

2010-10-11

with love from Russia



Here we are in Russia! We came almost a week early and had a time resting and being cared for. We came to St Petersburg on the very fast trainthe SAPSAN. Wonderful. And will go back on the same train in a week. I am busy in a Master Candidate Retreat with Jessica Palin, a wonderful music therapist from the UK. Joyce is helping to cook.....and we are all enjoying the autumnal days. The trees are tall and lanky birches and pines. Now the golden leaves are raining down on the ground....covering the earth with a lovely carpet of leaves. Magical. There is a hint of snow to come and it is exciting to be in this transitional season. The weather has been fabulous. The day light doesn't actually come through clearly until about 9am and it is dark by 6:30 pm.

I have been in Russia many times and I get this time how much of a foreign country it is! So crazy! I am appreciating many things about the Reiki community here and also learning more and more about the daily life of Russian families as we all live together. It is great!

I am taking my supplements, practicing yoga which I am really getting into these days, and walking through the leaves! I am enjoying the bit of exercise that I can take during the days. I rested the last two mornings and this was good for me. It keeps me in balance. I am happy that I have the willingness not to push myself! Yeah!

We will be here for another week and then back to Moscow for three weeks. I am looking forward to being a tourist and to be with the students and masters on a weekend retreat. Then I have a week off!!! And then a week for a masters' intensive.

The new web site is coming along and so are the plans for the Ranch. Will keep you posted!

Good to be on the road....but I get now how much energy and effort it takes for me to be here. It is a good lesson!

from Russia.....with love, Phyllis