

New Approach to the New Year with Your ANIMALS

Start the New Year off right with your animals on a body, mind, and spirit level.

Be more physically and mentally active together:

- Don't just do a 'sidewalk' walk or walk from point A to point B. Go where you can close your eyes and just listen. Feel texture of bark and tree needles. Feel the caressing breeze on your face. Sit down on a bench with your animal. Smell the aroma of the evergreens and other scents. Hear the muffled silence in snow, the gentle sound of a stream, or birds chirping.
- Utilize various scents. Place drops of essential oils or sprinkles of herbs in various places. For example, take peppermint oil or mint leaves and place it behind a bush. You could put lavender oil or fresh lavender under a tree. Spread the scents out over a nice walking radius. Embrace the aromas as you apply them. Aim for 3–7 scents and when you are ready, enjoy your time together as your animal goes on a guided sniffing exploration.
- Try a new activity or a new twist on an old one that makes each of you think. Would your animal be interested in going somewhere new like the beach or a road trip? Would they like to go over or around obstacles? What about puzzles? What can you turn into a toy or a game? Use items from around your home to create things for your animals that stimulate your own mind in the process.

Be more spiritually active together:

- If you do energy work, are you doing this with your animals? Make it a goal of at least 5 minutes a day to offer energy work to yourself and your animals. Even a short duration can make a difference. You can use intention for the energy work such as for empowering, uplifting, healing, as needed, etc. If you aren't sure how to offer basic energy work, there are articles in our archives.
- You may meditate but are you doing so with your animals? Whether it's meditation in silence, guided or with music, allow your animals to be with you and accompany you on this spiritual journey. You can try



*Kim Shotola,
The Lightfoot Way*

different types of music like native American, wolves, fairies, whales, solfeggios and more. You can set your intention before you meditate to receive guidance on answers you desire or be open to the universe's wisdom. Consider journaling after your meditation.

- Knowing how to telepathically communicate with animals can be an ongoing spiritual experience. When you awaken and expand this innate ability, it opens doorways like never before. You're connected to all of the universe, not just your animals. You can speak with animals, trees, rocks, rivers, clouds, stars, etc. Everyone is capable of learning how to do this. You can also speak out loud to your animals. Talk to them daily. Tell them how your day was and what's on your mind. They appreciate this kind of relationship. Even one of our students who worked at a boarding facility said that when he told all of the staff to greet the dogs each morning and they started doing that, it changed the demeanor of the dogs—and the connection they shared.

Try to do at least one new activity to start the New Year off energetically positive for yourself and your animals. ■

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Kim Shotola is a professional animal communicator and holistic animal care instructor. She's taught animal communication to students from all over the world since 2006. Subscribe to receive free, intuitive and spiritual development articles weekly, practice opportunities and ongoing support. The Lightfoot Way offers professional programs in Animal Communication and Spirit World Ambassador/Mediumship.



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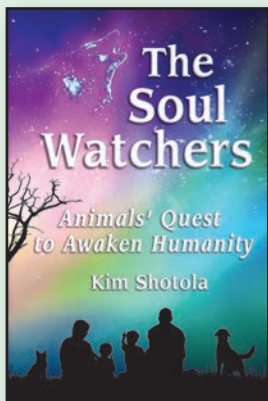
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*Empower Yourself to Change Your Life
& Help the Animals in Your Care!*



Kim's book, *The Soul Watchers, Animals' Quest to Awaken Humanity*, looks in depth at the mission of the animals and how you can help them accomplish their heart-and-soul vision. Learn more at: TheLightfootWay.com/The-Soul-Watchers. Kim has taught holistic animal-wellness classes since 2006.

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