

DECEMBER 2012 - JANUARY 2013 NEWS

As we all know December the 21st came and went without much ado and, despite the many people who were expecting the end of the world, we are all still very present. What has taken place is the change from the Piscean Age of fear and power into the Aquarian Age where love and compassion will one day prevail.

What did happen on the 21st of December last year is that 122 people participated in a 12 hour meditation session. The aim was to meditate for 12 hours and to raise funds for DARG and James House in Hout Bay. 12 different facilitators offered different meditations on the hour and people came and went and joined in for the meditations. It was a wonderful day and I thank all the facilitators, meditators and helpers for joining in and making the day such a success. To Fi and Rob, many thanks for offering their home as our venue. And to everyone ... thank you for being so generous with donations. We raised R6240 rand for our two charities. See facebook (Zero Point Healing) for photos of the day.

Change comes with adjustment and as most humans don't like change there will be some resistance. This is inevitable as most of us are wired with the old belief system and therefore find our response to change less than favourable.

So how do we move forward? Our earth needs the buy-in of humanity. Enthusiasm, enjoyment and acceptance will ease the journey ... enthusiasm for the road ahead, acceptance of the past and enjoyment of the now.

According to the Yogis, each consciously aware person will ease the path for 20 people to cross over into the Aquarian Age. Each of these 20 will carry another 20 people across until eventually we will all be part of the new thinking/behaving society. This should happen between now and 2032.

Today's children are, I believe, already part of the Aquarian Age. We can therefore rely on them to assist this entire process.

My humble advice is that we need to focus on the positive and if and when we slip into thoughts and actions that do not hold an appropriate vibration, we can think of the being (human or animal) in life that we love most and that will get us back on track.

I wish you all a wonderful 2013 and hope that when you look back at the year it will be with fond memories.

This month, for the very first time, Belinda Davidson and I will be teaching the "Crystal Surgery" course under the umbrella of the Four Winds Academy in the USA. I will be starting a new cycle of Reiki Course, with Level 1 being taught this month and Level 2 in February.

Other new and exciting programmes are the Corporate Wellness Programme, Dolphin Retreats in March and May and the Mystery Weekend Retreat in April.

There are few better ways of opening the brain's pathways then learning something new and experiencing something different.

Please contact me should you wish to know more about any courses, retreats or programmes on offer.

Love and light
Debbie