

On The Mend

Written by

Friday, 04 November 2005 16:00



Thanks to my cold I was wide awake at 2:30 AM and after lying in bed for an hour trying to return to the land of slumber, I gave up and came into the living room. For the next two hours, I sat at the computer, wrote, uploaded, surfed and answered email. Needless to say, at 7:00 o'clock when Rick was all bright-eyed and bushy-tailed, I was burying my head in my pillow. Once I finally got up, an hour later, I felt remarkably better than I did yesterday and Rick and I went for our Saturday walk while delivering the weekly newsletter and activity schedule to our fellow campers.

Yesterday was the first really windy day we had had since the day we arrived and consequently, despite the 26C temperature, it felt cooler than it has been. Of course, I was a little feverish so it was probably just me but it was a contrast from today. Even at 9:00 AM today, the mercury was already 22C and by the time we had finished our delivery, I could feel the pool calling my name. Rick went off to help Dail and Jennifer and I headed to the pool for a lengthy swim. The water was fabulously warm and exactly what I needed after spending most of yesterday just laying around.

This afternoon, After Rick and I met and visited with fulltimers, Joe and Barb from www.RVNetworking.com, (users and installers of Datastorm satellite systems) I gave Jennifer a Reiki treatment. It has been a long time since I have given anyone a treatment and it was good to get back at it. Jennifer was completely relaxed and tells me she felt wonderful afterwards, giving me the reassurance that I still know what I am doing. The good thing about Reiki is that both the giver and the receiver benefit from a treatment and I too felt a lot better. My cold is on it's way out and hopefully Jennifer's treatment will be the beginning of many that I will be giving to others over the next few months.