

MAY 2011 NEWSLETTER

I am once again on a return journey from Mozambique and feeling like the luckiest person in the whole world.

I had an opportunity to facilitate a retreat for 10 beautiful women. All totally different in many ways; yet the sisterhood that began soon after we met at King Shaka Airport in Durban, was easily felt. I was also privileged to have Hannelize Gerstner join me as a fellow facilitator. She is a powerful healer and exercise instructor who took us through our morning Pilates sessions and then later, as if by magic, transformed into masseur / reflexologist later in the day. Speak about multiple talents. She also offered Tarot readings to the ladies that wanted guidance in certain areas of their lives.

We were all blessed to swim with Ponta do Ouro's beloved Dolphin pod. Not once or twice but three times! We had 2 Class A dives, meaning that we interacted with the Dolphins in the ocean for longer than 20 minutes. The other dive was a Class B dive which meant that we were entertained by them for 10 minutes before they decided to move away and explore another part of the ocean. Our tour operators, Dolphin Encounters, run a highly ethical operation which ensures that the integrity of the Dolphins is never jeopardised. Therefore when they moved away, there was no rushing after them but rather respect their wishes and allow them the space that they were wanting. We had the opportunity to see a mom nursing her calf, to observe some sexual dominant behaviour amongst the male Dolphins and to experience close interactions with the female Dolphins who are far more sociable and accommodating towards humans. Again and again we had beautiful Ingrid swim, dance and roll her belly up towards us. This is a sign of trust. Can you just imagine how privileged I felt to have this huge wild Dolphin display such trust and willingness to interact with us?

On our second dive, we enjoyed the privilege of seeing between 12 and 15 Sting Rays on the ocean floor; just hovering. It was interesting when we met for our debrief after our dive, how each of us shared different feelings when we spoke about the Rays. To me they were mysterious yet held a magic in the quiet manner in which they moved. On that same day, a few of us were also rather surprised to see a Hammerhead Shark swim by. Thank goodness it was just a baby and was totally disinterested in us. But speak about disbelief on my side!

Our really humorous, yet professional skipper named Mitchell, took us far into the ocean where we observed a huge pod of Spotted Dolphins cavorting in the water around us and hunting the fascinating Fly Fish that dared to swim / fly in the area. The Spotted Dolphin are clearly very adept at hunting these fish and it was with ease that they moved around until not a single Fly Fish could be seen.

I would like to take this opportunity to thank the lovely ladies that joined my retreat, for being so special; each offering their own humour, care and concern and to Hannelize, Jan and Terry (our hostesses at O Lar Do Ouro), Angie, Mitch, Diana (Dolphin Encounters dive operators) and the magnificent creatures in the ocean around Ponta do Ouro for making our retreat a time of pure magic.

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Hannelize practices in Cape Town and Oudtshoorn and is available for online Tarot readings. She can be contacted on Cell: +27 (0) 82 401 9356 / Email: hannelizegerstner@vodamail.co.za

Love & Light & Laughter
Debbie

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