Dear Katherine,

Our interview with your keen insight has left me vibrating inside and out. I almost feel like the more accurate word would be stunned at the difference the re-orienting of both ba-guas feels in my body and in my home.

Despite what I said on the phone about doing the tree cure first thing upon getting home from South Africa, I've already made a couple of adjustments.

1) I took the convex mirror that I had purchased a few weeks ago not totally sure where it needed to be and installed it in my living room above the middle of the sliding glass doors. Once the three secrets were complete, my body began to shake and settle into an entirely different pattern. That's the only way that I can describe it.

2) I've moved 6 paintings/framed posters and weavings that I've had. One I bought in Guatemala when I was there for my Rockefeller fellowship. it is a weaving of multiple colorful tropical birds including quetzals which are sacred birds for the Maya. They are bright green with flaming red breasts. That went into the living room to live in the tree.

3) I moved the 6 foot tall Muir Woods posters of redwood tree trunks into the entry way. A second framed poster of the Muir Woods redwood tree tops that have the feel of leaning outward is placed on the same wall as the sliding glass doors to "lean" out over the unsupported deck providing cover and nourishment for me and my loved ones.

4) Around the second Muir Woods poster I draped another strip of Guatemalan weaving that has red, green and pink flower-like designs on it to represent the fruit blossoms of the tree.

My home feels totally different and calmer as do I.

Professor's wisdom through you has shifted my worldview and is the perfect send off for this retreat to South Africa, which will also be a life re-orientating experience. Last year I went to other parts of South Africa with the same group and experienced profound shifts in perspective. Throughout this past year of the Horse, I've observed myself seeing and doing things differently and half-jokingly wondered who I brought home with me from that trip.

With profound gratitude for you and our dear Professor.

Love,
Barbara