

"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



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:

<https://anamariavasquez.simplero.com/page/85361-juice-plus>

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. *Note: These interviews were recorded BEFORE the FDA gag rule on essential oils was enacted. The FDA specifically bans information about essential oils for specific conditions. Before you listen, know that none of this is endorsed by the FDA.*

<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 Oscar. 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:

<https://shop.vibesup.com/#anamaría>

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/

Suggested Viewing

There is a world of leading edge esoteric programming on [Gaia](#). Simply check out their search function and type in Moon and see the fascinating information that comes up from various thought leaders like Dr. Bruce Lipton, Gregg Braden, Regina Meredith, and more. Check it out!



Suggested Courses with Ana Maria

Natural Realm Activation



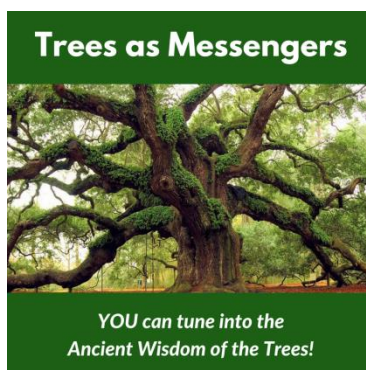
Activate Your Sacred Alliance with the Natural World. The natural world has messages for you and you're energetically wired to receive these messages! Nature is a portal between the dimensions and it's easily accessible for us. Here are some of Ana Maria's favorite ways to align with the natural realms and activate that Earth energy wisdom in YOUR life. Here We Grow Again!

Nature as a Messenger



Join Animal and Nature Intuitive Ana Maria Vasquez to connect with the natural world in a way that allows you to recognize and interpret the messages coming from the plants, the rocks, the landscapes and even the weather to guide you in your daily life.

Trees as Messengers



You Will Never Look at a Tree the Same Way Again! Science is making ground-breaking discoveries proving that trees communicate, have feelings, can count, and many other things no one thought possible. Throughout history, many of our ancestors honored the wisdom and power of trees, even believing them to be sacred beings. The trees have been waiting for us to remember our alliance. You are being invited to remember your connection with the trees. Join me in this tree channeled experience!

Let Nature Be Your Guide



6 Part course to help you connect with the hidden energies in the world around us! Team up with the animals and plants to amplify your intuitive abilities through your energy channels of hearing, seeing, feeling, and knowing, and a special opportunity to use your lesser used channels of taste, smell, and dream time!! Stop walking through life blindfolded and with earplugs! Work with Nature to determine your primary intuitive channel and move from resignation about your intuitive abilities into a divinely guided life. Whether you are beginning to see glimpses or you are ready to take your intuitive abilities to the next level, this is the course for you!

Moon Wisdom – Working with the Magic of the Moon



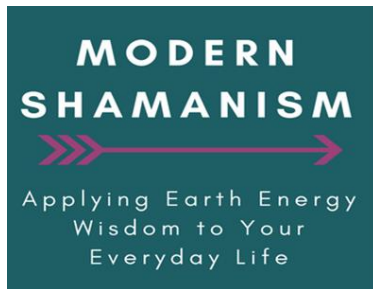
Join Ana Maria on this Journey into the Mystery of the Moon! Since the dawn of time humans have gazed up at the moon. Awestruck by it's mystery. Tracking the passage of time and of the seasons by following the phases and positions of the moon. We are in a profound cycle of change and the moon offers guidance to reclaim who we really are. The moon teaches us about the natural rhythm and importance of cycles. The moon reminds us of this potent energy that we can harness in our own lives when we move into this rhythm with the moon. You are being invited to remember your connection to the moon. Journey with Ana Maria to a magical world and be re-introduced to the ancient moon wisdom. Here We Grow Again!

The Medicine Wheel Experience



Throughout history, our ancestors gathered around stone circles, believing them to be sacred spaces. The stones, directions, and elements have been waiting for us to remember our alliance. The wheel teaches us about balance. As we work with the wheel to heal ourselves, we are also healing Mother Earth. You are being invited to remember your connection with the wheel. Journey with Ana Maria to a magical world and be re-introduced to ancient wisdom of the medicine wheel again!

Modern Shamanism



For thousands of years, shamans around the world have journeyed to other levels of reality. They would traverse into the hidden realms to gain access to extraordinary wisdom about how to treat and prevent disease, avoid negative situations, clear family issues, plan for the future, and more. You do not have to be a working shaman to access this information as it is your birthright to humbly apply this wonderful practice in your daily life. Join Ana Maria and remember how to apply earth energy wisdom in your everyday life!

Stay Connected with Me as You Deepen Your Connection with the Animals & Nature

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, just like nature. I'm so grateful for our private Facebook pages, where you can learn, grow, expand, and share in a safe space.

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