

ANIMALS & GRATITUDE

Kim Shotola



As Thanksgiving rolls around, our hearts turn to all that we are grateful for—even after such a turbulent year. For most of us, there’s an animal or three in our lives where the thankfulness goes both ways. We are indeed grateful for the incredible animals that are in our lives now, those that have shared the past with us, and those that will be a part of our future. We also appreciate the vast array of nature’s bountiful benefits that are provided to us every day, including Mother Earth’s medicine chest. Let us remember to be thankful for all we have in our lives, including the little things.

Thank your animals for their presence, for being there for you. Tell your animals out loud that you love them and are grateful they are in your life. You can even be specific and tell them what they bring to your life, such as love, happiness, laughter, companionship, comfort, and protection. Thank your pets and also the wild ones for the important lessons and messages they have given you. Be grateful that, at any time, you can learn holistic animal care and call on your innate ability to speak intuitively to animals and to nature.

The research featured in the classic book, *The Secret Life of Plants*, by Peter Tompkins and Christopher Bird, reminds us that other life-forms are sentient. Talk to your plants and nature. Let your

energy and words flow to them. Tell a flower how beautiful it is. Hug the tree and allow its energy to flow back into you. Let the creek know you appreciate the precious water that flows forth. Tell Mother Earth you appreciate all that she provides. Say a prayer of thanks for the food and drink you consume. And beyond this world, where would we be without the sun’s constant rays and the grand cosmos itself?

When you live from a heart-and-soul place, it’s easy to live in a state of gratitude for everything around you and for all there is. My daughter told me years ago when she was a teen, “Mom, every night before you go to bed, say out loud three things you are grateful for that day.” I’ve always thought this was a wonderful reminder. For my recent birthday, she got me a gratitude journal, which I write in regularly. I try to make it a daily habit to say, “I am so blessed.” There are so many things I’m grateful for—past, present and future!

If you feel in need for something that appears to be missing in your life, have gratitude for it in your heart as if your desire has already been fulfilled. It’s amazing how expressing gratitude can work wonders in your life, including increasing your energetic vibration and strengthening your immune system. The animals, nature and Mother Earth are honored to offer so much to us. We should honor them in return by expressing our appreciation and respect. ■



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