



Rebecca Austill-Clausen

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KINDNESS PAVES THE WAY FORWARD

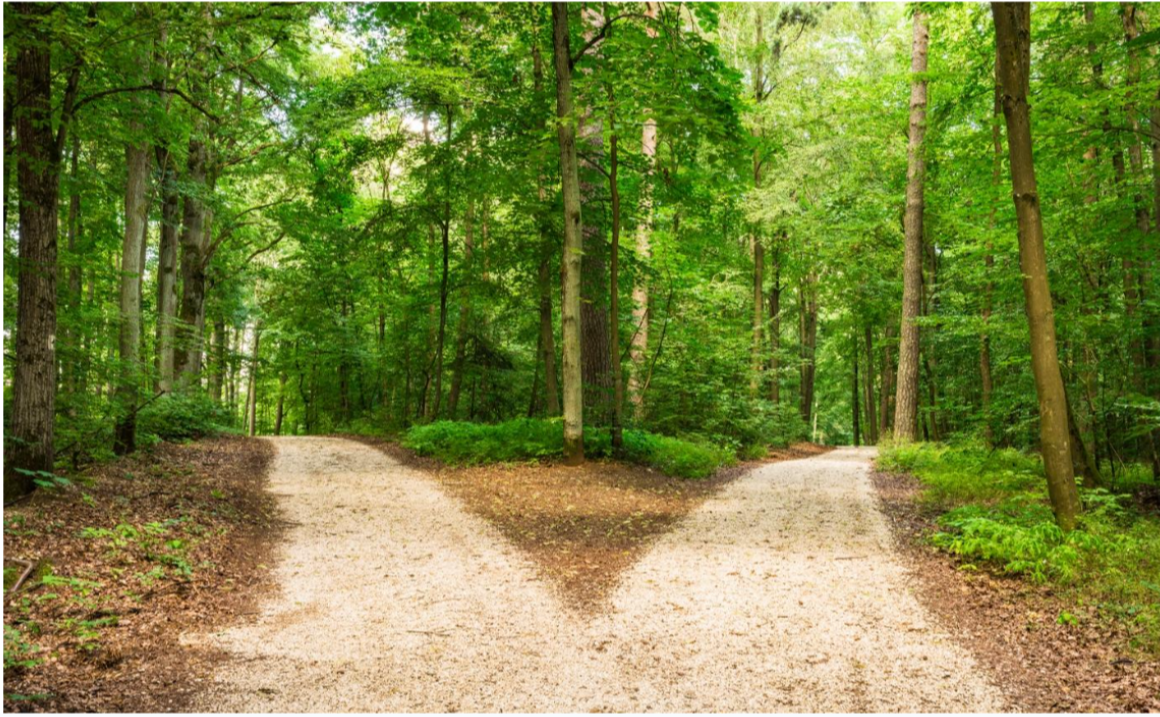


As we reminisce about 2023, I encourage us to share acts of kindness. Our lives are being rocked by turmoil around the world, yet let's take time to share benevolent gestures of love and caring with ourselves, family and friends, and our community.

Sharing a smile, extending a compliment, and expressing gratitude can bring a ray of sunshine into our world. Offering a helping hand to those in need honors both the sender and the recipient. Demonstrate your willingness to share care, compassion, and gentle kindness with those you meet.

Kindness creates heartfelt joy. Marvelous feelings of empowerment arise from thoughtful tenderness and gentleness. We honor ourselves and others when we allow benevolent gestures to occur.

I encourage you to smile with kind eyes and actions at least once a day. Brighten up your life and the lives of those who cross your path by providing helpful, heart-centered acts.



SEEKING PURPOSE RETREAT

February 9-11, 2024

Have you ever felt a deep curiosity about your life's purpose? Are you yearning to embark on a journey that not only reveals your true mission but also empowers you at every step?

If so, check out the **Seeking Purpose Retreat** – a transformative weekend designed to help you reconnect with your authentic self and discover your deepest aspirations. This retreat is more than just a break from your daily routine; it's a gateway to self-empowerment and profound personal connection.

This marvelous in-person retreat will be on beautiful Lake Winnepesaukee, NH, from February 9 -11, 2024. A delightful friend of mine, Karrie Burns, an executive leadership coach to Fortune 500 companies, and Megan Driscoll, a speaker, bestselling author, and award-winning business leader, are hosting a weekend of personal growth and discovery. Self-care and step-by-step guidance and support, combined with Reiki, massage, sound healing, small group learning and discussion, along with delightful programming, are being held at the beautiful Inn at Mills Falls in Meredith, NH.

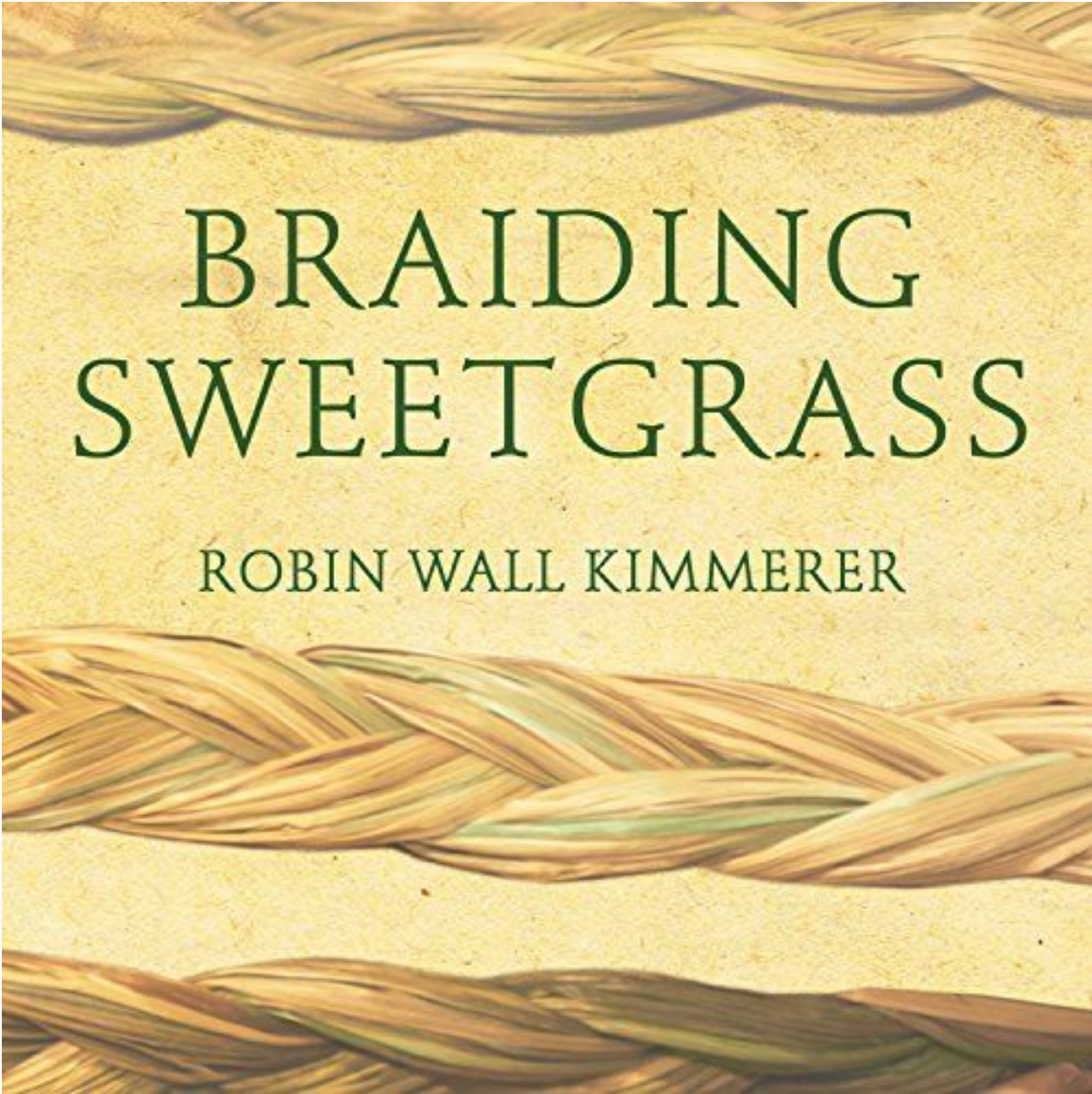
I am delighted to be a participant during this weekend of inspiring self-exploration and joy. Karrie and Megan have offered YOU a special friends and family discount code, **Becky**, to use upon registration, which reduces your program registration price to \$499! WOW!

A marvelous, discounted rate for rooms at the lovely Inn at Mils Falls is also available for attendees of this transformational *Seeking Purpose Retreat*.

[Seeking Purpose Registration Link](#)

Come join me for this weekend of discovery led by two fantastic retreat leaders!

I hope to see you soon!



BRAIDING SWEETGRASS

ROBIN WALL KIMMERER

This year has been a marvelous year of exploring indigenous cultures as my husband, Jeff, and I traveled to a multitude of national parks. We explored Native beliefs and practices in the Badlands of South Dakota. We then spent 7.5 glorious weeks in Alaska, visiting all 8 National Parks while learning about the multitude of indigenous tribes and philosophies in this beautiful, remote part of our country.

The book [*Braiding Sweetgrass* by Robin Wall Kimmerer](#) was prominently displayed at numerous sites during our travels. I encourage you to read this beautifully written and eloquent description of indigenous practices. The author is a poet and a stunning linguist who shares marvelous, heart-warming descriptions of nature with authenticity and clarity.

"So much has been forgotten, but it is not lost as long as the land endures and we cultivate people who have the humility and ability to

listen and learn." (p 369).

As Elizabeth Gilbert says on the cover of this stunning award-winning book, [Braiding Sweetgrass](#) is "A hymn of love to the world."

I highly encourage you to read this fabulous message of LOVE and eloquence.



GRATITUDE, LOVE, AND CONNECTION

Thank you for being a marvelous part of my life.

Each morning, I head outside, gaze up at the sun, open my heart, and share thanks for YOU.

Most evenings, before I go to bed, I step outside and feel the moon's soft rays in my heart and soul.

We are all connected. We are all ONE.

As 2023 comes to a close and we get ready to begin a new chapter of life, I wish you the very best.
YOU are awesome.

Sending you much LOVE always and forever,

Becky

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