

Remote Natural Healing Sessions for Dogs and their Owners

# 5 STEPS TO HEALTHY HEALING FOR YOUR DOG



By: Mary Stevenson

## MARY E. STEVENSON

Mary Stevenson is a Certified Reiki Master/Teacher, Animal Communicator, speaker and author.



Mary is a big animal lover and has always been deeply in tune with people and nature. When Mary works on animals, whether it is in person or at a distance, they can feel the love and appreciation she has for them and freely communicate with her. There is a trust and an understanding at a deep level.

Through this connection using a variety of healing methods, Mary is able to help the animals change their behavior, improve their physical well-being, and enjoy their lives more fully. Harmony is created not only in the animals, but also in the home.

Mary's first book, Best Seller 'Ready to Love, Fact or Fiction?' (available on Amazon.com) is a guide to help people find the love of their lives. Based on her own love experiences and her training in counseling, Mary takes her readers through a journey of self-exploration which leads to a discovery of their authentic selves and creating the love life they have always wanted.

Mary was lead to holistic therapies when she was physically ill. After going through a healing journey of her own, she knew she had to understand her own abilities and channel them into the professions where she could help others to heal as well. For the past 18 years, Mary has been doing healing sessions assisting people and animals to be healthy and happy and live life to the fullest.

## INTRODUCTION

Pets enhance our lives on so many levels. When we have them in our lives and as part of the family, we want to do everything we can to make them as happy and healthy as possible.

Most of the time, we think of keeping our dogs healthy by feeding them a high quality, pure food diet and making sure they get plenty of exercise.

Every breed has their own special needs and it is very important to have the right diet and exercise program for your dog.

However, there are other aspects of your dog to examine. Looking at your dog in this different way, can help to shift and change things in a way that you may not have thought of before.

This guide will give you some different ways of looking at and treating your dog for a variety of issues.

## STEP 1 : CONNECT WITH YOUR DOG

How do I connect with my dog?



**Walking** your dog is quality time for the two of you to spend together. It is a way that both of you will get exercise and share an activity. The same is true for going to dog **training** classes. It is special time spent with each other where your focus is on your dog and he appreciates that very much. It gives you and your dog an opportunity to work your minds as well as your bodies and strengthen your bond.

Another way of connecting is when you are just **relaxing**, cuddling and petting your dog. This is very beneficial for both the dog and the owner. Studies have shown that when people are petting animals, this stimulates the production of our 'good hormones' throughout our bodies and brings on a very peaceful, happy feeling. Of course you and your dog will feel the love you have for each other when spending this quiet time together.

We can connect with our dogs on a **mind** level when our minds are quiet and open. In order to do this, we need to first relax and become aware of what our mind is thinking about. Then we need to allow all of those thoughts to fade away. We can focus on our breathing and when thoughts pop into our minds, just acknowledge them and let them go. You can continue to do this until your mind is quiet.



Once our mind is quiet, we are then open to receive messages from our animals. Maybe you have let your dog outside, sat down to watch television, then all of a sudden you know your dog wants to come back in? You find him waiting patiently at the door. This is your dog sending you that message. When you practice being in this quiet, peaceful place with an open mind, you can connect more and more with your dog on this mind level as they communicate with pictures.

Once our mind is open, we can be aware of the pictures our animals are sending us.



## STEP 2: EXPLORE YOUR PET'S PAST



Does your dog experience anxiety?  
Behavioural problems? Chronic bad habits?  
Health issues? Aggression? Depression?

Looking at your dog's past is very beneficial. It has been proven that our experiences can shape our behaviour, beliefs, health and decisions we make whether we are aware of it or not.

Just like with people, when dogs have an experience, it makes an impression on them one way or another. When there are strong emotions involved, the imprint is that much more powerful.

My husband rescued a dog and we named her Sera. Sera was extremely emaciated when she was found. She was very shy, was afraid to be touched, and would never bark. During the time with us, I did healing work on her and was able to tune in to her life of neglect and abuse before she came to our home. As she showed me her past experiences,

I was able to do healing on those incidents so Sera was able to trust people again. Her behaviour shifted and changed as she grew more confident and relaxed. Her physical health improved dramatically. Of course she had quality food, a warm home, and lots of love besides the healing sessions. She started to enjoy being petted and she found her voice and was barking! It was wonderful to see her enjoy life and become more healthy, happy, and strong on all levels.

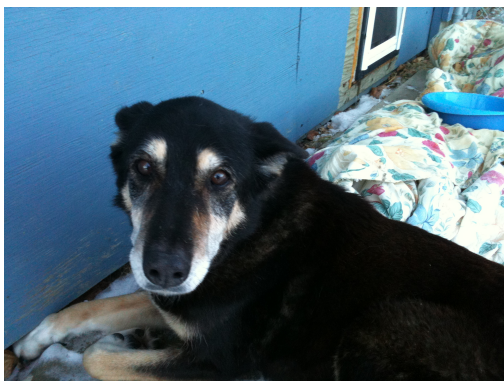
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Over the years I have been doing sessions on many different animals who have had a variety of experiences. When tuning in to the animal, they clearly show me and have me feel what has happened to them in the past. This can help their current owner understand the dog's behaviour and how to treat him.



During the session, I also do healing work on the traumas or experiences of the past so they can resolve those old emotions and move forward in a different mindset. I help them to update their mind and body to their current situation. This way they can fully enjoy their new home.

Certainly, there are particular behaviours or traits you will find in specific breeds, but each individual dog's experience is very important to examine. Often times, issues can be passed on from the mother or other relatives. This can be why a dog has problems even though they have a wonderful, loving home.



Experiencing healing/communication sessions help the owner of the dog to understand their dog better and can give them insight into what is most beneficial to their dog (i.e. what type of training etc.)

If the dog is carrying stress from his past, this can affect his immune system and eventually his health. Examining and healing the past can allow the dog to

have the best quality of life possible.

### STEP 3: LOOK AT YOUR WHOLE DOG

Often we hear the expression, 'it's just a dog'—meaning that they don't have thoughts, feelings, wants or needs more than the physical.

Dogs are not only physical but also mental, emotional, and spiritual beings. As they become family members, it is good for everyone to look at them in this way. Even Pope John Paul II has declared that 'dogs have souls too, just like men'.



When I tune in to a dog, I am connecting on a soul's level. As I feel what they feel and see what they see, I experience unconditional love but also jealousy, anger, sadness, and pure joy!

Bud was my first Chinese Shar Pei. We did everything together. We spent a lot of time training, entered dog shows, performed in festivals, exercised together, and had a lot of cuddles.

As I was going through a divorce, Bud was my protector and companion. He would know exactly when I needed some extra love and cuddles. He would let me know when I was under too much stress. He seemed to know me better than I knew myself during this difficult time. He kept me on track. I couldn't feel sorry for myself and slow my life down. Bud wouldn't let me. We were connected on that soul's level and his unconditional love was very healing for me. It also helped that he was quite bossy so if Bud said something, I had to follow through!

When our dogs come into our lives, their purpose is to make us happy. Through sessions, I have seen dogs that go to the extent of taking on their owner's stresses, grief, etc. to help their owner feel better.



Our thoughts, feelings, and our bodies are energy. Our dogs are very aware of energy. This is how they can feel what we are feeling and take on some of this energy to relieve us and make us happier.

Sometimes the dog suffers as those feelings are too much for them. This can be expressed in behavioral, health problems or other issues.

It is important for us to recognize our animals as these amazing, special, and complex beings when interacting with them.

They are our best friends and are in tune with us on so many levels.

## STEP 4: LOOK AT YOU

Our animals are watching us and very much aware of our thoughts and feelings. We have domesticated dogs and brought them into our hearts and our homes.



Often times, our dogs are more in tune with us than we are with ourselves. They can take on our feelings or behaviors and act them out for us to see.

When I was going through a divorce, I was fighting with my ex-husband for what was due to me. At the same time, I was fighting for my rights at my place of employment. I lived with my family of four dogs and a cat.

We were a very bonded and loving family but then my dogs started to get very cranky with each other. Eventually, they started to actually fight. I realized very quickly that they were showing me what I was doing in my life.

Our dogs can be our teachers and show us what we don't want to look at in our lives. As soon as I made changes in my behavior, everything at home settled down and became peaceful once again.

So when our dog's behavior changes dramatically, it is good to look at ourselves and see how we are feeling. Ask yourself, what is going on in my life right now? Our dogs can mirror our behavior, feelings, and even our health.

It is important for us to look after ourselves—body, mind, spirit—not only for ourselves but for everyone around us.

Many times during healing/communication sessions, dogs will tell/show me issues that their owners haven't been able to look at or acknowledge. The dog knows that it needs to shift and change for the owner to be truly happy.

I've had owners shocked and wondering how I know what I know about them. All the information comes through the dog communicating it to me out of concern.



This is why I refer to our dogs as 'angels on earth' because they help us to learn and grown in so many ways.

## **STEP 5: LOOK AT THE ENVIRONMENT**

As dogs are aware and very sensitive to energies, this includes the energy of the environment around them. Their house (dwelling), land, neighbors, and of course the people and other animals in the house or on the property.



I was asked to come and do a session on a dog, Jack, whose behavior had changed dramatically. He used to be quite friendly but recently had been on edge and slightly aggressive, wouldn't sleep in the owner's room anymore, was pacing at night, and barking a lot more than usual.

When I connected to Jack, he kept showing me the woman roommate in the apartment. I started to smell smoke and feel quite depressed. He showed me how she was treating him badly when the owner was out at work. He was very concerned that she may hurt his owner too. He felt sick from the smoke as well. He had me feel her energy and see how it was disrupting not only him but also his owner and the other animals in the house.

Jack's owner listened to him and had the roommate move out immediately. Jack's behavior changed overnight. He is now happier than ever! Having the session helped to get the roommate out of their space but also strengthened the bond and communication between Jack and his owner.

Belle, another dog I was hired to speak to had gotten very lethargic after her family moved into a new home. She wasn't eating well, didn't want to go for her daily walks, and wasn't acting like herself at all. She had been checked by a vet but nothing seemed to be physically wrong with her.

I asked to see Belle's picture and also a picture of their new house. When doing the session, I found out that Belle was tuning in to the energy of the house and it was making her very sad.



Through Belle and the energy in the house, I became aware of a traumatic event that had happened in the house in the past. I helped to release all of



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the old negative energy associated with that event, from the house and the land. I filled the house with bright, loving, light energy to cleanse and renew the property.

Belle and her family were all on holidays at the time of the clearing/healing session. When they stepped into the house, they knew something had changed dramatically. They realized that not only Belle had been affected by the energy of the house but the entire family. From that day on, Belle was back to her 'old self' and so was the rest of the family.

### **SO WHAT IS NEXT?**

You now have five steps to look at your dog and what may be affecting health or behavior.

If you or your dog or any member of your family is feeling disconnected, suffering from stress, anxiety, poor health, tired, anything that is not optimal get in touch with me.

Let's start today to get you and your dog on track and living life to the fullest!

**Call me for a **Free Discovery Session** to see what is the best strategy for you and your dog.**

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