

Free Ebook

**3 TIPS TO
ENHANCE
HARMONY WITH
YOUR ANIMALS
UPON YOUR
RETURN HOME**

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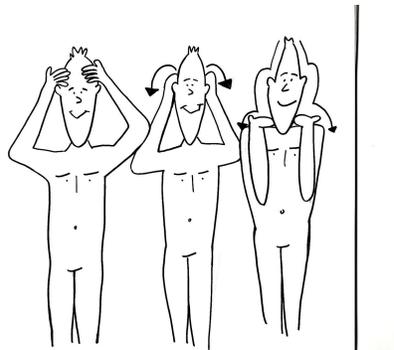
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We are gone most of the day and our animal companions are looking forward to our return. They are always so happy to see us! But sometimes we don't pay attention to them or very briefly and they are disappointed which is sad by itself but sometimes can lead to them acting up. Here are 3 easy to follow tips which will create beautiful harmony between you and your animals.

1/ **Let the stress outside.** If you come home all stressed and preoccupied there is no space for quality time and happy greetings with your animal companions.

- ★ Use the drive home or commute to relax: listen to soothing music, read something distracting, do deep breathing.
- ★ Before entering your home do some relaxing exercises. If you don't know any here are two short and easy to do energy exercises:

To calm yourself down smooth behind your ears: start with your fingers in front of the ear opening, move up to the top of the ears and then around and down the back of ears, down the neck until you reach the shoulders. Repeat a few times.



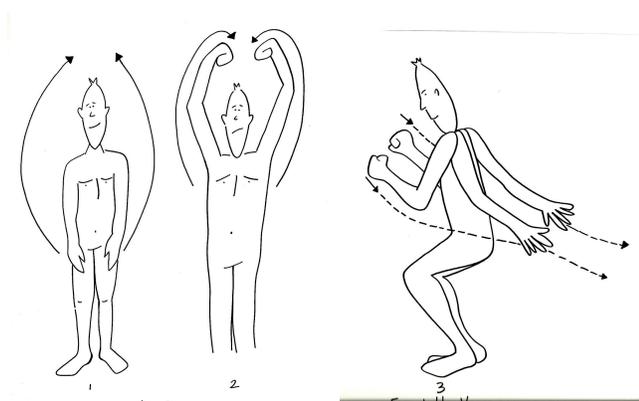
To get rid of unwanted energies collected during the day

Stand with your hands on your thighs, fingers spread and take a deep breath. When you exhale make a “Shhh...” sound. Inhale deeply, swing your arms to the sides and bring your arms above your head. Turn your hands around so that the palms are facing you and make fists. Exhale making a “Shhh...” sound and bring your fisted hands down swiftly, opening them as they drop near your

thighs.

Think about what stressed you and repeat at least 3 times. Repeat till you feel

stress dissipates. On the last one open your hands and release slowly.



2/ When you walk in the door: be present

They have been waiting for you, animals usually know when their guardian is coming home. They are so looking forward to seeing you.



- ★ Don't be on the phone as you are walking in the door: return urgent phone calls or answer urgent emails before coming home.
- ★ Acknowledge them as you enter, talk to them, pet them.
- ★ Be at least 15 minutes without using electronics or putting the TV on, give them undivided attention.

3/ Establish rituals:

Observe what your animals do the next time you come home. Do they lie at your feet signaling that they would like to be petted? Do they bring their favorite toys? Something else? Once you figure out what they want, establish a ritual doing what they are craving.

I have 2 cats: Asia and Cannelle. When I come home we do a bed snuggle. I go to my bedroom and say out loud "bed snuggle, bed snuggle" and they both come running , jump on the bed and we snuggle for a while with a lot of petting and head butting.

If you follow those tips you will deepen your relationship with your animal companions and it will feel good to them and to you.

If you have any questions or if you want to tell me about your rituals email me at mariechristine@animaltalkandhealing.com.