



Subtle Energy Pet Care:

Alignment with Cats or Dogs

Animals who become pets have a special place in our lives. How many of us think of pets as a best friend? As a confidant or a buddy? We carve out a unique space for them and love them differently than we love our friends and family. Maybe even more than we love our friends and family.

Pets are a being to love and cherish and to care for every day. A being that makes you feel more understood, less alone; a true companion with whom you will walk the path of life. Animals are uplifting, they are awake to your subtle cues and your needs in a way that even the most observant human may not be...and yet, they take their own space, don't they?

Take a deep breath right now and try this: instead of projecting your needs- meet your pet on their terms. Look at them clearly without your attachments of what and how they must behave.

Sacred Anatomy Energy Medicine for Animals

Pet Care: Alignment Exercise

1. **Approach**-Take a deep breath- approach your pet make eye contact- look at them- then close your eyes.
2. **Stroke**- With your eyes closed- Firmly and yet, gently touch your cat or dog- stroke them for a minute.



3. **Set-** Leaving your hand on them- continuing to pet them with your eyes closed. Set your connection to them projecting your care for them through your hand.
4. **Release Control-**Take another deep breath- eyes still closed- still stroking them...Consciously release your need to control them- visualize and feel in your body that whatever they do is ok. Trust your pet to make the right choice to partner back with you.
5. **Relax-**Take another deep breath- bring your hand to a stopped position- still on their body- just sit with them breathing for a minute- releasing all tension in your body- feel as they relax.
6. **Remember-** Feel into your connection with them- feel their vitality, their health, remember a time when you were happy together. Both of you- when they were having fun, not just you. Feel your heart connection, feel the physical pleasure of playing with your pet, walking with your pet or sitting and stroking them. Bring one of these precious memories up as if it is happening now- visualizing what you were doing together and feeling what you felt then in your sense memory – remember how happy and carefree you were.
7. **Reconnect-** Open your eyes- look at them- make eye contact and smile approvingly.