

JULY - AUGUST 2013 NEWSLETTER

When I look at my life the one word that really springs to mind is "Diversity". Of course life offers change, some good, some not. From my Taureen perspective, I "should" fall in the not welcome group but I clearly must have many houses of my horoscope fall in the "welcome change" category, as not only do I enjoy change I actually create it!

As I looked through my diary seeking a topic to write about I noticed how varied my work life is. Any one day could start with a space clear of a business or private residence. Then onto seeing human patients for any condition ranging from the physical, emotional, mental or even spiritual dis-ease or imbalance. Then onto an animal reading of either an animal that is alive or dead or a one-on-one with a furry client. This is frequently followed by teaching a yoga class; so never a dull moment for me. In the past months my nursing skills have again been called on as I was required to do burn dressings and put up subcutaneous drips. Not even mentioning the countless injections needed by this one and that. Again I notice the diversity of the skills I have acquired over the 50 plus years of my life. How did it happen I ask myself? How does one get to clean a patients bottom (human and animal), comb fleas from a frail kitties body, dress a wound, put up a drip, speak to a passed over animal, council a client on attitude, balance the energy body or another, teach a yoga class and then go on to present a lecture on Shamanism or Animal Communication, and all of this in the matter of 24 hours. Sounds hectic does it not? This is truly what a busy day in my life looks like and I LOVE it!

Through the heartache, tears and laughter I know that I am doing the work that makes my heart sing and I cannot imagine that one day my life may be different. So for all of you out there my question to you is, "Does your work make you happy? Does the routine of your life make you smile? Do you go to sleep knowing that no matter the outcome, you did your best?" If your answer to any of these questions is 'NO', I ask, "Why are you still doing what you do?" In Eckhart Tolle's book, "A New Earth", he says if there is not acceptance, enjoyment and enthusiasm then you are not on track. Now is the time to be brave and make the change. If you leave it until tomorrow it will be a day wasted in your life. If this is not financially possible, I advise that you make small changes. Every day do something that makes your heart happy. All it basically is a change of mind and away you go.

In July, I had 5 students complete there Advanced Reiki Level 3 course. All these ladies showed such passion for this healing work and I wish to congratulate them for completing their practitioner studies. I have no doubt that at least one of them will go onto Reiki Master Level. Roxanne, Susan, Carmen, Claire and Libby ... well done.

In August, I had 6 students start their Animal Communication studies. I always say, "When one can hear what your beloved pet has to say, life will never be the same." Animal Communication is a totally natural gift that we all have, yet in my own experience, it must be one of the most challenging skills to master. How sad that we as humans have consciously lost this ability. Can you imagine how much better our world would be if we could understand all of nature's needs?

If you talk to the animals
they will talk with you
and you will know each other.
If you do not talk to them
you will not know them,
and what you do not know
you will fear.
What one fears
one destroys.

(Chief Dan George)

Lastly, I myself completed the Munay Ki training and am happy to say that I can now pass on these rites to other people. Munay Ki studies focus on the use of ancient rites that provide healing, assist in connection to the spirit world, provide protection and ultimately assist in anchoring one into this time of change. (That word again.)

Initially, I struggled to feel the significance of these rites and to understand how they would ever fit in with my other healing modalities. Now I know that the rites form part and parcel of Reiki and Shamanism and in that way enhance the effects of healing from either perspective. I thank my teacher Robyn Fergus from Inner Peace Healing for taking me on this journey.

For October, I have arranged a retreat with a difference. The idea was given to me from one of my guides who recommended I look into helping people release their need to be in control. This retreat will do just that. Participants will be going to a mystery destination where they will eat beautifully prepared vegetarian food, do yoga and meditate. And even if you have never done either of these activities, you will be fine. I have called in the services of an art teacher/therapist who will take us on a journey of discovery through art and nature. Each person will have a wonderful pamper treatment and we will enjoy an afternoon of playing a board game which will assist us in understanding our karmic blocks.

There are still a few places left. Please contact me if you would like to join us. The cost for the retreat (all inclusive of travel, accommodation, meals, activities, treatment) is R3300.