

AUGUST – SEPTEMBER 2014 NEWSLETTER

If I were to give this newsletter a title it would be “THE RIGHT AND WRONGNESS OF LIFE” but my focus for my own journey this year is on living free of judgement and with the understanding that things can be right and wrong, black and white and each side carries with it right and not.

In August, I was yet again blessed to take 11 wonderful humans on retreat to Mozambique where we got to consciously interact with beings in the ocean, do yoga, meditate, relax, eat magnificent 3 course meals and best of all laugh ... at ourselves, with others and occasionally at others (in a kind and loving manner). We did all of the above and I feel humbled by the love and care that we as a group were able to share despite age, gender, sexual orientation and belief systems. Everyone arrived filled with the stress of city living, travel and all that happens prior to leaving home. Night one, despite being exhausted, people all got to know one another as we eagerly awaited news of our morning dive. Questions mulling in the mind and hearts of many ... “Will I be able to do this?”, “Am I brave enough?”, “Will my child cope?” ... and so on. I know this feeling only too well as I have been there before. Insecurity based upon past reality and the inputs of life. Now fears are being processed and at the same time new ones surface. After a good meal and some lovely wine, we were all off to bed to sleep between crisp white sheets in the quiet of Ponta do Ouro.

Our first swim found us in the deep ocean surrounded by the majestic Humpback Whale. Not one or two but ten ... twelve ... fourteen of them all going about their business either travelling north or south on their yearly migration; their huge bodies moving effortlessly in the water and up into the air. As an animal communicator, I find it impossible to be in the presence of animals and not start a conversation with the animal I am seeing. So what do Whales have to say, “We are the keepers of ancient records. The teachings come from the Torah, Bible and the Quran. Keep carrying the light; good will prevail.” Very powerful message I would say.

On the second swim, we were blessed with a visit and interaction with the Dolphins. It was a small group of four boys who hung around and allowed us to witness the majestic dance between Angie ([Dolphin Encounters](#)) and two males. How beautiful to observe the dance between human and Dolphin.

Then we were off to look for Whales and this time we witnessed a ±11m long Whale probably around 4 years of age, just hanging around the boat. At one stage, we actually saw him swimming backwards into our space. When our skipper, Mitchell, said, “Put your masks on, no fins, lower yourselves into the water, hold onto the boat and observe the Whale”, I was speechless with excitement. In we all went and quietly observed this massive Whale just “being”. When Mitchell said, “You can swim now but keep clear so that the Whale can surface unhindered”, we did just that. I have to say that I felt this magic for weeks thereafter; definitely an experience of a life time. And of course forever will we all hanker for another encounter like this.

The last swim was “disappointing” as only an encounter with a mermaid could have topped the experience from the day before but we were fortunate to see a Cuttlefish and Fly Fish close up. Our skipper scooped the Cuttlefish into a bucket as it appeared to be dead but once on-board, we realised that he was alive, so had a quick look and returned him back to his home. The Fly Fish actually flew into one of us and plopped into the boat where we were able to observe his beauty in close proximity before returning him to the sea. Then there are all the birds; so many different species and so many different sounds. Also the monkeys that discovered our snacks at the lodge and made off with them; such mischievous beings!

On this retreat, I offered different healing therapies namely Kinesiology, Crystal Surgery and Energy Body Balancing. It was wonderful to witness the changes after the Dolphin and Whale encounters and also to assist people to de-stress, heal and gain understanding of their journey thus far. Wonderful Oracle Cards, Kundalini Yoga sets and meditations further assisted this process. Then there were the games that we played ... Balderdash being one of them. We laughed and laughed and I was amazed at the minds ability to make up stuff. One night we played the Transformation Game. Our questions were deep and Soul searching as were the insights gained. All-in-all a

wonderful opportunity to look at an issue and not only get to understand it but also get the guidance of how to move forward.

Then all too quickly it was time to return home. Our trip back was sadly marred by bureaucracy at the border and since none of us were prepared to pay a bribe, we followed procedure and bit our lips in order not to further aggravate the situation. Half our group were bid farewell at the border and it was with a wee-bit of sadness that the rest of us continued to Durban. But, all-in-all the wonderful high vibration continued to carry us back to the airport where we said our good-byes to those on different flights and boarded ours with minds, bodies and Souls full of the magic of life.

Love and light
Debbie



