

What Animals *Want YOU to Know* Right Now

Kim
Shotola

There is much going on in the world today. The animals want you to realize some very important things right now:



think, and do not only affects you, but can affect your animals and

IT'S IMPORTANT TO STAY GROUNDED:

- Being grounded means you are present in the moment, focused, feel stable and aware, and connected to yourself and your environment.
- Those who act troubled, angry, or violent are not grounded.
- Negative energy in the world can affect many. Knowing how to ground and stay grounded is beneficial.
- Animals tend to be far more grounded than humans. They can often help us ground, but they also rely on us to help them stay grounded. Animals feed off our energy and if we aren't grounded, this can affect their physical, mental, emotional, and spiritual well-being—just like it does for us.
- There are many options to help you ground. For example, you can meditate, stand or lay on the grass, hug or sit under a tree, connect with a horse or another grounding animal, do energy work and balance your chakras, wear or hold crystals, such as hematite and black tourmaline, practice holistic care for yourself and your animals, and call on your guides. You can include your animals in many of these activities, and they will love it!

MAINTAIN A HIGHER ENERGETIC VIBRATION:

- Keep in mind that the energy you put out into the universe returns back to you. If you put out negative energy through words, thoughts, or actions, you are telling the universe you want more of that in your life.
- Your animals can understand what you say out loud and tune in to what's going on in your mind. They are very aware and want you to have this same awareness. Realize what you say,

others. Animals want you to ask yourself, “Am I projecting positive energy into the world?”

- Focus on gratitude. Be thankful for even the little things in life. It helps to reflect daily on what you are grateful for, including your animals. Gratitude can manifest abundance.
- Concentrate on positive intentions, thoughts, and actions. Set your intention for how you want your day to go or any goal you have. Visualize what this looks like in your mind. At noon every day, the animals would like us to send unconditional love out into the universe, especially to those who are struggling.
- Speak out loud to your animals. Let them know how much you appreciate them. Tell them about your day. Share your joy, sorrow, hopes, and dreams with them. Talking to your animals daily can be powerful.

Animals want us to take this message to heart, for the sake of all life. ■

Kim is a professional animal communicator, instructor, speaker, and author. Learning opportunities include:

- Access to 300 holistic animal-care articles. Contact Kim at thelightfootway@yahoo.com to get on her email list.
- August 9 Animal Communication Teleclass. Visit: TheLightfootWay.com/animal-communication-teleclass/
- November 12-15 The Call of the Wolf Retreat at Howlers Inn, Bozeman, MT. Info at: TheLightfootWay.com/the-call-of-the-wolf/
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Kim Shotola

*Holistic Animal Care Instructor,
Wellness Coach & Animal Communicator*

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