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Lesson 2: Spiritual YOU

In this video lesson you will learn that you already have everything you need to communicate with animals: your heart and a love for the winged, water-dwelling and fur beings of the world! But is something in the way of your majestic soul that intuitively knows how to talk to pets? Discover how your internal sensing structures are doing. Are they clean and shiny and ready to reflect back to you the truth of a situation with your pets? Or are they bent up, dirty and covered with outdated beliefs and attitudes? In this section it's time to reflect on your body's inner intuitive mechanisms and have a "spring cleaning" of sorts to create the best base for a sparkling clear communication relationship. Enjoy the video!

Write down:

1. What kind of "shape" are your internal sensing structures in? (Is a big over-haul needed or some fine-tuning?)

Reflection:

After your assessment decide if you want to keep these old beliefs, fears, blocks and attitudes. If so, which ones?

Releasing the old, then create the new. Pick out an affirmation (or two) for yourself, and then choose your new beliefs. Create your own or choose one from the list below. Display in your home, office or car for inspiration.

Affirmations, when used with passion, focus and energy will come true. I used affirmations to heal the "dead" nerves in my burned and paralyzed legs after my severe car crash. Three weeks later I walked! Whatever your challenge you can overcome it, too.

Some affirmations to get you started:

I communicate with animals easily and effortlessly.

I share my gifts to the world in galactic proportions.

I expose my vulnerable heart to the world and I am safe.

My compassion for animals revitalizes me.

I am simply unstoppable.

I embrace all that is eccentric, including myself!

I know. I know. I am completely and utterly confident in my knowing.

I engage easily with my animal companions.

I take lots of time to breathe and connect with my animal friends.

I am safe to step into the unknown. If I am unsure, my feelings guide me.

I puncture and step through the oppressive veil around me. I am free.

Flow is my barometer of perfect alignment.