



## YEAR-END REFLECTIONS



As the final two weeks of 2021 come barreling forward, I find myself reflecting on this year's events.

COVID appears to be waning, yet a new variant has appeared. We need to remain aware, alert, and mindful about protecting ourselves and others. Let's all help each other overcome this worldwide virus.

Be kind to yourself. Give yourself permission to engage in activities that bring you joy. Your happiness can provide enlightenment to others. Become a shining example of **kindness** within your circle of friends, family, and community.

Express gratitude daily. Opening your heart while sharing appreciation provides relaxation and comfort. We have lots of reasons to give thanks.

Allow yourself to see the positive aspects of situations. Positive energy produces positive action. We need more **positivity** and **gratitude** in our lives these days.

Take a deep, cleansing breath and release fears about the future. Live each moment now. Live purposefully rather than reliving the past. Find joy in the celebration of life both on earth and beyond the veil.

Stride into the new year with a fresh reflection of joy, gratitude, and **LOVE**.

---

## KRISTINA'S UNDERSTANDING OF LIFE



A friend of mine, Kristina Pelletier, recently passed. Originally Kristina came to me to receive Reiki treatment to relieve pain. Two weeks later, she was diagnosed with Stage 4 cancer. I have been honored to assist Kristina's journey into the light along with a marvelous group of outstanding members of the International Association for Near-Death Studies.

Kristina was not afraid to die. She was well versed in the near-death research and literature that shows life continues forever. Kristina worked extremely hard to remain on earth as long as possible while recognizing that life without

physical and emotional pain would occur when she transitioned to the afterlife.

Six weeks before she passed, Kristina was interviewed by Dr. Jan Holden, EdD, LPC-S, ACMHP, President of the International Association for Near-Death Studies (IANDS). I encourage you to take a few moments to view this outstanding treatise about life. Kristina shares her wise philosophy and highlights various resources that provide insightful reflections on life.

Here's the link to view Kristina's outstanding interview: [\*I Lost the Fear of Death, Reflections on Her Final Healing Journey.\*](#)

Kristina's goal was to rework the IANDS website. If inclined, you are encouraged to donate to the [Kristina Pelletier Memorial Website Development Fund.](#)



---

# BIGELOW INSTITUTE OF CONSCIOUSNESS STUDIES

## Contest Essays Available Now!



**Bigelow's 29 award-winning essays** that explore the existence of the afterlife

are now **published!**

This fantastic array of reflections spans numerous avenues of justification that human consciousness survives death: [Bigelow Institute Essays](#).

My sincere apologies for misspelling Robert May's last name in my November 2021 newsletter. Robert is a current Board Member of the International Association for Near-Death Studies. His excellent Honorable Mention essay submitted by both Robert and Suzanne Mays is titled ~ *There is no death: Near-death experience evidence for survival after permanent bodily death*.

I encourage you to reflect on the messages inherent in each of these outstanding essays. What does it mean to YOU to contemplate living forever? Can you give yourself permission to live life the way you desire, knowing that we are eternal beings? Would you change anything in your life now?

I find the entire concept of eternity fascinating. I encourage you to explore the many dimensions of life described in these never before published 29 [Bigelow Institute Award Winning essays!](#)

---

## JUST COMPLETED: 7-WEEK *AFTER-DEATH COMMUNICATION COURSE*



Huge thanks to all the participants in our fall *After-Death Communication*:

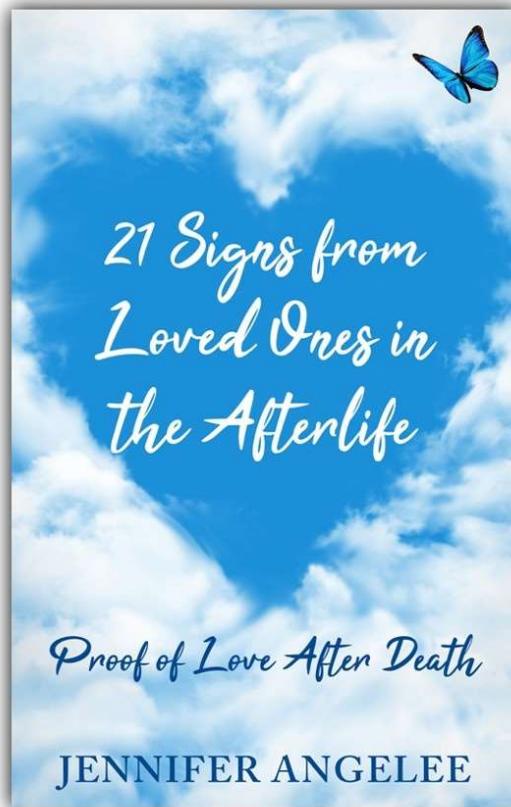
*Discover Unique Skills to Continue Your Connection with Your Deceased Loved Ones* course.

I am THRILLED that **100% of all 2021 and 2020 course respondents** in a post-course survey said this course helped them realize they can **receive and share communication** with their deceased loved ones. WOW!

Stay tuned for my next *After-Death Communication* course being offered in the fall of 2022!

---

## *21 Signs from Loved Ones in the Afterlife*



Jennifer Angelee, the author of *21 Signs from Loved Ones in the Afterlife*, has graciously offered to share a free download of her delightful book that explores common signs from the afterlife: <https://jenniferangelee.com/free-book-download/>

Thank you so very much, Jennifer!

---

# REIKI IMMERSION ONLINE

## Natural Energy Healing Training, 1 Day Certificate Courses COMING SOON!



I am excited to share that my *Reiki Immersion Online*, one-day, certificate-provided weekend workshops are coming this March!

Registration opens for this acclaimed natural energy healing training program on Saturday, February 5, 2022, during the **FREE webinar: *Reiki Works!*** *Discover Your Natural Healing Ability and Explore Afterlife Communication* from 1-2:30 pm EST.

**Reiki Level I** activates your natural energy healing ability. Participate in three experiential 1:1 sessions with three different partners where you receive and share Reiki energy with each other.

**Reiki Level II** is offered the day after Reiki Level I. This one-day course explains “why” and “how” Reiki works, provides additional hand positions



for sharing Reiki, and explores supplemental modalities that complement Reiki service. Three sessions with three different 1:1 partners occur for receiving and sharing Reiki energy.

**Reiki Master Level III** is offered the following weekend for those with at least 6 months of experience following Reiki Level II certificate training from any Reiki Master. A 1:1 Zoom interview with me is required before registering for this one-day course. Attendees learn how to attune (activate) Reiki energy in others, teach Reiki, discover advanced clinical techniques, set up their own private practice and Reiki programs in medical or community-based locations, and learn applicable research avenues.

Individual certificates are provided to each person that completes a Reiki Level course.

Attendees discover how to provide Reiki to themselves, family, friends, clients, colleagues, pets, and even plants.

### **Upcoming *Reiki Immersion Online* Schedule**

**Reiki Level I**~ Saturday, March 5, 2022, from 12-7:00 pm EST (lots of breaks included). Discover the history, philosophy, and research supporting Reiki effectiveness.

**Reiki Level II**~ Sunday, March 6, 2022, from 12-7:00 pm EST (multiple breaks included)

**Reiki Master Level III**~ Saturday, March 12, 2022, from 12-7:00 pm EST (numerous breaks included)

Each course is approved by the National Board for Certification in Occupational Therapy for 6.0 contact hours.

*Reiki Immersion Online* is appropriate for all Occupational Therapy and medical practitioners, educators, and students, and everyone who wants to:

Expand self-healing.

Facilitate the healing of family, friends, clients, colleagues, and pets.

Enhance your ability to communicate with loved ones living beyond the veil.

Come participate in this experiential practice of unconditional LOVE.



---

# HOLIDAY GIFT OF TIME



As our holiday season approaches, I encourage you to give yourself the gift of **TIME**.

Take time to enjoy your family and friends.

Absorb the awareness that another year of remarkable change has passed.

Renew your commitment to continue growing and expanding your life's purpose.

Reflect on the opportunities that a new year brings to you, filled with promising opportunities.

Give yourself a huge hug of inspirational **LOVE** from me to awesome you.

Know you are very loved both on earth and in the afterlife.

Thank you for being a glorious part of my life.

Sending you lots of LOVE 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](mailto:becky@rebeccaustillclausen.com)

610-363-7446

[rebeccaustillclausen.com](http://rebeccaustillclausen.com)



*You are receiving this email because you opted in on my website or event.*

**[RebeccaAustillClausen.com](http://RebeccaAustillClausen.com)**

**[becky@rebeccaustillclausen.com](mailto:becky@rebeccaustillclausen.com)**