Subtle Energy Pet Care- May 6-7, 2023

Subtle Energy Pet Care: About Petting into Health

The very best way to connect with your cat or dog is through petting. Most animals like to be touched, especially house pets who have little interaction with other members of their same species and who primarily are in relationship with you.

It is the energy that you approach your dog with that will expand the interaction. For cats it is the way you touch them that will matter. But both dogs and cats can be coaxed into greater health and well-being using this exercise.

Asking permission:

Approach all animals consciously with a clear intention to pet them. This is essentially how to ask permission to engage with them. Holding your clear uncomplicated intention, extend your open, flat hand so you can show friendliness is always a good way to start. Wait until your pet shows acceptance, turn your hand over and roll it onto their shoulder.

Approaching a traumatized dog:

Be sure not to touch a dog if you are afraid of them snapping at you or biting. If a dog is afraid or injured, they may bite out of agitation. Wait until you have assured yourself the dog will not harm you, then touch them presenting your flat hand first, letting them smell you. Then place your hand gently on the side of their shoulder, never the head or near the mouth. If you can project a clear image of love and acceptance to them this will help defused their natural defenses.

Approaching a traumatized cat:

Breathing slowly and deeply let the cat smell your calm hand. Make sure you are not agitated thinking only of their injury and how worried or concerned you are. The cat

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will not respond well. Gentle caring touch with a clear desire will enable you to examine the kitty for injury and to soothe them. Grabbing them will not calm them.

Sacred Anatomy Energy Medicine for Animals

Exercise: *Petting into Health*

For supporting your pet to have:

- Sounder sleep
- Better appetite
- Happier disposition
- A lighter heart
- More cooperative
- Improved all-round behavior
- Making a healthier connection with you

1. **Become clear on the change you desire-**
    - Hold an uncomplicated image of what you want to change in your mind as you approach your pet.
    - Only positive images and thoughts.

2. **Touch your pet-**

For dogs:

- Be clear about the focus of your petting. That is the focus you are holding while the dog receives your petting. It doesn't work to start with one idea and shift to another mid-touch. This is the general noise of the human interaction for dogs and they will just tune your intent out as they do not listen to cluttered instructions.

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- To produce a result- be clear.
- Release attachment to what the result looks and feels like and just put it out there what you need or want to have happen.

For cats:

- Approach them cautiously and slowly. Not too slowly or that will irritate them, but slow enough to telegraph your intention to them regarding your reason for touching them.
- Focus on seeing them accomplishing what you are hoping for. Sleeping on their favorite spot, eating all the food in their dish, rubbing up against you happily, playing with a toy…
- Best place to approach them is gently but firmly touching them on the shoulder; never the head or stomach. When you pet a cat give medium touch long strokes.
- Holding in your mind and projecting a clear directive behavior image will give you a better chance to accomplish a good result.
- With cats *be clear* before you even approach them. They are very capable of receiving even a most garbled message. If you are pushing, urging or suggesting to them that they behave a certain way or if you have an agenda to shift their behavior- the cat will intuit your cross-purposes message and usually walk away or choose to ignore you. If you have their "best interests at heart" and you WANT a particular result- your cat will simply resist. Have only one thought in mind when you touch them. With my kitty friends, I often hold the image of them purring contentedly as I approach them with touch.

3. **Choose how to approaching petting your animal:**

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To accomplish a specific result move slowly and deliberately. Think about the behavior you want to accent to better support their happiness:

- Time to eat: Visualize their dish filled with their food.
- Socialization: See them sitting peacefully, playing happily with other dogs.
- Quieting: See them grooming in the sun peacefully or sitting in their favorite location relaxed.
- Time to walk: Visualize their leash.
- To cheer them up: Visualize them playing with you, doing a favorite activity.

4. **Petting with intention:** Don't forget it can take a while for your intent to land. Release attachment to a result. Instead dive deeper into feeling the result you desire. Send that emotion down your arm and into your pet as you stroke their fur. Keep it up for at least 2-4 minutes. Stroking rhythmically and evenly in a meditative manner.

5. **Results:** Just release your attachment to any result and let go. The result will occur as you move away from your need for it to be what is so.

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