

**2010-04-16**

**Beginnings**

Hello from a "Bloomin' Desert!"

Just down the road there is a cactus with 15 or so huge white blossoms.....for one night. Gorgeous!

Okay, Okay.....down to news! Well I had an appointment on Wednesday. This was not my first treatment as they needed this time to do more calculations and checking on the angles (and who knows what else!). It is good to get it right and proper. They want to concentrate on the affected areas (sounds like my Grandmother's lecture on applying Reiki) and not on the other bits. The technicians were great....friendly and caring while effective. So I now have had two treatments...this being Friday afternoon. The treatments are at 10:00 am my time....which now is the same as Los Angeles. (Arizona stays on "real" time!)

There has been a tingle in my right breast area and under my arm after the radiation.....and a little tenderness. I am putting aloe on it and I trust this will be good for a long time to go. I am also not having such a voracious appetite...which is very good....so I am losing the weight that i gained in the last months. Whew! If you are sending mental treatments...keep up the "Movement is my friend" kind of thoughts! I have lost ten pounds in the last weeks....and hope to lose another 25-30.....more than my recent weight gain.....so I am truly a new person when all is said and done. This will also increase my internal health, as you can imagine!

The Yoga is coming along and I hope to get to three/four times a week now. This would be great! I am listening to the new Cds I bought at the chanting night.....Glorious.

Being me....

Phyllis