

# ENJOY HARMONY, HEALTH AND WELLNESS WITH YOUR ANIMALS

## QUICK START TIPS TO GET IN PLACE FIRST

**Step  
1**

**Recognize 'Alerting Behaviors' Real Purpose**  
*Start NEW Conversations Turning Frustrations into Harmony*

**Step  
2**

**Heart To Heart: Strengthen Ways You Already Commune**  
*Cultivate deeper health by understanding your heart to heart strengths with your animals.*

**Step  
3**

**Create Clear Pictures In Your Mind's Eye**  
*Bring your attention to the Pictures In Your Mind's Eye for Clarity and Connection.*

**Step  
4**

**Pause for 'Communing & Rejuvenating' Time Together**  
*Listen to, or Read the Meditation to Take Time Together during your day.*

**Step  
5**

**Continue To Go Deeper with your Animals**  
*Practice these steps and integrate them daily.*

Deepen Your Connections with Your Animals  
with Home Study Courses & Training:  
[www.OneHeartHealingCenter.com](http://www.OneHeartHealingCenter.com)

