



Fall Forward



Golden red leaves layer the ground in gorgeous mounds of beauty. Colors transform our world as we process the changing landscape of our souls.

Fall is a time to reflect on this remarkable season of change. A time for us to release unnecessary thoughts and events. It's a period of contemplation and discovery.

Autumn is the season to recognize who we are and what we can let go. Releasing allows our heart to create an opening to receive. A space for our soul to expand in glorious rainbows of wonder.

The changing season of fall encourages us to dispense with values that hold us back.

Unburden yourself by spending time outside amidst nature's magnificent bounties. Observe the falling leaves that create space for new growth to blossom.

Let yourself Fall Forward. Allow your heart to release. Unburden yourself while opening to nature's healing and LOVE.

LIVING WITH GHOSTS

Award-Winning Film on After-Death Communication available through October 31



You are invited to a FREE private screening of a new documentary [LIVING WITH GHOSTS](#) available through October 31, 2021!

This amazing film is written, produced, and directed by Stephen Berkley. It describes various methods to communicate with our deceased loved ones. Induced After-Death Communication, automatic writing, meditation, grief counseling, and other practices are highlighted.

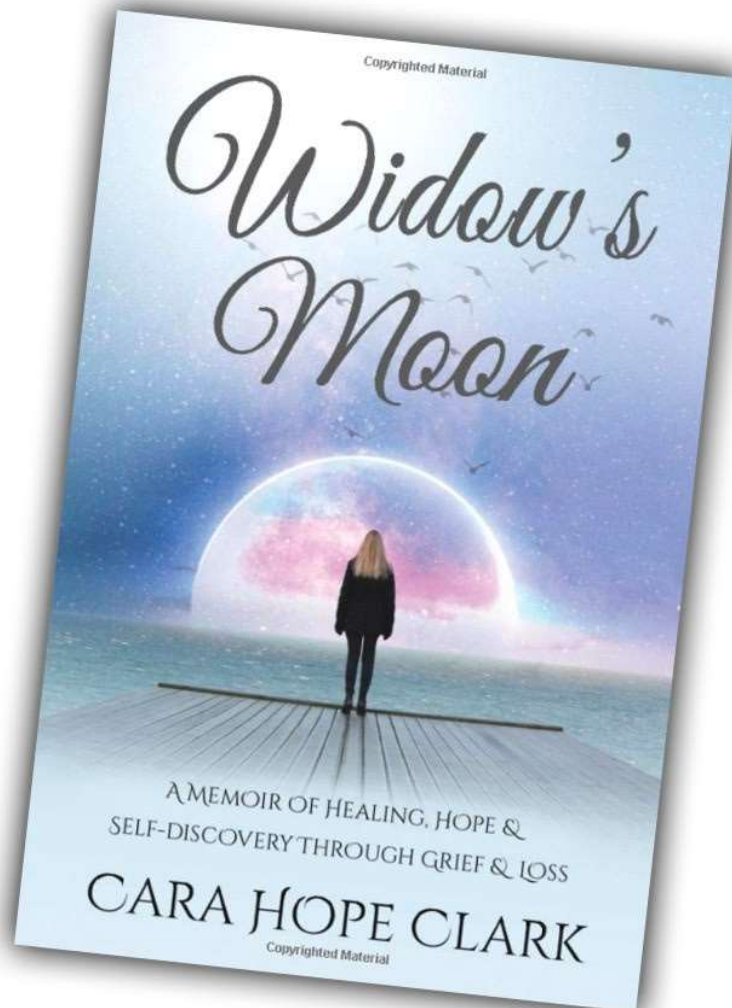
Living with Ghosts has received 7 film awards. Dr. Jan Holden, President of the International Association for Near-Death Studies, introduces this beautiful documentary of a family's journey towards accepting everlasting LOVE.

A private film viewing is available **through October 31, 2021.**

[LIVING WITH GHOSTS](#)

[Donations](#) are kindly requested to facilitate this film being broadcast on PBS television, which appears highly likely. If the PBS broadcast does not occur, funds will be used to disseminate the film to universities, libraries, and additional platforms.

WIDOW'S MOON



A stunning new book, [Widow's Moon: A Memoir of Healing, Hope & Self-Discovery Through Grief and Loss](#), shares inspirational strategies to heal from sorrow.

Multiple tools of transformation are provided in this well-written book of resilience. Practical strategies to assist the rediscovery of joy, self-love, and spiritual growth are included.

Redefine yourself and your loss by embarking on a journey of clarity described in *Widow's Moon*.

NATURAL LIVING EXPO – IN PERSON Event!

Marlborough, MA
November 13-14, 2021
Booth #1118



Come visit my booth #1118 for New England's largest holistic gathering, the [Natural Living Expo](#) on Saturday and Sunday, November 13-14, in Marlborough, MA!

Doors open Saturday, Nov. 13 from 9-6:00 pm and Sunday, Nov. 14 from 9:30-5:30 pm.

My award-winning book: [Change Maker, How My Brother's Death Woke](#)

Up My Life will be available for personally signed copies.

Information about my upcoming [Reiki Immersion Online](#) courses on the weekend, March 5 and/or March 6, 2022, will be shared.

The Reiki Master online training program information for those with at least 6 months of experience after receiving a Reiki Level II certificate from any Reiki Master will also be available. A 1:1 interview with me is required before entry into Reiki Master class being held on Saturday, March 12, 2022.

On **Sunday, November 14, from 2:30-3:30 pm**, I'm presenting **After-Death Communication is Possible for YOU!** from 2:30-3:30 pm EST. Receive practical techniques to enable YOU to receive and share contact with your deceased loved ones. Lots of validating experiences are provided.

Over 185 exhibits and 50+ workshops will be presented during this transformational weekend of LOVE and JOY. I hope to see you in Massachusetts soon!

POTA NAMASTE LAST MEETING and AWARD!

November 18, 7-8:30 pm EST



The Pennsylvania OT Association Namaste, Sharing Occupational Support group holds our final gathering on Thursday, November 18, from 7:00-8:30

pm (6:45-7:00 informal Meet and Greet). All are invited to attend.

Co-host Ann Stuart, myself and the POTA Board realized that our goal to provide holistic support during COVID has been achieved.

Our final Namaste speaker is Dr. Angie Hissong, OTR/L, CMCP, MMTC, CIR, RYT200 presenting:

The Gentle Pause

Nurturing our Roles, Habits, Routines and Rituals

Come join us and celebrate Namaste's amazing 16 months of awesome guest speakers that presented holistic topics appropriate for OT practitioners, educators, and students, along with all other interested folks.

Here's the registration link: POTA.org Look for the Namaste listing on the POTA website home page. Receive 1.5 contact hours from the PA OT Association for attending. 100% of the funds are donated to the PA Occupational Therapy Political Action Committee.

Also, I am truly humbled to have just received the Stephen L. Heater Award of Outstanding Achievement for co-hosting and arranging guest speakers for each of our empowering Namaste sessions. Huge thanks to the PA OT Association for this incredible honor.

INTEGRATIVE HEALTH FOR OCCUPATIONAL THERAPY

NEW AOTA Communities of Practice Group



I'm excited to share that the American Occupational Therapy Association has just begun a new Community of Practice group for those interested in Integrative Health, called IHOT CoP!

This group of discovery meets on the third Thursday of each month at 6:00 pm EST and, in January, will begin meeting at 7:00 pm EST.

Contact Michelle Bradshaw: mbradshaw@ithaca.edu or Mandy Lubas: Mandylubas10@gmail.com, both past POTA Namaste speakers, for further information about this exciting nationwide support group for OTs interested in integrative health services!



We had a GREAT opening session of my 7-week [After-Death Communication](#) course. A loving community of like-minded souls is already forming.

It is wonderfully healing and frankly quite magical to continue relationships with our loved ones who have passed beyond the veil.

I hope you have a glorious day filled with LOVE!

HUGS TO AWESOME YOU !



Please wrap your arms around yourself and receive a massive hug of LOVE from me to glorious YOU.

We are entering a phase where “real” hugs are becoming possible.

Yet, we don’t need to receive a physical hug to receive the incredible amount of LOVE and GRATITUDE shared with us from the earth and beyond. This is a time of massive transition. A time to reset our values and our priorities.

A time of reflection and moving forward as the fall season progresses.

Please take time for YOU. We are each on earth to live our own lives. To live our own dreams. To follow our own path.

Receive my hug of LOVE and know you are GREAT!

Sending you lots of LOVE always and forever,

Becky

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

Reiki Master, International Speaker, Award-Winning Author, Occupational
Therapist

President, Complementary Health Works, Inc.

becky@rebeccaustillclausen.com

610-363-7446

rebeccaustillclausen.com



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RebeccaAustillClausen.com

becky@rebeccaustillclausen.com
