



Kat's Note

What makes you come alive? What makes any one come a live?

For me, something new and exciting is always at the top of my list and with that being

said, it is important for me to note that what is new and exciting is always what I decide is new and exciting.

If we get really honest with ourselves, we will all recognize that it is always a choice to see each moment as new and exciting or as the same old same old. It's funny how often we humans manage to find excuses to miss the new and exciting part of each moment. A funny thing happens though when we do remember to see each moment as new and exciting – pretty soon they all are... Pretty soon every moment represents something new and something exciting.

It really is interesting how perspective changes so many things. If we expect the same old from this next moment – chances are – that's what we are going to get... same old... But if we expect the sun to shine and the breeze to be sweet; it will be a sunny sweet day even if the sun doesn't shine, or at least our perspective of it will be. And that's all that really counts in the grand scheme of things.

I can remember a year ago when my Father passed away I found myself wondering if what I was living in the moment was all I would ever live – same old same old...

I spent quite a bit of time over the following months asking myself what I wanted out of my life and what was I missing that I needed to notice if I wanted things to change.

Well here I am twelve months later living part time in another country, building a new expansive relationship, experiencing myself on deeper levels and creating a new way of living and working. Damn – talk about new and exciting.

I won't give all of the details away but over the coming few issues of The Magic Happens I will share my adventure with you. In the mean time, I would love to introduce you to the new Man in my life: Peter Grun.



This is Peter Grun and I at a Danish Ashram in early March. It was a completely new experience for me but it is an old experience for Peter.

During our visit to the Ashram, Peter spent the weekend giving a lecture about parallel realms, starships and quantum physics. It was a fascinating and interesting talk to hear.

You can get to know Peter better at his websites:

Discover Peter Musically:

[The Epic Resound](#)

Discover Peter As A Teacher:

[Signs Of Dawn](#)



Recently Peter helped me create a new website for myself. Have a look if you are so inclined and please drop back when you have a minute as we are just getting started with it.

[Kathleen Anne McCarthy](#)

On April 6th, Peter and I and about 30 other Shamanic drummers will be featured on Norwegian National television in a performance we did at the football stadium a few weeks ago. Our appearance is in competition with another group for a commercial spot in South Africa in 2010. Whether we win or not doesn't really matter to me at this point but it was really fun to participate in such a project.



After that we were commissioned to assist in the healing of an expensive horse which had cut the tendon in its front left leg. Vet's had recommended putting the horse down but the owner demanded that they operate. Once the operation was complete the horse got an infection where the injury was and once again the vet's advised that the horse wouldn't recover.

Peter and I went to spend some time with the horse and its owner – both of whom were very sweet – and did some healing work on the horse. Recently we were told that the horse was doing well and that the vet's are surprised at her recovery. ;)

So that's what I have been doing that makes me come alive. What have you been up too?

In Gratitude
Kathleen Anne McCarthy
[Email Kat](#)