

OCTOBER 2012 NEWS

I am writing this newsletter on the bus en-route from Mozambique to Durban.

Eleven wonderful women joined me on a retreat in Ponta Do Ouro. They came on this retreat to swim with Dolphins, meditate, do Yoga, play and relax. I am thrilled to say we did all of the above.

As per usual, when one puts many different people together, there will inevitably be difference in personality and values. For myself, I find this part of running a retreat the most intriguing. I am heartened by the tact and tolerance of people on the retreats. This, no doubt, has something to do with the fact that everyone is relaxing and enjoying themselves. Another occurrence that I have noted over the years of offering these retreats, are the bonds that develop over this 5 night/6 day period.

People willingly share heartache, fears and challenges with relative strangers. And thus start shedding layers of the ever-present "onion" that we seem to be comprised of; layer upon layer of blocked emotions that most of us feel that we have already addressed. Sadly the process seems a little more complicated as we spend years processing emotions that could potentially result in physical pain and topsy-turvy lives.

Then there is the issue of the ocean. People coming on these retreats are expected to complete a questionnaire asking a few basic questions like, "Can you swim?", "Do you fear water?" etc, etc. Almost everyone says that they have no fear of the ocean and are able swimmers. Then, when confronted with the mighty ocean, they discover that they are not sufficiently fit to swim for 10 to 20 minutes and certainly do have a fear of the ocean. Please don't get me wrong, I am by no means cardio-vascularly fit ☺ but am fortunately fit enough to get by. What I realised is that the mind seems to block off information like, "I never put my face in the water so how am I going to snorkel and see the Dolphins?"

These magical beings continue to amaze me with their beauty and grace. The grace applies to the adults only; the young calves brought smiles and laughter our way as they clearly still have no idea of their own bodies as fins and body move awkwardly with them leaping into the air and landing, in less than a gracious re-entry, into the water. As we swam with them, I was fascinated to see how effectively they protect their young. Sadly, despite this, many of the little ones don't make it into adulthood.

At this time of the year, we get to see whales. We were blessed to see them close-by on 3 occasions. As an animal communicator, I always attempt communication with them whilst in their environment. I often get to hear messages for myself and others. This time I only heard many "thank you's". Thank you for what? ... I must still work this out as it is actually me that needs and does thank them. I stand in utmost appreciation that they are willing to interact with us despite the fact that, as humans, we disrespect them and their home and even worse, kill them in the name of tradition, culture, etc, etc.

The Dolphins are without a doubt the main attraction but this is only part of the programme on offer. As a Kundalini Yoga teacher, I delight in sharing this ancient practice with people. I know it's not everyone's cup-of-tea, which is fine, but I can't help wondering how much they are missing. Then there is meditation. Such an important point of our growth towards awareness. We sang, chanted, drummed and celebrated around a fire as we left behind blocked emotions. We did art therapy and just for a moment in time, were able to return to childhood as we allowed our

imaginations to run wild. We had time to speak animal communication and at least 3 people remarked on how they now see animals in a different light ... Yippee Yay!! In the evening, after yet another delicious dinner, we sat down to play the Transformation Game. All of us finding answers to the deep questions we asked.

My co-facilitator, Libby Lloyd (Quantum Touch and Body Talk practitioner and animal communicator) was, as per usual, a wonderful support to me and again and again the women that experienced her healing told me how wonderful and insightful they found her treatments.

All in all, judging from the feedback, we all had a wonderful time with many women saying that they will be back. I wish to thank them all for making this retreat a memorable one.

Some of the “what I liked” feedback from the retreat ...

- “swimming in the sea with Dolphins”
- “Kundalini Yoga - loved, meditation - loved, treatment - loved”
- “the food, the kindness and gentleness and ease of Debbie as a leader of this group”
- “the whole experience, small group, flexibility, energy, well balanced activities ... well done and thank you”
- “quite honestly, I loved everything”
- “I did not think I would enjoy the Yoga but I loved it especially the morning session”
- “I loved the calm and relaxed way Debbie organized and handled changes during the day; no stress nor strictly to rules and set times”
- “organized and safe way of experiencing Dolphins”
- “freedom to decide on activities, the treatment”
- “the cats being around”
- “the wonderful friendly manner my trip started, everything was so great and wonderfully organized, the lodge and friendly staff, the openness, the food was fantastic, the swim and encounters with the Dolphins”
- “the friendly and helpful guides, information was amazing”
- “seeing and interacting with Dolphins will be a treasured memory ... thank you!”
- “I loved the accommodation and Debbie’s friendly caring ways”
- “the whole trip was very good, organisation was good”
- “enjoyed all the activities”
- “lodge was very pleasant”
- “well organised, the esoteric value, the tranquillity, meditating every day, a therapy was included”
- “good food, fantastic company”
- “I loved to see people care and love what they do”
- “Debbie, you run a lovely tour”

Love and light

Debbie

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