



*The Animal  
Healing Centre*

JENNY SHONE  
082 450 1158  
jenny@animalhealing.co.za  
www.animalhealing.co.za



*Find us on facebook*

## NEWSLETTER - April 2013

Hello everyone,

**Next Social Get-Together:  
7<sup>th</sup> April at Lory Park Zoo in  
Midrand from 10h30 Please join us!**



Jenny with Pippin.

I hope you are all keeping well and enjoying yourselves! In all my years of working with animals and learning from them, I have come to the conclusion that "enjoyment & happiness" is a conscious decision that we all need to make in order to be happy. Happiness does not just fall

into our laps. We need to make the choice to be happy and allow ourselves the time and space to for this to happen.

### Some animal wisdom

"Live IN the moment" "Accept everything around you" "Don't judge others" and "Love unconditionally". These are just some of the messages that I have received over and over again for many years from animals all around the world. From dogs, cats, snakes, wolves, lions, elephants, horses, pigs and many more. However, what does all this actually mean?

Living IN the moment is not so much about ignoring the future and forgetting about the past. It really means that we should BE a part of the world we live in and experience the smells of the trees and flowers around us. Really feel of the wind on our skin. Listen and HEAR the sounds of the birds in the trees. Feel the grass beneath our feet. Most of these things we take for granted but living in the moment means never taking anything for granted, appreciating everything around us and "feeling" the universe on a very deep level.

Accepting everything around us without judgment is about acknowledging everything and everyone around us. See all living things (even the plants) as special beings with important purposes. It's about allowing others to be who they are without judgement or criticism .

Loving unconditionally is not as easy as it sounds. To love unconditionally means to allow someone else to make their own mistakes so that they can learn from them. This goes for our animal friends as well. As long as they are not endangering their lives, we need to give them the space they need to grow and learn and also make their own mistakes. It is not about protectiing them by keeping them caged or indoors. Every animal needs the feeling of the grass under their paws and the sun on their backs. Unconditional love is not about smothering them in order to protect them but rather allowing them to walk their own paths in happiness, love and safety and when their time comes, allowing them to cross with dignity.

This sounds easy but in reality it is extremely difficult for us humans to live like this. We naturally protect the ones we love. We are naturally quite demanding in our wishes and sometimes in order to protect those around us we keep our eyes closed.

Let's start by opening our eyes and really "looking" at the world around us. Let us try to "experience" our world the way the animals experience it. Let's learn from them and tap in to our intuitive abilities and "feel" everything around us. Let's make a concious decision to enjoy our lives and to be happy. The animals have given us these messages for a reason. Now is the time to move forward and learn from our very wise animal friends.

I decided to share with you a message that I got from the Whales a few years ago. I have shared it before but it is so profound that I felt it is worth sharing again. The reason I chose this message is because it confirms the messages above that the animals have been trying to teach us.

## Whale message

On one of my trips to Plettenburg Bay I felt a strong calling to go and visit the



whales. It was raining lightly when I got to the beach. I found a nice spot where I could sit and focus on them. I was the only person on the beach that morning. I could see them clearly rising above the water. They were giving me a very good show.

However, as I connected with them they disappeared under the water. I lost sight of them but I could still feel their presence. I asked them why it was that every time I wanted to connect and get a message from them they would go under where I couldn't see them?

They told me that being able to see them would be too distracting, so while they were connecting with me they would be out of sight so that I could focus on what they were actually saying rather than what they were doing (Another lesson from a very wise animal).

So I sat on the bench in front of the whales with the rain gently falling and smudging my writing and I wrote the message from these great and elegant souls.

This is what they said:

"Sound carries vibration and vibration carries energy. Our form of communication carries with it an energy of the highest form of enlightenment and healing on the deepest level. It forms a net around us which expands and as we move it spreads through the entire ocean. This vibration is not restricted to the ocean. It travels deep under the earth across the entire planet.

We connect with all life forms through our ultra-sonic sound vibration.

The bottom of the ocean is alive with energy and life. Unlike the world outside. Your world. In your world there are still a lot of people who are walking around dead. Just existing from one experience to the next. Never knowing what it feels like to really LIVE with all their senses awakened and alive. Never knowing what it feels like to really BE alive.

With the progress of the awakening of the energy (this is happening right now), many souls will depart from this planet and some will experience the light and grow in the light.

We are coming to the end of our existence on this planet and we are busy preparing to leave. When we leave we will not be coming back. In what you perceive as time it will still be a while but in our understanding of time it will be soon.

The main lesson for anyone to learn is the lesson of "respect". With respect comes acceptance. With acceptance comes love.

Respect yourself. Accept yourself. Love yourself.

Only once you have accomplished this, will you be able to respect, accept and love all living beings around you. Including the animals, humans and plants.

Only then will you awaken and start to function in the light and be alive for the very first time in your life.

This message is to be spread. Allow it to be shared with others. The way our ultra-sonic vibration spreads through the universe. It is all about FEELING the connection to ALL life forms.

It is not about secrets and keeping the knowledge inside you. It is about letting it out and sharing it with others. As with energy it will spread.

As we hold and share the energy of the sea, the Elephants hold and share the energy above the sea. They also hold a very powerful energy of vibration and sound (Ultra-sonic). Their energy is very different from ours but also just as powerful.

While we share the energy of healing and enlightenment, they share the energy of wisdom and growth. With healing and enlightenment comes wisdom and growth. So you can see how important it is for us to work together. As a team. For the betterment of our planet and all who inhabit it.

Everything in life is connected.

When one is hurt or suffers it affects us all.

How many times have any of you felt depressed, ill or unhappy for no reason? Well maybe it is not for no reason? Maybe someone on the other side of the world is hurting and you are picking up the energy of their vibration and being affected by it.

Move forward in confidence and truth.

Go out and ENJOY life.

EXPERIENCE life.

LIVE life with your eyes wide open."

I am always so grateful be a part of the world where animals do talk and people can hear.

It's a magical world that EVERYONE should experience.

As the whales said, we need to respect each other so that we can move forward and be happy.

## Social activity

Sammy and I decided that every few months we would go and visit an animal rescue centre and everyone who wants to join us is welcome. We would use this as a time to re-connect with each other and at the same time play and work with the animals in the specific centre. Bringing some light, protection and healing



into their lives. In February a group of around ten of us met at the Husky Rescue Centre in Chartwell. We had an awesome time with the dogs.

When we got there we sat under a huge tree where we did a short meditation and said a prayer of protection for all the animals and people at the Husky Rescue Centre. It must be extremely difficult working at a rescue centre like this. They see so much abuse and neglect and need all the help and support they can get.

When we were finished with our meditation we went across to visit the dogs. (They also have three such stunning donkeys living with

them at the moment)

We spent time with each and every dog and once we had finished bonding and brushing them, we were allowed to take them individually into a large paddock and let them off lead



for a run. Wow did they enjoy their run.



While some were waiting for their turn to run, others were being bathed and dipped for ticks.



Yes it was a very hot day. However, the Huskies had SO much fun and so did we!!! I really hope more of you will join us at our next outing, which is to be held on the 7<sup>th</sup> April, at the Lory Park Zoo in Midrand from 10h30. Bring a picnic or cash to buy from the tuckshop.

### Congratulations.

A huge congratulations goes to Hayley for finishing the Masters Telepathic Course. You did an awesome job. I am extremely proud of you. Well done!

I am also SO proud to be a friend of Sheila Bath Upton. Congratulations Sheils for the amazing job you are doing raising awareness for the Rhino's at this

difficult time. The Dance To Be Wild project is really spreading its wings. Thanks to Sheila it has gone international.

Dance To Be Wild has just run a huge dance competition in aid of Rhino conservation. Everyone taking part was asked to wear a T shirt with the dance to be wild logo on it. All the proceeds going to the rhino project. Well done everyone involved.

## Sammy's snippets



Hi to all the beautiful souls out there.

My journey since the beginning of the year has been about personal healing and health. As a result of several years of spiritual growth and learning not matched by looking after my physical body, my body eventually said, "enough!". I realised that growing my knowledge and learning healing therapies and spiritual practice is only as good as how well I look after my temple, my physical body, and while I had, kinda-sorta been looking after my body, it was nowhere near what I needed to be doing to sustain the growth and vision I

was holding for myself.

So I found myself in a situation where my ability to function as I had been doing was compromised. I had to step back from everything to focus on my body and take the time to heal it, listen to it, and nourish it properly. It's an ongoing process, but I feel blessed that it happened as it was a beautiful lesson to learn.

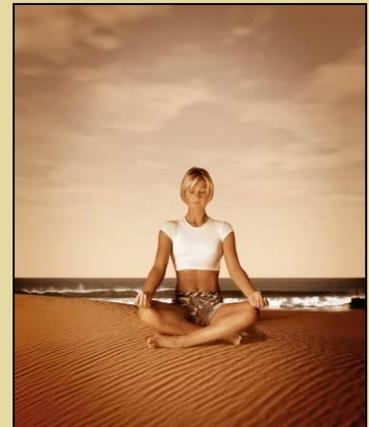
I have learnt to release stress, that I cannot push my body and my stress levels to the point where I am frazzled, that I need to be realistic about the amount of time I have available during my day, and prioritise myself as importantly as I do my son, my studying, my work, my family, and my animals.

And this has led to what I want to share with you today, as it is something very close to my heart...

## Healing happens when...

Healing happens from within. Healing is a multi-layered, multi-faceted system within us. It is up to each of us to take personal responsibility for the state of our physical bodies at this very moment in time.

This can be hard. We are not just beings of past, present, and future. We are beings shaped in all different directions and dimensions. We are beings shaped by our culture, beings shaped by our perception of time, beings shaped by our parents, by the underlying beliefs of our society, beings shaped by our closest relationships, by our relationship and belief structure in and with our Creator, religion or evolutionary belief. Each of the aforementioned influences surround us in all different directions and we allow these influences to shape us in different ways, not just physically, but emotionally, psychologically, spiritually, mentally, dimensionally. Most often, we allow these influences to have total rule in our lives, not only allowing these things to shape us, but also giving the total power of being ourselves away to these influences. In effect, giving up our true selves in order to become that which we have allowed to shape us.



But many times, these influences are not supportive of our unique reason for being on earth, and the discord between the path we have chosen before we came to this earth, and the restriction we place on ourselves because of our belief in the influence that has shaped us, leads to dissatisfaction, illness, despair, addiction, consumerism (retail therapy) and a disconnect from our true selves.



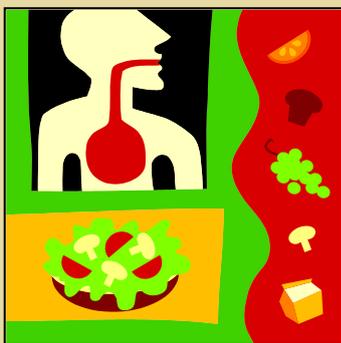
The pathway to health is not by giving your power away to someone else to fix you, "give me something to make me better". Rather, the pathway to health begins by taking responsibility for your body, acknowledging the choices you have made to get your body and mind to the shape they are in now, and finding the courage to make the changes needed to move towards perfect health, which is yours by divine right.

Easier said than done, and for many these may just be words linked together to form sentences that are pretty to read, but are abstract in concept and without

application in the "real" world. But to coin a famous phrase, "if not now, then when, and if not you, then who?"

We no longer live in a world where we can give responsibility of ourselves, our power, our choices and thoughts away to someone else. More and more these days, we are being shown how big corporations, governments, health and safety organisations etc. are concerned less and less with making responsible choices for mankind, and are more interested in profits, status, greed. Now is the time to take responsibility for ourselves in every aspect.

How can we take responsibility, what can we do to start becoming more responsible for ourselves?



Responsible living encompasses everything from how you live your life inside your head (e.g. how negative and fearful your thoughts are), to how you live inside your heart (e.g. how much kindness, compassion and care do you allow yourself to show, both to yourself and to all others), to how you live inside your physical body (e.g. how aware of you of what is in the food you put into your body), to how you express yourself in the physical world (e.g. do you criticise, complain, worry and fear).

It takes just a simple start, a small step and a commitment to walk this path. It starts with awareness. Start by being aware of your thoughts, feelings and beliefs. Become more aware of what goes into the food you eat, and the beverages you drink. Become aware of how you talk to yourself, how you view others. Remove your focus from outside yourself, to how everyone around you is letting you down, or not acting in a way that you want, to focusing only on yourself and your own reactions, thoughts, feelings. Every day, in the morning as you get up, and when you go to bed, state to yourself, "I create each moment as a reflection of myself" or "I take responsibility for my life, my being, my purpose". With commitment and intention, you will see amazing things happen.



Let your animals guide you. Become aware of the animals, creatures, insects that come to you, even those that bite you, or sting you. Each of them is coming into your field of awareness to reflect something back to you of something within that you can work on. Mosquito's are about moving into harmony, as when you move into harmony with yourself and your life, they will not bother you anymore. Fly's help us to cut the cords of attachment that we



make throughout our day... waving your arms to shoo the fly away helps you to cut the energetic cords that are draining you. Do it with awareness. Cats are about healing and they will either wish to help you by being near you, or will want to be in your home, to help you by healing your space. Dogs are about joy and unconditional love, and when you can share a moment with a dog, with full



awareness of being in that moment, you will find your spirits lifted. Spiders are to help us express ourselves creatively and to remind us of the power of creativity, of thought, of purpose within creativity. As we create, either through writing, thinking, talking, painting or whatever else we are doing, there is purpose in the creative function and that is to nurture our spirit, to weave a web of

creativity around us that supports us and nurtures us. Creativity allows us to rest, as the web of creativity keeps drawing to us more of what we have put into our creation. Create with love, with awareness, and bring the creativity to everything you do. Even the most mundane task can be lightened with a bit of creativity.

And with that thought...

Namaste

Sammy



Until next time,  
Love, light and blessings

*Jenny, Sammy and the animals*

