



Subtle Energy Pet Care- May 6-7, 2023

Subtle Energy Pet Care: Dog & Cat Distress

This is a pretty straight forward and simple. Trauma and difficult encounters for pets can produce a build-up of distress in addition to physical problems. Distress can result from physical problems, from emotional stressors or mental fixations, such as fears. Distress shows up in dogs as a kind of beanie cap on the head. In cats it is longer down the back and over the brow a little like a Roman helmet. Removing it is straightforward.

Sacred Anatomy Energy Medicine for Animals

Exercise: Lifting Doggie or Kitty Distress

1. **Analyze your pet's condition.** If they are doing their best to cope with some difficult event or illness they can also have need of Lifting Distress. If you determine this is a good idea you can move to relieve your animal's experience of trauma.
2. **Get permission from the animal and/or the owner of the animal.** Aligning with them determine to your own satisfaction that they are willing to let you Lift Distress.
3. **Find the parameters of the distress beanie for dogs and helmet for cats.** Extending your Light Fingers reach underneath the edge of the Distress on either side of it. Pry up the Distress (cap or helmet) and lifting it up release it by clapping your hands. You should do this several times to be sure you Lifted Distress completely.
4. **Replenish your pet's energies.** Call on one or more of these energies to strengthen and replenish your pet.
 - a. *The Heart of Saint Francis (rose pink & brown)*
 - b. *Balm of Gilead (multicolored green)*



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- c. Pet Recovery (green and blue shimmers)*
5. **Feel** these energies fill your pet up bringing peace, quiet and relaxation to your cat or dog.
 6. **After you are finished.** Bring in the energy of *Integration (silver white with golden flecks)*.