



Victor Neumann

ENERGY HEALING AND INTERSPECIES COMMUNICATION

By Ellen Kohn

PART II: INTERSPECIES COMMUNICATION

Our physical world can be experienced by our five senses: touch, see, smell, hear and taste. Coupled with our emotional selves, we understand the mind-body connection to be a strong force in our lives; it impacts how we find joy, happiness and purpose here on Earth.

There is another sense that we are born with, called the sixth sense. It is our intuition, and our connection to the spiritual realm. It is through awareness and meditative practice that we are able to access our intuitive or higher self. Our intuitive self also allows us to tap into the collective or universal consciousness where we can hear others' thoughts, feel their emotions and even "see" energetic pictures of their experiences.

The terms for seeing, hearing and sensing are called clairvoyance, clairaudience and clairsentience. They are integral parts of interspecies communication, which is gaining momentum in the holistic community because of its role in healing our human-canine relationships. Dogs experience the same range of emotions as humans. They feel love, admiration, joy, jealousy, sadness, fear, frustration, anger, and even grief. Although they may not express these emotions in the same fashion as we do, acknowledg-

ing and validating their feelings is the ultimate goal for interspecies communication. Through empathy and love, many emotional and mental problems can be resolved.

THE COMMUNICATION SESSION

The first step (for me) in preparing for an animal communication is setting the sacred space. I use Reiki, crystals, smudging and meditation to quiet my mind and clean out any negative energy from my own body and workspace. The Reiki energy will cleanse the room itself, and the crystal energy really helps align my energy with the dog I am working with. I use a photograph or description of the dog if I am working from home. I will sit with the picture in front of me while I prepare the room. When I get ready to do the actual meditation, I make sure I have the phone turned off and all is quiet around me. I use similar clearing and quieting techniques when working in a client's home.

I have developed my own meditative system based on ancient prayers, visualizations and vibrational toning. I can actually feel the presence of spirit guides and angels in the room after "chanting" the mediations and prayers. This is very helpful because I sense their guidance. Many of my own animals who have died are now my guides, and have provided valuable information to me when communicating with animals.

When I sense I am completely grounded, centered and have a clean reading screen in the center of my head, I will connect to the dog via our heart chakras. I wait until I sense a beautiful gold stream of light between the two of us. Then I feel we are ready to communicate.

The next step in communication is permission. If the answer is no, I will then ask permission to do energy work. I explain that energy work is gentle, will help them relax and feel better. Usually the dog will feel so much better that he/she will want to talk after the energy session. Then I proceed with the general introduction about why I am chatting with them.

If the answer is yes, I proceed with a basic explanation of what to expect. I explain that I can hear their words, see their pictures and feel their feelings. I tell them that I am working with their humans to help them heal and feel better. At the beginning of the conversation, we chat about food, friendships and light subjects. It's fun and easy to find out what their house looks like, who their friends are and where they like to go for walks or outings. These introductory exchanges put the dog at ease, facilitating asking more difficult questions about aggressive behavior, training issues or unhappiness.

I make sure they know that they do not have to share painful past memories or experiences if it is too uncomfortable for them. I reassure them that they can heal from anything if they want to, and that their owners will do anything to help them recover. Reassurance alone can help them feel comfortable enough to release traumatic memories and move on.

Some readings are simple and straightforward; others are more complicated and require a bit more digging for information. For example, some dogs love to tell you about their favorite toys, food, people and places while others will take a while to open up about their preferences. They all have different personalities, some are more shy and introverted while others are outgoing and confident. That is what makes the work so fascinating.

Each reading does, however, have a similarity to a working a jigsaw puzzle. Snippets of information come in, sometimes in one word clues, which connect together to make a story. I might hear another dog's name, and then see a picture telling me that there is a black lab living next door. Then I am able to make a connection between the dogs. Oh, "that is your best friend." Or I might hear the words, "best friend," and then later in the conversation find out that his friend moved away.

Interspecies communication is the most magical, mystical and interesting way to learn about our dogs' innermost thoughts, feelings and emotions. When we succeed in reaching the depths of their souls, our connection to them really flourishes. We can understand what they are experiencing and how they perceive their worlds. It is truly amazing.

How Energy and Communication Resolved Deep-seated Grief

Quita, a beautiful Portuguese water dog, was lethargic and unhappy. Her play drive had disappeared and she was uninterested in the new puppy, Toti. Her appetite dropped off and she spent her time lying quietly on her bed sleeping.

Her owner Joyce was alarmed. In the absence of any physical disorder, she took Quita for blood work to determine if something serious was going on with her health. The blood work was normal. Then she called me. When I entered the house, the sense of grief was overwhelming. I was close to tears, feeling heaviness in my heart. I knew intuitively these were Quita's feelings.

Quita's mother and grandmother had both recently died from unrelated circumstances in a two month period. The three were inseparable; all three generations were extremely bonded and loved each other dearly. They went everywhere together, including the dog shows Joyce judged.

Quita was grief stricken when both of her female companions died, especially since their deaths were close together. Hoping to cheer her up, Joyce brought Toti home. But Quita had not processed her grief, so Toti's presence only served to make matters worse. She felt crowded and overwhelmed by the change.

The dual combination of energy healing and communication worked wonders for Quita. Chakra balance was used to reopen and restore her energy system. I used a tuning fork to access the dura-sleeve of her nervous system because its vibrations are very soothing and calming. Trauma release was a huge factor in resolving Quita's grief. She let out a huge sigh as she released her unresolved grief. I used my pendulum to help me

prepare a customized Bach Flower/Alaskan Gem remedy for Quita. These flower and gem essences also work on the energy body and can help with grief and sadness, among other issues.

Quita's emotional state is not unusual for our canines. Death and dying can be just as hard for them as it is for us. Grief is an emotion that can manifest as sadness, depression, anger and confusion. It needs time to heal at its own pace, and can often be understood and resolved by outside therapy such as energy work. While empathizing with Quita deep sadness, I spent a few minutes telling her that she could let Toti know when the puppy had crossed too many boundaries. Quita needed to have permission to give a little growl or snarl when the exuberant youngster had exhausted her or tried too hard to be her friend. It was important for Quita to have the physical and emotional space to heal.

Follow-up conversations with Joyce indicated that Quita had returned to her happy self, and that Joyce felt so much better, too. There is no doubt that Joyce also felt heavy grief and sorrow for the death of her other dogs, and that both she and Quita needed to acknowledge their feelings. Balance was restored to all three females in the household.

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.