

Newsletter : December / January

As this year draws to a close, I would like to extend life's richest blessing to my loyal students, patients, clients and the readers of my website.

For many, 2008 has been a challenge and for others like me, it has been wonderfully rich in lessons and opportunity. For those who have been met with one challenge after another, just know that you are one challenge closer to a "resting phase". This fact we cannot get away from. Our natural universal laws never let us down!

Tips for the festive season ...

Keep your body balanced by drinking water with a pH (acid/alkaline level) above 8 (9.5 is best). Add a pinch of Himalayan Salt and any tiny crystal or gem stone to your glass water bottle. This water will act as a medicine to keep you healthy. Do remember that the average human is made up of 70 – 80% water.

For our best friends ...

The celebrations over New Year are often accompanied by the indiscriminate use of fireworks. The following homeopathic remedies will help reduce the stress. Use Gelsemium 30C and Borax 3C to reduce stress. You can repeat the dose every 15 minutes if required but I suggest that you start the treatment a day or two before year end.

I look forward to spending time in 2009 with you all. It promises to be a full exciting year; lots of courses with highlights being Amelia Kinkade's visit to Johannesburg on February the 7th and 8th and our next Dolphin Adventure in Mozambique from the 13th to the 17th of February. This trip is a must!

I am also looking at presenting Reiki and Animal Communication Courses in Gauteng and Robertson in the new year.

Have a fantastic Festive Season and take special care of those who rely on us, whether human or animal.