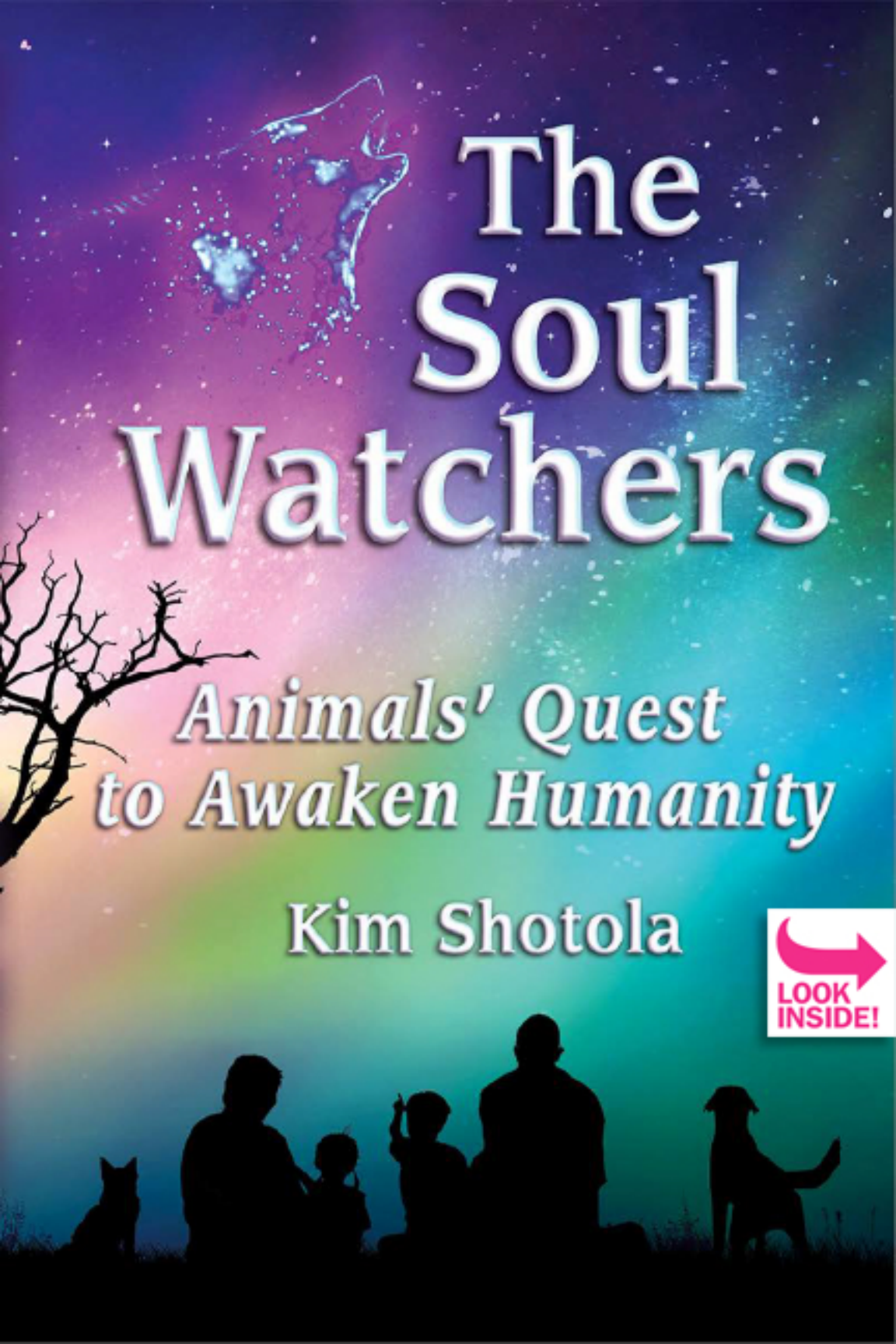
The Soul Watchers
Animals' Quest to Awaken Humanity
Kim Shotola
LOOK INSIDE!

Praise for *The Soul Watchers*

Reading *The Soul Watchers* reminded me that opening our minds to the incredible value animals have in our world can be very awakening and healing at the same time. Kim provides a unique perspective on the role animals play in our lives if we seek their wisdom and true companionship. She adeptly teaches readers how to bring animals' knowledge into their consciousness and use it to improve their own life experience.

— Michelle Mantor, publisher and editor-in-chief of *Houston PetTalk and PetTalkGoFetch*

Few things in life are more precious than the bond we share with our beloved pets. *The Soul Watchers* is an enjoyable read for everyone who knows the love of a pet and wants to explore the blessings of the living world around us. My favorite parts of the book are the spiritual parts, as well as the quotes at the beginning of each chapter. As someone who deals with sickness and loss regularly, it is reassuring that all things happen for a reason, and that there are plenty of other forces at work in this world that are beyond our control. This gives me the perspective that we humans are a piece of the whole. We work with nature, and nature wants to partner with us. I plan to go back through the action steps as anchors for getting more out of my second reading.

— Jessica Parkerson, DVM

Kim really delivers in this book. It's the ultimate reference guide to all things holistic for animal care. I'll be using it often. It also invites us (with directions) to connect to our inner wisdom, expand our hearts and be more of our best selves in our interactions with animals—from our past, our present, and even our future. The action steps in each chapter offer a huge payoff.

— Helen Racz, EFT practitioner, life coach, author of *Tell Me Where You're Stuck* and *The Logical Law of Attraction*

Praise for *The Soul Watchers*

I loved this book! It opened up my mind and soul to new things that I wasn't aware of. I never realized how many tools we have within to help us understand and communicate with animals. I can see myself reading this multiple times and learning new things from it every time. Parts of it brought me back into a space where I really need to be—for myself, for my animals, and for humanity!

— Dawn Sacre, pet parent

This book belongs on every animal lover's reading list! It contains groundbreaking information on the physical, mental, emotional, and spiritual life of animals, including how to use many unique healing modalities. There's a wealth of information here that newcomers and even the most experienced animal communicators can learn from. I certainly did!

— Linda Clayton, author of *Look Who's Talking, A Personal Journey Into Animal Communication*

The Soul Watchers is a must-have book for anyone seeking a more meaningful and deeper connection with the animals in their lives. Kim shows how we can open ourselves to the wisdom of Mother Nature and the animal kingdom, empowering us to make this world a more loving and enlightened place. You will see all animals as kindred spirits. Once I started reading, I couldn't put it down! I love the action steps. Each time I do one of these steps, I get new meaning and new messages.

— Michelle Porlier, pet parent, veterinary receptionist, kindred spirit to the animals

Kim is a clear intuitive of truth, wisdom, and love for all our animals and nature Spirits. Her passion and gift for our light world is to teach us to open our hearts and allow the animals to assist us in raising our vibration to a place where we can heal and discover our true essence.

— Laurie Neri Barrett, human and animal wellness coach, author of *Practical Wellness*

Praise for *The Soul Watchers*

Kim's lifelong love for and dedication to animals is an inspiration to us all. Her first book, *The Soul Watchers,* is groundbreaking in that we discover the communication with our beloved pets—even with animals in the wild—is not a one-way street. Kim shows us how they share this planet with us for the welfare of our souls. The book is full of fascinating stories and photos from her many experiences. In addition, Kim shares her expertise in the many aspects of holistic animal care, which opens up a new world of choices for us to improve the quality of our pets' lives.

— Denis Ouellette, seminar leader, author of
Heal Yourself with Breath, Light, Sound & Water

I have been blessed to learn holistic animal care, as shared in *The Soul Watchers,* directly from Kim and Allison (The Lightfoot Way). You are now blessed to personally learn how much animals have to teach us. As a pet-care professional, I've learned that when we are open to possibilities, we will never cease to be amazed at what our animal friends want to share and teach us. So much joy, light and peace has come to me since I opened myself to learning more about holistic care and the wonder of animals and nature. I hope you too will enjoy your deeper journey with animals.

— Susan Briggs, CPACO, co-founder of The Dog Gurus,
co-author of *Off-Leash Dog Play*

Upon reading this sacred learning journey with animals, I am validated in my own knowing that all animals have a higher purpose, which includes us. How lucky are we to have such unconditionally loving companions in our lives who sometimes can do for us what another human cannot. I find that miraculous. Kim's profound teachings will bring great comfort and consciousness expansion to those called to work with animals and their owners. What a blessing that this knowledge has come into the world through Kim, and through the animals she has served and who have served her.

— Linda M. Galvan, MA, spiritual intuitive soul guide, pure light
channel, sacred alchemist, transformational facilitator

Praise for *The Soul Watchers*

The Soul Watchers takes the entire spectrum of natural healing, plants and animal communication and breaks it down into a basic, easy to digest manner where anyone can pick up this book and feel so empowered. Kim takes the intimidation out of all these subjects and makes it so easy to understand while sharing their ancient origins. Why have we as a society made things so difficult and complex instead of an easy flowing, almost effortless understanding of all these ancient truths. I love her simple but powerful intention in regards to talking to animals.

—Cindie Carter, Host of the Social Dog Podcast

Beautifully shared stories, insights and guidance for the Heart. Practice even just a few of Kim's many valuable suggestions filling this book and you will open yourself to a deeper level of listening with animals, nature and even yourself!

—Megan Ayrault, LMT, Zero Balancing Practitioner,
Founder of Power of Touch for Animals

If you have ever been curious about why you feel connected or drawn to certain animals or items in nature, *The Soul Watchers* will be your guide to start on a journey that may forever change your life. This book provides action steps to help you better connect with yourself, nature and all types of animals. Kim has spent years on her journey to discovering the teachings provided by animals and nature that most of us miss due to not being able to recognize what we are seeing. In this book she shares what she has learned and poses questions for you to answer along your own journey.

—Jessica Marziani, DVM, CVA, CVC, CCRT

Praise for *The Soul Watchers*

I just finished reading Kim Shotola's new book, *The Soul Watchers, Animals' Quest to Awaken Humanity*. From some reason, I had been putting this off and making excuses on how busy I was and had several other stressful events going on to deal with, so was feeling negative and somewhat depressed. I finally sat down and started to read this book, it was exactly what I needed at this time.

This book affirmed a lot of my beliefs and reminded me of the positive nature of animals and healing spirit of nature and animals. I believe that things happen for a reason and I have devoted my life to helping animals, so I should have known to sit down and start reading this sooner! I love the quotes at the beginning of each chapter. Kim sets a clear path on how we can help our animals and how they help us heal and enrich our lives. This is a must read for all animal lovers!

—Robin Robinett, DVM, CVC, CVA,
Veterinary Chiropractic and Rehabilitation Clinic

As guardians, we are tasked with continual learning and growing as a part of our journey with animals, with the goal of becoming the best caretakers and stewards we can possibly become. At some point in our personal evolution we inevitably end up with questions about energy and energy transfer. Sometimes healthcare professionals are asked about the non-physical aspects of animals: about omens and signs from the Natural World and how to interpret them.

Of course, not everyone is interested in metaphysical connections or meanings, but if your interest is piqued, the next question is often "where can I learn more?" Thankfully, there are an infinite number of paths, processes and resources, including this book, that offer insights that may resonate with you. The goal is to search until you find answers that align with your core, provide a deep sense of peace, and ultimately allow you to become the best, most evolved version of yourself. This is when fear dissipates and you become keenly aware of your eternal and ongoing connection with all living things.

—Karen Becker, DVM

Greetings and may the Peace of God be with you as you read the wisdom that my beloved Kim has prepared for you. She has come to the garden of Earth at this time to bring the wisdom of the ages of how God created the fraternal existence between all creatures of the Earth. This beloved soul imparts joy eternal in her demonstrating realignment into full health, love, and peaceful existence for all inhabitants of God's beautiful Earth. Her teachings are the Truth, for even the smallest sparrow is precious in the sight of God. Allow her words and love to awaken your heart and broaden your awareness to know that ALL ARE ONE. I bless this work and publication, and I bless you.

—Your brother, Francis (Giovanni) di Assisi,
channeled through Jana Lynne (Nov. 12, 2019)

The Soul Watchers

Animals' Quest to Awaken Humanity

Kim Shotola

the LIGHTFOOT WAY

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Animals' Quest to Awaken Humanity

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Some names in the book have been changed to respect confidentiality.

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Dedication

Bless the souls of the animals,
for they have been faithfully watching
over ours.

CONTENTS

Introduction 1

Prologue 7

Chapter 1
The Soul Watchers' Quest 9

Chapter 2
The Soul Watchers Unite 13
Domestic & Livestock Animals
Wild Animals
Animal Guides
Receiving Messages
How to Decipher Messages
Seeking Guidance

Chapter 3
The Soul Watchers' Life Lessons 23
Soul Purpose and Soul Contracts
The Healing Touch
Forever Yours, Forever Mine
Look in the Mirror
The Yellow Brick Road
Listen Closely
Manifest Success
The Right Stuff
The Winner's Circle
Think Outside the Box
To Be or Not to Be
Rainbow Bridge Surprises
Too Much to Bear
'Til Death Do Us Part
Land of Lost Souls

Chapter 4
The Soul Watchers' Medicine Chest 47
Water Wisdom
The Sun and Moon Team
Plants and Trees
Necessary Nutrition
Energy Elixir
Flower Power
Amazing Aromatherapy
Humble Homeopathy
Color Therapy
Charming Crystals

Chapter 5
The Soul Watchers' Power of Touch 77
Mesmerizing Muscle Testing
Awesome Acupressure
Emotional Freedom Technique (EFT)
Magical Massage

Chapter 6
The Soul Watchers' Heart & Soul Connection with You 89
The Heart and Soul Connection
Grateful Gratitude
Create Sacred Space
Glorious Grounding
Mindful Meditation
Heart to Heart
Soulful Speaking
Nurturing Nature
Grow Your Garden

Chapter 7
The Soul Watcher's Wish for You 105

Epilogue 111

Let's Stay in Touch! 113

About the Author 115

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One of my students, a talented Irish author,
lovingly dedicated one of his books in his trilogy to me.
I wondered when I wrote my first book, who all I would recognize.

Scott, you've been an amazing husband,
believer and supporter in everything I do.

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I'm so proud of the kindred spirit you have become.

My beautiful Mom, my friend, who imparted to me
a lifelong love for animals and plants.

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who makes me laugh and spurs on my dreams.

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I wouldn't be where I am without you.

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on a heart and soul level.

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but also helping animals.

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Diamond, Rain and Tara.

I'm grateful for all of the animals that have touched my life,
and for those that will.

To all of the animals and people we have had the honor of helping.
You know who you are. It started with a yellow lab named Marlie
and grew from there. Cindy, we thank you for sharing Marlie with us
and becoming a special friend.

And Fergus, you've inspired me with your poetic, literary diversity.
Perhaps there's a trilogy in me.

Introduction

Animals have been watching your soul since before you were born. Their quest is to oversee our souls' journey and to awaken and enlighten our hearts and souls to the connection between them, nature and Mother Earth. Animals are here to help each person become better on a heart and soul level.

Our pets can bring us joy, companionship, strength, love and comfort. But their efforts go far beyond that. You may have animals in your life right now, or you did at one time. Or perhaps you just love animals and have not taken on that pet parent or foster role yet. Perhaps you are going through a difficult time in your life or feel lost. Maybe you just *know* or *feel* there has got to be more to life than this. The animals can show you the present, help you learn from the past, and propel you to your future.

There are more animals trying to "reach" you than you may realize—even right now. You have a divine purpose, and yes, the animals play an instrumental role in helping you discover AND accomplish this. The animals can show you how to awaken your life physically, mentally, emotionally and spiritually. Just like they did for me.

I have always loved animals since I was a child. They have always been a constant in my life, and in ways I only discovered later, watched over me. When my parents went through an ugly divorce when my brother and I were just 6 and 7, the animals were there. When my father died tragically just several years later, the animals were there.

At 12 years old, I waited on customers at my mom's plant nursery on the weekends. Our nursery was not just for plants. We helped raise several species of pet birds, which brought us joy and additional income. At 14, I bred, raised and sold championship pedigreed collies. Little did I know that collies were to become a major part of my life for over 30 years. Go Lassie!

The cats and other dogs that I shared my life with were amazing rescues. All kinds of pets have blessed my life from gerbils, hamsters, guinea pigs and chinchillas to hermit crabs, turtles, rabbits, parakeets, cockatiels, conures, doves, ducks, turkeys, guinea fowl, chickens, cows and horses. And how could I forget tadpoles, frogs and toads.

Some animals found me. Some I found. I have loved them all.

The animals guided me to a career with them. From 1991–2017, I worked full-time at the Houston Zoo in Texas, a world-class and renowned zoo recognized for their exceptional animal care and global conservation efforts. I progressed from zookeeper to senior supervisor during my 25+ year career. I helped manage the care of over 1,000 domestic, livestock, wildlife and exotic animals in the Children's Zoo, including the animal ambassadors that were used in public presentations. I even supervised the staff of the incredible bug house. But the above figure doesn't count the thousands of creatures that resided there—and when

they have babies—it's a lot! A highlight for me was when I taught and educated staff, volunteers and guests about the magnificent world of animals, big and small. I was even featured on a number of local TV stations, including in the NBC affiliate series, *Houston Zooperstars Challenge,* that ran for several years.

But while I was working at the zoo, I also reflected inward. Perhaps it was only natural for me to explore ways to help heal my body, mind, and spirit. I was wounded on various levels. Between my parents' divorce and my father's death, you could say a "nightmare" ensued for my brother and I. That led to stomach and OCD issues.

I realized my childhood and animals had brought me to this point of seeking a path to wellness and wholeness. From nutrition to energy work to animal communication and more, I was hooked for life! But what blew me away was the realization that what I had learned over the years for myself, I could also use to help animals! Through the process of helping my own animals, I knew they wanted me to do more to help the lives of other animals and those who cared for them.

And so it began. I was then led to reach and teach animal lovers from all over the world how to help strengthen their connection, prevent illness, and heal the animals in their care. In 2006, I started my animal wellness practice. I offered consultations and taught classes in the evenings and on weekends. The following year, my business partner Allison, who has become my best friend and soul sister, joined my journey. The Lightfoot Way was born.

The name has special significance to me. I have been drawn to the Native American culture since I was young. My homes have always reflected this. I feel everyone should tread lightly on Mother Earth and have respect for all creatures and life. When we give to others, we are truly blessed.

I have loved sharing the knowledge the animals have given me to empower others. I have cherished seeing animals and people live happier, healthier and longer lives. And one of my greatest joys was bringing holistic care to the zoo.

I saw the animals receive acupuncture, chiropractic and laser therapy from my personal vets, and aromatherapy and massage from the trained zookeepers. So many zoo animals have benefited from this heart and soul care, such as goats, pigs and deer to coatis, big cats, sea turtles, and even komodo dragons. Who knew that what I started at the Houston Zoo years ago would eventually evolve into the opportunity for other zoos to become awakened.

Animals have guided me. I am here because of them. My life would not be the same without them. If you think about your pets, you probably feel the same way, too. I feel their wisdom has helped me to become a beacon of light for them and others. If you let the animals help you on your path, you too, will become a shining beacon of radiant light. And together, we are a brilliant and magnified ray of hope for the animals and the world. Together, we help the animals fulfill their ultimate mission.

I wrote this book to share the knowledge I have gained. I hope it will teach you the depths of the Soul Watchers' mission and how to put it into action on a heart and soul level. It will even teach you about your own care and help you to be a better person amongst humanity. Interestingly, when I went to write the title of the book, I started to spell *Humanity* with *You*. I then wrote it out "You-manity." You see, YOU are an integral part of this greater picture. One person can help influence another, and so on. This is the Soul Watcher effect.

Animals are a window to your soul and a doorway to your spiritual destiny. If you let them into your life and allow the soul watchers to teach you, you will awaken your heart and soul like never before. By reading this book, I feel you will never look at animals or nature the same way again. I truly believe you will also look at yourself differently—your eyes will be opened, and your life will forever be changed. Together, we can accomplish the mission the animals have for us, to awaken humanity's consciousness for the benefit of all life on Mother Earth.

Remember to go to www.TheSoulWatchers.com to sign up to get access to your complementary follow-along guide and audio meditation!

Heart & Soul Blessings!

Kim

GUIDE NOTES: *Take your time to complete the guide. It may take you days to get through it or a month or more. This is an exercise of the heart and soul. There is no time-line, so take your time.*

Prologue

Rain was a wolf dog I was blessed to have come into my life for four short years. My partner, Allison, forwarded an email to me that had been circulated. Rain needed a home by Christmas Eve or would be euthanized. Immediately when I saw her photo, I felt a connection so strong and knew I was supposed to give her that home. In return, she gave me so much more, beyond my wildest dreams. She wanted very much to be a part of this book. It was her honor to share her soul with you, in hopes that her words would touch and impact the deepest part of your soul:

Who are you? You are a being of light. You may not realize it, as perhaps you feel any light in you has been snuffed out. Or maybe you feel a tiny flicker. Or maybe a radiant glow streams forth. However you find the

state of your inner flame to be, please know that it has the capacity to get even brighter. As you start this journey, keep an open mind and an open heart. There will be things you are already aware of and other things that will take you by surprise. Be willing to step outside of your box, one foot at a time. You are here because you are meant to be here. You are reading this by no accident. Your soul is ready to encounter and expand like never before.

Sometimes, we do not realize how we can be a ray of hope for others. You are that ray of hope for us, for all creatures and mankind. For without you, the world would be a different place. You are an important piece of this global puzzle that we try to construct for peace. Please know that you never walk this road alone. The animals will always be there for you. I will be there for you. Use the knowledge you glean from this book to make a difference. Turn that spark into a glorious fire and let it ignite the world. A world we all need to understand on a heart and soul level—as one. May our light strengthen your light and empower you on this sacred path.

With All My Soul,

Rain

Chapter 1

The Soul Watchers' Quest

Be curious and never stop learning.
Be curious about all of the animals in the world,
because they all have something they can teach you.
Let your curiosity lead the way.

—BANDIT, MY DOG IN SPIRIT

To some, a quest might sound like some romanticized adventure in Sherwood Forest, a magical kingdom or perhaps a journey with Indiana Jones. Well, to all of the animals, this quest is real and has been going on for what seems like eons to them.

The Soul Watchers are animals in various forms from your past, present and future. They consist of the animals you care for, other domestic and livestock animals you

encounter, wild animals, animal guides or those that represent the "essence" of animals. You may even refer to some of these animals as messengers. You will learn more about them in the next chapter.

Why do the animals refer to themselves as soul watchers? They have been watching the development of our souls for years. Humans have free will, and we can choose to allow the animals into our lives or not.

Even if we invite animals into our lives, we can choose their help—or not. Hence, the "watcher" role. Of course, the animals desire to take a more active role than that and hope you will take them up on their offer. They have quite an in-depth and diverse perspective of life, more so than we do, and are capable of teaching us profound life lessons.

Over time, animals have watched the destruction of their species, humanity and the world, our beautiful Mother Earth that we all share. They have been on a life-long mission to change this. Animals offer hope, wisdom, and guidance. In a world filled with chaos, they are humanity's best hope. WE are their mission. Animals live and "work" from their heart and soul. They are trying to reach and teach us on a body, mind, and spirit level. You see, humans often do more for the animals in their lives than they do for themselves or others. Animals are aware of this and try to utilize this to their advantage.

The animals have ancient wisdom that has been passed down through the ages. This sacred knowledge is from the animal collective, nature and Mother Earth. The animals know that some people have blinders on—and wish not to know more than they already do, for that is their current path. And they understand other people simply do not know what they do not know, but are really interested in knowing when given the opportunity.

Animals also realize that people live in a constant state of fear to some degree. After all, it's human nature. We can feel lost, confused. We may be worried or have anxiety. My massage therapist asked me once "How is that worrying going for you?" as she massaged my overly-tense muscles.

We can fear the unknown, the "what ifs." Fear paralyzes. Regardless of how fear manifests in our life, it prevents us from accessing the ability to grow and find our way. One of my teachers taught me years ago, FEAR is False Evidence Appearing Real. The animals want to help us know what they know, but also help us conquer our fears. They want to assist us in our becoming enlightened and empowered. You can even think of them as your personal buddhas, zen masters or yes, even Yoda.

The animals bring people together and unite us as one with all there is. Doe, the deer referred to this as the "Buddha Beam." This is the life force that is connected to everything in the universe and connects us all. You can think of this as harmonious beams of light. You can also view this as: we are all connected by an intricately woven spider's web, where the delicate filaments reach from one soul to another, all equally vital in this web of life.

This imagery reminds me of an incredible sweat lodge experience I had. I saw a vision of a faceted crystal. Inside the crystal appeared a spider web. And inside the spider web was a human eye. Then, that eye morphed into different species of animal eyes. We are all truly connected.

The animals have unconditional love and will give their life for us, even for reasons *out of this world.* I never cease to be amazed by their endless love and tireless efforts. Gabby is a good example of this love.

A friend and student of mine, asked if I would speak to Gabby, her cat. Her precious feline wasn't that old and passed away unexpectedly. What Gabby told me blew me away. When I asked why she left suddenly, she told me that she needed to go to help stabilize the moon. (Speaking to animals is discussed in chapter 6.)

I knew some animals were capable of shutting their bodily functions down and leaving, but I had no clue what "stabilize the moon" could possibly mean. I knew from my astrologer friend, Laura, that the moon, sun, and planets affected life here. I recall even how one of my vets would not schedule any castrations on a full moon, because there was

a risk of increased blood flow and possible complications. I reached out to Laura, and she let me know that it made total sense based on events at the time. She was so honored by what Gabby did, and being a fellow cat lover herself, contacted her pet parent to shed more light on this.

The animals know that if they can impart some of their knowledge to you, that it will stir your heart and soul and change your life. They are here in different forms to help awaken you on a mental, physical, emotional and spiritual level. This includes taking you to your next level of consciousness. These gentle soul watchers can lead you on a sacred journey to your true, soul path.

The animals hold the hope for humanity in their hearts. For if they can make an impact on you, they know you hold the key that can make an impact on others.

ACTION: *Download the guide now, so you can start this journey together with the animals. Make a list of all of the domestic, livestock and wild animals that have been a part of your life now and in the past. Recall even the smallest moments in time when you had a special encounter with an animal.*

Epilogue

Diamond was my first animal I ever had, a magnificent and cuddly collie. I was ten and so excited for my Lassie dreams to come true. He grew from a puppy into an amazing dog. I taught him many behaviors such as sit, speak, bow, prance, fetch, jump and to pull a cart. I loved him with all of my heart, and still do. So, it's fitting for the animal that started this incredible journey for me to be able to share a part of himself with you:

Sometimes we try too hard in life, and the answers are right in front of us. Live, love, laugh. No regrets. For every step you take leads you in the right direction, whether you realize it or not. There are no mistakes in life. Only lessons learned. Only blessings in disguise.

Know that the animal kingdom is here for you, to help guide you on your sacred path. We have always been there for you, though you may have been unaware of the extent of our presence.

Reach out to us. Call on us. Learn from us. Ultimately, animals and humans are all united as one, working towards the same goal—peace and harmony across the universe.

We are all on the same team. No one animal or person is greater than the other, as we are equal partners in life. If everyone can open their eyes to the truth and come full circle, we each will understand the gifts inside us all.

The animals, nature, and Mother Earth treasure you deeply. Please join us to profoundly awaken and enlighten the heart and soul connection between all life. For you, my friend, are a fellow Soul Watcher, and powerful beyond your wildest imagination. Together, we can accomplish miracles.

In Love and Light,

Diamond

Let's Stay in Touch!

Kim Shotola

The Lightfoot Way

Email: thelightfootway@yahoo.com

Visit
www.TheSoulWatchers.com
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and action guide for this book.

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Kim with her wise mare Tara on their Montana property

About the Author

Kim Shotola is a holistic animal care instructor, animal wellness coach, and professional animal communicator. She has been featured on TV, radio shows, podcasts and in magazines, and has spoken at in-person and online events.

Kim's holistic animal care journey started 25 years ago when her horse, Tara, had lameness issues, and she found how supplements helped. Since then, she has trained with many instructors in the fields of animal communication, nutrition, muscle testing, energy work, crystal therapy, aromatherapy, massage therapy, and more.

She worked with animals at the Houston Zoo for over 25 years, where she helped manage the care of over 1,000 domestic, wildlife, livestock, and exotic animals in the Children's Zoo, including the amazing bug house. With her knowledge and skills, she helped bring holistic animal care to the zoo to help the whole animal on a body, mind and spirit level.

Kim taught her first, holistic animal care classes at a holistic veterinarian's clinic in 2006, and empowered animal lovers to help all kinds of animals of all ages to live happier, healthier and longer lives. Since then, she has taught hundreds of students from ages 7–82 from all over the world to strengthen their connection, prevent illness and disease, and heal the animals in their care.

In 2017, Kim moved from Texas to Montana to pursue her dream of living and teaching near Yellowstone. She still travels to Texas throughout the year to teach and see her family. Kim and her husband share their home with three dogs, two horses and an albino chinchilla.

For more information about Kim, see THE LIGHTFOOT WAY'S website at: TheLightfootWay.com, under the ABOUT US tab.

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Animals can become a window to your soul and a doorway to your spiritual destiny!

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KIM SHOTOLA empowers pet parents and animal professionals to help animals live happier, healthier, and longer lives. She worked with animals at the Houston Zoo for 25+ years, where she introduced holistic care, which still continues today. A dynamic teacher, she has been featured on TV, radio, podcasts and in magazines. She lives with her family and animal friends in Livingston, Montana.

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