

## **FEBRUARY 2010 NEWSLETTER**

Now that we are fully in the swing of 2010, I think that we can look at this year so far and get some idea of the road ahead.

I personally am inclined to allow a new year, or rather the dates on a calendar, to lead me to think that certain things will change come the 1st of January. Of course nothing changes and life continues in the same way as on the 31st of December.

One of the few exceptions is the commencement of new courses. I am fortunate enough as a teacher of metaphysics, animal communication, Reiki and Quantum Touch, to see many new beginnings as students start courses. At the end of each course, I feel a certain sadness that they will no longer be in my life in the same manner.

However, what saddens me even more are those people who start new courses and either don't complete their studies or don't complete the work required to complete their qualification.

Then there is a last category of person, which would be the people who complete courses and then don't use the information learnt to make the changes in their lives, help others (both human and animal) and pass on what they have learnt. Sadly this is often the case for many people.

I am not sure if offering these people a dare will get them motivated but none the less, I dare you to resurrect the last course that you attended, re-look at that which you have learnt and immediately start applying and sharing the information learnt with others.

It is in this way and through our daily deeds that each and every one of us can raise our own awareness and also the awareness of others.

11-11-11 is approaching fast and furiously and I dare you to help yourself and others go into what I expect to be just another day but with an awareness, consciousness, raised frequency, or whatever else you wish to call it, with a sense of new beginnings. Today can be the start of a very special journey. You need not wait for the 1st of January ever again.

Please email [info@zeropointhealing.co.za](mailto:info@zeropointhealing.co.za) with suggestions about topics you'd like me to cover in future newsletters.

LOVE AND LIGHT

Debbie