

Soul to Soul Newsletter

A Kitten's Perspective of Life



Dear Friends,

About a month ago, my sister adopted a kitten. Her name is now Freya. While visiting them last weekend, I found myself running around their home playing hide and seek, laying on my belly on the floor relishing a tender moment of paw-in-hand, whirling a fish toy on a string in the air laughing hysterically as Freya jumped like a pogo stick to catch it, and playing "find the mousie" under the covers (I was reminded it's best to have ample blankets when playing this game since little claws pouncing through sheets

scratch skin). In addition to our play time, it was so sweet to hold her tiny furry body, feel her abundant warmth and absorb the soothing vibration of her motorboat purring full throttle.

To Freya, the world is a wonderous adventure to explore with curiosity and gusto. Spending time with her was a great reminder to view the world with wide-eyed innocence, curiosity and wonder. I highly recommend looking at life's situations from this vantage point. The new ideas and possibilities that become clear can be pretty amazing.

Wishing you joy and many blessings,

Rain

Wisdom of Trees - Serenity for the Holidays



As I drove through the Avenue of the Giants, a redwood forest in northern California, this summer, a wave of deep peace permeated every cell of my being. I felt rightly small; no ego present, just peace.

Although there have been times when I have received messages from nature spirits, my connection with these Tree Beings was an energetic communion of love. No specific messages per se. Simply serenity. A very powerful experience indeed.

Like animal communication, communicating with nature is a way of deepening our understanding of all life and of recognizing the Spirit in All that Is. At this time of year when many folks are

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Follow My Blog



To "follow" my blog via email, which means you'll receive an email whenever a new post is

made, click [here](#) or, if you'd like to follow my blog via RSS Feed, click [here](#).

There is a comment button at the bottom of each blog post. Please share your thoughts and feedback. I'd love to know what you think!

[Animal Rescue Site](#)

scurrying about, often in get-it-done mode, consider taking some quiet time to BE in nature. It may be a wonderful opportunity to rejuvenate your BEing and move through this holiday with serenity.



Holiday & Winter Safety Tips for Your Animals



With lots of food, decorations, visitors and icy weather this time of year, it's important to keep your critters safe so that all can have a happy holiday season. Here are a few tips and reminders to help:

- Poinsettias, while beautiful, are toxic to dogs and cats.

- Tinsel on trees is a tempting toy, especially for young animals. If swallowed, however, tinsel can cause serious internal injuries.

- Chocolate, a holiday favorite for people, is toxic to dogs. [Read this article](#) for more details.

- Dogs are attracted to the taste of antifreeze. If consumed, the results may be fatal. Stow containers out of reach and check vehicles to ensure there are no leaks.

- Products that melt ice on walkways and driveways irritate paws and if licked can injure animals. Choose a safe alternative available at many healthy food stores or online.

- Check with your vet for a change in hours of operation over the holidays. It's always a good idea to have an emergency animal hospital phone number programmed in your cell phone, just in case.

- While some animals may love the extra visitors to their home this holiday, some may not. Commotion and loud noises can be very disturbing to some animals. Consider creating a safe, quiet area or room where animals can retreat to if they need a place of refuge.

Wishing you and your human and animal family a safe and happy holiday!

Have A Tip or Story to Share?



Do you have a favorite story about your animal? Perhaps a cute video, helpful tip or suggestion, maybe a favorite rescue story? Please send them to me to share with other animal lovers who read my blog and newsletters. Send a photo of your animal to include too!

Upcoming in 2012

Animal Communication Series

I will be publishing a FREE series on my blog in 2012 on How To Communicate with Animals. Each post will offer helpful tips and techniques. To sign up, click [here](#).

[The Animal Rescue Site](#)

provides money to rescued animals. The sponsors of the website pay for food and care and 100% goes to charity. You can help by visiting their site. It's FREE and it only takes 5 seconds. Please consider [clicking](#) on this link to help animals in need. Thank you.

Contact & Services



Animal Communication:

Have you ever wondered what your animal companion was trying to tell you? A consultation can help you understand your animal and enhance your relationship.

Soul Journey: Receive insights, guidance and healing directly from your Spiritual Guides in a Soul Journey...like a bridge that connects you more deeply with your Divine Essence.

Reiki: Experience the powerful and gentle healing energy of Reiki for yourself or your animal companion.

Mentoring: Offering personalized mentoring to deepen your intuitive abilities.

For more information, please go to my [website](#), call me at (828) 337-4686, or send me an [email](#).

Forward to a Friend

If you find my newsletter helpful, please help me spread the word to friends and family. I want to make my services available to anyone who would like to deepen their



Workshop in April 2012

Learn To Communicate with Animals. This workshop will be offered in April as a teleclass, so you can participate from anywhere in the world. Details will be announced in early 2012 so stay tuned. To see what you will learn in this course, click [here](#).

In-Person Consultations at Camp Unleashed in May 2012

Take your dog on a weekend retreat to the mountains of Asheville, NC and schedule an in-person consultation with me. For more details, click [here](#).

A Birthday Gift for You

In 2012, you will receive a special birthday gift from me. Details will be announced in January so look for that upcoming email.

relationship with their animal companions... and themselves. Thank you! Just click "Forward to a Friend" below.

Tell A Friend



Learn About Animal Medicine



I have been publishing a series of articles on my blog about "Animal Medicine" and the healing aspects of creatures great and small. If you'd like to learn more about this, please sign up for my blog by clicking [here](#).

Recent articles include:

- An Introduction To the Healing Messages from Animals
- Message from Eagle
- Message from Hummingbird
- How You Can Communicate with Animals
- Message from Tiger

YouTube Video



Watch an interview about [animal communication](#).

Having A Bad Hare Day?



I just couldn't resist this little pun ;-)

What a cutie... and such a froo-froo hair-do too.

Adorable!

Hope this photo brings a smile to your face.

Mentoring Services

Would you like to deepen your intuitive abilities, learn to communicate more deeply with your animal companions or journey for yourself? I offer [personalized mentoring sessions](#) to assist you on your path. Please contact me to discuss your needs. I look forward to being of service to you. For more information, click [here](#).