

## A Visit with the Weinhagen's

5 am. Yuck. And that's just the way it is when there is a plane to catch. Destination? Little Canada, Minnesota to visit our dear friend (and [editor](#) of this Magazine) [Mary K Weinhagen](#), meet some of her family and experience a new and broader perspective than we had ever experienced before.



It was early morning sunny on the drive in, typically cool but not cold for a young December morning. Passing through the airport was a simple endeavor, though we both felt something 'iron curtain-ish' going through customs. We reminisced about border crossings of past years while being amused at the precision of procedure that was newly required of us to cross the boarder this time. (The noticing of this will cause some interesting results in the drive across the US story in January) All was well and we passed with just a few minor violations of that protocol. Arriving in Minneapolis airport was exciting since I had never been on an airport tram before.



Man was it cold while we waited for our shuttle bus to arrive at our car rental destination! The driver of the shuttle – John – was delightful. It's always exciting to meet people who just live the life before them and are successful because they do that. John asked us a lot of questions about Canada and told us stories about being at the right place at the right time; leading to him and his wife owning a beautiful property in Hawaii and getting to live there most of the winter each year. When we tipped him, he didn't look at the amount we gave him. He was simply grateful and trusted it would be enough. I remember thinking how wonderful it was to be around a person who is simply trusting life.

It was so great to see Mary K, it had been 3 years since the last time we spent time with her in the physical. She looked so much younger then she did when we first met her, something that has been happening too many of our friends who are involved in inner work.



*The beautiful Mary K with daughter-in-law Malia and Granddaughter Shelby.*

Saturday we drove the short distance to visit some friends of Mary K in Wisconsin. This would begin one of the most interesting journeys I have experienced all year and the forming of new loving and powerful relationships.

The woman who greeted us at the door with a huge smile was [Delrae Bantz](#) and there were 3 others inside the house waiting for our arrival. The 3 others are channelers of 5<sup>th</sup> dimensional beings named Mardi, Janice and Colleen. For those of you who know who Abraham-Hicks are, we were being given the opportunity to ask direct questions of 3 beings like Abraham for the next day and a half. It was a life changing weekend that continues to serve us today.

We had planned the trip so that we could spend the weekend at Delrae's house and then a few days with Mary K and the chance for the 3 of us to hash through what we had learned over the weekend. It was quite interesting to find out that we didn't have the words to express much of what we had heard so we ended up just hanging out for the most part. Sunday afternoon found us at the Weinhagen family Christmas party. It seemed like every person on the planet related to Mary K's father was there. We felt very welcome and privileged to get to spend time with such a delightful family. I can't remember when I spent time with so many children last and it was delightful to watch them play and run around laughing.



*Mary K's youngest son Matt.*

We got the honor of spending a fair amount of time with Mary K's son Luke and his beautiful wife [Malia](#). Monday afternoon, Malia made the trip to Mary K's to bestow a beautiful gift on Wayne and I. She gave us each a [Sacral Cranial Massage](#). The rest of the day I giggled because the massage had left my face feeling crooked. I also felt relaxed and a clean sense of wellbeing.



*Four beautiful women - Kat, Mary K, Shelby and Malia*

The Tuesday evening before we left we went over to Luke and Malia's and cooked a salmon dinner for everyone. It was both delicious and a rewarding experience. It is an honor to know and spend time with such loving and kind people.

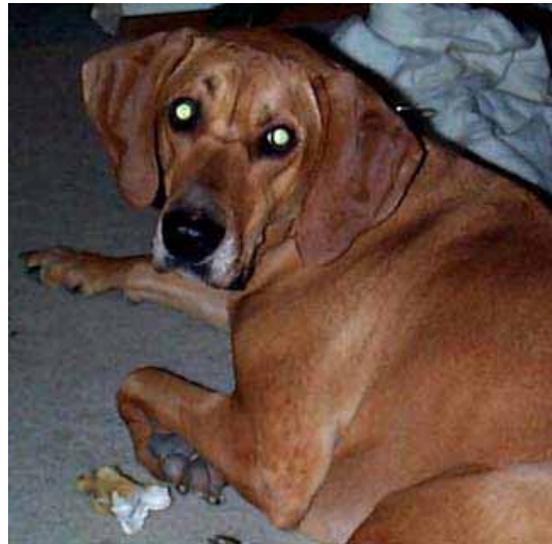


*Luke and Malia in the back. Duncan, Shelby and Mary K in the front.*



*Wayne, Kat, Mary K and MK's grandson  
Duncan*

*The very enthusiastic family dog – Doc. ☺*



The next morning we had to get up early and head for the airport. We thanked, kissed and hugged our dear friend profusely and headed out. After we dropped the car off we got another precious few minutes with the shuttle bus driver John. Seeing John again one last time really did top off a beautiful visit with a close friend and many new friends.

In Gratitude

[Kat McCarthy](#)

[Email Kat](#)

Wayne's 2 cents:

What can I say that was not relayed to you that Kat and the pictures do not already convey? Mary K, and all her family, Delrae and friends, more than helped to warm me up those few days in early December in Minnesota. Thank you all for sharing who you are and for the incredible friendships that I will now cherish for a lifetime.

Peace and Love

[Wayne Parker](#)

[Email Wayne](#)