



Life's a garden, dig it..

Rounding up a long year that has brought so many to their knees. We have been shown footage of brutal conflicts that rage around the world and Life in Balance has counter offered and presented you dear reader with the captured moments of wonder that the animal kingdom and nature herself gives to us on a minute by minute basis. They serve as a reminder that this world has so much beauty that can heal us all. Never before has the call for peace on earth been more timely. One of the songs that has been going around my head is from the first music festival that showed the world a mass of people filled with peace and love in their hearts.

Woodstock where half a million people gathered and danced and loved and generally freaked the establishment right out. Watch a short clip here (<http://www.youtube.com/watch?v=HKdsRWhyH30>) if you have never seen it.

Wishing you all a happy and safe festive season. We will return in 2015 with a beautiful new web site and lots more delights to inspire you... and remember - "we are star dust, we are golden...and we've got to get ourselves back to the garden."

Happy 2015
The Life in Balance team