

July 2023



Rebecca Austill-Clausen

Author, Afterlife Speaker, Reiki Master, Occupational Therapist

BEING MINDFULLY PRESENT EACH MOMENT



I just returned from a 7.5-week trip to Alaska, visiting all 8 Alaskan National Parks. I had a profound awakening as we flew in a tiny 4-seater charter plane traveling [above the Arctic Circle](#) to visit our 8th Alaskan park: Kobuk Valley National Park.

We flew over dozens of vast, remote snowcapped mountains. Braided rivers glistened beneath us. Millions of black spruce trees rose stoically above the earth. Mirrored lakes reflected shiny dark tree images of stunning beauty.

The landscape was magnificent. Yet, I found myself focusing on whether we could complete our quest. We had already tried to visit our final 8th Alaskan National Park two other times in the past week. Foggy, cloudy weather prevented us from achieving our goal. We needed to return to the "lower 48" states in three days. [Could we actually see Kobuk Valley on this trip](#), or would we need to return to Alaska to complete our quest another time?

We passed no homes and saw no people for hours. Nature's beauty was awe-inspiring. The wilderness was immense.

A quote from Doug Lindstrand's Alaskan Sketchbook resonated within my soul:

Alaska: *"A land big enough for a restless man to stretch his legs in, where he can follow his own rainbow and reach for his own stars."*

As we flew past vast swatches of billowing clouds reflected in the waters beneath us, I again experienced a profound revelation. We are all one. All connected. All part of our vast universe united by LOVE.

I reminded myself to be present at the moment. To enjoy the immense remoteness of Alaskan beauty. To immerse myself in nature's rainbow of colors and peace.

I stopped thinking about whether we could see Kobuk Valley National Park. I lived in the now. **Time ceased to exist.** My mind expanded and melded with nature's universe.

My soul is filled with LOVE and GRATITUDE.

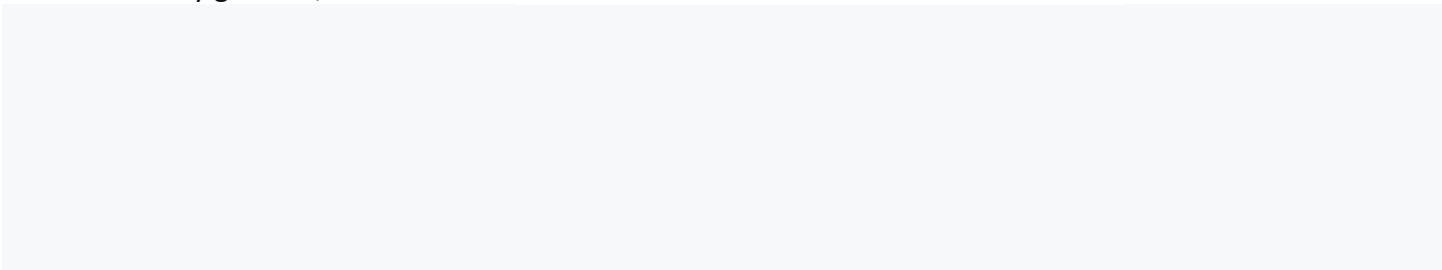
Once I stopped thinking about time, it seemed just an instant later, I heard, "Kobuk Valley National Park is just ahead."

A smile wreathed my face. Gratitude welled up and burst inside me as joy exceeded all bounds. Tears streamed down my face as I marveled at Kobuk Valley's golden sand dunes. It seemed incongruous to see sand dunes above the Arctic Circle. WOW.

I then realized we had finally achieved our 4-year quest to visit all 8 Alaskan National Parks in 7.5 weeks. COVID prevented our trip in 2020, 2021, and 2022. Our 2023 Alaskan adventure has been the trip of a lifetime.

I thanked the universe for reminding me to be present in the moment. To concentrate on the now. To forget about the future. To live each moment mindfully and with great appreciation.

Thank you, Alaska and Mother Earth, for sharing your incredible beauty with me. I remain eternally grateful, filled with LOVE.





REIKI LEVEL I on AUGUST 30, 2023

In-Person at IANDS Annual Conference *Alexandria, VA; 9-4:30 pm ET*

I am delighted to teach Reiki Level I, a natural energy healing modality known as "**Unconditional LOVE**," at the end of August. This will be the third time Reiki has been taught at the International Association for Near-Death Studies Annual Conference. This year's inspiring IANDS conference is being held in Alexandria, VA, 5 minutes from Washington, D.C.

Learn how to access your body's healing abilities. Discover techniques to help clients, family, friends, colleagues, animals, and plants how to heal. It only takes one day to learn Reiki and activate your healing skills.

Reiki is approved for 6.0 contact hours by the National Board for Certification in Occupational Therapy. I also expect this IANDS Reiki one-day training to continue being approved for Nurses and Medical Professional CEUs.

Come join us in person on Wednesday, August 30, from 9-4:30 pm. I've taught thousands of medical professionals and all others the joys of Reiki. I hope to see you soon!

Register NOW for Reiki Level I: [IANDS REIKI](#)

[Register NOW !](#)



INTERNATIONAL ASSOCIATION FOR NEAR-DEATH STUDIES ANNUAL CONFERENCE

Wednesday, August 30 – Sunday, September 3, 2023
Alexandria, VA (5 minutes from Washington, D.C.)

The IANDS Annual Conference is being held on the East Coast this year! Immerse yourself in wonder and be "Inspired to Loving Action" by attending this marvelous event.

Over 140 speakers, 100+ presentations, music, meditation, films, and a play are designed to enhance connectedness and provide stimulating wisdom that expands your soul.

I'm delighted to be the **Healing Coordinator** managing over 20 healers providing 1-to-1 healing sessions in Reiki, cranial sacral therapy, mediumship, spiritual coaching, and various additional healing modalities.

On Friday, September 1, I'm honored to be one of the speakers at the **Speakers Lunch** from 11:30-1:15 pm. Receive a delicious meal and ask me anything desired regarding my Spiritual Transformative Experience, Shared Death Experience, Reiki, how to achieve connectedness to all, or whatever you like.

Consider attending the panel presentation on **"Ethical Action is an Act of Love"** when I present on Saturday, September 2, from 12:15-1:15 pm.

Explore the marvelous array of empowering workshops, dynamic presentations, healing sessions, and beautiful musical experiences.

Register here to attend IANDS Conference, in person or online: [IANDS Conference](#).



SUMMER JOYS!

Now that it's summer, I encourage you to **spend time outside, surrounded by nature's beauty.**

Experience the ocean's majestic power. Immerse yourself in a forest of trees. Listen to birdsong. Feel the wind brush your soul. Take walks around your neighborhood. Take time for YOU.

Pick flowers that are meaningful to you. Smell their beauty. Arrange flowers in your home as you bring the outside in.

Start each day by stepping outdoors and gazing at the sun. Open your heart and give thanks to the universe for another marvelous day. Before you go to bed, gaze at the moon while breathing deeply. Experience peace and connectedness to all.

Share love with yourself.

Know you are very loved and very appreciated.

It's wonderful having you as part of my life. **Thank you from the center of my heart and soul for being YOU.**

Sending you much LOVE and GRATITUDE 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*](#)

President, Complementary Health Works, Inc.

becky@rebeccaustillclausen.com

610-363-7446



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RebeccaAustillClausen.com

becky@rebeccaustillclausen.com

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