



## ONE- to -ONE Online Training

Deepening your connection with yourself paves the way for authentic communication between you and your animal friend. I am here to help you gain a holistic understanding of yourself which in turn, will make it possible for you to attain a deeper connection with the animals in your life today.

Since 2016, I have worked with numerous people on this fascinating journey through online training sessions via Skype. Wherever you are in the world, we can have meaningful conversations and productive sessions. I consider myself a polyglot and I can speak fluently with you in these languages: Dutch, English, German, and Swiss German. My specialty is communicating on a deep level with animals, sending healing energy and guiding animals and owners through the last phase of the animal's lives as animal communicator and psychotherapist.

### You will achieve these goals in our training:

- A true sense of self as you find your core when you deepen your self-connection
- Higher level communication and comprehension with your animal friend
- Discover your unique healing energy which you can pass to your animal if needed
- A fulfilling life with your animal friends, united in your thoughts and emotions
- Find peace as you feel grounded within yourself and with Mother Earth
- Feel Mother Earth and discover her nature and her connection with you
- Grasp true mindfulness, focusing on being in the present moment all the time
- Meet your spiritual animals and embrace your awareness of them
- **Learn your protocol** to start your communication
- Widen your understanding about Chakras of humans and animals
- Enjoy direct and genuine communication with your animal and hear his/her answers
- Hear and enjoy deep meditations where you connect with yourself and with animals on different levels
- Deepen and explore your inner communication with your Higher Self

### What to expect in our sessions:

- **Duration: 5 months**
- 2-hour sessions (1 session each month)
- You will have homework to keep track of your progress  
(Integration of lessons learned)

- Personal guidance through e-mail and Skype sessions

**Take the first step with me in our first session!**

### **1st Session: Connecting with Yourself**

It's all about YOU in our first session. I will guide you in delving deeper into your core so you can answer these questions and learn more about yourself:

- Who am I? Do I feel the right connection with myself?
- What are my resources?
- What are my fears?
- Meditation: ***"Connection with Yourself"***
- What do I want to learn? What needs to be strengthened within me?
- What areas do I want to improve on?

**In this part, I will help you master these skills:**

- Sharpen your awareness and focus on the essence of the moment
- Connect with your energy and feel it flow within you
- Nurture your own energy so when you connect with your animal's energy later on, you can maintain and save your own
- Get started with **trusting yourself**; this will be developed throughout the next 4 sessions

### **2nd Session: Deepen Connection with Yourself**

This section will comprise of activities that will help you strengthen the connection you have established with yourself in the first session.

- Optimize focus and connect deeper with yourself
- Embrace the present moment and its potentials
- Meditation: ***"I am"***

**Your mind will be awakened in this session. Let me help you explore these areas:**

- Let go of negative energy and beliefs
- Connect with your higher self
- Powerful and meditative breathing
- Relish your unique personal energy
- Explore the best way to connect with your animal friend

### **3rd Session: Connect with Your Spiritual Animal**

You will be prepared to explore avenues to connect with your animal friend in this session. Let me help you as you tap the enchanting spiritual animal within yourself.

- Meditation: ***“Connection with Your Spiritual Animal”***
- Your spiritual animal will guide you with your sessions with animals

**In this session, we will solidify your knowledge by learning these valuable skills:**

- Learn to write your own protocol
- Figure out how to activate your own energy
- Study: *My Energy and the Animal’s Energy*
- Cleanse your energy field
- Perform an essential ritual

#### **4th session: You, Animal and Nature**

You will be guided in awakening your inherent connection with yourself, animals and Mother Earth herself.

- Meditation: ***“Connection with Mother Earth”***
- Perform a grounding exercise/technique
- Theory about Mother Earth
- Discover chakras human/animal/Mother Earth
- Animal connect vision video

**This session is unique - I can guide your starting steps on your vision way! You can integrate your animal and Mother Earth into your dream that gets reality.**

- I will teach you the concept of **praxis** - a deeper connection with your animal or another animal by only using a picture.
- Explore what’s important for you when you feel connected with yourself and your animal friends
- Enhance your true perception of your animals and your integration to nature in order to achieve deeper connection with yourself, your animals, Mother Earth, and the entire universe.

In this significant 4<sup>th</sup> session, you will learn how to start your own connection session with your animal friend or other animals. You will find out how to close the session as well. We can build up on this session in another setting. I can guide you in follow up sessions to live your vision.

#### **5th session: Uniting Yourself, Your Animal and Your Healing Energy**

Reaching this stage is a delight! The fifth session will make your journey to enlightenment more profound and relevant to your current life. You have come full circle now; I will dedicate my efforts in helping you find your own healing energy, so you can help your animal friends, too!

- Meditation: ***“Healing Energy”***  
(This meditation will be created especially for you.)
- Are you interesting in connecting to your healing energy?

**(This might require more sessions. Feel free to talk to me about your desire to do so.)**

- Understand what healing energy is all about
- Do you feel your healing energy?

**This final stage will be about genuine connection. I will help you strengthen your connection within you and with your animals and nature.**

- Connect with your animals and with other animals via photos
- Go through your protocol and communicate with your animal friend to find out his/her current state. This can lead you to effectively giving healing energy when needed.
- Ask questions and deeply acknowledge and honor your path to connecting with yourself, your animal friends, and Mother Earth
- **Receive your certification and celebrate!**