



dogs **naturally**

January 2016

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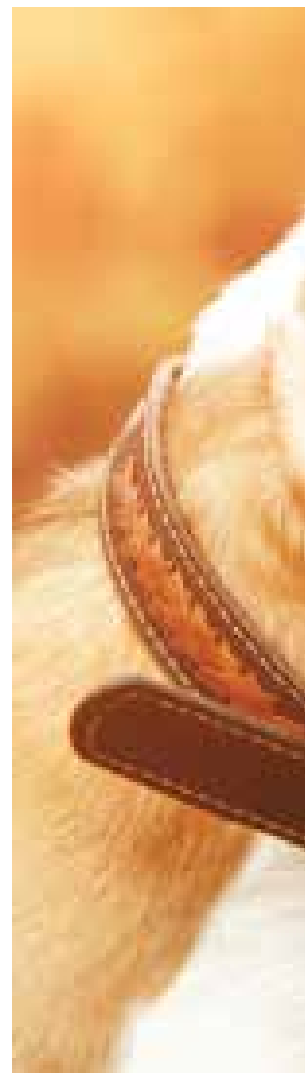
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SYNCHRONICITY

Weaving synchronicity into your awareness can change the way you perceive the world. Let synchronicity enlighten relationships with your dogs, bringing more magic into your shared lives.



Ellen Kohn has a diverse background in energy healing, and spirit to spirit communication. She is a Reiki Master Teacher, Meridian Practitioner and Healing Touch for Animals Practitioner. She has been communicating with animals since childhood. She is a Spiritual Counselor, using psychic tools to read past lives and the seven layers of the aura. She is a certified aromatherapist, works with flower and crystal essences and is a medium and spiritual dowser, using pendulums and dowsing wands in her work. Learn more about Ellen at enlightenedanimals.com



Do you believe in coincidence? Do well-timed occurrences seem unusual or did you manifest them? Do you wonder if that special dog showed up in your life to help you heal? Did you take the train instead of a plane and meet the love of your life? These events are not coincidental; they're intricately woven into the law of unity known as synchronicity.

A SYNCHRONISTIC STORY

Our beloved dog Tucker died in 2013 after a two and a half year battle with cancer. He reached the age of 15, two years longer than he was given by conventional medicine. The holistic veterinarian and personal connections I'd forged undoubtedly extended his high quality life to the end.

Tucker's constant companion and nurse, Simon, died suddenly two weeks later. A Bahamian "potcake" dog, he had undiagnosed *ehrlichia* that had progressed into an autoimmune condition. Up until the last two weeks, he lived a vibrant and healthy life.

The day Simon died, I received a cluster of synchronistic messages. I was stopped in my tracks by two dogs whose resemblance to Simon was astounding. I acknowledged them as signs from Simon to look for a puppy. In spite of our intense grief and shock, I searched local rescues and discovered two dogs named Simon. Coincidence? I think not.

Our adorable energetic puppy, Pepper, caught my attention. We adopted him two

weeks later and he has been a joy in our lives, bringing more play and enthusiasm than we could have imagined. I believe this synchronistic series of events brought us Pepper, who needed us as much as we him.

SYNCHRONICITY STARTS WITH ENERGY IN MOTION

Energy moves in and out of our chakras, spinning along our spinal column, feeding our endocrine glands and nourishing our nervous system. The energy fields located outside the body comprise the aura. Both the chakra system and auric fields are vibrational, making them responsive to our thoughts, feelings and actions. Every thought and action is energetic; how we



direct these vibrational energies is key to optimizing our health and happiness.

Energetic “management” is the core principle of The Law of Attraction. This means that positive energy will magnetize more of the same to our vibrational field; likewise for the negative. The choice is ours; the universe will respond in kind, bringing us more of the same.

THE FIELD

Our personal energetic signatures coalesce into one all-encompassing consciousness called The Field. Quantum science helps us understand how we each align (resonate) with this cosmic, unified energy. The concept of non-duality explains why dogs can read our minds; we unconsciously

communicate telepathically with all life. There is a merging of all energetic vibrations that supersedes our reality enabling us to connect on a soul level to a much larger vibrational field.

Synchronicity occurs by accessing The Field in our daily lives. David Spangler of The Lorian Association puts it succinctly: “The universe is structured holistically to promote manifestation via an impulse towards coherency, wholeness and organization, in short towards synchronicity.” Believing that we create our reality enables us to manifest exactly what we desire by crafting our thoughts, emotions and beliefs. Synchronicity can manifest as a single event or cluster of events. Some of the messages may seem untimely or un-

pleasant but are clarified with the passage of time.

SYNCHRONISTIC STEPPING STONES: HOW TO MAKE THEM WORK IN YOUR LIFE

Translating synchronicity into human-canine relationships is fun and easy. The energetic relationship with our dogs is called a soul contract, which means that you and your dog have a soul agreement usually linked to something you’re working on. For example, your energetic dog requires a diligent exercise routine. You embark on a fitness journey together increasing your joy and fun, which fulfills the energetic agreement.

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A few simple steps apply, which will shift how you think about your dogs and the messages they bring. The order is not as important as how you play with the concepts. They are gentle guidelines; find your own rhythms and tools as you explore.

First, believe that The Field is real and powerful.

Even though your conscious mind tells you that your reality is only physical, developing a relationship with The Field provides access to energy that works on a soul level, manifesting in your daily lives.

Second, shift your awareness to a place of wonderment and curiosity.

Ask for signs and help from your angels and guides so that they may help you validate this newfound energy while you explore and seek answers from The Field. Stay neutral about the outcomes. What shows up may surprise you; be patient and wait.

Third, be open and receptive to unusual occurrences that are showing up.

They may tickle reminders that you need to redirect your energy more positively. Listen to your intuition. Otherwise bigger events, such as an accident, will get your attention. Opening your awareness will shift your perceptions, enabling you to view your circumstances in a different way.

Fourth, know what you want in your life and set the intention.

Energy follows thought (The Law of Attraction) so be very clear about your desires and wishes. They will actually start to manifest when you reach this level of clarity. Redirect negative thought to more

productive ones; feeling positive will make a difference in the direction you're guided toward.

Fifth, show gratitude.

This is for the unconditional love your dog gives you, for your best friend who came to you via your dog. The universe loves gratitude, and will let you know it recognizes yours.

Sixth, and perhaps most importantly, let go.

Imagine yourself in the ease and flow of life. Letting go means allowing events to unfold. No effort is required; sit back and see how uncomplicated this can be. This does not mean you stop trying altogether or prioritize your goals and wishes; it means that you make your decisions and then release them into The Field. There is no force with synchronicity.

Create positives in your relationships and within yourself. Play with your dog, laugh, meditate, listen to music or light a fire. Each and every one of the happy experiences reverberates into The Field and brings more synchronicity to us. Whether it's a rescue puppy that demonstrates boundless gratitude or a purebred that you've waited years to find, you know in your heart what their own, special message is for you.

Make a decision. Trust it. Believe it with your heart and soul. Then watch as quantum mechanics aligns events in your favor. This is science. The only limits are your beliefs. 🌱

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