

Dear Little Pilgrim,

01-13-

Howdy! Yes, life is a bit of a rollercoaster with its ups & downs. This week, unfortunately, I'm on another "down" swing, but this too will change.

I'm glad to hear that Halloween has crossed over. It's probably my favorite holiday - it's all for fun & no pressure.

I think it would be great if you & Rita met. You should email her from her previous posting.

What kind of concert did you go to? I used to love going plays & dance concerts myself & sometimes music concerts.

I'm sorry to hear about your friend in the hospital. I'll send her some good energy. Are you familiar with Reiki? You should look into it - it's a wonderful practice.

I try to take care myself, sometimes better than at other times.

Big Hug,

