

dogs naturally

September - October 2019

**LET YOUR DOG
BE YOUR GUIDE**

**VOCABULARY
FOR DOGS**

**KEEPING CELLS
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**SHARED
DISEASE**

**A HOLISTIC VIEW
OF KIDNEY DISEASE**

**SUPER BUGS
SUPER PROBLEMS**







Ellen offers a myriad of energy healing and spirit-to-spirit communication modalities. A spiritual counselor, she uses psychic tools to read past lives and auric layers. Ellen is a Reiki Master Teacher, Meridian Practitioner and Healing Touch for Animals Practitioner. She blends custom aromatherapy, flower and crystal essences using dowsing methods. Watch for Ellen's forthcoming book, tentatively entitled "Chasing Light." Check out Ellen's brand new blog enlightenedchats.com

Let Your Dog Be Your Guide

Learn how working with your dog's power animal can strengthen the spiritual connection between you, and help him overcome behavioral and emotional issues.

Spirit guides have been with you and your dog for multiple lifetimes, protecting and counseling you along your many paths. They arrive before you're born and stay with you for different times – even accompanying you to the spirit world. Honoring each life path, your guides lead you toward your soul's purpose while encouraging spiritual alignment. They know which dog will come into your life long before that dog arrives at your doorstep, and they collaborate with you as you co-create.

Your dog understands the spirit world. As a highly sentient being, your dog knows how to tap into the spirit realm. Coupled with a keen intuition, his senses are fine-tuned to perceive the spirit messages. He can move between the physical and spiritual realms just by being quiet and still, and listening.

Many of you know that your dog has been with you before. You knew this the minute you set eyes on him. Others know their dog in spirit has never left them; it's true that some of our dogs on the other side become a guide to us while we are alive.

Who Are Spirit Guides?

Some of the most familiar types of spirit guides are Ascended Masters, teachers, angels, nature spirits, power animals, devas (divine beings in Hinduism or Bud-

dhism) and ancestors. They may appear as humans or as light beings that take on various shapes and sizes. Nature spirits and power animals can show up in physical form or remain in an invisible, yet powerful, force of nature. Regardless of how they manifest in your life, they collaborate with you energetically, leading you along a path of enlightenment while helping you discover your life's purpose.

Angels are trusted, beloved beings who walk among humans creating a magnetic presence. For example, you and your dog each have a guardian angel who watches and protects you. There are archangels who may be called upon for protection, healing, communication, strength and more.

Nature spirits work with you and your dog to help you stay grounded, preserve the earth and remind you of your connection to them. Walking together in the woods, you can feel their presence via the wind, sounds and energy they emit. Plant and tree spirits, fairies, air and water beings also fall into this category. Their job is to build and maintain the plant and animal kingdoms, while linking you with your guides.

Animal guides demonstrate your personal power, showing you how to access strength, courage and focus. Working with your dog's power animal can help him overcome behavioral or emotional issues by bringing that animal's energy into your

dog's awareness. Understanding which animal he resonates with gives you access to his raw attributes, helping him embody those traits.

Your dog has his own personal guardian angel. Dogs may not appear to be listening to them, but they serve the same purposes as yours. Perhaps your dog has a close call with a car, which swerves suddenly to avoid hitting him. Just like your angel can step in and prevent you from an accident, your dog's angels also protect him from harm.

How To Contact Your Spirit Guides

Here are some ways you and your dog can connect with your spirit guides.

Believe And Trust

Belief creates knowingness. Understanding that you and your dog are part of a greater consciousness that supports you both is a powerful feeling – one that engenders trust in the universe. Belief and trust go hand in hand; together they form the first important step in contacting your guides.

Can you think of moments in your life when you were helped, saved or redirected by some unknown force? Perhaps your dog was headed into surgery when you found out it was postponed because your vet was sick. Meanwhile, you discover a holistic

vet who can address the problem with homeopathy or herbs, so you cancel the surgery altogether. This was not a coincidence; it was a spiritually-guided change of plans!

Create Sacred Space

Find a quiet spot where you and your dog will be undisturbed. Light a white candle to purify and prepare the space. Place crystals around the room, or on your body, to create spiritual energy and open up the spiritual channels. Use your breath to quiet your mind.

Sit quietly, setting the intention that you and your guides will communicate. What type of guidance are you seeking? You'll know if the angels can help you or if you need guidance from your dog's power animal.

With each breath, allow your awareness to deepen and become softer. Breath work is a powerful gateway to the spirit world, where you may find the whisperings of your spirit guides. Your guides may contact you through visions, voice or sensations. Be open to whichever method they choose to make contact with you.

If you need more clarity, visualize the problem. Mentally replay an upsetting incident with your dog. Perhaps another dog behaved aggressively toward him in the dog park, creating an unpleasant situation. Hesitant to go back there again, you ask your guides and your dog's guides for a solution.

Ask Spirit Guides To Reveal Themselves

Surround yourself and your dog with gold light, asking that this light protect and nurture you both.

A simple prayer also establishes protection, calling in those spirit guides who align with your higher self. You can ask your guides to reveal themselves to you in meditation, through dreams, numbers and messages, or when you're walking in the park.

"Dear Spirit Guides, please reveal yourselves to me, I desire to connect with you in this world."

Then notice in the next few days, if you receive any messages, feelings or strange dreams. You may hear a voice, see an image or find sacred objects like feathers or stones along your path, validating your contact with spirit.



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Become One With Nature

Spending time outdoors with your dog strengthens the connection to your guides. Nature herself is a healing and grounding force; her energy brings you both in tune with planetary vibrations and rhythms. Sit on a rock or near a stream and place your hands on your heart. Then place one hand on your dog's neck, and the other on his chest, opening up his heart chakra.

Now both of you are ready to receive spirit blessings. Be still and ask your spirit guides to come to you. As you sit, you might notice sensations or a presence. Part of building a relationship with your guides is also

building a relationship with yourself and the earth. The nature spirits have their own messages for you and your dog.

Be Patient

Allow your unconscious self to receive any information your guides are sending along. Remove all ego-based thoughts such as, "It's too hard." Communication with spirit is a primal skill, coming from a place of pure consciousness and oneness with spirit, one your soul knows how to access.

Quiet Your Mind

When you're analyzing everything, you can break the connection with your guides. Some of the sweetest moments come when you have sudden clarity and insight that you hadn't seen before. Usually this is when you least expect it!

You and your dog came into the world with natural curiosity. That wonderment is a gateway to the spirit realm. Mother Nature offers access to the spirit world calling you to discover her miracles.

You and your dog can enter this field of consciousness, bridging the physical and unseen realms. Receiving the blessings and teachings of spirit guides is the conduit to recreating the mystery. As a conduit to the unseen realms, spirit guides enhance the spiritual relationship you and your dog are co-creating.

To join in these spaces of communication with our spirit guides regularly reminds us the world is far more expansive than what many people believe. It enhances your psychic abilities, ensures you're on the right track and can lead to fulfilling your destiny. Before long your ability to recognize these messages can occur in your everyday life, and you'll begin to receive messages all the time. 🐾

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