

# **Your Free Gift!**

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### **The 8 Essential Tools of the Trade**

Over the past two decades I have discovered that working with certain tools or objects can enhance an Animal Communication experience and create a clearer connection.

Before each practice session, I follow the steps below and have developed a routine that magnifies the vibrational energy of the pets I want to communicate with.

You may follow these steps exactly as I have listed below, or add one or two of them to your routine if you already know how to make the connection.

I suggest you try different tools or items that are sacred to you or items that have a powerful or special meaning to you as well such as crystals, essential oils, drumming, etc.

It is fun to experiment and try new tools as you begin your Animal Communication journey.

# The 8 Essential Tools of the Trade

**Quiet Space**

**White Candle**

**Sage or Palo Santo**

**Crystals & gem stones**

**Water Fountain**

**Meditative Music**

**Hydrate**

**Protection Prayer**

1. **Quiet Space:** Select a quiet place where you will not be disturbed. Remove cell phones, ticking clocks or anything that will distract you.
2. **White candle:** I begin by lighting a white candle which represents spiritual purity, divinity, peace, goodwill, angelic energy, and cleansing.
3. **Smudge with sage or palo santo:** I smudge my office space with white **sage or palo santo**. Smudging is an ancient ritual that dates back to the Druids and Native American cultures. **White sage** is traditionally used in clearing spaces and **palo santo** is a wood from the South American coast and is related

to frankincense and myrrh. It is believed that the smoke from smudging removes negative and unwanted energy from an object or a place. It cleanses the area and raises the vibrational level of the space.

4. **Crystals and gem stones:** There are many powerful crystals and gemstones you may use to enhance a communication session. Some of my favorites include amethyst, quartz, lapis, obsidian, labradorite or any other that has special meaning to you. Cleanse your crystals or gems and charge them in sunlight or moonlight to activate their powerful energy.
5. **Water fountain:** After smudging I create more energy with a water fountain. Water is a great conductor of energy and the soft, gentle sounds are soothing, inspiring and calming.
6. **Meditative Music:** When I first learned how to connect with the animals I found it difficult to concentrate. By playing very soft, meditation music during a practice session, I was able to relax my mind more quickly. Try communicating with music and then without music and see which way is easier for you.
7. **Hydrate:** Any kind of intuitive work will burn your energy. Be sure you are staying hydrated during a practice session. Decaffeinated green tea or filtered

water are preferred. Avoid any type of caffeine as it can make you anxious or jittery during a practice session.

- 8. Prayer for protection:** Always say a prayer of protection before any Animal Communication practice session. Just as there are positive and negative people, there are positive and negative energies around us. Citing a simple protective prayer will draw only positive energy during a practice session.

You may use your own words or prayer or my favorite:

***“As we enter into this sacred space,  
I invite,***

***(say animal’s name)***

***energy to join me as I surround us both  
in Divine Light.***

***I ask that the messages I am about to receive,  
be of the highest possible vibration,  
serving the highest and best good for all.***

***I call upon the angels, Archangels, and my spirit  
guides to keep our energy separate and safe.***

***Thank you for allowing this blessing of communication.”***

Now that you have these 8 essential tools of the trade, you are ready to go! If you have any questions about these powerful tools just send me a note.

Karen Anderson  
karen@karenanderson.net