

## MARCH 2014 NEWSLETTER

Well, maybe hell will freeze over because my monthly newsletter became every second month and I even sometimes feel “why do I do them at all” and then when life settles and stressors reduce, I think “well, why not every day” ... oh no ... I mean “every month” ☺.

The week, leading into March, was interesting in many ways but also painful in the most extreme way. All in all, it has left me feeling high and low – so no in-betweens.

There were some smiles but also many tears as I traversed yet another Mercury retrograde into Mercury going into its shadow on the 28<sup>th</sup> of February with my usual ignorance is bliss. Man did that ignorance come home to roost!

Since returning from an amazing Yoga and Dolphin swim retreat, I have truly been struggling to connect to my normal routine. I have “dwaaled” from pillar to post working and experiencing life as I know how. However, there has been this awareness that I am not truly present. So a reading that normally takes 3 hours, has taken 4 days. Work that I left long ago, has again come to the fore and even teaching seems to have changed.

I teach Kundalini Yoga at the Edge Gym in Hout Bay. I am really very aware that people join a gym for the exercise and not for spiritual growth. I do acknowledge that both go hand in hand but for some not. So I teach with a knowingness that I am a spiritual being inhabiting a physical body; not vice versa. Sometimes, thank goodness seldom, people leave the class midway. I can only think because it is a bit woo-woo. Having said this, I must say that I owe all and any of my awareness to the practice of [Kundalini Yoga](#). Try it ... it is either your thing or not, but if it is, you will be a different being (for the good) as a result of it.

Then there was the 25<sup>th</sup> of February when I attended a talk on the Psych-K process with the delightful [Natalia Baker](#). Natalia is one hell of a lady and I recommend you read her books, attend her talks, retreats or take the opportunity to be in her amazing energy whenever you can. In the most practical way, she shared with us how to make our limiting beliefs our greatest realisations. This process has taken us from the baby steps of visualisation and affirmation, which sadly no longer hold weight, into a process that integrates beliefs into the biological data and thereby makes us achieve that which we deserve and strive for.

Then, just when I felt that I could conquer the world, I was met with the icy cold reality of duality. Now apparently, the Aquarian Age will show us that duality need not exist. In other words, we need not be wrong or right, it's OK to be wrong or right and not but I am apparently still a mere mortal living in the influence of the Piscean Age so I feel the pain and suffering of what I perceive as right or not ... in this case wrong.

Since December I have communicated and done healing work on a lovely cat that devoted his later life to help people heal. He suddenly became ill and his mom asked that I chat with him. In the conversation, he chatted about his choices and the toll it has taken upon his physical being. I reported back, did healing and requested him to protect himself from human suffering. A few weeks ago his mom requested that I see him as his weight and form was dropping and he was not eating well. I went to see him and he was clearly very ill. In December he said, “I don't need to see a vet,” and on this day the message was the

same. "I am not well, I need help but don't need to see the vet." Well, long and short of the story is that my medical mind took over – dehydration, anaemia, tachycardia, you need a vet visit and assistance. I arranged the vet visit and an hour later was informed that this boy had an inoperable tumour and that the vet could not help him. His mom spent some time with him and then did what she felt best ... euthanased him.

Well this was when my wheels came off. How could I, after 9 years of animal communication, not listen to "I don't want or need the vet"? The blame, tears, guilt etc, etc flooded through me and did for a while. Why did I not respect his wishes? "I don't want or need to see the vet," is just that. What I have learnt is that veterinary science allows euthanasia of a condition in order to prevent or stop suffering. In other words, the condition is being stopped; not the Soul journey being honoured. My work looks at enabling animals to live through the Soul journey which may be good, bad, happy, sad or indifferent ... I feel that euthanasia of animals is fine when the animal is ready; not when we as humans deem it the right time. The lessons continue, friends support and do what they think best. Unexpected flowers and kind words arrive which help heal a heart and we move on, or do we?

Then, a few days later, I, together with a dear friend Holly and others, go up onto Table Mountain to pray for world peace with the Tibetan monks who were visiting South Africa for the last month. I felt the unity and peace in the small group who have united on top of the rather chilly mountain to meditate and pray. So close to God in the deep mist with the crisp wind reminding me of my humanness, the children's activity reminding me of joy and open heartedness and then finally the sight of a circular rainbow allowing each one of us the expression to be one with creation, an angel in our own right!



I understand that life will always have highs and lows and all I can ask is that we integrate the highs into cellular memory and allow each exhalation to release the tissue memory of the lows.

May the month of April be filled with love and light.

Debbie