

JANUARY – FEBRUARY 2014 NEWSLETTER

Life is pretty amazing. One moment I am wishing people a happy festive season and in a heartbeat, or so it feels, I am saying Happy New Year, hope you had a great Valentine's Day and soon it will be Easter and Pesach greetings.

To everyone reading this newsletter, I wish you a wonderful year ahead. Mine started in a special way as it was spent with my family in Pretoria. Gauteng is the place to be over high days and holidays as most people seem to have gone either into the bush or onto coastal areas. It is quiet and restful and therefore right up my alley.

My work year started with a bang ... many very ill patients, both animal and human, and in between all that were the courses that I offer and also the organisation of another Dolphin and Yoga Retreat to Mozambique which is exactly where I now find myself ... on a [Ricallan Travel and Tours](#) bus en-route back to Durban to fly back to Cape Town.

The bus is quiet compared to the laughter and joking that I have grown accustomed to over the last 5 days. Everyone is happy and relaxed ... in fact very relaxed yet introspective. We have all experienced both nature and humans at their very best. Just 6 hours ago we were swimming in the depths of the ocean, looking into the eyes of the magnificent Bottlenose Dolphins and, wait for this ... keeping an eye peeled on the 2m long Black Tipped Reef Shark gliding far below us. The shark totally disinterested in us humans and the Dolphins keeping a watchful eye in that direction.

Normally the boat stays pretty close to the shoreline behind the breakers but still close to the shore. Today there were hardly any Dolphins around and their behaviour was different to any I have observed in the past 6 years of interacting with them. Our very experienced Dolphin Swim Operators from [Dolphin Encountours](#), Mitch the skipper and Angie the Dolphin Whisperer and Dolphin Lady of Ponta, followed their gut feel and took us into the deep waters where we observed between 20 and 30 Dolphins behaving differently. The difference being that they appeared "busier" than usual. Moving fast, diving down deep, swimming really close to the boat, young Dolphins staying really close to their moms and then Angie saw what all the fuss was about ... shark activity deep down below us and those Dolphins were making absolutely sure that it stayed far from their young and hence far from us. With that, we heard the words of our skipper, "Put on your gear girls and boys." This meant we were going in shark and all!

Now some people may think how irresponsible of the operators and stupid of us but having known these people for the last 6 years has left me with no doubt that we were absolutely safe. So over board we went, to interact with the amazing Dolphins of Ponta. We saw the shark beneath us and what looked like a "wall" of Dolphins between it and us. Sadly all too soon it was time to climb aboard and head back to our Guest Lodge, [O Lar Do Ouro](#), to have a quick shower, enjoy yet another (sadly our last) 3 course breakfast and onto our 4x4 vehicle to the boarder. Besides the amazing swims we were blessed to swim over one of the many reefs where we saw Parrotfish, Zebrafish and many more that I forget the names of; their magnificent colouring ensuring instant attention.

We watched as a huge snail-like creature, called a Spanish Dancer, swing its "skirt" side to side, Flying fish leaping from the ocean creating a flash of silver here and there, no less than 3 big Turtles making their appearance and then a Devil Ray entertaining itself (and us) with its swirls and whirls out of the water and back into the sea. We observed the beauty of Spadefish as they swam close to and around our boat, not forgetting the Swimming crabs attached to a lost buoy which our skipper retrieved. Mitch gently took one of the crabs and showed us why they are called Swimming crabs ... the difference being in the shape at the bottom of their legs, looking like paddles. When he was returned to the water he swam off at great speed and soon could not be seen.

Now onto the non-ocean part of the retreat ...

I was joined by 8 ladies, ages ranging from 38 to 58; some from Cape Town, Johannesburg and even from the UK. Every retreat-ee completes a health and wellness questionnaire prior to arrival and I was interested to note that 3 women were cancer survivors and 3 women had lost life partners to death.

As part of the retreat, I use Kinesiology to ascertain an emotional blockage that each person needs to focus on overcoming or at least understanding whilst on retreat and, guess what ... 3 women came up with the blocked emotion of 'stubbornness'. I was left wondering about the significance of the number 3 but if I ever doubted that like attracts like, I was now absolutely clear that this Natural Law of the Universe is our reality.

Without going into any detail regarding my clients, all I can say is that all 8 are amazing women; some, who despite emotional restrictions, physical ailments or perceived romanticized ideas of swimming with wild Dolphins in the depths of the Indian Ocean, showed themselves and the world that they were able to conquer their challenges and even more importantly, enjoy the experience. Well done ladies, you rock!

As part of the retreat, I offer energy healing treatments, Shamanic healing and Kundalini Yoga classes. The treatments often result in some tears but everyone leaves with food for thought, clarity on issues and balanced energy bodies. The Yoga classes are short but punchy and come with many laughs and groans as the ladies worked to conquer the negative mind. The bi-daily meditations seemed to calm and centre most of us but never stopped evenings filled with laughter and non-stop talking, joking and reminiscing about the day and life in general.

The final cherry on the cake is the lovely accommodation at O Lar Do Ouro ... always peaceful, tranquil, pristinely clean, perfectly run and staffed by gentle kind smiling people; the meals beautifully presented and ever so tasty.

I feel blessed, to say the least, and give thanks to our creator for allowing me to be part of this amazing journey.

Love and light
Debbie



