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10-9-03

Dear Cathy,

I have just come back from a
I needed holiday in France after a
a year's work! It really has been
ite a year for me, now with
even five months behind me! On Easter
ee months. And I really could not
e done it without the commitment
season work of Westminster Group
and Centre. And certainly not without
a inspiring Qi Gong classes! I feel
ardicular harmony waking with
and cherish all your positive
ments & praise. You have helped me
reach a lifetime's habit which was
making the most precious things in
life. Thank you, from the bottom
my heart.

I feel I can move forward now
ly with more lightness & brightness
and me. I feel ready to leave the
re behind me. And so my letter of
well & thank you!

I really cannot thank you enough