



Energetic Communication with Animals

By

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Through gentle discovery from an animal's perspective; learn to walk the path of being consciously aware as you deepen your understanding of living as a healing presence. For animals love and support us no matter what and where we are in our journey. They help us look at life through a new lens and give us perspective on how to create more of what works and less of what doesn't. Come share and be in the stillness, wisdom, honor and beauty from the animal's perspective.

My Journey

Objective

- Share my story.
- Create a safe place for participants to share and walk the path of being consciously aware as we deepen our understanding of living as a healing presence. For an animal's love and support heals us in their presence and enhances our journey.

Materials

- Chairs placed in a circle for the participants or the opportunity to be outside weather pending.

Procedure

- I am from Canada and yes we have snow and no there are no eskimos.
- born and raised on a raised that covered over 56 sections of land and attended a school in Val Marie, Saskatchewan.
- My husband Ryan and I are blessed with two wonderful young men, Wyatt and Riley, Wyatt is 16 and Riley is 14. As a family we love to rodeo, team rope, train horses and have fun doing that! When I am not doing those amazing experiences I drive a school bus.
- My purpose is to share my gifts with unconditional love so I am fortunate to facilitate Personal Empowerment Workshops with animals and the classroom is the prairies or residences in Canada.
- I love to drum and assist individuals to make drums on the land or in my home.
- Living on a ranch that was in the middle of nowhere I had animals in my life as teachers-they have taught me so much about what doesn't work in my life, how to be like them so I could create balance in my life and adapt to my environment. Whether it be good or bad.
- For example: One day I was helping my brother on the family ranch and if you have ever saw a tumble weed going across the prairie with the help of the wind then that is what gear my brother travels in - Hence is nick name Tumbleweed. Yes wide open and everything has to be done yesterday! Anyway I was unloading my horse Amigo from a horse trailer and I was hurrying him more than he liked. He shared with me how he doesn't like to back up this fast and I more less energetically disregarded his message -ya know the attitude -too bad its my way or no way. Well, sure enough I should have listened because when I went to step from the trailer to ground I stepped on a frozen turd and twisted my ankle and fell to the ground. He looked down at me with those beautiful eyes and said "I told you, and I got this impression that it would not be a good idea to attune to my brothers energy for I knew that was not going to be beneficial for our job that was ahead of us. For that thank you Amigo.
- From a little girl I was not told I could not communicate with animals but it wasn't until I was older and attended an Animal Communication course and discovered that what I had done all my life as a little girl was now a gift and that I had forgotten about my abilities and my gifts and everything just fell into place.
- In my world there is nothing I don't communicate with. I have had amazing guidance from plants, rocks, birds, large and small animals from all over the place. If that beautiful animal is in a picture and it is native to South Africa and even though we may aren't in South Africa. It is possible for us to communicate and see the world through their eyes and be blessed with guidance.
- That is why I have brought this drum for you to experience a journey to be with your spirit animal.

Magic of Drum-Finding your Spirit Animal

Objective

- Create a safe place for individuals to experience drumming and how it has the ability to heal; shift energy within us; and balance our body, mind, heart and spirit.
- Bring forth the wisdom of animal spirit to awaken our senses and communicate from our heart center

Materials

I will bring a drum.

Procedure

1. Ask the participants to give themselves permission to relax and set their intention to connect with their spirit animal. Guide them to a relaxed state.
2. Drum until I feel the energy is complete. 10-15 minutes
3. Gently bring them from their relaxed state.
(May wait ask to share after See Through My Eyes)
4. Ask the participants if anyone would like to share their experience.

See Through My Eyes

Objective

- Allow the group to open their senses and experience life through different eyes and perspectives.
- Enjoy the magic of being present.

Procedures

1. Participants will choose from the following:
 - a. Be their spirit animal
 - b. Be the human
 - c. Be the observer
2. Ask them to go to their heart and to place themselves in a behavior that brings less of what they want in their life?
3. Open senses: Smell, feel, see, hear, knowingness...
4. Reflect as a group from the 3 perspectives of what is being sensed within the environment and how is the body, heart, mind, and spirit affected? Does this sense bring meaning to their life and reflect on what is currently happening in their life?
5. Ask the participants to shift themselves into a position that brings them more of what works and provides them nurturing for their well being.
6. Reflect on the gifts of walking with our animal spirit by our side and how their ways can create more of what works in their life and less of what doesn't.
7. Invite participants to share their experience.

Closing

Give thanks for the animals and the experience we shared together.
Perhaps share the Blessing of Eagle Spirit.