



Linda Fortune



## Regalita

*An Intimate View of Our Magnificent Felines*

### Regal Reader Comments

"After reading this, anyone will know you. Easy to navigate." GM

"Just finished your delightful book about Regalita. You certainly captured her regalness - and I loved your sense of humor and delight. You always say you have difficulties expressing yourself, but, my dear, you excelled at this beautiful book. I hope that you are filled with a sense of accomplishment, and know that your - and Regal's message is most wonderful." MEF

### Tips on Alternative Pet Health, Animal Communication, Pet Grief and Loss, and More

**Tip 3: To bond with an animal friend is one of life's precious gifts.**

Welcome,

**Q. Linda, how is it that our animal friends can touch us so deeply?**

A. It seems to me that two things are operating here. The first has to do with the animals themselves. In his writing, Eckhart Tolle has pointed out that animals live in the present moment. While animals can experience a variety of feelings in the present moment, they are not filled with all kinds of thoughts and judgments about us. From my experience, they seem to give us continual unconditional love and acceptance if they feel safe with us. They don't care what we look like, what mistakes we make, and they get over our thoughtless acts. They are there, ready to love and accept us as we are.

Secondly, because animals live in the present moment and accept us as we are, our hearts tend to open wide and our own love rises up from within, sometimes in profound ways. Human relationships can often be tarnished by selfishness, expectations, and disappointments. While animals can react to us at times, they come back ready to be there with us. I'm sure you know what I am talking about. We respond to their unconditional love.

If our human relationships have been tarnished in some way which can happen quite often, we are particularly fortunate to have this experience of love with an animal friend. The simple proof of this is seen when we hear about therapeutic programs that utilize animals to help children or those in nursing homes.

**Q. This whole business about animal feelings and relationships is important to you. Why so?**

A. During my adult life, I have been fortunate to have two wonderful animals in my life. It is through them that I have learned about the breadth and depth of animal feelings and have experienced their unconditional love. They have enriched my life immensely and have taught me a great deal. Naturally, I want to share their gifts. They have been great teachers.

**Q. Can our experience with animals support us as we cope with life's difficulties?**

A. Yes! If we are present to our animals, we can experience the healing effects of nature. And besides, we experience feelings, create our own inner state, depending on where we focus our attention. If we focus our attention on the world's difficulties, we may experience worry or frustration. If we take time to place our vision on uplifting things, we feel nurtured and revitalized. It is really a choice that we can make. Better to catch the news for one hour a day than to watch for four. Best to nurture ourselves by being present with our children, growing flowers, or being with our pets consciously.

Think about it, animals are a source of enrichment; nature at its best. We go to National Parks to see the elk, bison, deer, and bears. We get excited and watch in wonder as a mother bear and her cubs or a deer with her fawn come into view. They take our breath away. We feel delight within. Our heart can flutter too when our cat stretches and yawns after a sweet nap or when we see a dog and kitten cuddled together. Wonderful animal pictures are forwarded throughout the Internet all the time with the anticipation of sharing the delight of the photographs. And, we do end up smiling or chuckling and feeling better.

**Q. You make a point in your book about recognizing and respecting animals. Tell us more.**

A. While I don't know exactly what an animal's actual experience of feelings is, I do know that they have a variety of feelings depending on what is going on. Watch an animal's body language and you will see this. They are aware just as we are aware. They feel just as we feel. They are conscious beings. Because of this, I believe that animals deserve to be treated with the same kind of respect and gratitude that we desire. Animals certainly make our world a better place, they enrich us, and we are better off because of them. We need to take very good care of them all.

With blessings,

Linda Fortune, Ed.D.

