

Lessons Learned in My Process with Regal

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About animals:

Animals are conscious, spiritual beings.

Animals have a depth of feelings and emotions.

Animals have feelings about what happens to them and how they are treated.

Animals need good living foods just as we do to remain healthy.

Often animals come into our lives for a purpose.

Animals live in the present moment and bring us unconditional love.

Animals come to watch, play, and enjoy life with us.

Animals respond to Reiki healing energy and often will ask for it.

Telepathic animal communication is possible.

Animals can be one of the triggers to our experience of our own love inside.

Animals play a significant role in our well-being.

Animals enhance our lives.

Animal antics, personalities, and behavior can bring much delight.

Animals respond to the energy around them, especially meditation energy and Reiki.

The combined results of western and alternative healing processes can yield better results.

Naturopathic medicine, Reiki, and acupuncture can help animals too.



Human being lessons learned:

We have a responsibility in how we care for the animals in our world.

Our lives can be greatly enhanced with the presence of animals in our lives.

Human/animal communication is possible.

My writing experience of Regal led to a profound spiritual experience of the oneness of all.

The creative force of the universe lives in all things animate and in inanimate.

Christ wasn't kidding when he said "The kingdom of God lives within you."

Love is the experience of God within.

Love is our very core.

We benefit from the many triggers that stimulate our experience of love i.e. children, spouse, lover, National Parks, nature, animals, and/or things of uplifting beauty.

Meditation is a mystical path and as is an aspect of all major religions.