

Are You Ready to Talk with ANIMALS?

Kim Shotola

Animals are constantly trying to reach and teach us. They want to be heard. The first step is developing a stronger connection:

- ▲ Tell your animal when you are leaving your home and when you will return. This knowledge is both reassuring and respectful.
- ▲ Tell your animal about your day—every day. This may seem silly but they actually want to hear what is on your mind.
- ▲ Walk and sit in nature with your animal on a regular basis. Nature is both energizing and grounding.
- ▲ Be cognizant about what you put on your animal and around them. Replacing chemicals with natural options allows for a deeper connection.
- ▲ For behavioral issues, tell them what you want them to do, not what you don't want them to do. Picture clearly in your mind your desires. Tell them what positive reward they will receive for good behavior and make sure you follow through.



John worked at a boarding facility for a number of years. Sadly, there was a disconnect between the staff and animals. John told the staff to greet each dog every morning. They started doing this and noticed a huge difference in the dogs' behavior. Employees were thrilled at how this simple act made a huge impact.

TRY THIS CONNECTION EXERCISE:

Go into nature with your animal. Set your intention to find a piece of nature such as a rock, stick or feather for the purpose of connecting with it. After you find your item, sit down with it. Hold the object in your hand and close your eyes. Set your intention to connect with it. You may feel sensations such as



pulsing, tingling or warmth. It's possible you will experience feelings such as peace, joy or love. You might even see images in your mind or receive words.

STEPS FOR LEARNING HOW TO 'HEAR' ANIMALS:

- ▲ Have an open mind and respect for all animals as intelligent and sentient beings. Connect your heart to the animal's heart.
- ▲ Quiet your mind to receive information. If you practice meditation, then you already know how to do this. Otherwise, this is something easily learned in a class.
- ▲ Special meditations and exercises can help open up the right side of your brain even more to receive information.
- ▲ Intent and believing in yourself are the two most important things to remember.
- ▲ Learning through a book or self-guided course can set you up to doubt yourself. Most learn best in a small and supportive group setting where you are able to validate and "prove" it to yourself that you can do this.

May you be inspired to take steps for a deeper connection with all animals. ■

*Kim has taught animal communication to hundreds of students worldwide since 2006. She is teaching **ANIMAL COMMUNICATION ON DECEMBER 1st, FROM 9 AM TO 6 PM IN LIVINGSTON.** To learn more visit www.TheLightfootWay.com/animal-communication-classes. Learn by distance from the comfort of your home in the Animal Communication Teleclass on December 2nd. Visit: www.TheLightfootWay.com/animal-communication-teleclass. Call (713) 822-4382.*