecca Austill-Clausen, MS, OTR/L, FAOTA

Reiki Master, International Speaker, Occupational Therapist, Award-Winning Author: [*Change Maker, How My Brother's Death Woke Up My Life*](#)

Healing Coordinator, International Association for Near-Death Studies

President, Complementary Health Works, Inc.

becky@rebeccaustillclausen.com

610-363-7446

