

dogs naturally

March - April 2020

TREATING EYE
INJURIES

BIOAVAILABILITY

HOMEOPATHY
FOR FEVER

BAD TO THE
BONE

CHINESE HERBS
FOR DIGESTION

YOUR ENERGY
AND YOUR DOG



OPENING TO THE AWARENESS

WHATEVER YOUR BELIEFS, A DEEPER CONNECTION WITH YOUR DOG CAN HELP YOU ON YOUR SPIRITUAL JOURNEY.

All around you, in your physical reality, there are portals that open to the spirit realm. Your dog recognizes these doors, and has ready access to the greater field of consciousness that connects all of us on a soul level. This oversoul, or universal consciousness, holds invaluable spiritual keys that will enrich your life, leading to greater understanding of what you came here to fulfill.

With your dog's assistance, you can co-create a journey of spiritual transformation, choosing a path to a more enlightened and peaceful life. Learning about the spirit world will satisfy your curiosity about life, death and beyond. As a team, the two of you will be guided towards fulfilling your soul's mission.

ACCESS TO YOUR SOUL

Your spiritual education starts within. Your soul yearns for pure thoughts, emotions and actions that link you to the sacred. Unlike your ego, your soul doesn't levy harsh judgments or criticism of who you are, how you perform in your life and whether your achievements are measured or not.

Your dog is a walking reminder of these principles, living in more alignment with his purpose and role in your life. He does not berate himself for his mistakes and missteps. Carrying more forgiveness and

neutrality, he demonstrates that emotions may determine his reactions, but exemplifies courage around letting go. His examples highlight positive attributes, knowing that hanging on to negativity does not serve anyone's highest good.

While it's our experiences that shape our physical lives, the soul chooses its own avenues to reach the Divine realm. Sometimes you may feel at odds with your inner self, ignoring what your soul is calling you to do. As a spirit guide, your dog knows what's best for you. Pay attention to what he's showing you, and the answers become readily available. Then you will perceive opportunities to learn, grow, and appreciate your special, unique self, and what you came into the world to do.

TAKING STOCK

A deep desire to change is the first step in your spiritual development. Where do you want to shift your focus? Being completely honest, ask yourself if your life is full of contentment and peace. If not, take stock of where you might alter your choices.

How is your relationship with your dog? This, too, can be an indication that transformation is imminent. If you're not making time for play, joy and comfort between the two of you, it's time to rely on that relationship for support.

CREATING A SPIRITUAL LIFESTYLE

At the outset of your spiritual journey, practice mindfulness with your dog. This means staying connected in each moment; being present with him while making eye contact and using positive body language like smiling. Mindfulness will create its own shift, allowing more subtle energies to come into your shared space.

Feel your dog's enthusiasm build when you're fully connected with him. Being out in nature feels different and more accessible to you. Whether it's noticing the hawk who brings you a spirit message or a flower blooming at your feet, spirit reminds you of the beauty that surrounds you each moment.

Your dog is eager to engage with you and feels your new attentiveness. He responds favorably to your requests, bringing more playfulness and willingness to your relationship. Your heightened awareness of your surroundings makes it easier to get his attention and hold it.

SEEKING STILLNESS AND GUIDANCE

A natural follow-up to mindfulness is stillness. Stillness is a state of being where you can perceive and accept spiritual messages, tapping into the infinite Divine possibility. It isn't a state of doing; it's simply quieting

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Ellen Kohn has been working in the field of subtle energies for more than 20 years. As Spiritual Counselor she is dedicated to helping people and their pets connect to the Spirit realm. She offers a broad spectrum of services, including psychic readings of the auric field, past lives and house clearings. Ellen also performs quantum-healing services, using Reiki, Meridian and Healing Touch modalities to address physical, emotional, mental and spiritual issues for her clients. She blends custom aromatherapy, flower and crystal essences using dowsing methods. Watch for Ellen's forthcoming book, tentatively titled "Chasing Light." Visit her online at enlightenedanimals.com

the mind and listening to the signals and signs that come from the spirit world.

Meditation and prayer naturally encourage ultimate stillness by removing the physical world's noise and commotion. It's in stillness that you hear the messages. Stillness is a powerful and healing state, allowing access to the innermost workings of your soul.

Walking in the woods, sitting together and blending your energy fields will bring you and your dog together in stillness. In this realm, you're open to hear, receive and feel what spirit has to say. Or you can access the spirit realm through prayer and put your questions out to your guides, angels and the Divine.

Using intention in this tranquil space, you can reach your personal guides and angels, who surround you every moment of your time on earth. Any form of prayer invites them into your energy field, allowing Divine energy to escort you.

All you have to do is ask. Sit with your dog, and form an intention around what you'd like answers to. Then put the question in a form that aligns with your religious or spiritual beliefs, surround it with light and let it go. The answers will manifest once you've put your intention into the quiet space between the physical and spiritual layers.

AWAKENING TO SPIRITUAL ABUNDANCE

A spiritual practice employing mindfulness, stillness and meditation or prayer will begin to open the spiritual doors for you. Always at your side, your dog is there as your sounding board, your confidant and your cheerleader. He acknowledges the new choices you make together, supporting you each step of the way. His unconditional love reminds you to be strong and confident in your decisions to shift your life.

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The spirit realm is full of abundance. Taking it one step at a time, you'll find messages in unknown places; you'll begin to notice that your perception of reality is shifting. Your attachments to your physical world may also shift, making mistakes less important and allowing more humor and forgiveness into your life. Your dog will show great appreciation for this new lightness, reflecting how these changes have affected your relationship.

Awareness is the key to change. Once you recognize patterns between you and your dog, and show an internal willingness and commitment to change, you will achieve whatever you desire.

CREATING JOY AND PEACE IN YOUR LIFE

The spirit world is accessible to everyone. Your journey of innermost discovery that will lead to divine connection and abundance. Once you have a taste of its magic and power, you are on your way to your soul development.

Learning to access the subtle energies around you is key to increased perception and awareness. Awakening to this awareness, you learn to worship the essence of your nature and the truth of existence within the temple of your own consciousness.

Your greatest awakening comes when you are aware about your infinite nature. Through mindfulness, stillness, meditation and prayer, you will sense Divine presence. With a new perspective on the spirit world, consciousness expands and evolves. Travelling the sacred path with your dog is a fun and exciting prospect, one which will deepen your relationship, and provide a more enlightened, peaceful, and joyful way of life. 🐾