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TRANSFORMATION An Opportunity for YOU!



October is a month of transformation. Fall is coming, leaves are turning into kaleidoscopes of color, and the season is changing.

The numbers 1 and 0 represent the month of October. One means new beginnings, and 0 means completion. Can you see yourself beginning a new venture? Letting go of behaviors that are not meaningful to you anymore?

Allow yourself to change into who YOU want to be. What can you release that will give you the freedom to explore and transform. Open to the myriad of possibilities life on earth provides.

Spend time outside in nature. Massage your concerns with the healing power of Mother Earth. Embrace the energy of trees that provide calming peace to our souls. Leave your home for a daily walk through your neighborhood, breathing in the fresh cool air of morning sunlight. Extend your arms to receive the moon's soothing rays of peace.

Let yourself feel nature's healing vibrations of LOVE.

The graphic beginning this post is from the tallest tree in Wales, United Kingdom, damaged by lightning. A chainsaw artist transformed this symbol of growth into a stunning hand reaching high into the sky.

Transform your energy into who you want to become.

AFTER-DEATH COMMUNICATION WEEKEND WORKSHOP ~ ONLINE

November 5-6, 2022



My 37-year-old brother David passed on October 1, 1995. His passage transformed my life and taught me that we live for eternity.

I totally transformed my previous beliefs that death meant an ending to life. Death is just a change of environments. We continue to live, and our consciousness remains alive in the afterlife.

Thank you so much to the 300+ people that registered for my free webinar: [The 3 Secrets to Communicating with Your Deceased Loved Ones](#), held on October 8 and a repeat encore on October 15, 2022. The recording is available now.

I am delighted to offer a 2-day online [After-Death Communication Weekend Workshop](#) on November 5-6, 2022. Lots of experiential activities, guided meditations, and training using my proven 7-step process to communicate with our loved ones living beyond the veil occurs.

I've been teaching my *After-Death Communication* course for the past two years. It's amazing that **100% of attendees** responding to a 3-week post-course survey **state they realize they can receive and share communication with their deceased loved ones.**

Register **NOW** for my Weekend Workshop and receive an early sign-on discounted price. Also, receive your FREE bonus one-hour recording of crystal master Nicholas Pearson describing crystal energy, including three crystals that enhance after-death communication. Nicholas created this session just for our *After-Death Communication* class, and it's fabulous.

I hope to see you soon at this transformational course of LOVE.

LIFE KITCHEN: Cookery School for People Whose Taste has been Transformed by Cancer or COVID



Ryan Riley, author and cook, along with Kimberley Duke, chef and recipe developer, are both food stylists who co-founded [Life Kitchen](#) after their parents passed from cancer.

Chemotherapy and COVID can change one's ability to taste and experience the pleasures of food. Ryan and Kimberley wanted to honor their parents by assisting others in receiving the joy of food during this time of transformation caused by cancer or COVID.

Scientific advice is provided by Professor Barry Smith, founder of the [Centre for Study of the Senses](#). This University of London centre is hosted by the Institute of Philosophy, School of Advanced Study. The program integrates **collaborative sensory research** by philosophers, psychologists, neuroscientists, and anthropologists. They are discovering that our senses are not independent of each other. Combining sensory research with various disciplines that study how our senses interact and influence each other provides the scientific rationale for courses taught at Life Kitchen. This multidisciplinary research centre provides grants, forums, and collaborative institutional research.

[Life Kitchen](#) provides **FREE cooking classes**, books including a free digital download, and information backed by science about enjoying food once tastes change due to COVID or chemotherapy.

LAX STACHE MADNESS HEADstrong Foundation



October 19 is the official beginning of [Lax Stache Madness!](#) This FUN charitable event promotes the HEADstrong Foundation, supporting thousands of lives that have been transformed by cancer.

Our son Ken Clausen began Lax Stache Madness with two friends while attending the University of Virginia. Lacrosse players grow mustaches and/or wear unique **green** hair ties or clothes during October and November to help raise funds for families and people affected by cancer.

[Nick Colleluori](#) played lacrosse at Hofstra University when he was suddenly diagnosed with cancer. Chemotherapy caused his hair to fall out, so he grew a mustache.

Our son Ken also played college lacrosse. Ken played defense, and so did Nick. Ken lived in the Philadelphia area, and Nick did too. Ken's college lacrosse number was 27, and lo and behold, so was Nick's. Ken was talking with Nick's brother Pat Colleluori years ago as they were realizing these incredible similarities. Pat mentioned Nick was born in October. Ken held his breath when he asked about the date of Nick's birthday. October 19th, the same day as Ken's birthday!

When life presents us with synchronistic events, it usually indicates that something broader than our physical existence is involved.

After consulting with the other co-founders of Lax Stache Madness, support was immediately transferred to the [HEADstrong Foundation](#). This marvelous charitable organization founded by Nick Colleluori provides meals, recreational activities, financial aid, free nights of housing at Nick's House, comfort kits, and peer support that gives HOPE to people and families dealing with cancer.

Lax Stache Madness has raised close to \$2 million to support those affected by cancer.

Here's the link to Ken's fundraising page for the HEADstrong Foundation, if you find it in your heart to donate to this cause or whatever cause makes your heart smile: <https://pledge.headstrong.org/fundraiser/4194078>

Thank you, Ken, Lax Stache Madness, and the fantastic **HEADstrong Foundation** for your glorious energy, transforming the lives of over 22,800 patients and families affected by cancer and COVID.

FALL FORWARD



Enjoy this magical time of seasonal change. Let yourself breathe deeply, releasing tensions on the exhale while filling your soul with LOVE as you inhale.

Mindfully breathe in nature's bounty, particularly when you stand close to trees; it is amazingly healing.

Transform your day. Allow yourself to fall gently forward into Mother Earth's comforting arms.

We are each here on earth to experience our own journey.

Listen to your heart. Follow your dreams. Travel the path you desire and take time for YOU.

I'm sending you bundles of LOVE always and forever,

Becky

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