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# ENERGY HEALING AND INTERSPECIES COMMUNICATION

By Ellen Kohn

## INTRODUCTION

Holistic medicine for dogs includes a wide range of healing modalities, including homeopathy, acupuncture, Reiki, herbal therapy, raw diet and energy work. The basic philosophy underlying holistic medicine is tied to nature; how dogs can live more harmoniously with nature, eliminating the chemicals and processed foods that can cause illness and disease, while using nature to heal when they do become ill.

There are countless benefits to using these therapies, such as lower disease rates, longer lives, and increased recovery time from illness and surgery. There is a marked improvement in their general health, in addition to notable changes in their behavior, emotions and physical vitality.

The number of practitioners and veterinarians who are exploring holistic medicine is growing. Although skeptics point to a lack of hard data endorsing these healing techniques, the testimonials in the international canine community illustrate its resounding successes.

This is a two-part series that introduces Energy Healing and Interspecies Communication as vital components of holistic medicine. Both of these areas complement Western medicine because they can help uncover physical, emotional

and mental problems through the use of gentle, non-invasive techniques that produce positive results. Since they work on the unseen, soul level, they are safe and can be used in conjunction with traditional care.

***It is important to note that those who practice energy healing are not actually healing the dogs. It is the dogs' themselves who heal. The practitioners have the knowledge and skills to access the energy body and apply the techniques that can actually cause shifts to occur. But it is the dog's own spirit that enables the actual healing to take place.***

## ENERGY HEALING

Though traditional medicine approaches disease and illness mainly with healing the body and mind, there is another realm of healing that is key to understanding the whole dog, inside and out. This realm works on a sub-atomic level, and is called energy healing.

Although invisible, energy can be sensed and felt by all living creatures, and is vital to optimum health. Energy can be sensed because it oxygenates the blood and releases endorphins into our bodies. The ensuing feeling of wellbeing is soothing, and feels a river flowing through the veins. Some individuals feel warmth and tingling; others are lulled to sleep.

Energy works through a delicate system called chakras, which are spinning vor-

tices located mainly along the spine. Chakras vibrate and swirl when they are open. In turn, an open chakra system affects the endocrines, organs, digestive, cardiovascular and nervous systems. Nourishing our chakras is as important to maintaining our overall health as good diet and exercise; disease and illness manifest when the chakras are blocked, preventing the flow of energy in its natural state.

Another important system in our dogs' energy body is the hara, which is the center line that runs through the dog horizontally, connecting his energy to the center of the earth and the brightest star in the sky. It has three main points which are sensitive to our dogs' experiences and health. These points can open and close due to illness and trauma. Keeping these points open is very important to the chakra health and function. They work in tandem; the chakras cannot remain open if the hara line points are blocked.

Energy work also restores the aura, a vibrational energy field that surrounds the physical body. Energy leaks in the aura may be detected and repaired so that this delicate field can also do its job to shield the dog from outside influences. It is a key component of the energy system.

Through study and practice, techniques can be used directly or remotely to remove blockages in each part of this intricate system. These techniques enable

the body to heal physically and emotionally. Opening the energetic pathways in the chakras, hara line and aura facilitates healing to begin from the inside out.

### THE HEALING SESSION

Since energy follows thought, the healer begins a session with pure intention. This can be enhanced by using prayer, crystal meditation, chanting or other means of preparing sacred space. It is important to set the intention for healing and make a connection to the Divine or Universal source to invite the energetic flow.

Sessions can be conducted in the dog's home or remotely. Using dowsing instruments such as a pendulum, an energetic assessment is made. Blockages in the chakras and hara are located and documented on a diagrammatic treatment sheet. The practitioner then decides which energetic techniques will benefit the dog during the healing session.

If the session is in the home, the practitioner places her hands on the dog's chakras to sense how the energy feels. Energy can vary in individual dogs; sometimes it feels hot, sometimes cold and sometimes a vibration can be sensed. The key to feeling the energy is to make sure it evens out among the chakras so that it balances itself and settles into one main vibration at the end of the treatment.

Remote treatments follow the same protocol using a surrogate, usually a stuffed animal or one of our own pets to measure energy and perform the techniques. Even though the animal is not actually present, the energy will flow where it is intended to go.

Four to six techniques are selected depending on what is ailing the dog and how severe its symptoms are. Sometimes the phrase, "less is more" applies

to a post-surgery or critically ill dog since energy work is so powerful. Conversely, a robust puppy that needs energy balancing to help with behavior issues may require a wide range of techniques.

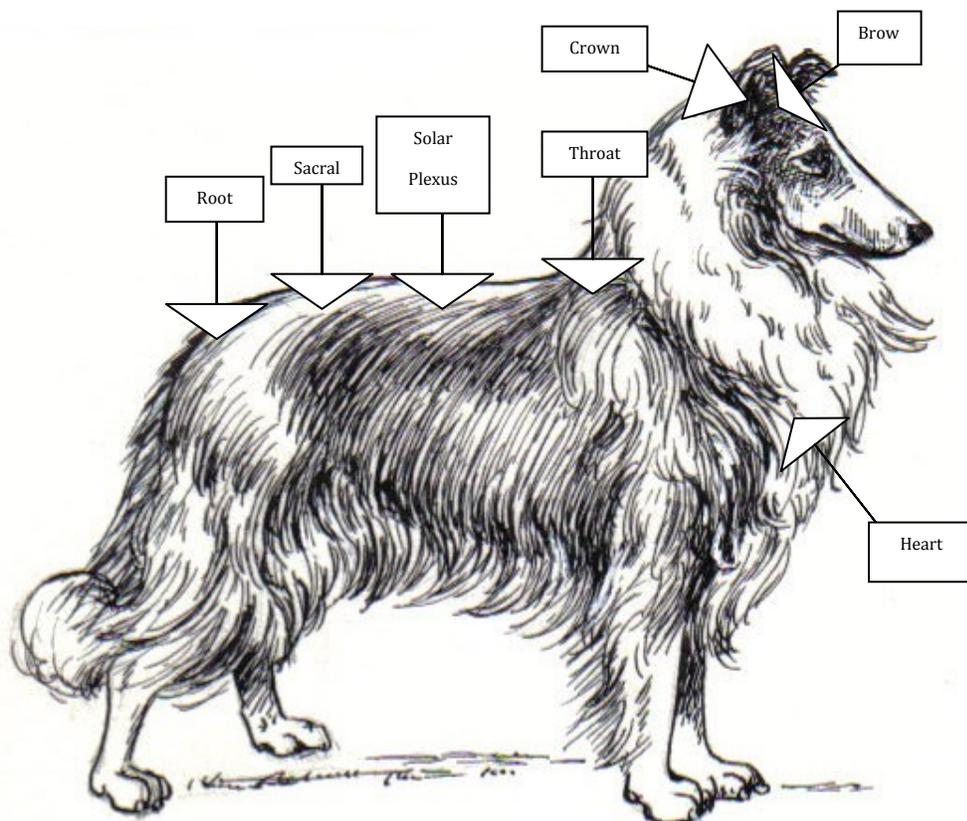
The power of energy work may be demonstrated by Trauma Release. Trauma release is very effective for situations involving fear, abuse, starvation and abandonment. It addresses core survival issues that can remain stuck in a dog's physical body long after the actual traumatic event or situation has passed. It is a powerful tool for deep healing and restoration of faith when a dog is depressed, fearful, or stressed and cannot overcome these emotions.

Observing the dog during the treatment provides clues about the dog's relaxation response. A healer's intuition is very helpful in assessing the situation and deciding just how much work is needed. Often, the dog will get up and move

away when its energy is balanced, sensing its own healing.

As healers, we watch for releases in the form of deep breaths, sleepiness, sighing and general ease. At the conclusion of a session, the energy practitioner will reassess the chakras and hara line to determine whether all blockages have been removed. Follow-up information helps track physical and emotional improvements.

Ellen Kohn is an Interspecies Communicator, Healing Touch for Animals Certified Practitioner (HTACP), Reiki Master-Teacher, Meridian Practitioner and Spiritual Counselor. She frequently uses Bach Flower and Alaskan Gem essences for her clients. She is also a certified aromatherapist and uses crystal energy for her healing work. She is the founder of The Kohn Foundation, a Colorado 501(c)(3) non-profit which helps children and animals on Grand Bahama Island, The Bahamas. Visit Ellen on the web: [www.EnlightenedAnimals.com](http://www.EnlightenedAnimals.com).



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