

Rumblings & Ruminations

July 2005



L'CHAIM
To Life

After months of planning, weeks of writing and many hours of re-wording my first website it is at last ready to be launched!

Order and Chaos

As I hit the ground with an almighty crash, landing on a painfully crumpled foot I found myself lying at the bottom of my steps. Wondering, 'how in the world did I do that!'

I was in so much pain. Too much to make a single sound. Luckily the thump of my falling down the stairs managed to attract Oren's



I feel nervous. Stepping out and speaking up can be both exciting and frightening for me. And yet the joy of finally taking a hold of the technology available and using it to share with you my work, my thoughts, my ideas and my struggles is truly wonderful.

Thank You

My heartfelt appreciation to Silvana Demech - Conti for helping me to unscramble my thoughts enough to express them clearly on the pages of my website. To Sheli Snir, my daughter, who has been my editor and proof reader for over 5 years and has always left a page brighter than it was before she placed her editors pen upon it. To Oren who lives the 12 Levels of Being with me and takes me, sometimes screaming, into the next level with his infinite grace and innocence. And to all my clients, students, colleagues and teachers who knowingly and unknowingly contribute to me through the ordinary and the extra-ordinary. I am deeply grateful for your presence in my life.

attention and within seconds he was standing over me mumbling some shocked expletives.

What happened?

I fell down the steps.

After 14 years of walking down these steps you now fall down?

I know.

Can you walk?

No.

Ice packs and Changed Plans

My Yin Yang garden symbolises balance. Oren and I created it over a few warm weeks one summer. Until my fall I had forgotten that a moment of unbalance is sometimes required for the return to balance.

My foot is gently healing.

With much Love

Sharon

Your comments and thoughts are always welcome.
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