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ALLOW YOURSELF TO PLAY!



As adults, we have multiple responsibilities and *To Do* lists. Work, family, aging relatives, health concerns... the list is endless.

Remember climbing trees as a kid, playing in a stream, finding frogs, twirling with joy as the sun streams overhead? Give yourself permission to re-experience the magic of play.

Play helps reduce stress by releasing endorphins that promote a sense of well-being.

Brain function improves when stimulated by creative activities.

Social relationships expand during the relaxing FUN of playful events.

Creativity soars, releasing us from the daily grind of news while expanding new ways of adapting to life's many challenges.

Wear two different shoes and see if anyone notices.

Complete a puzzle.

Paint a card & mail it to a loved one.

Attend a yoga class.

Throw a frisbee.

Play foosball or ping pong.

Blow bubbles.

Color and draw in an adult coloring book.

Learn a few magic tricks.

Hug a tree.

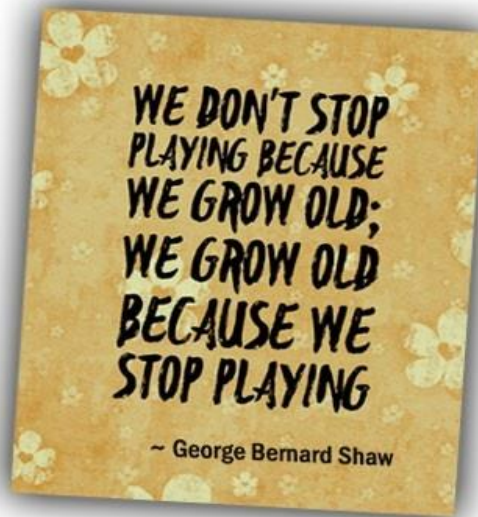
Splash in puddles.

Throw leaves into the air and watch them twirl.

Walk through a stream.

Smile. Laugh.

HAVE FUN!



MOONSTONE MAGIC



Moonstones shine with a translucent blue billowing to white beauty. They remind us of the evening moon glowing above, bringing peace and comfort into our daily lives.

People in India feel moonstones increase intuitive abilities and expand our third eye spiritual awareness. Gazing into a moonstone can increase futuristic visions,

according to European Middle Age lore. In Arabia, moonstones have been sewn into clothes to increase fertility.

Moonstones can bring hope, good fortune, and LOVE into our lives. Their tranquil energy is calming and peaceful, helping to bring our emotions into alignment.

Consider inviting moonstones into your life by gifting yourself this low-cost gem of serenity.

CONGRATULATIONS, EMMY VADNAIS, OTR/L!

OCCUPATIONAL THERAPIST

I am thrilled to share that Emmy Vadnais, OTR/L is the new Co-Host of Jeffrey Mishlove's [New Thinking Allowed YouTube](#) channel!

Jeffrey Mishlove, Ph.D., is the grand prize winner of the Bigelow Institute for Consciousness Studies 2021 Contest. The Bigelow Institute awarded \$1.8 million for 29 prize-winning essays that validate human consciousness remains after bodily death.

All 29 essays, including Dr. Mishlove's article "*Beyond the Brain: The Survival of Human Consciousness After Permanent Bodily Death*," are available for FREE: [Bigelow Contest Awards](#)



Emmy Vadnais is mentioned three times in Dr. Mishlove's extraordinary and comprehensive validation that the afterlife is real. She is highlighted as the new co-host on the home page of the [New Thinking Allowed Foundation](#).

Emmy, the owner of Holistic OT, provides a wealth of classes, including her upcoming [Holistic Healing Retreat for Health Care Professionals: Freedom and Conscious Living with Yoga, Meditation, and Intuition](#), on October 22 & 23, 2022. Emmy will be joined by Occupational Therapist Mandy Lubas and Nurse Practitioner Kristen Harte for this one-of-a-kind healing retreat appropriate for all medical professionals.

Congratulations, Emmy Vadnais, OTR/L! I LOVE how Occupational Therapy is paving the way in spirituality and integrative health!

230 HEALING SESSIONS PROVIDED
International Association for Near-Death Studies
Annual Conference
Salt Lake City, Utah



It was a huge honor to be the Healing Coordinator at the fabulous 2022 IANDS Conference held August 31-September 4, 2022, in Salt Lake City.

19 marvelous healers shared their skills:

Reiki and Heart-Centered Therapy

Therapeutic Touch (*including Past President: Therapeutic Touch International*)

Neurolinguistic Programming Qigong Foot Zoning

Hypnotherapy Brazilian Healing Mediums

Crystal Infrared Mat Healing Intuitive Energy Healing

Spiritual Channeling How to Tell Your Story

Healing from Trauma ...and more.

This fund-raising activity for IANDS was provided daily throughout the conference for 20 minute 1-to-1 healing sessions. Over 230 healing sessions were provided, with

excellent feedback received.

I was also thrilled to teach in-person [Reiki Level I](#) as IANDS only Pre-Conference Workshop the day before our healing program began. Reiki's natural healing energy experienced during this one-day, certificate-provided course was profound. Reiki training was approved for 6.0 contact hours by the National Board for Certification in Occupational Therapy, and Akamai University for nurses and medical professionals.

The 2023 IANDS Conference will be held in Arlington, VA, from **August 30 – September 3, 2023**. Please [contact me](#) if you have interest in joining our glorious IANDS 2023 Circle of Healers or assisting me with the coordination of this marvelous community of healers!

MATTHEW STANFORD ROBISON

9.23.88 – 2.21.99

SALT LAKE CITY CEMETERY



For years, I have presented information about this inspirational gravestone sculpture in the Salt Lake City Cemetery, Utah.

The first morning after arriving at the International Association for Near-Death Studies Annual Conference, I visited this empowering gravestone sculpture before I began setting up for my in-person Reiki Level I course.

Matthew Stanford Robison spent all 11 years of his life on earth in a wheelchair. His parents honored his passage and release by having a sculpture built, designed by his

Dad, Ernest Robison. Matthew is shown standing on his wheelchair seat, reaching his arms up towards eternity. The details are exquisite. The smile on Matthew's face is profound. JOY is apparent.

LOVE predominates.

SPRING FORWARD INTO FALL



Allow yourself to spend time experiencing fall's beauty.

Open your arms and feel the gentle wind flowing around your magnificent self.

Enjoy the magic of leaves gently gliding to earth, twirling their fall colors in majestic paths of wonder.

Listen to birds sing songs of delight as they wake our morning selves with rounds of joy.

Walk on grassy paths through pine-scented woods, smelling the pungent air of forest growth.

Feel the LOVE that is always around you.

Thank you for being a wonderful part of my life.

Sending you much LOVE and LIGHT 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](#)

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