

NOVEMBER

2010 JOURNAL

By Anita Evans – Evolving Spirit

Vilcabamba Loja – Ecuador

Source: www.seekvilcabamba.com

ALL SAINTS

Tonight (2nd Nov) I was sitting out on our front porch looking at the view. We can see Vilcabamba from our porch to the right and a cemetery directly across in the distance. Tonight I noticed something different about the view. There were more lights than normal. There was light in the cemetery, candles had been lit to remember the dead. It was beautiful. It made me think of the people I have lost in my time and remember them. I remember them often and 'communicate' with them but tonight I just took that little moment extra to send them love

The 1st November marks All Saints day. There is a four day holiday in Ecuador to celebrate this remembrance period. This translates to – Vilcabamba being packed for four days. There are cars to Africa parking is at an all time premium. What is fantastic about this particular holiday (and I guess it is because it is a time of remembrance) is it doesn't come with loud, pounding music till the early hours of the morning. People are still drinking and enjoying themselves none the less

NZ

November sees me and Emily returning to the land of the long white cloud. We will frequent Vilcabamba on an annual basis for a couple of months. So you haven't seen the last of me yet Vilca! Hey, and once you have known the cocktails at Timothy's you can't stay away ☺ I also have too many good friends here to not come back and say hi to them.

THE TRAVEL CREATIVES

It is amazing how serendipity works. Once you become aware of it around you on a day to day basis it will floor you. Since I decided to return to NZ I meet two amazing woman who are going to NZ after visiting Vilcabamba. Some may say 'so what?'. But me I see the connection in this and the confirmation from the universe on my decision. Anyway moving on, Irene is one of these ladies and she is travelling the globe with her family here is her website <http://www.thetravelcreatives.com/> well

worth a read. Especially for anyone contemplating the task of travelling the world with kids in toe. Let it be known you will not be the first and it can be done. And for all those people out there that think it is bad to take your kids out of school for they will 'miss out on education' or whatever, wake up. There is no better teacher than life and the life experience of experiencing the world and other cultures and languages beats whatever you can learn in school hands down.

In one of Irene's blogs she talks about her sacred medicine journey. She explains with beauty and respect the beginning of these journeys. I was with her on this night along with my other new friend off to NZ. So not only were the 3 of us off to NZ we all did a medicine journey together. It was not planned it came together that way.

RADICAL FORGIVENESS

I have given up buying books for now. I seem to come out empty handed every time I go into a book shop with the intention of buying a book to read. Instead what I have observed happening is that books seem to be coming my way and that these books have a hell of a lot of relevance to exactly what is happening in my life at that they arrive. Radical Forgiveness is one such example. This came into my life when learning how to truly and deeply forgive was called for. I learnt a lot from this book and I can say the work sheet bloody works and so does the breathing technique. Again I can only but recommend it to you to read.

