

## 1<sup>st</sup> NEWSLETTER OF 2015

Well, here is a thing. I wrote this newsletter in the middle of January feeling rather 'on top of things' for the first time in a long while. Funny thing is, a few days later life presented me with another interesting deck of cards and then all hell broke loose or so it seemed.

Is this not typical of our world of duality, that in this Age of Aquarius we are meant to be getting rid of? My intention was to write a newsletter looking at new beginnings but as the month went by, the focus changed somewhat. The year for me was to focus on the importance of certain aspects of life needing balance and change. Within this is my need to mix with people who are prepared to prioritize my welfare and my being in some way or another; even if it's simply within a task being performed or on a greater scale prioritizing my needs because they are willing and happy to do so. Now some of this may sound selfish, narcissistic or even needy (heaven forbid). For me it goes about recognizing another beings presence on this earth. In fact, ridding oneself of selfishness and looking at how one can not only serve but enrich life for another.

My sister recently reminded me of something my dad said many years ago. It related to my environment but actually had nothing to do with it. I had forgotten this but the reminder allowed plenty of room for contemplation, which for me, is the realization that little has changed in my life in that regard. Of course I have changed in many ways but the essence of what my dad was unhappy about remain. I see little chance of that changing. For in fact we had vastly different priorities and now even more so. Please don't get me wrong, my dad was a wonderful man whom I loved dearly but, like all of my family, we say it as it is. So where does that bring me ...

I am realizing daily that no matter what others think, say or imply, I am my own person; on my own journey and that, in its self, makes me happy. My self-worth extends far beyond material possessions and the impressions of others. My wish to serve those in need and those that wish to learn, remains the driving force in my life and one way or another, no matter what, I will continue to serve as best I can.

This is the crux of understanding where one stands in life in relation to those surrounding you. How come we invest 100% frustration towards someone/some institution that treat us with 10% consideration and absolutely no priority? I urge you to release yourselves from people who are not prepared to prioritize your needs. Be prepared to say what you feel and in the gentlest way, then with an open heart, walk away. This applies to unhealthy relationships, poor service, disrespectful communication and so much more. Simply walk away!

My last point is empowerment of the self. Some ask how one achieves this. Well, in my books, the failure-free recipe is firstly, never criticize, blame or speak badly of oneself; this is never ever, ever! Secondly, forgive yourself and others; let go of the baggage. And thirdly, up-skill yourself by reading, studying and removing the blinkers. Every month, learn something new and use the knowledge whenever you can. Personal development is key to spiritual growth; never stop. It's similar to breathing ... if one does not; all that awaits you is death in one way or another. Life truly is a merry-go-round. We are given different points of view, different momentum and then it's up to us; do we enjoy the ride or only focus on the momentum.

I dedicate this newsletter to ever person who embraces life; is prepared to learn the lessons and in that way empower your own journey on this merry-go-round called life.

Love and light  
Debbie

## 2<sup>nd</sup> NEWSLETTER OF 2015

So, February and March have come and gone. We now find ourselves in this month of April; a month which starts with some foolishness and laughter or sometimes total horror. Rhodes statue must go. Paul Kruger has been painted green and despite this, most people simply carry on life as if nothing has changed which, of course in the greater scheme of things, nothing has.

On a personal note, I very sadly lost one of my best teachers. My cat, Soxy, died on the 4<sup>th</sup> of March. He had been ill for a while but the last 10 days were harsh and horrible. Last year, my Guides started preparing me for his passing but nothing could actually prepare me to lose this dearest boy.

Being an animal communicator at this time was and remains a true blessing. Soxy kept me on track regarding his needs and not for one moment did he drop the baton. Do this, do that, don't do this, stop that and so it went. When he decided he wanted no more intervention to keep him alive, he said as much. Of course I tried to "not hear" but his voice was loud and left me with no doubt as to what he wanted.

One of his parting messages was that I need to write a book about his life, his journey and my time as an animal communicator and how, in his words, "we did it together". One day when time and opportunity allows, I will take a sabbatical and obey Sir Sox's wish. For now, I will scurry around as per usual and do what I can to keep on track. One thing, however, that will never be forgotten, is Soxy's chirps, orders and sense of humour. There will never be another like him.

I wish to thank all my family, friends, patients, students and acquaintances for the immense support offered to me in the last few days of his life and since his death. Of course Soxy says, "What do you mean thank them? It's what I expect and that is that."

Since Soxy's passing, I have had a few very brief connections with him. One to say that he is fine, another to say that he is travelling and another to say that as a glutton, he will absolutely be back to enjoy another earth life. For now I will let him complete his journey into Spirit.

To all non-animal communicators out there, I urge you to learn to speak to our furry and feathered friends. You have no idea how life changes when you are able to do this.

Love and light  
Debbie



### DOLPHIN NEWS

Debbie chatted to Pippa Hudson from Cape Talk Radio 567MW on the 25<sup>th</sup> March about swimming with Dolphins and the retreats she offers in Mozambique.

Listen here to the [PODCAST](#) of that interview!



All these lovely woman have started studying Animal Communication with Debbie.

These plants served as teaching tools at the Animal Communication course.

Interesting how the Plant Kingdom has so much to offer us when one simply listens to them.



Students in Pretoria that have qualified after attending an Advanced Animal Communication course with Debbie (center).



Reiki Level 2 students who attended Debbie's course in March.