



*The Animal
Healing Centre*
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Hello Everyone!

The ESP Animal Healing Course starts 8th October. Please book now to confirm your place.



Jenny & Sammy

We have just returned from the most AMAZING time at the Craggs working with the Elephants. We stayed with Estelle, Jon and their amazing animals.

As usual their very wise dog "Buddha" helped us carry our shopping into the house. Tom cat and Bizou are the two cats. They were just SO please to see us.



Thank you SO much Estelle and Jon for all your hospitality over the weekend.

Buddha carrying in shopping

When we arrived at the Elephant sanctuary we were met by some of the handlers. The two that helped us were Patrick and Jerry. They were just awesome. So in tune with their Elephants and SO full of fun, relaxed and ready to help with anything we wanted them to help us with.

Jerry peeking in from left, and Patrick (the handlers), next Jenny Schmidt and Jenny Shone

As we were settling in and having our welcoming mug of coffee, we could see the Elephants in the distance. They were gently pulling branches off the trees on the other side of their very big dam. (Their swimming pool) Even from such a distance away we could feel the power of their energy and the gentleness of their souls. A short while later we



found ourselves "hand in trunk" walking in single file into the middle of the forest with these amazing animals.



Patrick & Jerry standing in our stunning forest workshop setting

We spent quite some time in the forest with the Elephants and their handlers learning all about elephant behaviour and discovering their individual personalities. We got to spend time with them up-close-and-personal.

One of the most important things to remember when learning to communicate with any animal is that in order to get really deep information from the animal, it is important to understand as much as you can about the species of the animal you are connecting with. The more you know and understand the characteristics



of certain species, the more information you will receive.

Jenny & Sammy with Jabu

One of the main lessons Elephants teach is the combination of Power - Wisdom - Purpose.

Just by spending time with Elephants you will discover how to stand tall in silence and connect with

YOUR own power. You will be able to acknowledge the wisdom within and discover your true purpose in life. If you look at an Elephant when they stand in your presence, they command a respect and dignity just by being there. They are totally silent and incredibly powerful in this silence. The Elephant carries with it the "female" energy whereas the Lion carries the "male" energy. If you find yourself becoming very aggressive, dominant or irritable, spend some time

with an Elephant and they will soften and ground you into finding your more gentle but powerful side. On the other hand if you find yourself becoming everyone's punching bag and allowing people to walk all over you then it would be a good idea to spend some time with a Lion. The Lion will help you learn to speak your truth and stand in your own power also in a very grounded way.

Patrick, Joan and Estelle

The ladies who joined us on this amazing workshop were an extremely powerful group. They made such deep and amazing connections with the Elephants. I felt privileged to have been a part of this group.



Jerry during a discussion session with our group of amazing participants

It was a VERY sad moment when we had to eventually leave the Craggs. They have invited us back and we will definitely take them up on their offer.

On Sunday before making our way back to the airport, we went to visit Tenikwa. They have got such a brilliant conservation programme. Part of this is to educate and raise the awareness of the damage we as humans do to the environment and what we can do to improve the situation. This brings me back to a point I have often spoken about "Educating ourselves so that we can make informed decisions" Every decision has a consequence. Let's make the right ones so that WE are not part of the decisions that will lead to the total destruction of our stunning wild life.

Some of the stunning animals we met at Tenikwa were - leopard, caracal, black



footed wild cat, cheetah, and serval. They even had a whole family of blue crane, meercats and a tortoise and some very wise and beautiful marabou stork.



If you want to find out how YOU can help in the conservation of these amazing animals please go to the website of Tenikwa and the Endangered Wild Life Trust. They are running lots of programmes to help the conservation of certain wild life species.

All the photographs of our trip will soon be available on our Facebook page. Hopefully we will also be able to put a short video of our Elephant experience on our Facebook page.

I am now busy preparing for my trip to UK (Monkey World here I come) in the next newsletter I will share my UK visit with all of you.

For now - keep smiling. Keep learning. Keep making the decisions that BENEFIT the environment, the humans and ALL the animals who share it with us.

Sammy's Snippet

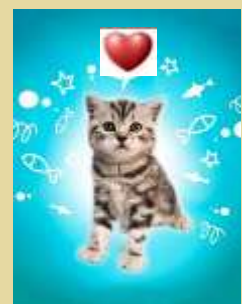


After this most amazing trip to Plett, I feel a new sense of connectedness to my life, and a new sense of urgency to sort out the unnecessary clutter from my everyday life.

It highlighted something I've been feeling for a while, and which has become a background theme to my meditations and communication sessions, that of an increasing urgency to work on ourselves. To release the "old stuff", the stuff that holds us back from realising and understanding our perfection as we are, the stuff that keeps us in bondage to things outside of us and the stuff that keeps us feeling unworthy. The

outer world we live in is merely a reflection of our deepest thoughts and beliefs about ourselves, about our expectations, about how we view ourselves and the world. Changing the inner will soon impact the outer and our reality will change to reflect the work we do on ourselves.

Many of the animals that I have been tracking and communicating with impress upon me a sense of urgency for their humans to do this... to release, to heal, to grow. In addition, we are being asked to introduce into our lives some activities that connect us with the greater universal energy that is out there. The more of us that tap into this energy on a daily basis and allow it to flow through our lives, the more we will move towards a calmer, more balanced life and the more the earth and humankind will begin to heal. Animals have always been a great example to me of this, in that they live in each moment, giving unconditional love and wisdom, expecting



very little, holding all of humanity in the thought of perfection, never doubting our ability to care for them.

When I asked my guides during meditation for some practical tools to help us implement this in our lives, I was told that there were several steps necessary to implement straight away, and being clear on these steps would help us release old stuff, find our centre and live the way forward with a sense of calm, a sense of purpose and a sense of greater protection.

The first and most important step was to introduce a daily routine of quiet time, contemplation time, connection time. It can be as little as five minutes once a day, five minutes several times during the day, or even longer, as long as it becomes a daily ritual like brushing teeth, it needs to be done. This is the one thing that will help us heal.



The second step involves getting clear on our purpose here on earth, setting our intention, being aware of the challenges we will face, where to look for our guidance, and an understanding of our overall goal. To do this we need to understand that even though the micro-perspective of what is happening to us seems very different from person to person, the greater picture is of the same thing being played out in different ways.

So while everyone can create this in a different way, our main purpose here on earth is to be in service to each other, to create abundance for all, to feel worthy of everything we desire and to use this to help others.



Our intention must be for the highest good of all concerned. How we choose to express this is up to us.

Our challenge is about letting go, releasing the need to control and run our lives, learning to walk forward with the faith and belief that, having set our purpose and intention, we will be guided to the next perfect step in our perfect journey here on earth. Literally, "going with the flow".



Our guidance comes through becoming aware of ourselves as perfect beings, becoming aware of the reality we create and the messages that are there for us in every aspect of our lives, from our physical health reflecting deeper emotional issues that need to be released, to the messages the creatures and animals of the earth bring to us when they manage to catch our attention, for instance the bird that flies into

your house, or the fact that you keep seeing a particular insect several days in a row, or dream often about a wild animal. Become aware of these and find out what meaning and message they bring. Our guides and angels work hard to communicate with us, and increasing our awareness of the moment, as well as our daily quiet time, will help us receive and understand the guidance that is always there for us.



Our goal on earth is to connect. To understand and feel that connected feeling and to know that we are not separate from each other and everything. We are one with everything and one with God.



Remembering these points each morning before we start the day, will serve to lift the energy and we will begin to live an easier life, filled with beautiful coincidences bringing us the best of what we need. I personally like to add "under grace" to both my purpose and intention each day. This means that I invite the same or better for whatever I can imagine or envisage. Our imagination can only picture a small fraction of how complex this game of life is, and to limit my intention and purpose only to what my imagination can envisage would do a great disservice to the wonderful flow of abundance, joy and prosperity that is waiting for me.

Our animals can help us with this and many of the animals I communicate with are doing this already, without our even being aware of it. Many of the cats that I am tracking tell me they have left to act as a catalyst for their humans to face certain emotional issues in their lives. They have told me that as trackers, we are working in harmony with them to allow their voice to be heard, to give them a chance to tell their human what they need to do to heal and move forward.

Many dogs I am working with on behaviour issues, are actually working hard to get their human's attention, to bring their human's awareness to the fact that they need to disconnect from the outer world more, that they need to connect with nature more. Most of these dogs are frustrated, bored dogs who get limited exercise and very little mental stimulation. While this is nothing new, dogs have been limited this way for a many years, they are acting out now, more than ever before, to get their humans to get outside, get into nature and exercise, all things that will serve to help us



connect to the earth, and to the collective energies that are waiting to guide us to a happier way of life.

The time is now to work on ourselves. I urge you to take a new look at your animals friends, spend time with them and ask them what it is they have to teach you.

Planning for holidays

I would like to make a special request to everyone who is planning to go away over December. We get a high number of requests for trackings of lost animals over this period because many animals leave home while their humans are on holiday, or while on holiday with their humans.

We would like to urge you to take some time to prepare your animal friend for your trip away.

Communicate with them about what you are planning, take the time to explain to them what a holiday means, and why humans feel the urge to leave their "pack" and go to a different place for a while (it's a very strange concept to animals), explain to them what to expect while you are away in terms of who will be feeding them, who will be walking them, spending time with them. Also tell them how long you will be away, while they don't have the same concept of time as we do, it will give them some sense of the length of time you are away. In addition, while you are away on holiday, connect with them every now and again, tell them that you are ok, and that you are coming back. Just before you come back, connect and tell them to expect you.

Not only will they appreciate this, it will also relieve a lot of stress, anxiety and often sadness and help them experience your holiday in a more relaxed and accepting state of mind.

If you feel less than confident about communicating with your animal friend yourself, please consider giving us a call to help you with this.

Of course, the same request must be made about preparing for a move, or introducing a new family member or animal to the pack, please take the time to consider preparing your animal friends for these changes.

So please give an extra special thought to your animal friends over the holiday period. Let this time of fun for you not become their worst nightmare.

Next Workshop

Our ESP Animal Healing Workshop is coming up in October. Join us and learn some practical, easy-to-use healing techniques that can help your animal friends, as well as yourself.

The workshop runs over four consecutive Saturday mornings in October, (starting 8th Oct) at The Animal Healing's Centre in Midvaal. Prior experience in animal communication is not a must, and we still have places available. Join now.

Thereafter, look out for our Level 2 Higher Techniques of animal communication that will be happening on the 19th November in Centurion.

Our Christmas Party is on the 4th of December this year. Please diarise this date. Come and meet Jenny Shone, as well as the communicators and trackers and animal crew that make up The Animal Healing Centre. We will be collecting donations for animal charities on the day as well.

Website and Connections

Have you seen our new website yet? Please go to www.animalhealing.co.za as well as our facebook page to keep updated on our latest workshops, see our photographs, and take the chance to drop us a line about your amazing animal connections and experiences, we would love to hear about them.

The majority of photos from our Plettenberg Bay trip are all on Facebook.

We are also a member of The Green Lifestyle Index. Please go to www.greenlifestyleindex.co.za and browse the site.

Wishing you well in love and light

Jenny, Sammy and the Animal team.