

Newsletter February 2016



Hi everyone! I hope you had a good start to this new year. In this newsletter I will share some news and interesting topics. Feel free to send this newsletter to anyone who might be interested. Enjoy!

A Radio Interview on Animal Communication

In December I was interviewed by Judy Wright, host of the blogtalkradio show on Animal-Human Connection. It was a really nice interview and Judy had lots of good questions! We talked about my journey from the scientific world to my

work in the intuitive field, the healing power of animal communication, and a bit about the use of flower essences for animals. Thirty minutes passed before I knew it! You can listen to it [here](#).

If you would like me to give a talk for a group of friends, just let me know. I really like to do it and love the interaction and discussion with people about this topic.

Flower Essences – When to use them?

For your animals:

In my consultations with animals, I often pick flower essences to help them with their processes. If the animal is mirroring it's person, I will pick essences for the person as well. The essences that come up give me and the client a lot of insight into what is going on. The essences will indicate a certain theme. In every dosage cycle the theme can be different, showing that by using flower essences we are peeling off layers.

If your animal has used essences before and you feel he or she might need new ones, I can do that too. Working in successive dosage cycles often gives the best results. Also think about the possibility of using flower essences when a new animal comes into the family, when you move or when the family is stressed out. In all these cases the animals could use some support! ☺



For yourself:

Flower Essences can be taken in many situations:

- when you start a new project, new job, relationship, moving to a new house, etc
- when you just don't feel that happy as you used to do
- when you have difficulty letting go of thought patterns, stuck emotions or worries
- when you have questions about the direction of your life
- or when you are just curious ...

The essences are really helpful and insightful! More information about flower essences can be read [here](#).

[Here](#) you can read more about the types of consultations that I offer.

Article on Flower Essences

Read more about the use of flower essences for animals in [this article](#), that was published in Natural Life News. I wrote it together with my husband Steve Johnson from Alaskan Essences.

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Experiences with Reconnective Healing

I have noticed that not many people have heard of [Reconnective Healing \(RH\)](#) before. This is not surprising, as it is something new on the planet for only a few years. However, Eric Pearl and his team have been teaching RH in many countries to thousands and thousands of people and scientists are now looking at what RH is and does! I have a background in science and love the fact that these invisible but tangible frequencies are being researched. Reconnective Healing has been scientifically shown to :

- restructure damaged DNA (research in plants)
- be more than twice as effective as physical therapy (shown in people with limited range of motion in shoulders)
- support athletic peak performance.

Read more on the science [here](#).



** What I have noticed with my clients is that RH can help on all levels (after 1 to 3 sessions):

- RH can help you get a clear focus on life and the things you want and support you in moving on your life path
- RH can help with mental and emotional issues, like grief, stress, worries or anger
- on a physical level I have seen (with people and animals) that RH can have a beneficial influence in case of pain, or parts of the body that have gotten stuck and can finally release.

I also do a lot of distance sessions, and they work the same and are just as powerful as in person sessions. The funny thing is that people can feel exactly the moment that I start and stop. They feel warmth or energy flowing through their body, tingling feelings, little muscle twitches and often deep relaxation. It is important to know that the effectiveness of the healing does not depend on what and how much you experience during your session.



Of course Eric Pearl is the one who can best explain Reconnective Healing. In [this short video](#) of 4 minutes he explains what it is and tells a little more about the seminars that I attended in September 2015 and 2011. Learn more about RH by following Eric Pearl on [Facebook](#). He posts a lot of interesting insights.

Interested in a session? Here are the options:

- A session at [Meadowsweet Herbs](#) in Missoula (MT), where I use their healing room on Monday.
- A session here at the office in Victor (MT) on Wednesday evening or Saturday.
- A distance session, so you are at home. I've even done distance sessions with people in the hospital.

Contact

Feel free to contact me if you have any questions or want to make an appointment.

Email judithpoelarends@gmail.com or 406 370 9423.

Best wishes, Judith.

** As a Reconnective Healing practitioner I do not diagnose or treat, you should always consult a doctor in case of health problems.

