

"We're shifting from doing things  
*to* animals, to being in  
collaboration *with* animals."



**ANA MARIA VASQUEZ**

MULTI-SENSORY ANIMAL & NATURE INTUITIVE

**TOP 5 WAYS  
TO CONNECT DEEPER WITH  
ANIMALS & NATURE**

[www.IntentionTraining.com](http://www.IntentionTraining.com)



Welcome to the Tribe Sweet Souls!

Everything is energy and it's important that we are choosing high vibrational energy. Your vibrational energy affects circumstances in your daily life, your health, your animals, and your ability to receive clear messages from the animals and nature. As we expand our consciousness, we bring a new level of awareness to our lives. We begin to experience a whole life consciousness, where we infuse intentionality into every aspect of our lives. We desire a new level of connection with ourselves, others, the animals and the planet. Connecting deeper with the animals and nature is crucial to us shifting the old paradigm of human dominion over the earth into a collaborative experience. I'm sharing my top 5 ways of raising your vibration in order to deepen your connection with the animals and nature. These tips and techniques help you raise your vibration and move you into your Heart space and allow you to vibrate very high. This in turn allows you to receive clearer and more concise messages from the animals and nature. I love it when we can make big leaps in our expansion with Ease and Grace.

Here We Grow Again!



Ana Maria Vasquez  
Multisensory Animal & Nature Intuitive

# 1. Grounding into the Earth



I'm not talking about meditations or energetic processes that help us ground. I'm talking about physically grounding and syncing up with the actual Earth's energy.

In order to ground, you stand barefoot on the earth. A patch of moist grass or sand on the shore are the most potent places for grounding. When we're grounding, we're using those 60,000 plus receptors on the bottom of our feet to take in that Earth energy, to take in those negative ions that are coming up through the Earth that we don't get when we're in our synthetic environments.

Even those of us who try and live in rhythm with the Earth, we're in homes. We've got wifi. We've got radio waves. We've got TV waves. We've got cell phone signals. Some people have microwaves. All of these energies are absolutely affecting us and they're pulling from us because we are the largest organic piece of material in our living environment. So, all of those other atoms from the electrons, from these electronics, are trying to find balance, and they're going to pull from our body. So, it's so important that we regenerate, that we are reinfusing ourselves with that Earth energy. The best way to do that is to go outside.

Grounding allows us to sync up with those natural Earth and Nature frequencies and vibes, which in turn, allows us to more easily connect to and interpret the messages coming from nature and animals.

## 2. Tree Hugging



When it's too cold to be barefoot on the earth, a great alternative is putting your hands on a tree. If it's too cold to be outside, you can do this inside with a plant. Not only are you receiving the infusion of Earth energy, you are also receiving the special infusion of tree energy. This allows you calibrate to the frequency of the tree. This naturally raises your vibration and allows for messages to come through. Researchers have studied the effects of Forest Bathing and have concluded many positive health benefits. We can take this interdimensional and tune into the messages coming from the trees. Tree hugging is certainly a win-win proposition!

### 3. Stillness in Nature



In our modern society, we are constantly being distracted. This pulls us from our natural rhythms and disconnects us from our inner voice and Higher Guidance. Many folks have difficulty with closed eye meditation. The good news is that the simple act of sitting in nature in stillness can create that reconnection. We already know that we are being flooded with those negative ions that we so desperately need. No special equipment or methods needed! Reconnecting with our inner voice is the awesome side effect!

## 4. Your body as an antenna for messages from the animals and nature



Our bodies are amazing conduits to receive messages from animals and nature. As with any conduit, you want to make sure you have a good clear signal. What we put into our body is so vitally important and it can affect our ability to receive messages clearly. Pesticides, herbicides, preservatives, artificial sweeteners, food dyes, fluoride and other such chemically derived processes, act as neuro toxins and disrupt brain function. Choosing organic is good for your body, your ability to receive messages and for the planet that we all share with the animals.

### **Ana Maria's Basic Green Drink**

*Time to complete 10min (start to finish including washing the greens)*

- 2 cups distilled [structured water](#)
- 2 frozen bananas (peeled & cut into thirds before freezing)
- 1/2 cup strawberries (4-6 depending on size)
- 1/2 cup blueberries
- Large handful of kale, chard &/or spinach

If you are new to green smoothies, you may want to add pineapple to naturally sweeten the drink and help disguise the *green* flavor :)

\*\*\*If you already know yourself and that doing a green smoothie is a big leap for you, then I suggest [Juice+](#), it's the next best thing to fresh fruits & veggies and I use it daily and especially when I'm traveling or when I don't make time for smoothies.

You can find out more here:

<http://anamariavasquez.juiceplus.com/>

## 5. Energetic Supplements



Just like we use vitamins to supplement our nutrition, there are energetic supplements that we can incorporate to raise and help maintain a high vibration. We know that raising our vibration is integral to receiving and interpreting messages from animals and nature in a clear and accurate way. My favorite part is that many of the energetic supplements don't require that you do anything additional to benefit from their high vibes.

Just like plant medicine, energy medicine always works. If you're not feeling a shift, what I've found, is that we need to increase the dosage and make sure we are being consistent in our application. These are the energetic supplements that I personally incorporate into my daily life that have made the most difference in the ways I receive messages from the animals & nature.

**Essential Oils...**These are the essences of the plants-pure High Vibration! What an amazing way to connect with Nature. Young Living Essential Oils are my "go to" oils, the only brand I trust for my animals (dogs, cats, horses, chickens, etc...). I use oils for everything from basic first aid all the way to spiritual awakenings...and everything in between for both me and my animals!

<http://www.ylwebsite.com/anamaria>

I have a series of interviews about essential oils and how to use them in a myriad of ways for you and your animals:

[www.intentiontraining.com/category/eo/](http://www.intentiontraining.com/category/eo/)

**Vibes Up!** products are the earth technology grounding products I use to keep my vibration up. I truly believe in them for raising and keeping my vibration higher, This allows for more and clearer messages to come through. Kaitlyn Keyt, the founder was channeled the information for this earth technology from a large Oak tree named Osca. Kaitlyn also happens to be one of the most authentic people I know :)

**Watch a great video featured on PBS about Vibes Up!**



<https://youtu.be/4LjYT4WUoD0>

*Vibes Up Mats contain over 80 essential plant oils plus liquid crystal & Gems of Clear Quartz, Black Tourmaline Rose Quartz, Amethyst, Carnelian, Red Jasper, Banded Agate, Labradorite, Peridot, Smoky Quartz, Sunstone, Prenite, Dalmatian Jasper, Fancy Jasper, Selenite, Rutilated Quartz, Mookite, Blue Lace Agate, Moss Agate, Green Aventurine, Tigers eye, Rhodocrosite, Lapis, Sodalite, Picture Jasper, Obicular Jasper.*

You can listen to my interviews with Kaitlyn on this page:

<http://www.intentiontraining.com/category/vibes-up/>

Here's the general link to the site:

<http://vibesup.com/669.html>

My personal favorites include: The [Divine Mats](#), [Divine Soles](#), & the [Water Bottle](#)

# The Unexplainable Store

Higher Evolutionary Development starts here!

Astral Projection  
Meditation  
Aura Viewing  
Shaman Consc  
Hypnosis

Prosperity  
Remote Viewing  
Relaxation  
Weight Loss  
Memory Enhancer  
Past Life Regres

Spirit Guide  
Lucid Dreaming  
Sleep  
Christ Consci  
Chakra Tuning  
Motivation

Manifestation  
Creativity  
DNA Stimulation  
Endorphin Release  
Health  
Telepathy

I've been reading about **Brainwave Entrainment** and its effectiveness for years; however I stayed away because of the need for headphones. I've finally found [The Unexplainable Store](#) and their [Isochronic Tones](#) that do not require headphones...woohoo!

I started by purchasing a few of the downloads on the topics of ESP, Automatic Writing, Telepathy, and Shamanic Consciousness and I loved them! I was hooked...I felt the brainwave shift deep within...like a flip was switched on! Their purchase prices on single items are great, but their membership program is even better! It gives you access to ALL of their recordings! I play the tones in the background while I'm doing readings and any of my writing.

I have also used their amazing recordings as a natural way to help with stress, anxiety, headaches, pain and even breakouts! It didn't take me long to become a lifetime member (this is really the most cost effective option). Their customer service is very responsive and helpful. Research continues to this day, as new tools come out to assist people in realizing their dreams and leading better, more empowered lives.



[Click Here!](#)

## Other Supportive Resources

As infinite beings having a human experience, it's not intended for you to do this alone. We're meant to come together as a tribe for support and sourcing. I'm so grateful for our private Facebook pages, where you can learn, grow, expand, and share in a safe space.

**Follow me on Facebook:** <http://www.facebook.com/AnimalsAsMessengers>

### **Private Facebook Community groups:**

Stay Connected and Receive Support from our tribe in our supportive private groups

***Natural & Holistic Pet Care***- <https://www.facebook.com/groups/naturalpet/>

***Developing Your Intuition-*** <https://www.facebook.com/groups/643895005661255/>

### **Animal Symbolism**

Ted Andrews is the author of the animal symbolism book I resonate with most:

[Animal Speak: The Spiritual & Magical Powers of Creatures Great and Small](#)

Dr. Steven Farmer has a great pocket sized guide and I love his Power Animal Cards-  
Pocket Guide to Spirit Animals:

[Understanding Messages from Your Animal Spirit Guides](#)

Power Animal Oracle Cards:

[Practical and Powerful Guidance from Animal Spirit Guides](#)

This is my favorite website for animal symbolism. It's very extensive and well done:

[http://www.starstuffs.com/animal\\_totems/](http://www.starstuffs.com/animal_totems/)

### **Be aware of, develop and continue to hone your natural intuitive abilities**

*Developing Your Clairvoyance & Clairaudience* - These are pre-recorded seminars that I did with psychic medium, Marilyn Alauria. You will learn so much from the tips and exercises we both give, as well as from hearing the Q&A from the participants...there' s also a way to upgrade to include a private session with me!

<http://www.intentiontraining.com/2015/05/20/all-things-dead-clairaudience/>