

Dinner with Gary Johnson and Friends

After spending hours adventuring in the streets of Toronto, it was time to head for dinner with friends. Boy was my stomach growling for some food. Have you ever noticed that when you are tapped into your source, your adventure, and your bliss that food does not seem to enter the picture; and then, all of a sudden, there it is to bug you? Why is that?

Anyhow, off to this quaint little pizzeria called [Pizza Rustica](#) in the heart of Toronto to meet 9 others. Kat and I arrived late but the restaurant, even though they had cancelled the reservations, still provided us with a large table for our assembly of folks. The other folks had been taking in a law of attraction conference all day and were no where to be found.

Being hungry from a day outdoors, Kat and I ordered a drink and some munchies to squash those growling pains that had jumped up out of no where. Hmmm, deep fried Calamari – Octopus; for those who don't know but are curious. That really hit the spot and since I was once again satisfied and in my source energy, it seemed like the other like minded folks showed up in perfect timing.



There was an introduction all round and hugs so that everyone could feel my energy; that's just me, a hugger from way back. A beautiful start for what was to be an evening of laughter filled conversation. The food was to drool over from this Mom and Pop establishment. Yum, I love it when I think of food I have eaten and my mouth still waters over it months later.

Dorothy and her Just Frickin' Do It tee shirt

[Gary Johnson](#) is a speaker whom we had seen in a seminar just a couple of weeks before this dinner. He also owns [Positive Changes](#)

[Hypnosis Centers](#) in Scarborough Ontario.

These people are wonderful, all connected to their source and more than willing to be open and discuss their life from heart, and still do the same from a listening point, when I started to tell some of my stories. It makes for an enjoyable evening that fills my energy to the fullest.





Mo, Gary's wife – he's a lucky man he tells us.

[Sharon](#) seems to keep making it into our stories. LOL



Gary and Doug are working together to create Gary's speaking career.

Once again, hugs and kisses and a few more connections made on my path of moving forward in life. Always charged and not wishing for the evening to end, Kat, Sharon

and I were off to stroll the streets and feel the abundant energy of the city on that Saturday evening in Toronto.

[Kat](#) looking rather tired on the train ride home after a long day of adventure.

After a long day of being excited by the many things we saw and getting recharged by the many people we interacted with and just plain being on the go, the train trip home was very subdued. By the time we arrived to home base, I was wasted from all the energetic events of the day. I could hear my bed



calling, 'Wayne, come to me, now...'

Do *you* ever feel the same way when you are playing full out in your life????

Talk about one of the best feelings there is in life.....

Peace and Love

[Wayne Parker](#)

[Email Wayne](#)

Kat's 2 cents:

A perfect dinner party in my opinion contains good wine, great food and brilliant people having a fun but meaningful conversation. I felt very much like we had a perfect dinner party that night and I want to thank all of the others who joined us.

In Gratitude

[Kat McCarthy](#)

[Email Kat](#)