

## **JULY NEWSLETTER**

I cannot believe how quickly this year is passing by. It's been full of adventure, smiles, tears and immense growth. One of the highlights was my last trip to Ponta D'Ora to swim with the Dolphins.

7 women and 1 brave man accompanied me on this trip. Eventful it sure was ... lost luggage, travel deadlines not met due to the lost luggage, courier services delayed etc etc but, having said this, I must commend Vee, Annovie and Annie for their great spirit throughout all this. The program, covering 4 days, needed to be adapted due to poor weather conditions. We ran in the rain, swam in the sea, learnt to animal communicate, did yoga and meditated with only the sound of the sea as our music. We enjoyed our own and the company of others. The absolute highlight was the opportunity we had to swim in the ocean with the most amazing creatures, namely Whale Sharks; four in total over our 4 days. Never will I be the same person again. These gentle giants allowed us to swim close by; so close that an extended arm would have touched them; their communication so clear. They shared their wisdom, their purpose and their healing with us. My last swim with a real big guy brought tears to my eyes when he told me that they as a species also do healing on others. It was wonderful to hear that Dolphins have co-workers in the ocean who complement and assist in helping to heal us.

I wish to congratulate my 8 clients/students who so bravely faced all and any fears that they had as they leapt into the ocean to experience the effect of these gentle giants upon themselves.

The trip was all-in-all a huge success and I look forward to our reunion this month.

I am delighted to say that in September (4th – 8th) I will once again be returning to Mozambique to experience more magical energy provided by the unspoilt nature and creatures of Ponta D'Ora. This time I will be focusing on meditation. We plan to look at the theory of meditation and practice a variety of powerful mediation techniques.

My dear friend, energy healer and course facilitator, Zoë Lory, will be joining me as a facilitator and therapist on this tour.

Should you be interested in joining us on this trip, please contact me. See below for an example of the itinerary.

**LOVE AND LIGHT**

Debbie