

15 January 2020

Greetings everyone,  
  
Wishing you all a wonderful start to the new year. In Central Victoria we have just had a deep, cleansing rain. Hoping this rain soaks into the soil where it is needed to bring some welcome relief from fires.   
  
Access Lennart Nelsson’s amazing LIFE photos  
   
Lennart Nilsson’s book LIFE (you saw some of these photographs at your CDG Training) is now more widely available than a few years ago. Just google and you’ll find various references. Tip: just the LIFE book, not the others as there is lots more text and the images are much smaller. If you can I do recommend getting the book, there are so many gorgeous photos.  
   
In the mean time I have put a folder of key photos (6) on google. Here is the address  
<https://drive.google.com/drive/u/0/folders/1By677rozYuY5DFXxKuBQhzHUJcNrkSy4>  
You probably won’t be able to open it as I haven’t added emails. So if you just click on the link then request permission, I’ll respond next time I’m at my emails.   
   
Our attention on the good nourishes the good  
I wanted to share this inspirational quote from Claudia Welch, an esteemed colleague and friend, and author of *Balance Your Hormones, Balance Your Life*.  
‘Our *prana*(life force) follows our focus or attention, then we feed what we focus on. We nourish what we see. Or even look for. And so what we look for and see also influences what we look at.  
The guides looking for bugs and other natural specimens are feeding them. How? The tourism industry in Costa Rica is booming because people like looking for—and seeing—these specimens. Their appreciation and attention is protecting these specimens. Costa Rica has something like 26% of their land in preservation. We nourish that upon which we focus, whether it is bugs, sloths, fear, goodness, or whatever..  
Like the guides with the bugs and sloths, we nourish what we look for in our relationships. If we look for the bad, we feed it. If we look for the good in our patients—or parents, children, partners, friends, colleagues, doctors, acquaintances and enemies for that matter—we feed that good. Alex Haley said, “Find the good and praise it!” When we train our attention on the good, it changes, protects, and nourishes the good, and the host of the good.’  
  
Wishing you a power of good!  
  
Jane