

# Tuning in to Our Animals to Optimize Wellness



# Workshop Intentions

Share a guided scanning and healing technique all animal lovers can do with ease!

Slides available at [Animal Communication Workshop](https://www.ktmholistic.com/animal-communication-workshop)

<https://www.ktmholistic.com/animal-workshop>



# What this Workshop Shares



- **Easy and practical ways to find areas that need more attention**
  - **Check the Chakra balance: yes or no**
  - **Energy scan**
- **Bring through healing from Mother Earth, nature, and the animals**

# The Process - Step 1: Ground and Check Chakras

1. Pick one animal
2. Meditation ground and center
3. Check each chakra balance with a yes/no or an energy scan
  - a. pendulum
  - b. muscle testing

## Optimize Animal Wellness Session Guide

Date:

Name:

Clear space and ground ;)

Check Chakras for Balance (yes/no or scan each one):

Crown

Third Eye

Throat

Heart

Solar Plexus

Sacral

Root

Brachial

Overall energy scan:

## More Tips



- 1. There is no way to do this wrong, so if you're not sure- choose one of these to focus on**
  - a. one of the 7 chakras**
  - b. one of the organ or glands**
  - c. an area of body**
- 2. If you want to focus on a specific issue or emotion, that's perfect, too!**

# Meditation to Ground, Clear and Scan Chakras

1. Ground by imaging ourselves in our favorite place in nature
2. Scan our own bodies (baseline)
3. Tune in to our animals
  - a. Overall energy
  - b. Each chakra



## Step 2: Call in the Healers and the Healing Frequencies



1. **Good news! You don't have to do the healing :) All you need to do is open your heart and become the conduit/channel**
2. **We will call in all the helpers ;) Mother Earth, Nature, Animals, and our animal healing specialist guides!**

## Step 3: Allow, Observe, and Experience!



Trust and hold space for **NATURE'S** healing frequencies to come through.

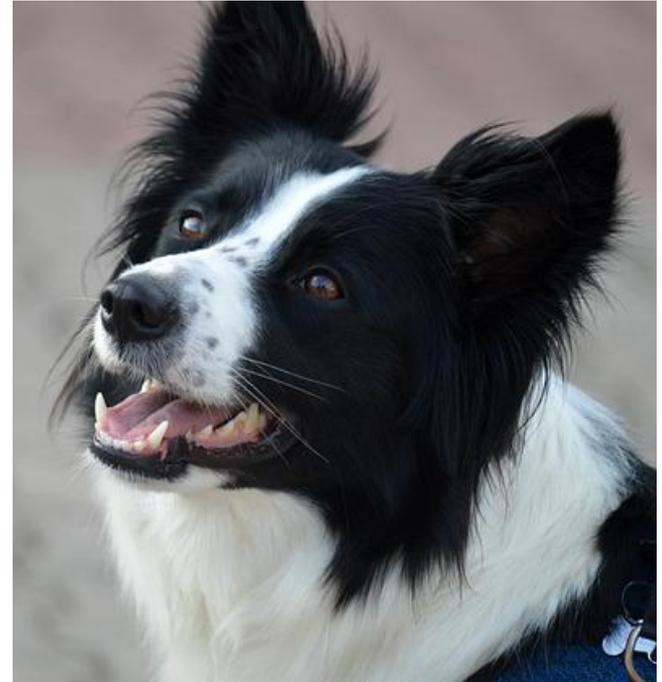
You can take notes on any images, impressions or experience.

You **don't need to actively "do" anything** other than allow, observe and experience.

## **Bonus Step**

**When the healing feels complete, you can do any or all of the following if you'd like:**

- **Ask for any messages from your beloved animals or guides**
- **Ask for any healing colors**
- **Ask for any healing crystals**
- **Ask for any other information to enhance the healing**



# Meditation to Call in the Healers and the Healing



1. Choose one chakra to focus on for the healing, set intention
2. Follow guided meditation
  - a. Call in guides- Mother Earth, Nature, Animals, Sacred Animal Healing Guides
  - b. Ask for images and information of healing in progress as appropriate
  - c. Focus on area in need of healing frequencies
  - d. Allow the healing to come through, observe
  - e. Bonus- ask for messages, colors, crystals

## Closing the Session



**Tune into the chakras and ask if all chakras are balanced**

**Ground, clear and thank your animals, nature, Mother Earth and your guides**

## More Easy Options to Rebalance Chakras



1. **Reset, balance and align chakras/organs/glands using the governing meridian**
2. **Use the pendulum to clear, neutralize areas that need attention, transforming them into vitality and health**



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I have always loved bees even before I knew...  
DEC 18 - KEIKO TM



### Niki, Our Super Savvy and Generous Neighborhood Cat!

In all my years on the farm, I have never me...  
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## Lessons Learned from Dezi the Alpaca: Parasites, Health and Stress

Parasites are the biggest threat in livestock, so I knew early on that I needed to learn how to test for them.

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### The Power of Togetherness

Star, Milano and Herd  
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### Peaceful Forest Walk with Your Spirit Horse

Enjoy a beautiful moment of peace and...  
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### Expanding Love with Our Animals

A short feel-good meditation created for...  
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My Beautiful Gentle Sweet Alina  
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