

TEN YEARS AGO –at the end of the last decade, we sat on the end of the South Perth jetty in Western Australia watching the gaily array of people in top hats, crazy hats, fascinators, cocktail dress, footy shorts the scant and casual dress of the night all going places.

Some were travelling with purpose the majority seemed in a state of 'being pushed by the throng' perhaps more like being 'shoved by the masses'.

It was a hot evening, people yelling over the voices of their group companions, several had music blaring from portable capsules not wanting to miss the midnight moment, people holding hands as they walked others avoiding intimacy, some moved as if the jetty were swaying!

David's voice interrupted my observances 'where are they all going'? I wondered too.

Many were drawn into the hustle of the night, remember... the Y2K bug...maybe there was no tomorrow, perhaps 'memory' would be lost forever. What would happen to our 'keys to the future' everything stored on the computers and in the so called backup systems.

It was the end of an era and the beginning of a new millennium.
That night...I closed many doors.

In closing doors I was aware we can lock in or shut out! It was a thoughtful process.

Today, ten years later the decisions I made at that time has opened many new doors.

The 1990's were emotionally and financially painful years for my little family, for me physically painful too – my body was injured in two motor vehicle accidents.
Deep gratitude to all who cared and fed me when I couldn't raise a spoon or cup without spilling the contents!

That night on the South Perth jetty I made a decision – I would be strong again.

So much of my past was gone, I was a passionate ballroom dancer, I can'... *my heart is filled with gratitude – every day I live my dream, helping people through times of change.*

Ten years ago today, meditating on the jetty with the world of busyness around me I heard a tune that reminded me of the 'gypsy tap' dance.

Through the magic of that sound something inside happened, I felt my soul dance to the rhythm of the music – I decided to be crippled no longer, the power of the mind catapulted me into a decade of change.

When we let go of limitation healing happens.

Recipients of our then *infrequent* newsletter, former clients and friends began asking me to teach them the techniques I use to heal my body.
You can now learn these skills in our Mastery programs. Once learn you have these skills forever – remember, what helps you to make the change and get better, these are the skills that will keep you better so you'd better learn quick - I was purposeful.

What I learnt while healing my body was how to get cell-to-cell communication happening within the body.

This is where true healing and transformation takes place.

You have to get past analytical thinking.

As healing begins our natural intelligences are stimulated, the work within expands and our lives change permanently for the better.

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