

**2010-12-04**

**Alooooha**

Well, I got home from NYC with the start of a kind of cold. I feel it was simple exhaustion. Something that my body does when there is nothing left. I stayed in bed for two days...then had to get up and out to prepare to come to Hawaii! Who did this schedule? Me! And it was not a good schedule for my body...but I have survived and am really looking at my next year's schedule to make sure I have GAPS!

I have recovered my energy and the cold like symptoms are gone. I have rested instead of being on the beach.....I have rested instead of lying in the sun....I have rested. And so I am much much better.

My time at the Four Seasons has been good and I am learning to be a practitioner! Working out of the Spa here and teaching a class to some members of the Spa staff has been a great experience! I see where I am not in training to sit for four treatments in a row! Tomorrow I have a full schedule and I am wondering....can I do it! Well, we will see!

The organizational meeting concerning the Ranch are continuing and if you have some moments to send me Reiki, I would appreciate it! The more clear I am .....the easier everything will be! Thank you for your continued support on this project.

I see that it will support my new life style in so many ways...that I am astonished that I did not see them before!

Aloha: In the Hawaiian language means affection, love, peace, compassion, mercy, hello, and good bye. What a wonderful word. And it is said with the heart and a lingering lilt to the voice.

Aloha .....Phyllis