

MARCH – APRIL 2013 NEWSLETTER

In some ways I feel like a naughty child as I have not written my newsletters the last two months. There is no reason and definitely no excuse. I cannot even say it was for a lack of things to write about. I just did not do it! So now that I have made that confession let me get to work.

In March I had another magical trip to Mozambique to swim with the Dolphins. Again I look back at these retreats with absolute wonder. Despite the inevitable issues that accompany the organisation of these retreats and sometimes one or two challenges whilst on retreat, I continue running them because of the absolute joy and change that I see happen in the lives of my guests. I have no doubt that a combination of activities like meditation, healing sessions, art therapy, dance, and, not forgetting the Dolphins' swims and interaction, makes for a life changing experience.

A few days after my return it was time to expand my knowledge regarding Crystal Surgery and Shamanism. Despite last year having qualified as a Crystal Surgery Therapist the guides keep on providing our teacher, Vivian Schapera, with new and exciting techniques which she shares with her students. She is an amazing teacher and I feel honoured that she asked a fellow colleague, Belinda and I, to teach her course in South Africa.

Neil, her husband and our Shaman teacher, taught a few of us healing techniques which I was able to use directly after the course and again I have to say thank you for the opportunity to be taught by a hugely talented and most humble Shaman.

Vivian and Neil both came to Cape Town in March to teach, despite the sudden death of their eldest son, Aiden. I was touched by their strength and willingness, not only for keeping the "show on the road" but also for the willingness to share their very sad experience and the events that followed after Aiden's death. Information that certainly filled some of the many gaps in my mind regarding the after-life.

Which then brings me to another subject; that of illness and death. This is something that I, as a healer and animal communicator, often need to deal with. It is, thank goodness, a subject that I find incredibly interesting, but dealing with the realities of illness and death are always for me hard and often harsh.

From an animal communication perspective, I ask myself, "What the point is? Why communicate with an animal at all when its life no longer holds quality? How much easier it was in the past to only look at the human idea of suffering and make a call on ending an animal's life or not. But now we have been taught and I teach that animals need to have a say in what happens in their lives. Are they ready or not to leave this earth-plane?"

On the 1st of April a very dear aunt of mine died after an eight week illness. She was sadly, medically mis-managed and a combination of this and poor nursing care at the Military Hospital in Pretoria, I believe, lead to her death. She had fortunately been transferred to a private hospital six weeks prior to her death and, despite the best care, she was not able to recover from the first two weeks of neglect. Now I tell you all of this to illustrate my point. Her wonderful family and the private medical people tried all they could to make her well again. She was treated allopathically and naturally and nothing was too much trouble for anyone. Despite this and her brave fight she was unable to recover. Two days before she died the ICU doctor asked the family if it would not be better to stop active treatment and to keep her comfortable until she passes. Without skipping a beat, I said, "No, this is not our decision to make. She is conscious and needs to make the call

herself". It took a great deal of courage to speak to her and ask her what she wanted! She chose to welcome all the help she could get. This occurrence caused much controversy in the direct and extended family. Some agreed; some not. My mom, her sister, said that it was insensitive to ask my aunt such a question. She felt the decision should be made by the doctors. Oo-la-la, back to the animals...; "Who are we to decide who lives and dies?"

I am no closer to solving this dilemma in my mind or in reality. Where do we draw the line? When do we have the right to say enough on behalf of anyone else ... human or animal? In the meantime I will continue being pro-life and whilst anyone wishes to live, I will continue doing everything that I can to ensure my client's, human and animal, live until the time that they say enough.

I pray that when my time comes to leave this earth, I will return with full memory of the life between lives and in that way, hopefully, have a holistic insight into what Peter Pan called, "an awfully big adventure".