

MAY – JUNE 2013 NEWSLETTER

Many would have noticed that my monthly newsletter has, for some time now, not been monthly and soon it seems that it may be quarterly. I am sure you have all felt how time has flown by this year. When I open my eyes it's time to write the next month's newsletter. So, no excuses ... the only reason is time or lack thereof.

So when I look back on the months of May and June, the following comes to me ... Disappointment, Death and Dolphins. Speak about diversity! They all come with very mixed emotions and most importantly, many lessons.

Again and again, I tell myself and others, "What you most resist, will persist." And again and again, I fall into the trap of exactly this. One of the personality attributes I admire in some people is loyalty. (Probably ties in with my extreme love of dogs.) I have for many years lived in fear of having people be disloyal towards me. Hence, due to the focus, albeit small, regarding disloyalty, I have over the years met with a fair amount of it. With some humans the warning signs were there from the word go; with others it came as a bit of a shock and out of the blue. I of course agonised, went into 'woe is me' (victim) and of course eventually the lesson and then how to get over myself! So a few things that I have yet again realised is that due to the diversity of character, some people see loyalty in a very different way to me, for some it is not important and to others fulfilling their own agenda is of utmost importance and therefore they go ahead with their plan of action. The point here is, "Why am I prepared to carry the emotional pain when none of this goes about me since it is not me being disloyal? How am I responsible for attracting this lesson into my life?"

Thank goodness for EFT or [Emotional Freedom Technique](#) (see [November 2012 Newsletter](#)) which I do on myself daily in order to let go of the baggage which I so readily made mine. Lastly, on this point, Karma is one hell of a thing and clearly I have my fair share to work off but "what comes around goes around" is the saying and never a truer word spoken. In this regard, I even notice that at times it comes prior to the person's disloyal action. Man, life is interesting!!

Then I move to my next topic of death. May and June saw the loss of many dear animal patients. Many of which have been my patients for years. Their little or big beings often feel like part of me since we have communicated on a very deep level. Not only do I know them but they know me. I only realised a few months ago that animal communication creates a very special bond between animal and communicator. Then, of course, the healing aspect of things. Being a trained nurse with Neonatal ICU as my speciality, I do have an immense drive to help others heal. This has led me to a space where I am very inclined towards Heroic medicine. What that basically means is that I can't stop trying new things until the animal says, "no more please, I am ready to go", or until I see the signs of the beautiful Angels of death around the ill animal. Then letting go comes with ease and of course many tears and an aching heart. What I have had to come to terms with are once again other people's value systems being different to mine and of course financial constraints. As I struggle to understand how some people see animals as less sentient to humans, therefore ending their lives relatively early in age or in a disease process, goes beyond me but reality is we are different and I am "employed" to do a service and the call is not mine to make. So yet another reason why I need to tap away with EFT.

In tribute to Gabby, Tightly, Juliana, Pixie, Scruffy, Trango, Ballou, Oslo and Jaz; I thank you all for making our world a better place, for that which you taught us, for all the love you gave and the opportunity to know you. May your journey in spirit be all that I believe it to be ... gentle, clear and satisfying as you close doors and open the next.

And then onto Dolphins ... I am always totally in awe of the effects that these creatures have on us. My latest retreat in May was a tad different to the usual retreats as this time round our group was made up of middle age ladies and one 15 year old boy. I was rather nervous of how this retreat would work out given the different ages of the retreatees. All the ladies were perfectly happy to have a boy join us and off we went. Again I was blessed to be in the company of such amazing people. The lessons were, as per usual, fast and furious in coming my way, one of the biggest being ... wait for it ... "What you most resist will persist." In 5 years of facilitating these retreats, I have not been met with so many challenges on every conceivable level BUT this time the resistance was not mine so things were easier to navigate. We all, including the 15 year old, had an amazing time, the Dolphins played with us like I have never experienced before and, all in all, I can only say a huge thank you to God and the Universe for making it all such a wonderful experience.

Here follows a few facts about Dolphins that I continue to find fascinating ...

- Dolphins can't see through sound. Therefore if they are surrounded by motorised boats or jet-skis ☹, they become disorientated and can't get away to safety.
- According to ancient texts, Dolphins once had 4 legs which, with evolution, reverted to fins.
- The Dolphins we see in the Indian Ocean are in-shore Bottlenose Dolphins also call Tursiops Aduncus
- In-shore Bottlenose Dolphins live in pods which eventually make up super-pods. The super-pods break off with some going off to hunt while others socialise and others sleep.
- They make up what is called a Fission Fusion Society with the males forming long term bonds and the females generally staying together doing the same thing. For example being pregnant together and eventually being moms together.
- In-shore Bottlenose Dolphins live for about 45 years. Their age is determined by examining the rings on their teeth. Captive Dolphins maximum life span is 38 years ☹.
- Females are pregnant for 12 months. They give birth mostly in spring and summer. New-borns have foetal fold lines (from being squashed in the uterus) which disappear at about 3 months. They grow seven times their birth-weight in the first year and only leave the mom between 3 and 4 years of age. When a baby is born, the mom calls the baby for 24 hours non-stop so that the baby knows the mom's call.
- When wild Dolphins are fed, the young refuse to separate from the mom. This means the end of the line as they do not mate whilst connected to the mom.
- Dolphins are conscious breathers. In order to breath, they need to consciously open their blow-hole. Therefore they never sleep and cannot ever be sedated. They sleep with only half of the brain at rest.
- Dolphins only have one set of teeth in a lifetime.
- Dolphins have restricted sight with 3 blind spots ... directly behind, in front of and underneath them.
- Dolphins cannot see the colour blue. (I suppose just as we can't see the colour of air.)
- The Dolphin brain is bigger than the human brain and they learn by example and imitation just as we do.
- Captured Dolphins have a 2000 word vocabulary and they have memory recall (both good and bad) as we do.
- Last interesting fact ... Dolphins use objects and implements to make life easier and to play e.g. sharp shells to clean fish and cuttlefish for play, being just 2 examples.



Guys and Girls, Dolphins are extremely intelligent. They can change your life in magical ways. They are known to help people heal through echolocation and the one thing I can promise is that once you have swam with them in the wild, your life will change forever.

My next Dolphin Retreat will be in February 2014 ... COME PLAY WITH US!

Love and light
Debbie

