



The Intuitive Connection

Inside this issue:

Upcoming
Events, Services
& Referrals

4

Finding Your Pet's Emotional Balance



While we've all been adjusting to the new "normal," don't forget your pets are adjusting too. While we're busy adjusting to working from home, not working, or working longer hours, home-schooling, home daycare, or being a first responder who can't even go home (we'd be lost without you), the changes must be very confusing for our pets. We all get used to routine, including them. So when that routine fluctuates, behavioral changes and issues may arise.

They may start out super excited that you're now home all the time. Or maybe not so super excited that the kids are home all the time. Or what used to be fun going on walks now becomes a challenge as your dog tries to hide from you after the 15th walk of the day. Maybe they've become clingy, or reclusive. Or maybe, there has been no change in their behavior at all, but think about the upcoming changes about to happen with many stay at home orders being lifted and things reopening.

It's hard for us to comprehend and understand what is going on, let alone trying to explain it to your pet. But my best piece of advice on helping them to cope with change is to do just that...explain it to them. Now before you start thinking I've gone off the deep end, think about it. You are already communicating with your pets whether you realize you are doing it or not. It's a secret communication, using the hidden language of telepathy. If you've ever had a dog, they are a great example of how telepathy works. Imagine sitting on your couch and thinking that it's time to take Fido on his walk. Next thing you know, Fido is at the door ready and waiting for you. But how did that happen if you didn't speak, move, put your shoes on, or get his leash? You communicated the thought to Fido telepathically.

Everything is made up of energy, including our thoughts. So when you think something like "time to take Fido for a walk," that energy radiates outward to your pet. They don't receive the words so much (as that's our language), but they pick up on the pictures and energy behind the words. So thinking of walking Fido equals the same thing as saying those words out loud to them. So how does that translate to explaining a pandemic to your pet?

Keep the explanation simple. Tell them that your routine has changed, or that you are very stressed out now, or whatever you might be feeling. Tell them it has nothing to do with them, that there is a sickness happening in the human world that has changed things. Tell them what the changes are (like you are staying home now, or maybe you'll be going back to work now). Tell them you appreciate their love and support and thank them for being there for you. The explanation should be short (think of how you would explain something to a 5 year old). The words aren't as important, it's more about the pictures and emotions behind the words that matter to them.

For those who may be going back to work, it is even more critical that you tell your pet about the upcoming change and why, or you could end up with an animal that has separation anxiety. Let them know when the change will

happen, when you'll be back home, etc. What if you do communicate and you end up with separation anxiety or issues anyways? The same natural remedies that aid people can aid your pets too.

Essential oils are a great way to calm anxious feelings in your pets. The only difference is that you need to reduce the amount you would use, and there are some oils to avoid altogether. To help relieve anxiety, one of the best ways is aromatically in a water-based diffuser. Run the diffuser intermittently, 15 minutes on and 45 minutes off. Always diffuse in a well ventilated room, and allow your pet access to leave if they want to. For cats, the maximum recommended number of drops in a diffuser is 3 and for dogs it is 4 drops (remember their sense of smell is way better than ours). Some pet safe suggested oils to ease anxiety are:

There is also a wonderful blend called Balance® by dōTERRA. It is known as the Grounding Blend and it is very calming and safe for both dogs and cats.

Cats		Dogs	
Cedarwood	Petitgrain	Bergamot	Petitgrain
Frankincense	Sandalwood	Clary Sage	Sandalwood
Geranium	Spikenard	Grapefruit	Spikenard
Lavender	Vetiver	Lavender	Vetiver

If essential oils aren't for you, another alternative is homeopathic medicine. Homeopaths are all natural remedies made from nanoparticles of substances extracted from plants, animals and minerals. The theory is to treat "like with like." For example, if we have allergies, we typically take medicine to stop the annoying symptoms such as runny nose, itchy eyes, sneezing, etc. Instead of just suppressing symptoms, homeopaths trigger the body's own defenses to act, therefore getting over the issue quicker. So instead of suppressing the sneezing, a homeopathic remedy such as something made from black pepper could be used so that the body's natural reaction to the "sneezing" trigger is turned on. I've used homeopaths with my animals for many issues, including allergic reactions, sore muscles, bruises and even anxiety. There is a wonderful product called Rescue Remedy that is specifically made to help ease anxiety, and they even have blends just for pets too.

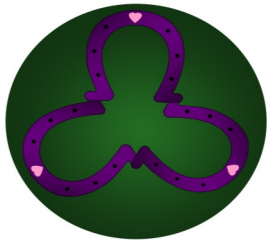
A third animal safe alternative to relieve anxiety are crystals/stones. That's right, I said crystals. Everything is made up of energy, and therefore has a vibration. Even though you can't see them moving, crystals and stones each have a unique energy vibration. And some of them are great for anxiety and stress. How? Generally, when we have an issue (like anxiety), there is a disruption of our natural energy flow. So, when you wear a crystal (or have it near you), your body is able to absorb the vibration from it, thereby helping to restore the disruption of your energy flow. Think of it like a 100 piece puzzle, but you can only find 99 pieces. The crystal helps to fill in or balance the missing piece, putting your health back to a complete picture. It works the same way for animals. Some stones that are good at easing anxiety and stress are: amethyst, aquamarine, blue lace agate, chrysocolla, fluorite, hematite, labradorite, lapis lazuli, obsidian, onyx, orange calcite, red jasper, and smokey quartz to name a few. They can be attached to your pet's collar, or even placed near where they sleep. Remember, just having the crystal/stone near them allows the vibration to be absorbed.

I truly hope that you don't need the suggestions that I've offered in this newsletter. However, if you do, I hope that the information provided brings a little peace to you and your pets. If you ever have any questions about what I've shared, feel free to reach out to me via email at contact@trinityhealingconnection.com. I'm always happy to help. Take care and stay safe from the Trinity Healing Connection family.

Upcoming Events

Mile High Mystics Spiritual & Healing Arts Event

Hassayampa Inn
122 E Gurley St
Prescott, AZ
July 11th
9:30-4:30



Trinity Healing

STACEY
FERRELL

Prescott Valley, AZ
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

Website: www.anneangelheart.com

Email: info@anneangelheart.com

530-755-4767

Kris Tondee

Psychic Reader

Website: readingsbykristondee.com

916-605-9091