



## ENJOY THE MAGIC!



We rush through life, paying attention to mundane details that need to be accomplished now.

Last week I was in Joshua Tree National Park in CA. My husband Jeff and I are visiting all the U.S. National Parks and we have almost completed this awesome quest.

Joshua Tree National Park is known for its giant sculptured rocks, teddy-bear cholla cactus, and desert topography. We had a few hours until sunset and began hiking to a distant watershed. I was very conscious of the time and was walking quickly to our Barker Dam destination. The hot sun shone brightly as the minutes clicked away. It was a pleasant yet unexciting journey as we traversed oat-colored paths of worn kernels of sand.

Suddenly a high pitched bird-tweet penetrated my focused mind. The musical delight caused me to pause. Pay attention. Look around. I took a deep



breath and focused on the NOW. My steps slowed. I stopped.

I became still.

I noticed mesquite leaves whispering brilliant songs of clarity. Tiny white flowers brightened the desert with blossoms of enduring strength and beauty. An antelope ground squirrel gathering food for the evening sprinted in-between shiny prickly pear cactus.

The barren ground transformed into an active hive of activity that I had missed entirely, until I became still.

My breath slowed. I connected with all. I became one with the world. Love and Gratitude blossomed in my heart and expanded outward, connecting to the incredible consciousness of all life, here on earth and beyond.

There is no time. We are eternal beings. Time only exists on earth. Let yourself experience the bounty of oneness, connectedness, and LOVE.

Allow yourself to be still, my friends. Enjoy the magic.

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**REIKI at the AMERICAN OCCUPATIONAL  
THERAPY ASSOCIATION  
ANNUAL CONFERENCE  
&  
UPCOMING REIKI TRAINING: AUGUST 31, 2022**



Over 50 Occupational therapy practitioners, educators, researchers, and students attended one-day certificate provided Reiki sessions at the in-person American OT Annual Conference held in San Antonio, TX, late March 2022.

This was the first in-person conference I attended since March 2020. It was a fabulous reminder of the joys of physical connection at this extremely well-organized gathering.

Facilitating the activation of Reiki attendees' natural energy healing abilities is always an honor. Watching people's awareness of their own restorative skills grow as they learn the ease of healing both for themselves and others is dee-LIGHT-ful. Listening to participants describe their awe-inspiring communication with loved ones who have passed engages us all in this joyful reunion of souls.

Reiki can be effectively learned in ONE DAY both in-person and online.

I've trained thousands of medical professionals and all others the joys of Reiki. Feel free to contact me to schedule a one-day Reiki training program at your national or state conference, university, or holistic center: [becky@RebeccaAustillClausen.com](mailto:becky@RebeccaAustillClausen.com)

My next 1-day Reiki training program is being held on **August 31, 2022**, at the International Association for Near-Death Studies Annual Conference in Salt Lake City, Utah. Check out the incredible array of speakers at this enlightening in-person and online conference from August 31 – September 4, 2022 ~ [IANDS.org](http://IANDS.org). Discover the research and validation of Timeless Oneness, the Luminous Message of Near-Death Experiences & Related Spiritual Experiences 2022 Annual Conference of JOY.

Come experience the magic of in-person [Reiki at IANDS.org](http://Reiki at IANDS.org) on August 31, 2022!

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## **AUTISM TRAIL at LETCHWORTH STATE PARK, NY**





A delightful engaging sensory trail designed specifically for people who have autism is available at Letchworth State Park in upper-state New York.

This 1-mile loop is composed of eight sensory stations created to enhance awareness and engagement with nature's calming attributes. The [\*ANT: Autism Nature Trail\*](#) was designed by 3 women, Loren Lamy Penman, Susan Hernstein, and Gail Serventi who are called the "ANT Aunts" by park staff.

Dr. Temple Grandin, autism specialist, assisted the design of this first-in-the nation autism trail that enhances sensory perceptions for all ages and a variety of accessibility levels. Activities include an "alone zone" for people to sit and experience the joys of nature, an obstacle course, a gentle maze, cuddle swings, and an obstacle course. Over 4,000 visitors including many senior citizens have experienced this autism trail designed for anyone, which opened October 2021.

Additional parks across the country are looking to add this creative *Autism Nature*

*Trail* venture to their repertoire of experiential natural activities.

## SPEND TIME OUTSIDE



We have all experienced the incredible life-changing effects from COVID seclusion during the past two years.

I encourage you to spend time outside exploring nature's healing energy. Discover your county parks, state, and national recreational sites. Check out forest growth, streams, rivers, and oceans. Listen to birds sing their delight after cold winter months of retreat. Warm your hands and heart by gently reaching down to touch Mother Earth while sharing gratitude and LOVE. Experience the calming relaxation of nature's beauty.

Allow yourself to pause. Give yourself permission to explore. Google "Natural Sites Close To Me." Discover the wonderful calmness in nature.

Heal your beautiful soul. Come outside yourself and explore the sanctity of nature.

Know you are VERY LOVED.

*Becky*

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