

ZeroPointHealing

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Dolphin Dynamics

WHAT I LIKED

the dolphin encounters
retreat well and smoothly organized ... obvious Debbie's done this before!
everything!
peace, trust and tranquility of the resort
came as strangers; left as friends
accommodation and staff very accommodating
the activities, yoga, sunset cruise, meditations, animal totem and daily special message
Debbie's energy and care; she leads the group and part of the group at the same time
time spent on the beach
the healing sessions
the flexibility and variety in the days program
Angie's care, love and knowledge of the dolphins
the food!
everyone's needs taken into account

WHAT I LEARNED

to trust and be in control of my emotions by releasing my fears
release the fear and negativity and turn it into positivity
step out of comfort zone
share with others; take courage from others
be in the moment, don't stress and go with the flow
power of visualization
be quiet and listen!
focusing on the bigger picture is far more important than getting stuck and lost in the detail
more about Kundalini Yoga and different meditation mantras
as a loner, how to interact with a group
lots about dolphins!
the power of crystals and their healing properties
more about animal communication

ME ... WHAT I FEEL

blessed, privileged and touched by the dolphin encounters
relaxed, loved and honoured
sad to be leaving but grateful that I could be part of this amazing journey
a sense of peace and personal achievement
revitalized!
change in group energy after a few days together ... great and positive!
gratitude
effects of healing sessions on myself and others
harmony

WHAT I DID NOT LIKE

nothing! everything was great
the yoga but very happy using this time as quiet time
too short!

WHAT CAN I USE

everything!
the healing, love and advice
reflect on the highlights; not the lowlights
the relaxing techniques to calm down
the meditation techniques to continue growing on a personal level
the knowledge about dolphins to create and awareness in others