

Animals and Us: The Bond is Deeper Than We Think

Have you ever asked yourself about the nature of your bond with your animal(s)? All of you are probably here because you do have a deep bond with your animal. Today I'd like to look at what those bonds are, and how they function.

Physical Expressions of Shared Energy States

I am a homeopath who treats both people and animals. At its core, homeopathy works by changing the energy state of a person or animal, which then affects his/her whole being, including physical and mental symptoms. In our homes, we share energy. No matter how strong our boundaries, we cannot help but be affected by the beings we live with. In my practice, I often treat animals and their people. Many times, I have seen that animals and their people need the same remedy or a related remedy. When animals and their people need the same remedy, they often have different physical and mental symptoms, but all of their symptoms are covered by one remedy, and all of their symptoms improve when they are given the same remedy. Other times, a person and their animal(s) may have symptoms which are more similar. For example, I need to urinate frequently. My dog has leaked ever since her spay.

What are your physical weaknesses? _____

What are your animals physical weaknesses? _____

Is there any overlap? _____

I like to talk about physical weaknesses, because most of us have thought about or seen how an anxious day for us might translate into anxiety for our animals. It is less common for people to look at their long-term physical symptoms in relation to those of their animal, but just as relevant.

Sharing Negative and Positive Emotions

In addition to plenty of exercise, time in nature, a fresh, raw diet and limiting vaccination, (these are all topics for another class), living your life with a sense of calmness and purpose is one of the best things you can do for your animals. When there is a great deal of either repressed or expressed anger or anxiety in the house, it affects our animals. I find that repressed emotions can actually affect an animal more than expressed emotions!

What is bothers me the most? _____

Since I have been affected by these emotions, has there been any change in my animal(s)?

Stress is an inevitable fact in all of our lives. I am definitely not advocating that we feel guilty about the fact of stress in our lives and its effect on our animals! However, I am advocating that we use our knowledge of the connection between our stress and that affecting our animals to create an emotionally “clean” household. That is, where all the stresses are acknowledged and emotions are allowed to exist. When we “own” our emotions; take up the difficult job of acknowledging them without letting them control us, our animals will be happier too.

Pampering Yourself IS Pampering Your Animal(s)

I see many clients who spend a great deal of money on medical and holistic care for their animals. When I ask these same clients what they are doing for themselves, they often express reluctance about seeking care for themselves. What I often say is:

Caring for yourself IS caring for everyone in your household.

The last time I pampered myself or took care of my own needs was: _____

The last time I pampered my animal(s) and took care of his/her needs was: _____

Sacred Contracts

Carolyn Myss wrote a book called Sacred Contracts, in which she talks about the “contracts” we make with one another before we are born. A contract says, “I will do ‘x’ for you, if you do ‘y’ for me.” There can be many different levels to contracts. I believe that we make the same kind of contracts with our animals. I also believe that it doesn’t matter whether these contracts are arranged before our births, or at the moment we meet each other; regardless of when they were initiated, these contracts exist.

Usually, contracts are deeply intuitive. If you sense a lot of emotion around one of these contracts, you may not yet have intuitive access to it – it may reveal itself later. Often, the first thing that comes to us is the truest. For this reason, I encourage you to try writing the first thing that comes, without judgment. If you are surprised by what you are writing, just let it be. Often your intuitive understanding expresses a layer that is deeper than what our personalities had been expecting. It is o.k. to be surprised by a contract.

Physical/Survival Contracts

e.g. I will feed you and house you if you protect the house when I’m gone.

I will _____ if you
_____.

Roles Contracts

e.g. I have weak boundaries and you have strong boundaries to compensate.

I have/am _____ and you
have/are _____ to compensate.

Emotional Contracts

e.g. I will give you unconditional love and be with you your whole life and you will protect my heart.

I will _____ and you
will _____

(Notice how one level of a contract can be related to another. My example of a physical contract is related to my example of an emotional contract.)

Spiritual Contracts

e.g. You will come into my life when I am experiencing great loss; we will teach each other the power of love. You will leave my life in order to make room for another experience of love.

You will _____, and I
will/we will _____

Contracts Beyond this Life

I do believe that death and birth are part of these contracts. When we see it this way, we do not have to fear death. Our personalities can terribly miss an animal when they leave us, but our spiritual selves can know that we are simply working on another level when the animal dies.

For example, I euthanized my Samoyed who was dying of mammary cancer and gradual paralysis two years ago. Since that time, I have felt her very clear energy helping me in my healing work. A month ago my cat was killed by another dog. Through a clairvoyant, she told me that she and that dog had made an agreement that she would go this way. She had wanted to make space in my life for something else to come in. Subsequently, I decided to adopt a foster child. Part of me wanted to feel guilty for her death, for not protecting her; but I quickly received a direct message from her that this is not what she

wanted. Contracts beyond death can be harder to discern, because we must work through the pain of death and separation in order to see them clearly, but once we discern them, they can give us great comfort and clarity of purpose. They are often not revealed to us until after an animal leaves. Please do not feel pressure to articulate this contract, but do express it if it is clear to you.

You will/have left this earth in order to

Paradoxes in Contracts

Contracts can contradict each other. For example, one contract that I have with my dog is that she is associated with someone who works with many animals. She has to share me with many animals, but she gets the most special place in my heart. She comes to work at Creature Comfort with me, but she stays in the back office while I work and other dogs are in kennels. When I had a dog walking business, she experienced another level of this contract. She came out with me every day as we picked up and walked with many dogs on the trail. She had to share me with all those dogs, but she also knew that was “work,” and at the end of the day, she was the only dog who came home with me. Consequently, she’s a serious dog, who knows when we are “working,” and she allows me to do my work. For her my and her health, I would like us to have more playful experiences together. Just because we have a contract so that I can do my healing work, doesn’t mean we need to be serious all the time!

What To Do With This Knowledge

Carry it quietly for a while. You may not need to DO anything about it. Just becoming aware of it may lead to shifts in the health of the relationship you have with your animal. Just knowing it may lead to a deepening. Just let the knowledge be; let itself reveal its purpose to you – good luck!

Animal Communicators

Most of us have all the information inside us, if we just learn to listen to it. If you would like the help of an animal communicator, here are two that I recommend:

Geri Ryan: 510.532.5800

Deanne Knowland: 505.474.4674