



The Animal Healing Centre



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

www.animalhealing.co.za

Find us on facebook

NEWSLETTER - January 2013

Remember - as the saying goes "It only takes one good person to do nothing for evil to prevail"

Hello everyone,



Sammy and I would like to wish ALL of you and your "animals" a very safe and happy 2013. May this year bring all good things to you and may all your dreams come true.

This festive season was great. My sister and brother-in-law came over from UK to spend Christmas with us. We all went to spend the day with Linda and Michael (my other sister and broth-in-law) it was the first time that our entire family was able to get together for Christmas in many years. As I am writing this newsletter I am still on leave. However I am busy gearing up to get started with consultations and workshops for this year.

Workshops & courses

After giving it a lot of thought Sammy and I have decided to make some changes in the workshops that we are planning to run this year. We feel that this is the year to focus on "private" workshops. This means that although we will still be running workshops and courses in animal telepathic communication and healing, I will be offering some more personal and private teaching. I will be concentrating on smaller, more personal groups of people. Working in your own homes. This will give you the opportunity of working with your own animals and getting some very hands-on and intense training.

In this photo it is hard to decide who is teaching who? Isis seems to be giving Sammy a good talking too and Sammy seems to be listening.



We have also decided that for this year we would also like to focus a lot more on animal rescue centres. This will not only help the people working in these centres to develop stronger tools that could help the animals they deal with on a daily basis but it will also benefit the animals directly

in ways that you could only imagine. So if YOU know of any animal rescue centres that would like us to run workshops for them, please let us know.

Lessons from nature

Now I want to chat a little about the butterflies and moths. Have any of you noticed all the streams of white butterflies that are busy migrating? They have been seen in great numbers (Hundreds and thousands) all travelling in the same direction. Isn't nature amazing!!!

We could use these butterflies and moths as a lesson in life. They just prove that there is no such thing as "death", only life and life after life.

The caterpillar which is sluggish and has quite a heavy energy around it (Just like us humans) will eventually slow right down and build his cocoon isolating himself from everything around him. This cocoon also acts as a protection around the caterpillar. Protecting him from predators. Then before you know it he emerges from his cocoon as a beautiful butterfly. This butterfly is light, cheerful and beautiful to look at. When this butterfly is ready she will lay eggs and once again a caterpillar is borne. Then the whole process begins all over again. How often do we put a cocoon around us and shut off everyone else in an effort to protect ourselves?

As WE get nearer our time to cross, our bodies become slow and eventually we become the cocoon that houses the soul. As soon as we are ready we emerge as beautiful souls (the butterfly) to soar above and spread our light where it is needed the most. Then one day we re-enter into this physical world just like the caterpillar, to start our lives and a new set of experiences all over again.



Very often our biggest lessons come in the form of "challenges" that we need to overcome.

It is not about the "lessons" we THINK we need to learn but it is more about how we "deal" with these experiences that lead to our biggest spiritual growth.

Nature is amazing!!! Lets try to be open, more aware and recognise the lessons that nature and the animals are there to teach us.

Every one has something to learn and everyone has something to teach. This includes the animals and plants around us.



Enzo's lesson

No matter what is going on in your lives, or what YOU decide to do with your lives. Never forget to "play" (as Enzo is demonstrating above)

Enzo says "Playing is just as important as eating. It is food for the soul. By remembering to play you will be keeping yourself young and healthy. Your soul will be happy and you will feel free"

WE are responsible for our own decisions. We can either choose to ENJOY our lives or we can choose to let our stresses take over our lives. No one else can make the decisions that will effect OUR our lives and make US happy.

Thank you and congratulations:

A huge big thank you goes to Laverne for handling ALL my consultations while I was on leave over december. You have done an amazing job Laverne and I am so grateful.

Laverne has taken all the information in animal communicating and healing that she has learnt over the past few years and started her own business. Although she still has a full time job, every spare moment she has she puts into communicating and healing the animals that come to her for consultations. Often working well into the night. She specialises in radionics treatments for people and animals. She has an amazing affinity with animals and a deep understanding.

If anyone needs to get hold of her for consultations here are her contact details - laverne.hyman@standardbank.co.za or call her on 076 200 1085

Well done Laverne. Good luck and thank you!

The next person I would like to thank is Hannah. She has tirelessly handled all the tracking of lost animals for us over the festive season. There have been quite a few animals lost over this period . As we have mentiioned before - tracking is THE most difficult and stressful part of an animal communciatore work. I take my hat off to Hannah for doing this and making it her responsibility to help people "find" their lost animals.

Hank you Hannah for all your efforts.

Here are Hannahs contact details - soulwispererhealer@gmail.com or 082 525 1250

Tracking changes

Sammy and I have decided to make some changes to the tracking section of The Animal Healing Centre. For the past few years, Sammy has acted as the point-of-contact for all tracking requests: receiving the request, sending information to the human on how the process works, receiving the photograph, liaising with the trackers to see who is available and either sending the photograph to a tracker, or in the case of a tracker not being immediately available, liaising with the human on the delay until a tracker comes available. This demands a lot of time and attention, which Sammy will not have as freely available this coming year.

So after some deliberation, we decided to change our service to that of a referral service, in that we will list the names and email addresses of communicators who wish to be listed as trackers, and those humans requiring a tracking can contact them direct. This will speed up the process significantly, as Sammy felt a large part of the delay was due to the bottleneck created by going through her. Sammy will still be available for the occasional tracking and she has put a section on our website explaining how YOU can guide your own animals home if they disappear.

Get togethers

In December 2012, we had a get-together at the Johannesburg Zoo, and were all remarking how nice it was to get together and bemoaning the fact that we do it so seldom. Many of those that attended on the day were people very close to our hearts, and naturally all had a huge love for animals, and so it felt really special to get together with so many like-minded souls, and share our experiences and insights and the wisdom unique to each of us.

Because of this, we've decided to have a get-together every quarter of the year, either at a rescue shelter or zoo, with the aim of gathering together like-minded individuals to share a morning, or a day, connecting with each other, doing a group meditation, and working with the animals of the venue chosen, to help them through communication and healing, as well as to help ourselves through communication and healing.

Our first such get-together will be on the 2nd February at the Husky Rescue Centre in Fourways from 10h00 until around 13h00. Bring a picnic lunch and a blanket / chair to sit on. Please confirm if you would like to join us, so that we have an idea of the number of guests.

You are most welcome to join us for the day, even if you are not a communicator or animal healer. Everyone is most welcome to come and share the experience with us, come and chat to us, do the meditation with us, and share your love of animals with the shelter dogs.



Sammy's Snippets

Hi to all those beautifully vibrating souls out there,

Hands up those who are not surprised to have survived the "end of the world" on 21st December....! Though perhaps it did and we are not conscious of it ending and are living in a parallel dimension.... AAAAH, who cares, good enough reason just to live in the moment!

Welcome to 2013, the Chinese year of the snake. In

Chinese astrology, the snake is associated with beauty and wisdom.

In numerological terms, the number six (adding the numbers of the year together to get one digit, i.e. $2+0+1+3 = 6$), is about abrupt changes relating to power and many previous years adding to the number six saw many coups, governments toppling, riots, assassinations etc. Good news, though, is that history has also shown that a number six year, under the influence of the snake (as this year is) is about a more gradual change, bringing the wisdom of the snake to influence the change. The number six is also about **Creativity**. Caring for neighbors. Family. Friendship, love, marriage. Responsibility for others, mutual aid. Ability not only to take but to give. Find the benefits of actions. Interaction and constructive dialogue with partners in business and in the family. Craving for art and education. Understanding and desire to be understood. Reciprocity in all.

Over Christmas, I was away with the family, it having been decided to bury my father-in-law's ashes at the fishing farm he loved so much. I went for a walk around the farm one day, spent some time in a forest in quiet contemplation, doing a meditation, whereafter I found myself surrounded by zebra (real ones, not in my meditation!). They each looked so similar and yet I could quickly see the differences coming out in their personalities. There was the cheeky little one, giving his mom heart attacks by jumping up and running past me several times, the daddy who was being very cool and very proud, the teenagers, one peeking over the back of the other one, watching me in fascination, but only while my back was to them. I sat with them for a bit, and then connected to their group energy. "What message do you bring to humanity?", I asked, "what can I learn from you today?". The message that came back was that it doesn't matter what we look like on the outside, it's what's inside that's really important. None of the zebra's feel unimportant because they look the same, they don't lose their sense of individuality, even though they are part of a closely bonded group energy. And that may be something humans lose in the process of trying to fit into society.

As humans, we have created a society with rules, regulations, norms and boundaries, which we strive to fit into, paradoxically while trying to constantly look different on the outside, but only so different. In the process, many of us lose our sense of individuality, we give up our very special-ness to conform, to fit in, to become part of the norm. But we don't have to, we can keep that special, unique part of ourselves, and if it translates into being seen as "odd", "eclectic", "new-age" or just plain "weird", then so be it. We will be human no matter what, just as a zebra will always be a zebra and I feel we need to strive to accept that we are part of the global species, humanity, rather than trying to conform to society, which was created by us over thousands of years but which

sometimes refuses to grow as we need to grow. Let's bring tolerance and understanding to how we deal with everyone, and see everyone, and ourselves, as zebras... as being essentially the same but unique inside and lets foster a sense of co-operation, love and compassion this year: to us, to nature, to the earth, and of course, most definitely to all the animals and creatures that make earth their home.

And again, as Jenny and I have said before, the only way to heal the wrongs of the planet, from poaching to dog theft, neglect to abuse, is to place our focus on forgiveness, compassion and light as it is only by sending light to these areas and the people who commit these wrong-doings, that we make it impossible for the negativity to take root and grow. Darkness cannot be where the light is.

So love yourselves this year, beautiful zebras. We are all connected on this earth, and through working together, using our combined energies to focus on what we want to create, we will be the change we want to see in the world and accept nothing less than the best for ourselves and for everyone and everything on this planet.

My year ahead is to not only focus on my son, teaching him the skills he needs to become an independent thinking, fully functioning adult with the intelligence to question everything, the emotional strength to stand up for what he believes in, and the compassion to care for everything around him; but also to grow my own healing and communication practice and skills.

I believe I may have found a reiki master that I can resonate with and who will take me to the Masters level, and attune me so that I can bring greater healing energies to those I come into contact with, as well as teach reiki to others.

I also wish to bring the wisdom of the animals to a greater audience of humankind, but the inspiration on the best way to do this is still pickling into my consciousness, so be it through workshops, meditation groups, writing a book, or some other way, I'll keep you posted.

Love and light
Sammy

We hope to see you at the get-together in early Feb, and until next time.

Much love from

**Jenny, Sammy
and the animals**