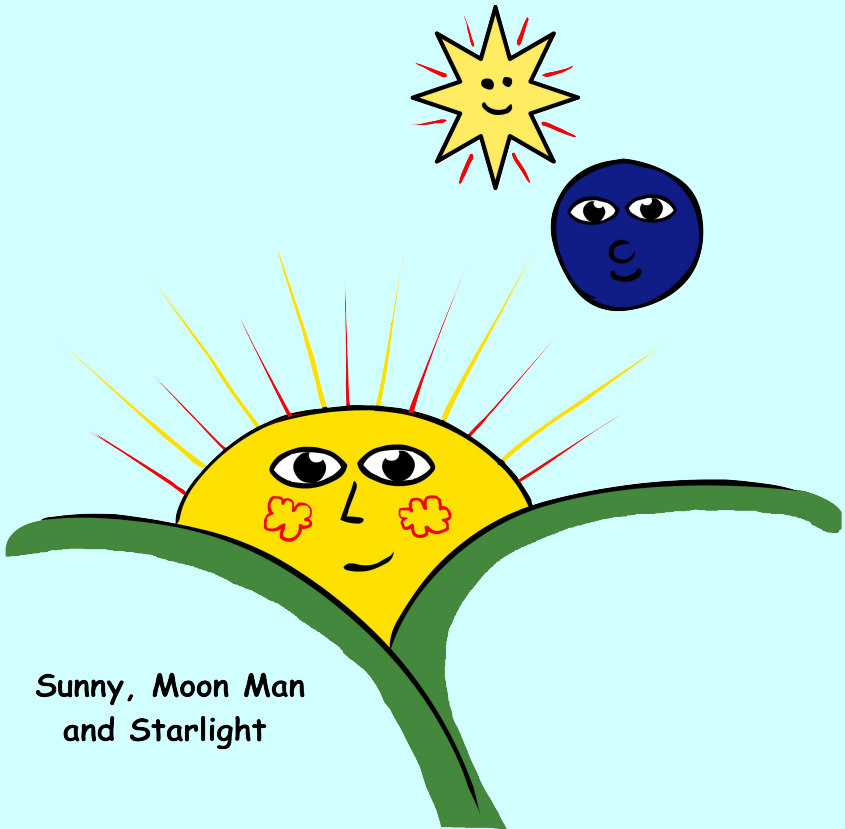


# Cosmic Kitty and Friends



Sunny, Moon Man  
and Starlight

Cosmic Kitty™

We are so glad you are joining us on this journey!

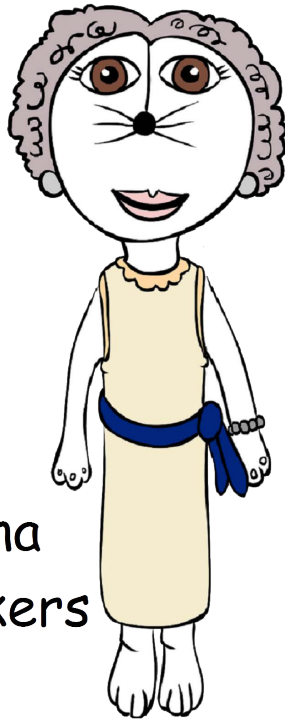
Cosmic Kitty and her friends are here to introduce you to a new way of thinking and different ways to enjoy life. Many of these friends live in the fifth dimension, a high vibration place full of love. However, they also travel to other places where they meet new people, new animals, and teach and learn lessons along the way.

Let's meet some of our new friends in the following pages.



**Cosmic Kitty** loves people, animals, trees, and all forms of nature. Her friends call her "CK," short for Cosmic Kitty. CK lives in a wonderful place in the fifth dimension called "Joy-Ville". She is also an adventurer, and she is very curious about everything! CK loves to sing, and she even makes up her own songs like "The ABC's of Affirmations" which help her to raise her vibration and feel more joyful. She believes that Joy is a choice.

We can decide how we let things make us feel. Even things that are sad or mean can only make us feel bad if we choose to let them. That is one of the reasons Cosmic Kitty makes friends wherever she goes! Others like to be around people who are happy and joyful.



Nana  
Whiskers

**Nana Whiskers** is CK's grandmother. Cosmic Kitty met her grandmother for the first time on her adventure through the portal at Whale Mountain. When she arrived in the third dimension, Cosmic Kitty could see Nana Whiskers floating beside her! You see, Nana is actually the spirit of Cosmic Kitty's grandmother. Nana Whiskers left her body several years before Cosmic Kitty was born. But in the third dimension, she can see and speak to Cosmic Kitty.

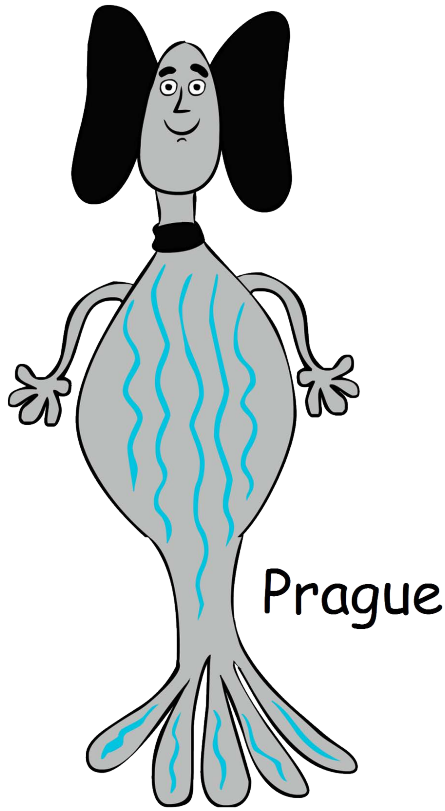
Nana wants everyone to know that your loved ones are always with you, even if they no longer have their body. True Love is eternal, everlasting and unconditional. Our family and friends who leave us are always in our hearts, and often they may still be hanging out helping us, even if we cannot see them or hear them anymore.



Celeste

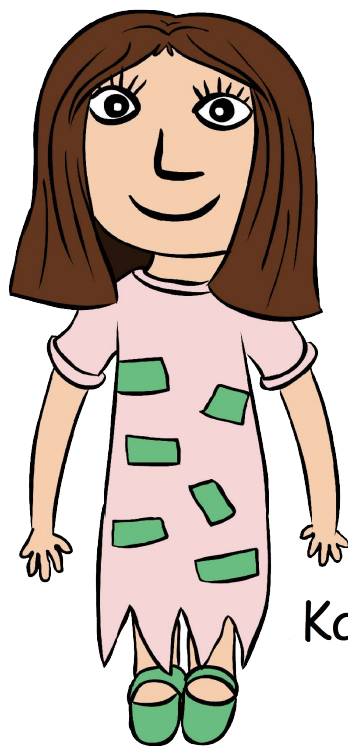
**Celeste** is Cosmic Kitty's Life Guide. She is a small spirit guide who helps Cosmic Kitty make good decisions and choices in her daily life. Like all Life Guides, Celeste is very focused on helping Cosmic Kitty listen to her heart and her higher sense of self. When Cosmic Kitty needs to make a decision, Celeste will provide hints and clues to the better choice. Sometimes it will be a gut feeling and other times it might be a song Cosmic Kitty hears.

Our Life Guide's main purpose is to help us grow and develop. They will never judge us or say our decisions are bad. However, if we listen to our heart, it will always lead us in the direction that is better for us. That is what Celeste wants to convey.



**Prague** is Cosmic Kitty's other spirit guide. However, his job is different from Celeste's job. Prague is a Protector Guide. His main role is to keep Cosmic Kitty safe and out of trouble. He protects her when harm is near. If she is going somewhere dangerous, he will give her a feeling of unease to get her to stay away. If someone lies to her or gives her wrong information, he might give Cosmic Kitty a feeling that something is not quite right.

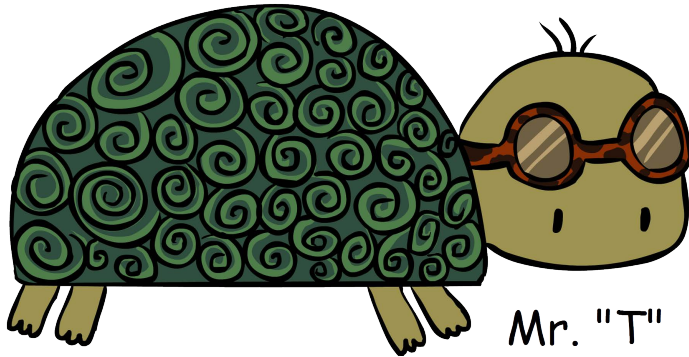
Our Protector Guides help us stay safe every day. It can be physically safe, emotionally safe or any other form. Protector guides can keep us from getting into accidents or getting into bad relationships if we will listen to them. Often they are subtle, and we must listen closely to our intuition to hear them.



Katherine

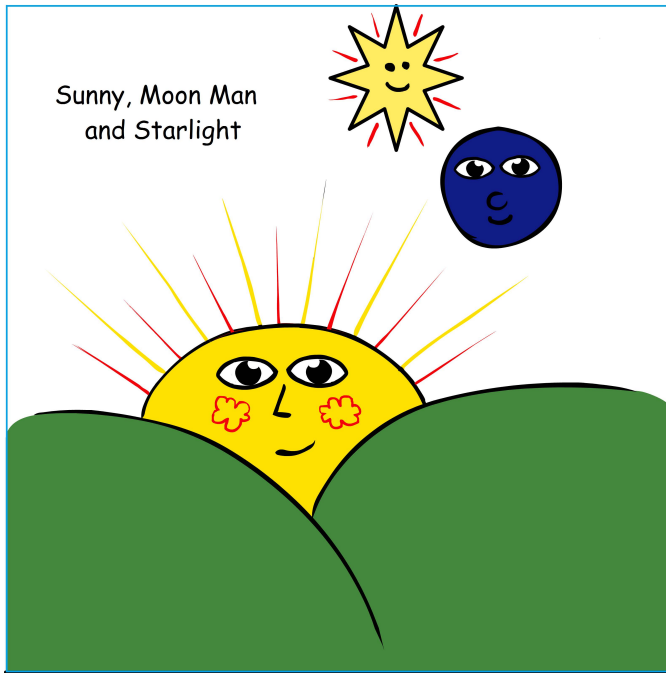
**Katherine** is quite different from Cosmic Kitty, but also the same! Katherine lives in the third dimension in a world that is parallel to Cosmic Kitty's. And actually, Katherine IS Cosmic Kitty in her world! They share the same spiritual essence even though they are different people in different bodies in different places. When Cosmic Kitty first went to the third dimension, Katherine was a bully!

And now with Cosmic Kitty's help, Katherine has learned it is better to be yourself than to copy everyone else just to fit in. Katherine has asked herself a lot of hard questions, and most of them start with "Why." Learning about her true nature and what she really believes in is a journey Katherine is currently on.



**Mr. Tortoise, or Mr. "T"** as Cosmic Kitty calls him, is the oldest and wisest soul in Joy-Ville. He has been living for well over 1,000 years (even HE doesn't know how long!) and has seen their world evolve and change into a more peaceful place. He is a great teacher and provides Cosmic Kitty and her friends with lessons and information to help them live their best life. Mr. "T" enjoys long, warm naps in the sun and only eats vegetables, mostly raw. He always makes time for Cosmic Kitty when she visits with questions or needs to learn something new.

Mr. "T" also reminds Cosmic Kitty that life is a journey. It's not about the finish line; it's about the process. We have this life to experience who we truly are in physical form and we are meant to enjoy it. Mr. "T" always reminds us to "Enjoy the Journey" because the destination is not the point.



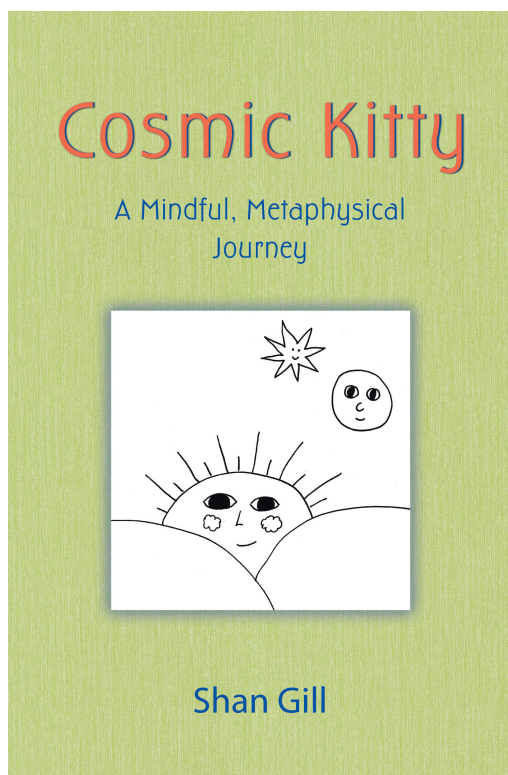
**Sunny, Moon Man and Starlight** all live in Joy-Ville, Cosmic Kitty's home. Since CK has a unique gift where she can speak with animals and nature, she regularly spends time with them. These friends have been around a very long time and have seen many days and nights.

They enjoy lighting up the sky for the residents of Joy-Ville and remind everyone that the only real moment we have is right now. It does not help us to think about the past or worry about the future. By living in the present and practicing mindfulness, we can enjoy what we have right now and find more calmness and peace in our world.

Cosmic Kitty Characters and Stories  
are based on the book

## **Cosmic Kitty; A Mindful, Metaphysical Journey**

By Shan Gill



For more information, contact Shan Gill at  
[shan@shangill.com](mailto:shan@shangill.com) or visit  
[www.cosmickittybook.com](http://www.cosmickittybook.com)

# Future Cosmic Kitty Books:

Cosmic Kitty and Friends Coloring Book

The ABC's of Affirmations

Cosmic Kitty's Gratitude Guide

Loved Ones are Always with Us

What does the Heart Say?

Let's Meditate

Being Present is a Gift

Why ask "Why"?

The Intuition Guide

Life's Great Journey

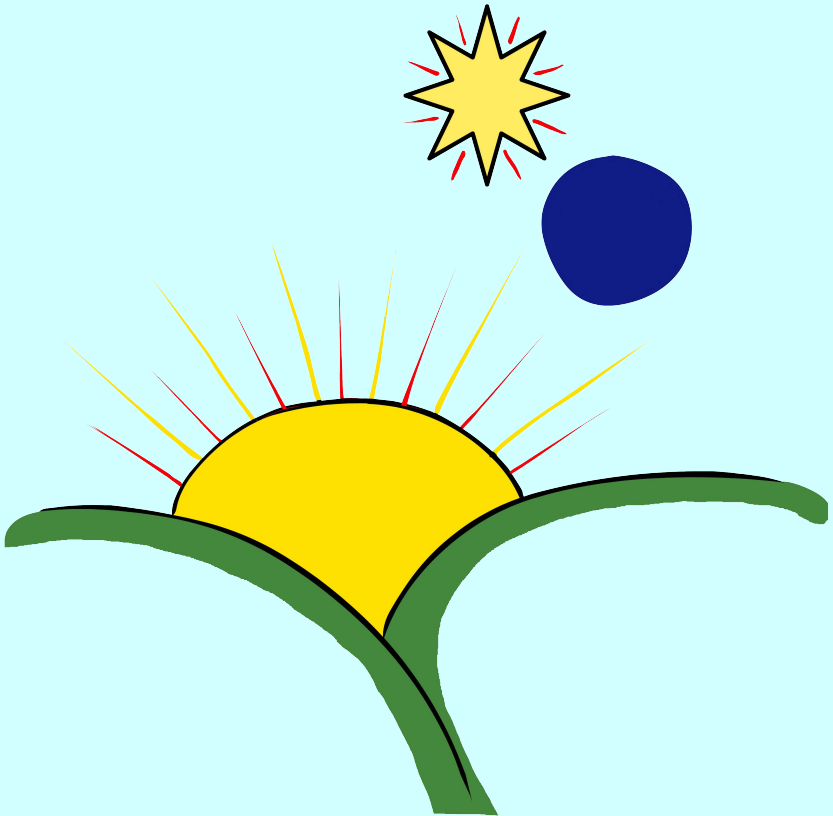
Joy is a Choice

The Dimension Counting Book

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