

Happy New Year! Remember that with your intentions for the new year; thoughts, hopes, prayers and dreams...that you have the power to make changes in your life and live it the way you want. Hold yourself accountable and cherish that which is important to you. Rekindle relationships that somehow got left in the past or perhaps one that needs some mending. Take one step at a time towards your goals. This is your life. Make your own choices on how you want to live it! And again, Happy New Year!

~Jenny

Events

Perpetual Motion Open House

January 7, 2012
11:00 a.m. – 1:00 p.m.
Ruff House: Edina, MN



Come meet Dr. Rebecca Amstutz and many of her partners in animal related businesses. See Perpetual Motion's new office where your dog or cat will be treated. Classes and seminars will take place here in the future & all in a fun, yet calm environment, designed with your pet in mind.

Treats, prizes and fun for everyone! Well behaved dogs welcome to join the fun too! Talk to professionals about your cats, dogs and horses' needs. Trainers, animal communicators, massage therapists, other practitioners will be there to help answer your questions.

Animal Communication Class



January 14, 2012
9:00 a.m. – 5:00 p.m.
\$135.00/person
Amanae & Frequency of Brilliance Center
Minneapolis, MN

This introductory class will provide you with techniques to help you open up your intuition and use your senses to communicate with animals. You will have the opportunity to participate in exercises throughout the day, giving you practical

experience using what you've learned in an interactive and supportive atmosphere. You will gain an understanding that intuitive communication is real and that anyone can learn to do it.

Annual Cowgirl Luncheon

Lunch – vendors – horse & western information!

January 21, 2012
11:00 a.m. – 3:00 p.m.
Ridges at Sand Creek Golf Course, Jordan, MN

Save the date for a fun afternoon with a bunch of horse people! Learn more about horses, riding, and maybe meet a new friend. Peace of Mind, Body & Soul is looking forward to seeing you there.



Wellness Tip

If you or your pets suffer from itchy, dry or cracked skin, lavender essential oil will help. Apply direct on areas that are irritated. Also, a great way to keep your skin hydrated is to make a flora water (10 drops of lavender essential oil to 4 oz of water) and spray on after showering. This works for dogs and horses too. Cats don't like the spray. A better option is to put a drop on a cotton ball and gently rub on the affected areas of your cat.

"Like" Peace of Mind, Body and Soul's Facebook Fan Page at www.facebook.com/Animal.Intuition for more tips!

About Peace of Mind, Body & Soul

Animal Communication

Equine Massage Therapy

Reiki

Young Living Products

Reference Materials

Promotions & Events

Testimonials

Jenny Gott, E.C.M.T

(952) 484-4396

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www.animal-intuition.com



January 2012

Using Essential Oils with Animals Class

Select from two options this month. Both classes are available and open to the public so choose which one works best for you!



January 18, 2012

7:00 – 8:30 p.m.

\$15.00/person

Metro Dogs, Minneapolis, MN – Downtown!

January 26, 2012

6:30 - 8:00 p.m.

\$15.00/person or \$20.00/couple

Sunu Wellness Center, Minnetonka, MN

Attend this class to learn how to use therapeutic-grade essential oils as part of an integrative wellness plan for your furred friends. Attend to cuts and wounds, standard first-aid options, calm an anxious animal, bug repellent/flea & tick control, integrating in new family members and much, much more will be covered in class.

Please email or call to reserve your spot. We encourage you to register early as seating is limited: (952) 484-4396 / info@animal-intuition.com.

Rescue Networking

January 22, 2012

2:00 – 4:00 p.m.

Ruff House: Edina, MN

Ruff House & Rovernight Network are hosting a special rescue networking event, inviting non-profit animal rescues a chance to network with other rescues, learn about local business partners that support rescues and how to partner with them. Bring your dogs to play, up to 10 board members to socialize.

Some of the businesses attending: Peace of Mind, Body & Soul, Perpetual Motion Animal Chiropractic, Rovernight Network, Ruff House, The Dog Perk, Solid Gold, Karin Newstrom Photography

Meet Peace of Mind, Body & Soul at Chuck & Don's

Wednesday, February 8, 2011

5:00 – 7:00 p.m.

FREE!

Chuck & Don's Pet Food Outlet, Lakeville, MN

Stop by pet-friendly Chuck & Don's to say hello to Peace of Mind, Body & Soul. You can choose to get a free 5 minute Reiki session or ask a question for your animal to see what your animal thinks. Bring your animal companion in if you want a free 5 minute Reiki session.

Future Events If you would like Peace of Mind, Body & Soul to host a clinic, seminar, class or participate in an event or fundraiser for your organization please contact me to discuss the opportunity in more detail. Clinics, seminars, hands-on demonstrations and training can be customized to meet your needs and be held either as a private or public event. There are many great causes and groups that we would love the opportunity to help.

Good Intentions & Positive Energy Can Heal



[About Peace of Mind, Body & Soul](#)

[Animal Communication](#)

[Equine Massage Therapy](#)

[Reiki](#)

[Young Living Products](#)

[Reference Materials](#)

[Promotions & Events](#)

[Testimonials](#)

[In the News: Press Release](#)

[Referral Program](#)

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January 2012

We often think that we need medicine to heal (and sometimes we do!) but forget about the power of the energy available to us and our minds and body's natural ability to heal itself. Positive energy, intent, prayer and meditation have all been used to help heal, emotional, mental and physical issues. Reiki is one form of natural energy work that comes from a Japanese word meaning, Universal Life Force. Reiki is defined as "universal power or energy" and is pronounced "ray-key". It is an exciting, gentle and non-invasive method of healing that is only for the highest good. It was rediscovered in the early 1900's by a man named Dr. Mikao Usui. He learned this healing method then taught it to others and eventually it was brought to the western world where it is now flourishing as a natural alternative healing technique. It is often used in conjunction with massage, physical therapy or other alternative healing methods on both animals and people. Cats, dogs and horses along with many other species are highly receptive to this un-invasive healing process.

Read [full article...](#)

Doberman Rescue of Minnesota – Our First Rescue Partner of 2012!

I'm excited to announce our first rescue we are teaming up with is Doberman Rescue of Minnesota. These folks and the special dogs they find loving homes for are near & dear to my heart. My Tucker came from them and I was blessed with nine wonderful years with him. He was loyal, dedicated and stoic....a true testament of the breed. I've spent many years supporting them in



various ways and love that we can help them spread the word about them and the available dogs in their program.



Meet Belle

She was found as a stray. She is a spayed, blue female Doberman and is 1-2 years old. Bella is crate trained and housebroke. She loves to get as much human attention as possible and does well with other dogs and kids....

Learn about Doberman Rescue of Minnesota and Belle by reading the [full article!](#)

January Promotions

FREE Grapefruit & Ocotea



Place a single order of 175 PV or more from January 1–31 and receive a 15-ml bottle of [grapefruit essential oil](#) and a 5-ml bottle of [ocotea essential oil](#) absolutely free—*a \$65.46 retail value!*

Grapefruit
Grapefruit essential oil has a fresh, citrus aroma that is energizing and uplifting. This oil is often used to improve the flavor of food and water and is a popular oil to use in conjunction with weight-management programs.

Ocotea
Ocotea essential oil is related to the cinnamon species but has a slightly different



[About Peace of Mind, Body & Soul](#)

[Animal Communication](#)

[Equine Massage Therapy](#)

[Reiki](#)

[Young Living Products](#)

[Reference Materials](#)

[Promotions & Events](#)

[Testimonials](#)

[In the News: Press Release](#)

[Referral Program](#)

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aroma and taste. To add ocotea to your diet and exercise program, place 1–3 drops on your tongue and swallow or inhale directly. Studies have shown positive results from this usage in managing hunger and controlling blood sugar spikes.*

10% Multigreens



Get 10% off [MultiGreens™](#) from January 1–31!

MultiGreens is a high-quality nutritional supplement made with spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero, Pacific kelp, and therapeutic-grade essential oils. Take 3 capsules twice daily to boost vitality and relieve stress.*

Full details for Young Living promotions can be found on [Young Living's](#) website.

* Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Testimonials

You have such an amazing gift; it's so wonderful that you share it! I "showed" Scout what I expected from him during bridling and sure enough he was a completely different horse. Thank you, thank you!

Margaret D., Bloomington, MN

Read more [testimonials](#) from Peace of Mind, Body & Soul's clients. To submit your own testimonial, please email info@animal-intuition.com. Include your testimonial and optionally, a picture.

Suggestions

Do you have suggestions about what you would like to see in the monthly newsletter or have feedback to share? Please contact Peace of Mind, Body & Soul at info@animal-intuition.com to let us know what you think!



[About Peace of Mind, Body & Soul](#)

[Animal Communication](#)

[Equine Massage Therapy](#)

[Reiki](#)

[Young Living Products](#)

[Reference Materials](#)

[Promotions & Events](#)

[Testimonials](#)

[In the News: Press Release](#)

[Referral Program](#)

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