

Wisdom from Our Animals



Hello Fellow Animal Lover!

I'm Keiko - an alpaca shepherdess, intuitive holistic health coach, and energy healer for both animals and their humans.

I wanted to share a few lovely animal stories that have taught me a lot about life and how I want to live in this world.

I hope you too will be touched and inspired by the magnificence of all our fellow animal companions. The animals teach through unconditional love and pure acceptance of us. I am forever grateful for each and every beautiful being- humans and animals - who have touched my life.

Enjoy!

www.KTMHolisticHealth.com info@KTMHolisticHealth.com

#1 Trust in Your Heart is Always Key



Years ago, I had no idea you could learn to communicate with animals. I always felt very connected to them and would feel or sense that they were trying to talk with me. I always had this sense that the animals knew my good intentions and understood them to some degree, but I really had no way to confirm this.

Lexi, the alpaca, came to us soon after we started our farm. She was very skittish and didn't want to be handled at all. I was quite disappointed as I was hoping to interact with her more. But she did always seem to tune in to me and look at me as if she was trying to figure me out. I was always gentle with her and talked to her- but she continued to respond skittishly. She was a wonderful and nurturing mother, and I respected her tremendously.

One evening during chores, Lexi came right up to me and looked straight in my face. This was very unusual. I had this strange sense that she was telling me her herdmate, Mika, was going to have a baby early the next morning. Funny thing is...I had some health challenges back then and struggled to get up in the mornings. All the alpacas must have known this. I wasn't really sure if that was the message but did take note.

The following morning, I got up a wee bit earlier than usual and looked out the window. All the alpacas were in a circle and Mika was in labor! I rushed outside to be part of the celebration and thanked Lexi for the heads up!

The sweet little baby did really well and started looking for the milk machine. Interestingly again, Lexi went near the mama's milk and tried to show the baby where to nurse! It was amazing to witness this beautiful miracle.

This experience taught me to trust what I sensed and to remember how much the animals may be communicating with us and each other. I also realized how incredibly important of a role all the animals have in keeping everyone healthy and happy. Even if we think we are making it up or think it's just a thought that crossed our mind- paying attention and trusting them seems key to our success in having an exceptional relationship with them.

#2 Expect the Unexpected



The alpacas know I am not one to do mornings very well. Or late nights. So how did they manage to let us know a baby was born at midnight in the cold winter night? Normally, alpacas have babies during the day- and many night time babies are compromised or at risk of freezing.

When we have alpacas who are due to give birth, we do a late night check just to be sure everyone is safe, and then head to bed. This one winter was a different story. We already had a 10 pm baby this season who we luckily found about 5 minutes after she was born. She was a totally healthy cria, just born at the wrong hour of the night. Thankfully for her, we had been diligent.

One evening that winter, my husband was suddenly jarred awake in the middle of the night. He said he had a dream that a drill sergeant was screaming in his face to wake up. He quickly woke up, then heard our amazing livestock guardian dog, Riki, pawing at the metal barn. My husband ran outside to see a little white baby in the pen.

He came back to get me and we dried up the baby, coated him, and tucked him in the warmer barn with his mom who had tons of milk ready to go. Apollo did really well and other than the crazy hour he was born, he was a perfectly healthy baby.

The interesting thing about this whole experience is that the animals chose to wake up my husband instead of me :) and my husband was able to receive these communications even though he would say he was totally not intuitive at all.

We were so amazed at how beautifully everything was orchestrated to make sure little Apollo thrived. Animals can communicate in the most unexpected ways! I learned how in tune and creative our animals can be. I don't know how they orchestrated each sequence, but they are quite powerful and appear to be communicating clearly with each other. I love that they included my husband and communicated to him in the way he would be able to take action. Listen, trust, believe and take action was my big takeaway from this experience.

#3 The Power of Togetherness- Star, Milano, and Herd



On a farm with this many animals, transitions are just part of life. It never gets easier, but we learn to truly appreciate loving, living, and caring for each and every one of our beloved animals every day as we never know what may unfold next.

This was unfortunately the case for my beautiful alpaca, Star. She was always one of my favorites- she had a gorgeous striking pattern and the most beautiful sweet face which matched her personality.

She had given birth to a healthy active baby, Milano, and all seemed quite blissful. With a new baby on the farm, we check on everyone more frequently- and after the first day, I started to notice Star wasn't quite herself. I couldn't quite figure out what it was. She went downhill so fast and transitioned in the wee hours of the night leaving a newborn baby in our care.

Needless to say, we were distraught after losing Star...but had to take action immediately to keep her baby alive. Male alpaca babies are very difficult to raise properly and little Milano was so confused.

This was our first orphan in our 12 years of alpaca farm life. I called up an amazing friend who I knew would guide me well on the day to day care. She was incredibly encouraging and gave us hope that we might be able to do this successfully- keep him alive and behaving like a proper alpaca.

I also contacted my animal communication teacher as I was in too much shock to figure things out clearly. We addressed the grief we all felt as well as decided how we were going to proceed raising Milano. I definitely needed the herd members' help to do this well.

We asked for one of our girls to be his adult guardian. Unfortunately, we did not have any lactating females who were available for this job. Dezi volunteered and agreed to this role- and to my happy surprise, she really did follow through and take very good care of Milano. We, the humans, were in charge of feeding him milk around the clock in the barn.

We also asked the herd to make sure he understood he was an alpaca and teach him proper manners. When alpaca babies get too attached to their humans, they can have behavioral problems at maturity.

We felt asking for the herd's help through animal communication truly made things possible and quite smooth overall.

I am still processing this whole experience as it was quite intense in so many aspects. From many of my readings and experiences, I have come to accept that animals choose how and when they will transition. Not that this makes it any easier, but this has helped me from going into the guilt, self-blame, and doubt cycle of "Did I miss something? Could I have done things differently? What did I do wrong?????"

The animals don't want us to go through this- they are unconditionally loving beings who are here to help us evolve and become better versions of ourselves...or so it always feels to me!

I did question for some time why this had all happened the way it did. She was absolutely healthy showing no signs- gave birth to a gorgeous healthy baby smoothly. Her colostrum was in and she looked so proud and happy with Milano. Then it all shifted so quickly and she was gone just like that.

I still don't know why Star transitioned as she did...but we learned so much from this experience- raising an alpaca bottle baby is one of the ultimate challenges as a shepherdess. It tests and tries us physically, mentally and emotionally. I am grateful she gave him colostrum before she left as this factor alone gave Milano an incredibly high chance of surviving. The herd was incredible in supporting Milano while they all mourned the loss of their herdmate, Star. My human family supported me, too. This experience brought all of us- the herd and the human family so much closer together as we committed to help baby Milano thrive. He celebrated his first birthday and has been a very happy healthy boy.

Milano's video at my farm channel <https://www.youtube.com/watch?v=Kmjy-IA5jyE&t=414s>

#4 Shiny Magical Confirmation



Losing Star was very difficult but we were so focused on making sure her baby survived that I didn't have time to fully grieve until a little later.

Through an interesting connection, I purchased a beautiful crystal and had taken it outside in the sunshine. As I looked at it, I thought I'd just "talk" to the crystal. I am not even sure why I thought to do this as I had never really talked to one.

I held this beautiful crystal and decided to ask her name. I heard "Esther". Secretly, I was hoping for a more flashy name...and the crystal read my mind! "Go look up the meaning now" is what I heard next... so I did. And to my big surprise the meaning I came across was "Persian for Star"!!!

Of course...if the crystal had said "Star" I would automatically have assumed I made it up :) I felt Star was saying hi to me through this beautiful crystal.

This experience helped me believe more strongly in magic and miracles even during grief. There are no accidents and coincidences. There is so much love and amazement in nature. I am in wonder at how the crystal managed to come to my farm and then tell me her name was Esther- almost as though Star was confirming to me she is still with me and wants me to know this! I did purchase this crystal, but at the same time, it felt like a gift from Star :)

#5 Our Gentle Giant and Honoring Each Being



Tomi was an adopted Great Pyrenees who had the most gentle heart. He was incredibly powerful and just by looking at him, you knew he was always processing information and making his own decisions.

I was always quite amazed at how intelligent and intuitive he was. I had seen someone walking by our property and felt concerned. He didn't appear to have seen anyone but picked up on my concern, went outside, walked around and made a few barks to announce his presence on this property. Then he promptly came back in with his cool and calm demeanor as if to say, "All is taken care of, no worries."

He had always respected our fences so we thought our fences were dog proof...until one day, we looked over to the back pasture and saw him on the other side. He was laying down doing something - we couldn't quite tell what - but he was clearly on the other side of our fence.

We ran over to see what was going on...and this big gentle giant was trying to protect these injured little bunnies!!! He was sitting there with them. We were just amazed at how he knew there were little bunnies in need of his protection as well as figuring out how to get on the other side of the fence.

Through my many experiences with dogs, alpacas, cats, chickens, and a bunny- I have come to appreciate each and every one of their own unique special gifts. I also have noticed that they are usually at different stages in their own spiritual, emotional or mental journey. I've had a few dogs who have a deep situational understanding. Tomi was definitely one of them. But I have also learned not to place certain expectations as each being is here for different reasons. Some are here to teach and guide us. Others are here to support us with unconditional love, help us heal or even perhaps simply to experience being a certain animal.

I love all of my animals deeply and dearly- but I have different relationships with each one. Some of them, I feel a deep soul connection while others feel like newer relationships. I feel it's really important to

honor each relationship and allow each one to express and be who they are. Sometimes we have an experience with one dog and get attached to the experience- so we expect another animal to meet those expectations for us. Each animal in our life is to be treasured as a gift full of beautiful experiences.

#6 Animals are Magical



Long long long ago, I had the most incredible dog teacher. He was my first dog and he took such great care of me from the age of 12 to 29! He taught me all of the important things in life and how to live with love every day.

There were many amazing memories of him- but there is one in particular that I keep thinking about. I trusted him with my life, so I never questioned him. He was always so protective of me that I knew he would never put me in harm's way.

We were taking one of our walks and all of a sudden, he started walking intently towards two men. I will admit, I initially hesitated but kept walking with my dog. The tall man bent down as we got closer and asked, "Is your dog a Sheltie?" I knew there was something my dog picked up on because my dog was really big for a Sheltie and most people would have just called him "Lassie" who is a Collie.

My sweet dog went right up to him and allowed this stranger to pet him. The man told me then that he had lost his beloved Sheltie not long ago and he was grieving badly.

The man, my dog, and I had a very beautiful moment where we understood how special this moment was... and how not everyone understands the powerful bond we have with our animals.

I always wondered how my dog knew this man needed this special moment to help him heal. It still makes me a bit teary eyed to recall how this man appreciated the loving gesture of my dog. It really was a magical moment etched in my heart.

#7 How Animals Guide Us Through the Toughest Times...



(I decided to include the original post I wrote a few weeks after Alina's transition)

Hi sweet friends ❤️ This post is for my fellow alpaca farmers and animal loving friends 😊 I hope this brings you hope, love, and healing especially if you've experienced loss ❤️ I've loved animals and always found such comfort and peace being with them. My first dog Honey got me through so much of the rough times when I had to adjust and live in Japan. He was with me for almost 17 years! I can't tell you the amount of grief and pain I felt when he crossed over in 2003.

I became an alpaca shepherdess in 2008 and became responsible for many beautiful lives. I like to adopt mature/senior dogs as I find they are extra wise and appreciative ❤️ I struggled with quite a few of my senior animals transitioning in the last few years and had to take time to process and do some soul searching to find peace. But all in all, as hard as it is, when animals transition due mostly to old age and we see the process unfold, we do what we can to prepare and cope.

On Aug. 6, we had our first "freak accident" where Alina broke her leg badly. She was the first baby alpaca born on our farm 10 years ago! I managed to stabilize her with a creative splint, electrolytes and homeopathic arnica (at a very high potency) and she was up and eating in a stall within an hour. ER vet felt she was fine for the night and came the next morning. But I was not prepared to hear the results of her x-ray.

I had been naively hopeful since she was up and eating. My options were terrible and even more terrible...and in a state of overwhelm and desperation, I asked Alina "What should I do?" Not sure what I was expecting to be completely honest...but to my huge surprise...I heard/sensed an answer! "We perceive death differently and I can just as easily come back in a younger body if and when I want to." Did she say that????? I don't know but the reason I trusted this message was because I felt a sense of peace, calm and love come over me. As creative as I am, I really don't think I was in a state to make something this soothing up 😊

Anyway...I've been processing this and although it was difficult, I was guided to record a 6 min. video to share my story in hopes of helping grieving friends...and you can see 2 of my alpacas coming to comfort me! If you look super close, the white one at the end has a flower in her bangs!!!

What a cute touch ❤️ Leave it to Snowflake ❤️ Much love and healing ❤️ Pic is of me and Alina before she went peacefully- she only knew love and kindness which gives me so much peace. Love and hugs!

<https://www.youtube.com/watch?v=XFTYYoRr7KE&t=3s>



Hope you enjoyed these stories! Our farm life has been full of lessons learned from our animals. I have years of real life experiences as well as extensive training in health coaching and various holistic healing techniques since I love to keep learning.

I offer single healing sessions as well as energy healing/holistic lifestyle coaching packages for your companion animals as well as humans.

Feel free to browse my websites:

Coaching/healing www.KTMHolisticHealth.com

Alpaca Farm www.WisteriaSuriRanch.com

Reach out to me anytime by email at info@ktmholistichealth.com

www.KTMHolisticHealth.com info@KTMHolisticHealth.com