



Newsletter

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March/April 2008

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News & Updates

Workshop Updates:

- The complete 2008 classes & workshop schedule is available on pages 5-10 of this newsletter and on the website.
- There are only 2 openings left for the April 26th Energy Balancing plus Reiki I Workshop.
- There is only 1 opening left for the June 7th Energy Balancing plus Reiki II Workshop.
- The July 12th & 13th Basic Animal Communication 1 workshop will be located in Fishers, Indiana.

New Lecture/Presentation - "Communicating with Animals is a Real Thing & Anyone Can Do It!"

I have a new lecture/presentation available for your club, organization, or group's event. It is an entertaining presentation on how animal communication is a fun, easy, and real thing that anyone can learn how to do. The presentation includes a very short lecture, lots of fun stories, and group exercises to illustrate how everyone already communicates telepathically. Call me if you are interested.

Feature Story of the Month

About Katie

The feature story this month was inspired by and co-written by Katie. Katie is a cat who lived in her most recent Earth body from 1984 to 2006. As you can see, she lived to a very old age of 22 1/2 and she is very proud of that!!! Katie was featured in two previous editions of the newsletter, the first email edition of the newsletter in March of 2005 and again in June of 2005. Both can be seen on the website. (Katie said to add that in!)

Katie has been planning this story with me for a long time. Her goal is to bring humans a better understanding of dying, death, and beyond. She wants to help us all let go of our fears surrounding death and see it as the natural, wonderful event that it is. (Although, she will admit that the process is not always easy!) Even though we grieve for who our animal friends used to be and the loss of their physical presence, we can learn to honor their dying, their death, and their continued life.

I met Katie in 2002 when her human family called me for a consultation. I did not know then that Katie would turn out to be my friend, one of my greatest teachers, and one of my partners in work. Even though Katie is no longer living in her Earth body, she helps me with all of my classes. She calls herself the "director of energy" for all the classes! In addition to all her other jobs with me, Katie is a collaborator for some of my writing projects, including this month's feature story.....

What It's Like to Die

-A perspective on dying, death, and beyond from a cat named Katie

When I first meet Katie, she was 18 years old and was in the earlier stages of kidney disease, so the topic of her health and death would come up occasionally. At that time, Katie was strong enough that the process of dying was just a concept, something to talk about. She told me, "When it is time for me to leave my body, it will be quick, easy, and no big deal." As Katie got older, her kidney failure was very hard on her body and she had severe arthritis in her back and hips. However, Katie was very busy helping her human companions, Kay and Larry, learn all about communicating with animals, Reiki, and other spiritual areas. The more they learned, the more Katie wanted to stay longer and continue to help them. She was busy helping me teach Reiki and animal communication classes, too. She didn't care how hard it was on her physical body. She had work to do and she didn't want to leave yet!



Katie's 22nd birthday party!

By the time Katie celebrated her 22nd birthday, we all began to worry about her more and more. She was determined to stay and work, but her body was getting weaker and weaker. At the same time, she began to get more mentally confused. Katie says, "By that time I lost my perspective. I was completely focused on staying and helping Kay and Larry no matter what. I had forgotten that I would be able to help them after I left my body. I thought I had to stay to be able to help them." Even though I reminded her of that at the time, she wouldn't hear it.

Eventually, when Katie was 22 1/2 years old, her body could not function any longer and it was time for her to leave. Katie, Kay, and Larry all agreed that it was time and made preparations for Katie to die an unassisted death at home. Well, that didn't happen as easily as planned. A couple months went by and Katie was still here and in her body. As much as all three of them wanted it to happen now, Katie's

Feature Story of the Month - continued

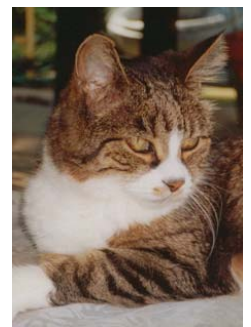
physical body was not cooperating and Katie was having more and more difficulties. The actual act of dying can take a lot of energy and can be very hard to do. Katie's body was so worn out that she didn't have the energy to make it happen on her own. Katie, Kay, Larry, and I all had one last conversation together and the four of us made the decision that it was time for Katie to have some help with her transition. The next day, October 25, 2006, with some gentle help, Katie left her Earth body.

Recently, I asked Katie what she remembers about the time period right before her death. Katie answered, "Not much." I asked her if she could tell us what she does remember and what it was like for her before her death. (Katie has a lot to share with us!) She said, "I remember the love and care from Kay and Larry. It was like a warm blanket of love enveloping my body and soul." I asked her if she was in pain at the time. Katie said, "Yes, some, but it didn't matter. That wasn't who I was—it just happened to my body. I was dying. I was in some pain, but I was filled with love from Kay and Larry and all my other friends and family. I was like a sponge soaking up all the love. When the sponge was full, it was time to leave, but my body wouldn't cooperate and I had to have some help. I didn't mind leaving my body with help. It didn't really matter, but I was a proud kitty and didn't like to ask for help with anything."

Next, I asked Katie what she could tell us about the day she died. She said, "I was very sleepy and not too aware of things. We all said our good-byes. (Really it is just saying 'see you later'!) The next thing I remember is a little stick and then I left. I gently floated out of my body. For me, that part was very easy. It was as easy as if you are a balloon on a string and someone lets go of the string and the balloon floats away. When I was floating away from my body, there were spirits surrounding me--animals, humans, and angels, all helping me as I floated. Then I felt like there were white, flying clouds of energy all around me. The energy was Love, Peace, Joy, Bliss, Om. I was happy. Everyone was happy. It was a great day. Not too long after that, I visited all of my family and friends to tell them I was happy and alive. It was even easier to do than when I was in my old body!" Later, many people told Larry and Kay that they felt Katie's presence as she came to visit them that day. I sure did!

Katie continued to talk more about dying. She said, "It was like being in a soft flower bed that is planted with all of Life, all of Love, all of the Earth, all of Nature, all of Spirit. All of that surrounds you and envelopes you and your body. Then your soul slips away from your body, gently and peacefully. It is bliss. There are also helpers there for you and you get to greet your family. Then there is a reorientation stage and a healing stage. After that, you get back to work and you can know everything, see everything, be everything and love everything."

Now that I'm here, I can help Kay and Larry and the rest of my family even more than I could in my body. I am very busy. Kay and Larry have learned more about communication and how to communicate with me at a deeper level. Now, they are both very good at hearing me--better than when I was in my body! We are all busy with healing work, too. I am helping Kay strengthen her healing skills and I am helping Larry learn about Reiki and develop his healing skills"



Katie

Katie has a very important message for all of us. She says, "It is all about Love, you know. And, helping people remember who they are. They need to be reminded that they are Love, they are Spirit, and death is not real. Death is like moving to new house, a bigger and better house that is filled with love and sunshine and warmth all day. What I want to tell everyone is this---learn to experience the Oneness of all life and all forms. That is what is important. Your animal and human friends are here with me. They are always here to help you, to guide you, to protect you, and to talk to you as you learn and begin to remember who you really are. Always remember that you are Spirit; that we are all Spirit; we are all One."

Quote of the Month

Life in the Clouds

*Gentle breeze, gentle wind
Blowing softly over my soul,
Bringing peace, bringing love, bringing me home
Back to the place of my birth.*

*Stronger breeze, stronger wind
Blowing firmly over my soul,
Bringing strength, bringing health, bringing me home
Back to the place where I can do my work and live my life.*

*Warm sun, shining on me now
Glowing brightly over my soul,
Bringing light, bringing wisdom, bringing me home
Back to the place that I love.*

*The place where I can bring love, bring strength, bring wisdom,
To those I love on Earth.*

--by Katie, a tabby cat

Book Review of the Month

For more information on this month's topic, there is a new book out by Penelope Smith called *Animals in Spirit*. This book contains a lot of different stories that are similar to Katie's story. Also, it includes discussions about many related topics: animal awareness of life and death, human influence on the animals' dying process, letting go and euthanasia, animal choice and purpose, guilt and grieving, messages from departed animals, animals returning, and contacting your animal friends in spirit.

The book has an important message about how learning to communicate with your animal friends can keep you connected with your animals throughout the dying process, death, and beyond. Instead of feeling detached and isolated from your animals during this time, you can learn to share in a spiritual communion with them during this time that can enrich and uplift your life.

Classes & Workshops

Totem Animals

Purpose of the Workshop:

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 fun and enlightening 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.

Here is what you will learn--through lecture, class discussions, and in-class exercises.

You will:

- 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: \$105 (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 & 2

Purpose of the workshops:

These workshops 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.

Basic Animal Communication 1

Here is what you will learn--through lecture, class discussions, and in-class exercises.

You will:

- 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.

Prerequisite: None. **Class size** is limited to 12 students.

Workshop fee: \$170 (This is a two day workshop.)

Dates: Sat. & Sun., July 12-13, 1 - 5 pm. **Location:** Fishers, Indiana

Sat. & Sun., Nov. 1-2, 1 - 5 pm. **Location:** to be announced (Indy or Kokomo)

Basic Animal Communication 2

Here is what you will learn--through lecture, class discussions, and in-class exercises.

You will:

- be able to grasp how animal communication works beyond the basic skills;
- increase and expand on the skills, understanding, and sensitivity used in animal communication;
- be able to apply more complex questions and interactions with the animals;
- receive validation for their animal communication skills that you have been learning.

Prerequisite: You must have previously attended a basic animal communication workshop with Karin, or with permission, you may take the class if you have taken a basic animal communication workshop with another professional animal communicator. **Class size** is limited to 12 students.

Dates: To be announced. (This is a two day workshop.) **Location:** Kokomo, Indiana

Energy Balancing plus Reiki I

Purpose of the Workshop:

This is the introduction to the three part series of Energy Balancing and Reiki workshops. While each workshop is complete in itself, a person who completes the entire series will be qualified to be a Reiki Master and will be able to channel significantly more healing Reiki energy.

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.

Here is what you will learn—through lecture, class discussions, and in-class exercises.

You will:

- 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.)

Dates: Saturday, April 26, 11 am - 6 pm

Saturday, September 6, 11 am - 6 pm

Location: Kokomo, Indiana

Energy Balancing plus Reiki II

Purpose of the Workshop:

There is an exciting workshop in that it not only enables you to perform distance Reiki healing on an emotional, mental, and/or physical level, but also by receiving the Reiki II attunements, you will significantly increase your ability to channel Reiki healing energy. 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.

Here is what you will learn—through lecture, class discussions, and in-class exercises.

You will:

- 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.)

Dates: Saturday, June 7, 11 am - 6 pm

Saturday, October 11, 11 am - 6 pm

Location: Kokomo, Indiana

Energy Balancing plus Reiki III

Purpose of the Workshop:

This important workshop will serve as a key ingredient to integrate all of your previous Reiki energy into becoming a Reiki Master. It will allow you to channel a significantly more powerful healing energy to your clients, both humans and animals. This workshop will introduce you to specific techniques and methods of practice that will enable you to positively balance a client's energy and chakras. In addition, you will learn the skills necessary to pass Reiki attunements on to others. If desired, with additional study and practice you will be able to become a Reiki teacher.

Here is what you will learn—through lecture, class discussions, and in-class exercises.

You will:

- be able to grasp more detailed concepts regarding the energies of the body, such as minor chakras and meridians;
- be able to identify and analyze energy imbalances;
- be able to properly apply basic energy balancing techniques;
- be able to identify the significance of level III Reiki and acquire the knowledge and skills to begin to practice spiritual healing;
- receive the attunements appropriate for level III Reiki;
- acquire the skills to begin to integrate the energies of all three levels of Reiki healing;
- be able to apply your Reiki skills as a new Reiki Master;
- be able to comprehend the significance and sacredness of the Reiki attunement ritual and practice the proper technique of passing Reiki attunements to others;
- if desired, with additional study and practice, be able to teach Reiki classes and pass attunements to others;
- understand that there are core elements in the Reiki curriculum and that they must be a part of all Reiki classes;
- be introduced to the concept of working with and talking to your Reiki spirit guides.

Prerequisite: Reiki II (with any teacher)

Class size is limited to 5 students.

Workshop fee: \$225 (Includes a class manual.)

Dates: Saturday, August 16, 11 am - 6 pm
Saturday, November 8, 11 am - 6 pm

Location: Kokomo, Indiana

Reiki Templar Degree

Purpose of the workshop:

This workshop will explore the significance of the Templar Degree as it relates to oneself and one's personal and professional Reiki practice. It will provide those Reiki practitioners who feel called to receive it, the opportunity to become more fully conscious of the spiritual expression of the Reiki energy.

Key Features and Benefits of the workshop:

- The Templar Degree class will provide information that will help you to:
 - understand what the Cosmic Consciousness is,
 - have a better and clearer answer to the question of "Who am I?",
 - manifest the Cosmic Consciousness in your daily life by opening to the Oneness of all life.
- Receiving the Templar Degree attunement will assist you to:
 - maintain groundedness and centeredness,
 - release the energy of old issues and replace it with energy of Peace, Love, and Oneness.
 - deliver enhanced healing energy to oneself and clients,
 - expand the awareness of the Cosmic Consciousness.
- By participating in the Templar Degree ritual/ceremony, you will become more sensitive to the new Cosmic Consciousness in your own life which will allow you to:
 - move into a higher spiritual place,
 - establish a stronger connection with your Reiki clients and recipients,
 - be able to share your connection to the Cosmic Consciousness with clients and the world.

Prerequisite: Reiki III (with any teacher). **Class size** is limited to 6 students.

Workshop fee: \$75 (Includes a class manual.)

Date: Saturday, September 13, 1 - 4:30 pm. **Location:** Kokomo, 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.