



Newsletter

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Karin Gose

Animal Communication Specialist
Healing Arts Practitioner

Office Hours: Monday-Friday, 1-8 pm.

If necessary, other days and times can be arranged for appointments.

Phone Numbers: For information, to schedule an appointment, or to register for a class, 765-860-4336.
For scheduled appointments ONLY, 765-452-9197.

Mailing address: P.O. Box 6436 **Email address:** info@karingose.com **Website:** www.karingose.com
Kokomo, IN 46902

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News & Updates

Holiday prize drawing and newsletter survey:

Thanks to everyone who participated in the survey and prize drawing. The winner of the \$50 gift certificate was Jane Howard of Indianapolis, Indiana.

I received a lot of great suggestions for FAQs, topics, and feature stories for the newsletter. I will use your suggestions in this and future issues. As requested, I will start including some information about the various healing modalities that I offer. This issue features emotional clearing. If you have any additional suggestions for stories, topics, or FAQs that you would like to see included in a future issue, I would be happy to hear from you.

The 2008 workshop schedule:

With this newsletter I am announcing the dates for classes and workshops for spring and early summer. Details can be found on page 4-7 and on the website. This addition of the newsletter includes an in-depth description of several classes. Additional dates and classes will be added later in the year.

Hosting a Class or Workshop

I will travel to your area and present any of my classes or workshops at your home or facility. The sponsoring individual or host will receive one free registration for the workshop. If interested, please call or email me for more information.

What is Emotional Clearing?

Emotional clearing for you or your animal companion is an energy balancing session that includes esoteric healing and Reiki combined the intent to release and clear emotional blockages.

When a person or animal experiences an emotional upset or trauma, feelings such as anxiety, fear, anger, abandonment, etc. are often stored or trapped in the physical body. If not released, these emotions can remain in the body's cells and can continue to impact a person or animal's physical, emotional, and mental health. The emotional clearing helps the body's cells to release the negative feelings caused by the emotional trauma that are stored within the body. They help the person or animal get in touch with their issues, process them, and release them.

For people, emotional clearing sessions can be helpful in many situations, including:

- during or after a physical injury or illness
- a time of emotional or mental stress
- a death in the family, animal or human
- while experiencing any major life transitions
- when healing past emotional or physical traumas

For animals, emotional clearing sessions can be helpful in many situations, including:

- a physical injury or illness
- a death in the family, animal or human
- separations or family members leaving home
- animals that have been emotionally or physically abused in the past
- rescue animals or animals that are living in a new home
- animals with behavior or emotional problems

Feature Story of the Month

An Emotional Healing for Bindi Sue

This month's feature story will illustrate how emotional clearing can resolve the effects of a traumatic situation. The story is about a little, 20 months old, tri-colored sheltie named Bindi Sue who lives in Kentucky with her human companion, Shirley. When Bindi was 9 weeks old, she left her mommy and her breeder's home and went to live with her new family. Unfortunately, she had a very traumatic few days with her new family. Twice, the two springer spaniels that also lived in the home attacked Bindi. Bindi had two very severe bite wounds, one on her head and one on the back of her neck and shoulders. After the attacks, Bindi was returned to her breeder to find a new, safer home. After only a few days back with her breeder, Bindi went to live at her forever home with Shirley and her human and canine family. Bindi Sue and Shirley were both so happy to have found each other!



Bindi Sue

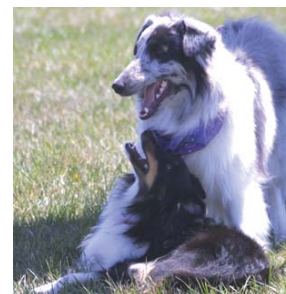
As Bindi began her new life with Shirley, it included training for the rally obedience and agility competitions that Shirley loves to do with her dogs. However, as Bindi got older, Shirley began to notice that Bindi was having more and more problems being out in public around strangers. Bindi became afraid of people and as a result, competing in agility and rally became very challenging. Bindi loved training and competing, but she was just too afraid of the people and the noise. Also, Bindi was having difficulties when Shirley would take her to visit other family members. Bindi was so nervous that she would hide from all the people.

Feature Story of the Month Continued

Last summer, Shirley called me and scheduled a consultation for a talk with Bindi to find out why she was so afraid. Bindi told us all about the attack when she was a puppy and how afraid she was. One of her most vivid memories of the attacks was of the people running towards her and screaming very loudly. The memories of the sounds of the people screaming and running towards her and the dogs biting her were all part of Bindi's present day fears. Our talk with Bindi gave Shirley a much better understanding of Bindi and her fear issues, but it was not enough to help Bindi recover from them. Also, Bindi had reached a point where she was no longer able to successfully compete in agility. When she would see the judge in the ring, she would be afraid and shut down. Shirley continued to try to retrain and socialize Bindi, but it wasn't helping. Shirley was very worried and didn't want Bindi to have to live her life in constant fear.

Then, in December, Shirley called me again to ask what else we could do to help Bindi. I recommended that we try some energy balancing and emotional clearing sessions to help Bindi permanently let go of her trauma that was causing the fears. Since Shirley lives 4 hours away from me, all of our sessions were distance energy work. They included esoteric healing, emotional clearing, CranioSacral therapy and Reiki.

During Bindi's first session, we did esoteric healing and emotional clearing. Bindi released a lot of negative emotional energy from her neck where she had been bitten by the dogs. She also released a lot of anger. After the session, Shirley noticed that Bindi's shyness around strangers was improving and she was beginning to believe that people were good. They also started having some success at the agility trials and they earned their Excellent Agility Jumper's title!



Bindi with a friend

A couple weeks later, Bindi had her second session. Now that she had released so much of the emotional trauma, I was able to do a lot of distance CranioSacral therapy to correct some of the physical trauma to the injured areas. Two weeks later, we did Bindi's third session. This time she released a lot of sadness from her heart center that was a result of the emotional trauma. Also, we began doing esoteric healing at a soul level to help Bindi be more fully connected with her soul energy. During this time period, Shirley continued to work with Bindi every day to retrain and re-socialize her and help her to learn to be around people in a calm and happy way.

Today, after our three sessions, Bindi is doing so much better! Now, when Shirley takes Bindi out for a walk, she looks at the people and goes up to them to ask for a treat instead of trying to hide from them. When Shirley takes Bindi to visit family, Bindi will visit with family members and then sit by Shirley's feet instead of hiding. And, they are having so much fun at the agility trials! At the trials, Bindi is happy and "running her heart out!" Just last week, Bindi earned her Excellent Standard Agility title.

Shirley says that one of the best things about the healing work is that Bindi has found her "voice". Before the healing work, Bindi was very shy and hardly ever barked. Now she barks like a strong and brave dog! Shirley describes Bindi as a much happier and more confident dog. She says that it is so nice to have a dog that isn't afraid of people, dogs, or new things!!!

For me, it has been such a joy to watch Shirley go through the healing process with Bindi. Shirley did everything she could to help Bindi recover from the trauma. In the process, Shirley has learned so much about natural healing and communicating with animals. Shirley has learned how to "tune in" to Bindi and listen to what Bindi feels and needs. Bindi has also learned to communicate to Shirley what her needs are---and Shirley hears her! There is nothing more gratifying for me than to watch someone learn how to communicate with animals and truly listen to what they have to say.

Classes & Workshops

Energy Balancing & Reiki I

Purpose of the Class:

This workshop will introduce the concepts of Reiki, natural healing, and energy balancing. In addition, it will introduce the specific techniques and skills necessary to begin to learn how to do basic hands-on healing with your family, friends, animals, and yourself.

What you will learn—through lecture, class discussions, and in-class exercises:

- Learn to recognize what healing is all about.
- Learn the value of centering and grounding and practice the techniques.
- Learn to recognize what energy and chakras are and that they can be accessed and manipulated.
- Be able to define Reiki.
- Be able to appreciate the origins of Reiki as a sacred gift.
- Be able to list the benefits of receiving a Reiki treatment.
- Be able to identify the significance of level I Reiki.
- Be able to demonstrate hands-on Reiki techniques with people and animals.
- With additional practice at home, be able to apply your new hands-on Reiki skills with your family, friends, animals, and self.
- Understand Reiki attunements and receive the attunements appropriate for level I Reiki.

Prerequisite: None.

Class size is limited to 5 students.

Workshop fee: \$125. (Includes a class manual.)

Date: Saturday, April 26, 11 am-6 pm.

Location: Kokomo, Indiana.

Energy Balancing & Reiki II

Purpose of the Class:

This workshop will enable you to perform emotional, mental, and distance Reiki healing and receiving the Reiki II attunements will significantly increase your Reiki healing power. It will introduce more detailed concepts related to discerning energy. In addition, it will introduce the specific skills and techniques required to be able to begin using your Reiki skills to assist others beyond your friends, family, animals, and self as a beginning Reiki practitioner.

What you will learn—through lecture, class discussions, and in-class exercises:

- Be able to grasp more detailed concepts regarding the energies of the body, such as chakras and auras.
- Learn to interpret the different chakra and energy patterns of the body.
- Learn to understand the manifestation of dis-ease as it relates to imbalances in the physical/etheric, emotional, and mental bodies.
- Comprehend the concept of alignment and attunement and to be able to apply these techniques in your Reiki practice.
- Be able to identify the significance of level II Reiki and acquire the knowledge and skills to begin to practice emotional, mental, and distance healing.
- Review the significance of Reiki attunements and receive the attunements appropriate for level II Reiki.
- Learn methods, concepts, and principles to competently and ethically conduct a meaningful Reiki session with a client, friends, family, or animals.
- With additional practice at home, be able to use their Reiki skills with clients as a beginning Reiki practitioner.
- Become aware of and meet your spirit guide that will assist you in your Reiki practice.

Prerequisite: Reiki I (by any teacher).

Class size is limited to 5 students.

Workshop fee: \$125. (Includes a class manual.)

Date: Saturday, June 7, 11 am-6 pm.

Location: Kokomo, Indiana

Totem Animals

Purpose of the Class:

Ever since ancient times people have connected with all of Nature around them and consulted Mother Earth's beings for wisdom, guidance, and healing. This workshop will introduce the concept of totem animals: what they are, which animals are your totems, and the significance they have in your life. During this course, the students will learn how these beings are here to teach them valuable lessons, help them understand their oneness with the Earth, give meaning to their lives, and offer them wisdom, guidance, & healing.

What you will learn--through lecture, class discussions, and in-class exercises:

- Be able to define what totem animals are.
- Be able to define other related terms and concepts.
- Learn to appreciate the history, cultural significance, and sacredness of totem animals.
- Understand how specific totem animals are identified to an individual.
- By participating in a sacred, card drawing ritual, discover the identity of your totem animals.
- Using reference materials provided, independently research your totem animals and their relationship to you.
- Comprehend the different methods of honoring totem animals.
- With continued practice at home, be able to develop the ability to call up the totem animals' energies for support, assistance, guidance, and protection.

Prerequisite: None.

Class size is limited to 12 students.

Workshop fee: \$125

(Includes a set of animal medicine cards and a reference book)

Date: Saturday, June 14, 1-5 pm

Location: Kokomo, Indiana

Basic Animal Communication 1

Learn techniques to communicate with your animal friends!

Purpose of the class:

This workshop will introduce the concept of animal communication, what it is, and how it works. In addition, it will introduce the specific techniques and skills necessary to begin to learn how to actively participate in the realm of animal communication.

What you will learn--through lecture, class discussions, and in-class exercises:

- Be able to define what animal communication is.
- Be able to comprehend how animal communication works for both animals and people.
- Be able to identify the skills needed for basic telepathic communication and communication with animals.
- With continued practice at home, be able to begin to develop and apply these telepathic communication skills.

On Day 2, you may bring an animal friend, but only if the animal will be comfortable in strange surroundings and will not be a distraction to you or others. All animals MUST be on a leash or in a carrier. If you do not have an animal friend or if you do not want to bring one, other animals will be available. You may also bring photographs of your friend. Photos are equally as effective as a "hands-on" experience for learning animal communication techniques.

Prerequisite: None.

Class size is limited to 12 students.

Workshop fee: \$170

Dates: Saturday & Sunday, July 12-13, 1-5 pm (This is a two day workshop.)

Location: Fishers, Indiana

Call, email, or mail the form below to register for a class or workshop.

Class/Workshop _____ Date of class _____

Name _____ Phone number _____

Address _____ City _____

State _____ Zip Code _____ Email _____

Credit Card Type _____ Number _____

Expiration date _____ Amount Paid _____

A deposit of 50% is required to register. Payment can be made by Visa, Master Card, check, or money order. Full payment is due 2 weeks before the class. At that time, no refunds will be made for cancellations. A credit for a future workshop will be issued. Mail this form with workshop fee or deposit to: Karin Gose, P.O. Box 6436, Kokomo, IN 46902.