



Fire Extinguisher



“Where the %\$#@ is this place!” I swore under my breath after following Google’s directions to a “T.” My frustration set off a spark that led to a flame in the back seat where one of my canine passengers was kindling for such a fire.

He sensed my stress and reacted in kind by barking. This only served to encourage me to see his paw and raise my volume in reaction to his reaction. He saw my hand and

raised his bark and so around and around we went with me pouring gasoline on a fire in an effort to put the fire out.

I can laugh about it now, but in the moment... We easily affect our animals and they us. “Feelings” are powerful projections of energy. I find humans however, are rarely aware of what we are feeling, and thus ultimately projecting.

Conversely, we can pick up on our animals feeling stressed about something and in our effort to comfort them, we are often coming from a place of concern or upset for our animal. “It’s okay Molly, they are just children, don’t be afraid they won’t hurt you.” The animal picks up her person’s feeling of concern and thinks, “Oh she is concerned about this too! She is feeling protective! There is danger!”

In my case, I was stressed and my dog picked up on that. Something is wrong with my person, she is upset therefore I need to be on guard and concerned as well.

I invite you take a moment to get in touch with your “personal fire extinguisher.” Either close your eyes or find something to lightly gaze at. It can be your animal’s fur. Now take a deep breath in to the count of three, breathe out to the count of five, keeping your eyes closed or continuing to lightly gaze at the fur or a spot on the floor. Become aware of your shoulders. Are they feeling tight, are they relaxed, can you relax them further? Feel the calm, your center, your still point, your fire extinguisher.

The animals remind us to take the time to sense what we are feeling, what we are projecting. Are we playing a part in what is occurring in our interactions? Are we being truly helpful if someone is stressed or afraid if we allow ourselves to be drawn into and react to that energy? Perhaps it’s time to learn the benefit of our personal fire extinguishers.

In kinship,
Patty



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Online Animal Communication Workshops

Level 1: Feb. 17 - March 6, 2018

Level 2: March 24 - April 17, 2018



“Coming Back to the Table” An Online Workshop

Presented by Patty Summers

Awaken your forgotten abilities to communicate with the animals through an understanding of what animal communication is and how it works. Add to it some basic exercises to get you started into the magical world of talking with the animals.

This course includes presentations focusing on what animal communication is, “how to” steps, a guided meditation, two practice sessions with feedback, and two group teleconference sessions.

Dates: February 17 - March 6, 2018
Activities are self-paced.
Cost:* \$169

<http://psanimal.com/workshops.html>

Or call the office at 434-821-3612 or email at summers@psanimal.com to register and/or receive more information about the class.

*All course fees are non-refundable unless the course is cancelled. Monies are transferable towards a future course or workshop within the same calendar year.



“A Step Deeper” An Online Workshop -- Level 2

Presented by Patty Summers

You have opened the doors to your ability to communicate with the animals. Now it's time to enhance your ability a step deeper with more extensive communication practice. Improving and growing your listening skills is critical to communication.

In this course you will discover methods on how to improve your listening skills as well as gaining clarity on how to express yourself more clearly. You will also gain some useful tools to help out when communication alone is not quite enough.

Dates: March 24 - April 17, 2018
Activities are self-paced.
Cost:* \$200

<http://psanimal.com/workshops.html>

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We have partnered with Etsy's LifeWithDog, a local Virginia company, to bring PS Animal T-Shirts and Sweatshirts back with a design that embraces our vintage artwork while maintaining your option to select an animal's words of wisdom for the back of the t-shirts. Check them out by following the link on our Products page or visit their Etsy site directly.

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