

Promises and Intentions for 2014 from Around the World!

- *Finn will be slimming down w/ Mummy. I've made it a resolution to take many more long walks with him. ~ Crystal, Maryland*
- *I promised Ivy that I would brush her teeth more. She has stank breath. :-)* ~
~ Summer, Pretoria Africa
- *My intention is to focus on healing myself and then my beloved dog will benefit 100%.*
~ Jodie, Kelowna B.C., Canada
- *I have a few resolutions but one is just for my sweet baby Susannah. I am determined to see her completely healed in 2014. I've already claimed it out loud! I need to be more mindful of my words and see her as healed; see her with fresh eyes. This needs to be 100% of the time and not just when I think of it. Patience, patience, patience is my goal. Allowing Susannah to spring forth on her own time and not mine, is essential to her coming out of her shell and trusting humans again. Allowing others to assist me is also crucial. I don't have to carry this burden alone anymore. Also, speaking to her as if she understands every word....because she does. Paying attention to her triggers and stomping those uglies with mommy's foot! Assuring her that I "got this" and I'll protect her like a mama bear - all she has to do is be happy and accept my love and together we can do this. I will also try to call her by her Indian name (which I haven't been doing), which is SPIRIT. ~ Kathleen, Louisiana*
- *I am going to really put effort into my aquarium. I never had the time before, and probably neglected my fish a little. Since we're one less family member this year, I'm going to make the little fishies' environment fabulous, all my live plants, too, including my awesome little Japanese moss balls! ~ Sarah, Florida*
- *Thanks to Ana Ana Maria, I have a new and deeper connection with my animals as well as the animals that cross my path. My intention for 2014 is to take that connection even deeper.*
~ Deb, Minnesota
- *My intention is to be able to go deeper hearing the animals in a two way conversation and letting go of my fear if not bring good enough! ~ Sharon, Maine*
- *Last year, I became aware that I was trying to communicate with a closed heart. I wanted to communicate, but I knew that they would die eventually and I didn't want the pain. But your heart has to be wide open and vulnerable. My resolution is to keep a daily diary so I can member*

the animals for a long time and take more pictures of them. The animals keep me alive so I can keep them alive! I'm going to get off my junk food kick and get more exercise, since I do have a treadmill, and DVDs of meditation, yoga, etc. ~ Cougar, Arizona

- *I am going to work on connecting to all animals with communication. I have a good start, but I am going to practice and do more communicating with them. A Dr Doolittle!!! I love using Psychometrics, I can get messages from the animals, living or crossed over, better doing this. I am going to be an animal communicator in 2014!!!! Along with my Reiki with them!
~ Jan, Arizona*
- *I am officially giving Reece's last Christmas present (a stuffed Canadian goose) to Nalu on her birthday (25th). Reece died at 8pm on the 24th. Nalu was born early am on the 25th. Reece would have been 8 years old on the 27th. I slept with her goose until we brought Nalu home in March. I figure it's time to do this in Reece's honor because she didn't want us to be alone; she sent Nalu to us. ~ Heather, North Carolina*
- *I want to remember to listen to my dogs as much as I talk to them. ~Anne, Ohio*

