

Preface

My mother was the first woman to have a Lamaze birth in a strict Catholic hospital in Port Washington, New York. Because this was a rare occasion for this hospital, after the thirteenth hour of labor the word spread of the event and an audience began to take viewing positions in a gallery overlooking the delivery room. My birth had thirty plus doctors and nuns waiting in anticipation to see if this was going to be a successful mission! As the story was told to me, not all the nuns were rooting for my mother. “I don’t know why she has to make such a statement. Why can’t she just use the drugs that all the other mothers are using?” After twenty hours of labor I was born.

The doctor said I had the rosiest cheeks he had ever seen on a baby. I didn’t cry straight away and was quiet coming out. I had a demeanor of serious concern. Only after my backside was given a light spank did I cry. And then, while I was crying, I was placed in my mother’s arms, and she said my first look into her eyes spoke volumes: “So, did you give the authority for that?”

Throughout my mother’s pregnancy, my parents were the proud companions of a couple of Great Pyrenees dogs. Up until the time of my birth, my fully pregnant mother

would walk the dogs daily even through the cold and the rain. Her belly was always resting somewhere near the dogs, and she said it almost seemed necessary for her to do that. I think only now does she truly understand the magnitude and importance of that gesture.

Growing up a very isolated little girl and only child, I very much functioned in a world that seemed, even to me, quite different from most children. Although the dogs were in the house frequently, they were indoor-outdoor dogs who spent a good amount of time in their kennels where they had heat lamps when it was cold. There were many days and nights when I would wander off to spend time playing with the dogs in their kennels until I fell asleep by their side. I was quite comfortable in their arena and spent almost all of my solitary time there. As we moved into a bigger home, we added to our dog family, and, five Great Pyrenees later, my parents started to get involved in showing them.

Because both my parents spent most of their time finding their own places in life, I was left on many occasions to fend and discover for myself. I learned to walk by hanging onto our dog Morgan's big hairy mane. As I spoke his name in very broken English, saying "Moogan, Moogan," my little hands would reach up to hold onto him. He would saunter over, lean his head down, and I would grab on tightly. As he slowly raised his head, I leaned in and began to stand. After I got my footing, Morgan innately knew it was time that Jocelyn was ready to walk. He was there to teach me that.

Funny thing, it seemed natural to me as well, as if that was one of his "job requirements" in raising me. Whether my parents were present or not was irrelevant.

As my little legs scrambled and fumbled for balance, Morgan would slowly walk me from one side of the room to the other until eventually my feet would find the stability they needed. I hung onto Morgan for hours, and when I occasionally fell, I never let go of him. When I tumbled down to the floor, Morgan would just stop, lean down, and lick my face, and I would grab his mane again, and so on, and so on. By the end of the day, I just let go and I was walking. With those first strides, Morgan would start out walking right next to me in case I needed assistance. And then, when he knew I was safe, he just laid down and watched like a proud parent.

Although quite young and not equipped to understand my abilities as I understand them today, I was always aware and puzzled by them. I had more conversations with animals than I did with human beings. When I was upset or confused, I could somehow “hear and understand” what the dogs were saying back to me when I spoke to them. It was clear, crystal clear. Of course, I had no idea then about energy and definitely no idea of communication with forces outside the physical realm. What I did know growing up was that my dogs had the ability to know what I needed before I did. And, that they catered to me on a very spiritual almost human-like plane. It was all I knew. I thought that was how life truly worked.

As I was a very creative little girl with a lot of alone time, I slowly discovered that the knowledge, connection, and energy that I had with animals gave me a lift energetically so that I could see and understand things that made life a little less difficult. During all this exploration, I kept coming back to the dogs. I was more comfortable in

how their energy flowed and how clean and clear it was. Whenever I heard what they were saying to me, it was never filled with chaotic detail or misleading emotions. It was always in the moment, clear, concise, and never false.

However, seeing events before they happened, feeling everyone's energy around me, and "hearing" their thoughts when I sat and watched them, scared me and made me feel very alone much of the time. As a little girl with no explanation of what was happening, my mind couldn't quantify it. I was different, and that was a fact. Yet in those days, if you were gifted on a metaphysical level, the first thing that was done was to run tests to make sure there was no "mental inconsistency." With me, all was normal and therein lay the confusion. It is only today that I truly understand it.

As I grew older, I started to identify and work with Spirit Guides, and was introduced to Animal Guides, a form of Spirit Guide. A Spirit Guide is a guide in the Metaphysical world that chooses you and works with you on a higher sensory plane. Historically, the use of Animal Guides dates as far back as the practice of Bon in Tibetan culture. These Spirit and Animal Guides allow me today to partner with them in my process of retrieving or removing obstacles in my energy work with animals and humans.

For many years I was asked here and there to listen to people's animals, to distinguish and decipher what was going on. "What do the animals feel? What do they feel about their companions and their environment?" And even whether they liked blue or red dog bowls. I threw in the color of the dog bowls because all too often the first kinds of questions I received included, "Does she like her

brown dog bed, or would she rather have a green one?" I would always giggle because when those questions were asked, the dog's energy would always say, "Is this really what we should be going over right now!" That is when I took a different approach to the process and made it a point to give the dog an equal stance with humans, and focus on what their real abilities were.

The problem was that for a long time, even into my adult years, I had a very hard time grasping my true purpose, and I found it difficult to identify who I was supposed to be. How does what I can do with my energy abilities equate to my life's job or mission? I would be lying if I said it was clear as day. It wasn't. The struggle was incredible and the balancing act was often a losing battle. I found it easier to spend my time trying to ignore my purpose. Somewhat embarrassed, even boggled by how society viewed the whole concept, I was scared to take my avid "side job" and accept it as my main focus, my "real" work.

I ended up in Hollywood, California spending my time in acting classes or working as a writer's assistant. Yet, all the while, I knew I was running and in denial. My "real" work was coming from various entertainment industry professionals who heard that I had the ability to work with animals, and therefore I would be asked to spend time with some of theirs.

I began working with the energy between dogs and their companions, and via that energy along with my Spirit and Animal Guides, conveyed to them what everyone's real purpose was together as a family. I identified the very serious and the not-so-serious elements. And each time I walked back to my car from a client visit, I would feel my most confident, comfortable, and secure.

I found I could move effortlessly in this newly created environment of reading the energy between humans and their animals. Being with animals put me in a place where I was always happy and at peace. I discovered my journey had always been laid out for me.

I am a firm believer in letting go of all preconceived notions and simply trusting. Trusting that if we all just relinquish that tight grip we have on what we believe should be, then the ride will always be much more pleasant. I say this from experience as I had been trying for so long to balance two different lives—the real life's work where I felt at peace, and what I thought was the appropriate part of me to show to the public.

The real work was of course all my many years with animals on a metaphysical level; that is, to connect human beings with their animals using various forms of energy and also reconnecting the human being to himself, so that they are able to get back on track and discover their true journey through the process of that reconnection which, in turn, connects them to the Universe. What I wanted to bring to the public was a talented person who, in effect, was hiding her true talents and gifts. Would those gifts be accepted by a wider audience or would I be as isolated with them as I was growing up?

One day I was having a discussion with a friend of mine, who happens to be a producer, about production assistant jobs. She sat and stared at me very softly and said, "Can I speak candidly to you, Jocelyn?" I smiled and nodded "yes." "Why aren't you pursuing your work with energy and the animals? You have been doing that for so long and have quite a unique gift; why aren't you writing or speaking about *that*?"

I looked into myself in deep contemplation. As the messenger she was meant to be for me, she looked directly into my eyes and asked, “Are you afraid or uncomfortable about how people will view you?” It was the age old question that ran through my mind my whole life. In that very moment I knew she was right. This was time for change.

We are in an era that longs and craves for connection—to something, anything. Without real connection we are lost. When we are lost, destruction and chaos accumulate.

Animals are seen as a lower species, or as household pets, or simply creatures we don’t believe have a net worth that can be larger than what we humans presently give them. Animals hold a key that is far beyond what most of us can fathom. That knowledge has always been my mission. And only now have I decided to own it.

I am such a supporter of connection and finding one’s true identity, yet I had been doing a severe injustice to myself, to the animals, and to the special gift I was given. I didn’t want to “own” or really be friends with my true identity because I was afraid. For me, on a metaphysical level, that “fear energy” wouldn’t remotely allow me to move forward. It nearly completely shut off every other avenue of my life. That is, unless it was my energy work with clients and their animals. I made it harder on myself because I let that fear stop the natural flow of energy toward my true purpose. I was forced to identify it—and choose it. That choice led me here—to write this book.

For fifteen years I had two beautiful Basset Hounds, Lucy and Lilly. They were my best friends, guides, and essentially part of my soul. When I would study various energy practices with wonderful teachers, I would come

home and do my homework on them. Some of my closest friends are a result of Lucy and Lilly, either while they were with me or, in one case, the topic of a conversation.

They radiated a nearly unimaginable light. When days were tough, I would clear my energy long before going home so as not to transfer it to the dogs. Yet, some days that was hard to do. When I finally stepped into the house, the dogs would run to me like they hadn't seen me for weeks.

When I opened to their energy and was in the moment with them, their energy told me, "We clearly know this was not a good day for you, but you are home now, and it is time to be in THIS moment with us. We are happy!" Literally, it was that easy. That is the truth, and it is right in front of you.

That is what I love about animals. They show us that it is okay to go back to our core nature, which is true raw emotion in the moment. They don't whine, "I don't want to be happy right now because ten bad things happened today and maybe ten more will happen tomorrow."

We have lost sight of that core truth. It's okay to be happy, truly happy, from the gut happy, in the blink of an eye, even if times are horrid. I know it sounds almost inconceivable to some, but that is what an animal can do for us every day of their lives and every day of our lives with them.

Lucy and Lilly were my true educators through many years. As my gifts as a sensitive, an energy reader, and a soul healer got stronger, their guidance is what got me through the toughest moments. When I saw them demonstrating a feeling that was unnatural for them, I immediately looked to myself. When I did that, I saw without

a doubt that it was something I was producing and had thrown onto them energetically. Once I was able to identify it, I let it go and, in turn, so did they. They always kept me very aware of myself.

I write this to illustrate that even though I possess certain capabilities that allow me to do my work with animals and humans in an in-depth way, every human being can connect and listen to their dog in a capacity that can profoundly change both their life and the life of their dog.

Lucy and Lilly passed three months apart in what I will say was the toughest year of my life. I was devastated. Yet, it is their grace, spirit, and strength that have elevated my gift and purpose to speak on behalf of animals and their energy connection with human beings.

Now, let's begin.

How to Use This Book

This book is about the metaphysical art of connecting human beings to their animals by using various forms of energy and about reconnecting the human being to his or herself. It describes my energy work with dogs and their human companions, and via that energy and my Spirit and Animal Guides, healing and redirection are provided to both the dog and human. It asks two important questions: How can an animal, your dog, guide and assist you without actual verbal communication? And, what do humans need to do to reconnect to their dogs and become open to receiving that communication? The answers emerge through explanation and education, and through stories and examples of actual sessions with clients. One of this book's goals is to bring much needed attention to the value and appreciation of the wisdom of animals, how they live in the moment, and by connecting to them energetically, how they can guide us to a higher level of understanding who and what we are.

In this book, I use a variety of terms and phrases that are part of my everyday language when doing energy work with my clients, but that may not be a part of your vocabulary—yet. Because many of you come from wide and diverse backgrounds related to knowing and

understanding what energy is and how it is received and transmitted, and knowing where there is a block in the flow of energy and how that block is removed during the healing process, the explanation of these terms in the Glossary section of Chapter Eleven will help you develop a better and deeper understanding of the energetic process. I have defined the most often used terms that will provide you with the basics.

I am often asked if there are a few simple steps that allow us to connect on our own to our animals, and by that means to ourselves. To that I say: (1) we all have the capability to connect on a much higher plane; (2) it requires effort, time, patience and diligence; and (3) we must continually stay open, aware, and conscious. For the specific techniques and instructions to connect to your animals on your own, I have included a section in Chapter Eleven called “Steps to Connect” as a guide for your reference. All of the steps make up the “basic approach” you will always use to work energetically with your dog. To work on any specific subject mentioned in the chapters and stories, use the basic approach from Steps to Connect but make your focus and intention the subject matter of the chapter or story.

Chapter One



I Wish My Dog Could Speak!

So often I hear people mutter, “If only my dog could talk. Then I would know what it really wants. I would know what to do!” All the while I am thinking—they *are* communicating with you. They are communicating with you more than you communicate with yourself. That is the problem.

As a society, we are genuinely disconnected. We grasp for anything that could bring us light or joy, and the irreplaceable feeling that we are made of love. We live in a place that fears connection yet pines for it at the same time. You’ve heard the rant—real connection comes only from you. This, mind you, requires a great amount of work. The excuses fly left and right, and everything else in our lives is prioritized ahead of making the effort to do all the work that is necessary. It is too damn hard to take ownership of who we are and how we behave, so we all stay in that safe disconnected space to which we are conditioned.

That is, unless you have a dog, and not just have a dog, but really love your dog. If that is you, then you may be in more luck than you know! Help is not only on the way, it may be sitting at your feet as you read this.

Animals tend to be undervalued, underrated, and underappreciated. It must be emphasized that all animals of any nature have the ability to communicate energetically. They communicate in the moment and unobstructed, whether dog, zebra, wolf, or horse. This should be remembered and identified as we move forward. However, because the domesticated dog interacts with and around humans, and lives so closely with us in our homes, dogs can communicate on a more in-depth level concerning any of our human afflictions. Most humans do not frequently interact with, nor do they normally live daily with or around, wild animals. I have chosen to focus my book on the interaction, communication, and connection to domesticated animals and not wild animals.

A good example of how connected our dogs are to us is the fact that your dog knows when you are getting a common cold even before you start sniffing. If you have great anxiety, not only does your dog feel it but she takes it on immediately. And, most of the time it's because your dog doesn't want you to feel it.

Animals live in the moment. Once they take on human neuroses, whatever they may be, they have no idea what to do with them. It develops a toxicity that is reprehensible for the animal, and they know that it is not their true identity. When human beings function within all our conditioned issues, we have no idea if those issues are right or wrong, true or untrue; they just are. This is an

unnatural state. Your dog, if shown the way, would love to move out of that state instantly and bring you with him.

Unfortunately, we are the ones who refuse to move entirely out of the dark and have become accustomed to the disconnection and conditioning. We have forgotten what it feels like to live in the light. What we don't know is that our dog tries twenty-four hours a day, seven days a week, to have an open connection with us. Our dogs are saying, "Hey, I get you and I am here to tell you we can do this together. Don't you want to live in the moment before you get sick, or divorced, or fired from your job?"

What we need to realize and remember is that an open energy flows between you and your dog, and that what we inflict upon ourselves due to the human condition is transferred energetically to our dogs. Now don't get me wrong. There are many individuals who dearly love their dogs and would never think of intentionally sending any energy that would harm them. However, it does occur.

The most common example of this is the rescued dog, whose life was usually very horrid before he ever came to you. As amazingly wonderful as it is to rescue an animal, the flip side tends to be that whatever may be plaguing the animal is something that has plagued the new human companion for years. Although the dog's past issues that were brought to you when you rescued it are none of your doing, the dog has come to you for a very specific universal reason. It is just manifested in a different way that is not so direct or evident, but is deep-seated and buried within us. In contrast, dogs are so uncomfortable with their affliction that you can see it vividly as it is on the surface and crystal clear.

When I am asked to come and read the energy between a client and their dog, I always connect and listen to the animal first before sending the energy through to the human being. That is because animals are so clear with their energy, and they jump at the opportunity for assistance, whereas the human companion scrambles to detract me during the session or cover up what is really going on. I always say it is never just about the animal. It is always, always, always about the human companion and who they are in relation to their dog.

To uncover and discover this relationship requires an open connection between dog and human companion. Once that is achieved, both souls can be retrieved. The animal and the human being then begin to see one another in a whole new light—a true light that illuminates your dog as a guide, a mirror to reflect who you are, an educator, and a creature who knows you better than you know yourself.

In this way, your dog is the perfect being to show you how to really connect to *yourself*. Through such a teacher, one cannot help but become conscious. The beginning of a new happiness is realized. Energy begins to flow, to move forward, and opens us to limitless change.

Chapter Two



What Does a Session and the Process Involve?

Throughout the book I will be sharing stories of various clients, like Sonny, to illustrate the process involved and the actual experiences had by all, including me. Since I spent the last five years of my life living and working in Hollywood, many of my various clients come from referrals within the entertainment and other high-profile industries. To keep their anonymity, and the anonymity of all my clients, I have changed their names and the names of their animals. An example of a form of disconnection is the story of Sonny.

Sonny

Prior to meeting a new client, I always ask the human companion not to provide me with any information other than the name of the dog, and so, I had a name only—Sonny. For days leading up to my visit, I felt pressure in my heart. The pressure indicated something was

trying to open up—burst, if you will. As I brushed the energy aside and cleared myself, I knew I was going into a very interesting and special case.

When I arrived for my visit with Sonny and his human companion Steve, I immediately received informational energy about who this dog was. As I approached the front door, I took a breath and became instantly open and yet protected at the same time. I knew the issue was a Heart Center connection, and that both Sonny and Steve needed to bridge a gap that existed between them.

Sonny, a boxer mix, was rescued about six months prior to Steve contacting me. Steve gave me a smile as I stepped in, and his energy was hesitant with a hearty dose of skepticism. I instantly bent down and acquainted myself with Sonny. I tend to go right to the animal before really acknowledging the human companion. I am there for the dog, horse, cat, or whatever the animal may be, and my real relationship begins with them.

The energy between Sonny and Steve was flat, very much like that of a boss and his assistant. When Steve spoke to Sonny, he was always very matter of fact. Steve wanted me to see he had everything together, and that Sonny should know that as well. The funny thing is, every time Steve gave Sonny a command, Sonny glanced up at me with such an expression that if he could have shrugged his shoulders and shaken his head, he would have. The look was, “See what I am working with here?”

Steve began speaking in his orderly fashion, attempting to control a situation over which he had none. “Where do you want to do this? Pick a room, I mean where do you need to be? How about here? How about over there?”

I always try to calm the human companion with a quiet and easy voice that assures him that everything is okay, and this is not by any means a hard process. So, as always, I suggested a room or area of the house where the animal, as well as the human companion, would feel comfortable—a place where we could sit on the floor and just spend a little time together.

We decided to sit on the floor right outside the kitchen on a rug that Sonny loves. I always begin with the statement that sometimes it can take a moment before the dog will start really opening up. I surrounded myself with my own guided assistance. Once that was accomplished, I asked through the use of energy for Sonny's guides to come in. Some days it can be an instant beginning, and on others we may have to sit for a bit. I try to relay to every client that, although we live in a world of instant gratification and zero patience, patience is a full-fledged requirement throughout the process. We can't watch the clock ticking here.

Sonny came over and sat on my lap. Now, mind you, this is a good-sized dog. His warmth is overwhelming, and when you touch him, it is nothing but sheer joy. Literally. Every animal is different, and not all are overwhelmed with sheer joy at the moment of first real contact. This one was.

As Sonny and I merged, I could see and feel the energy travel between us. I closed my eyes and saw Sonny's heart and Steve's heart. Then I saw something that looked like a cinder block wall encompassing Steve's entire Heart Center. And then there was stagnant static energy—fixed, still, unchanging, and motionless—as if a six-foot fence of static was revolving around Steve, pulsing around him.

Although Sonny was a rescue, he generally didn't have any neuroses of real concern (no sickness, issues with his food, or real material or physical needs that were not being given to him). He had a good mother who did the best she could. He didn't get much food as a puppy, which, by the way, seems to be a standing issue with most rescues.

Sonny let me know he came to Steve for one reason only: so Steve could learn, in the second half of Steve's life, to love something again. Steve had been severely hurt and traumatized from loss in the past. Sonny's reasons for coming to Steve were to let Steve know he did not need to feel alone, and that his heart is actually alive, well, viable, and capable of feeling unconditionally again. Sonny was there to revive a heart that was really no longer living.

Sonny sent the energy that he is nothing but patience, *real* patience. He was sent to Steve to endure the many days, months, or years it might take for Steve to really let his heart feel again. Sonny was so thankful that Steve, as hesitant as he was, felt the energy from Sonny to come find me. It was certainly very lovely to witness, and a pleasure for me to share in the experience.

Every animal wants you to love them, and they want to love you. That is never in question. But remember, there are often so many things they need to work on. Quite often, their issues are the same hidden issues the human being needs to discover and release from the dark confinements of the mind. The energy and the message are different for every case. However, in every process a Heart Center connection is made that allows the light to shine for both. In this case, Sonny was sent to Steve to restart his life, not only for Steve to learn how to love again, but how to love Sonny as himself and then eventually

to love another human being. That human being could never arrive unless Sonny succeeded in his task. Quite a beautiful thing. Sonny was Steve's guide to give life to a deadened heart.

"Steve, did you have some significant loss or trauma, maybe in the last couple of years?" I asked. "I am getting that it was a lot of trauma or loss. One hit after another that left you desolate and numb." As I looked up at Steve, he had a sad but concerned smile. "You are smiling; am I off base?"

"No," he replied. "I am shaking my head because you are right." He was shocked that I could immediately go there, but again, it isn't as if that's where I choose to go. It is where Sonny and the energy led me. It is where they needed to attack. In fact, it was really all they needed to attack.

I then gently broke all the news to Steve that Sonny shared with me—about Sonny living in a backyard where he was semi-confined, that he lived most of his earlier life outdoors, and that food was not exactly plentiful. I asked Steve if he knew whether Sonny lived on a farm of some sort. Sometimes the energy, when it only wants me to focus on one thing, will give scattered information without much detail, so I am forced to ask the human companion questions to clarify. At that point, the energy can get a bit more focused and I can decipher the information being sent to me.

Simultaneously, there is also energy coming from the human companion, saying, "This is what I want to know: I want to know where he lived and what he did." Yet, in this case, Sonny knew the only real information he wanted to impart to Steve through me was that we must mend Steve's heart and quickly.

“Steve,” I asked, “do you find that sometimes you feel as if you are living in a box of static?” He nodded “yes.”

I continued, “. . . as if nothing new is happening; business is at a standstill; no communications coming in or really going out; deals postponed or disregarded entirely; and no drive or motivation? In fact, perhaps you are altogether rethinking your line of work. And when you reach out, you can’t seem to touch anything really tangible in your life. You are at a complete and utter standstill. Does that sound right to you?” As a couple tears inched down Steve’s face, he again nodded “yes.” Sonny ran over to comfort him.

“You are afraid to really connect to Sonny,” I told him, “because he could die or be taken away from you. That loss, considering what you just experienced not too long ago, is something you cannot possibly imagine enduring again. Yet, when you adopted Sonny it was an instant thing. You knew right away, gut intuition, no debating. Sonny was just sitting quietly waiting for you and only you. Do you know that?”

Steve let me know that was exactly what happened. He went to a couple of rescue centers with a friend, and when he saw Sonny, he knew; he didn’t need to think. He was in the immediate moment. Very much like an animal. He knew at his core, without any thought, that this was it. Sonny was able to penetrate the static force of energy Steve carried that no one else knew how to see through.

Sonny and Steve knew this was the moment, the time, the beginning of change that would alter the whole next half of Steve’s life. Sonny was ready for the job and was just waiting for Steve to be ready. Sonny let me know

that he was already prepared to do whatever was needed for Steve and for himself. It is so very rare to find this in human nature. The majority of us do not have the capacity to think this way. That is what an animal, in this case a dog, can do for someone who is willing to work on that level. They can quite literally change the whole course of your life.

At this point, it was time for us to get right into removing the block and the static, and then retrieve the soul from both Sonny and Steve. I do this differently for every case, but what stays consistent is that the energy goes in, as asked, and retrieves and mends what is needed so the souls can become bright, alive, and live vibrantly again in both the human being and the animal.

I laid Sonny down and rolled him over on his side. I put my hand on his heart and let it rest there for a moment. Sonny's eyes shut, and a beautiful calm took over. His heart was beating full and strong. Sonny, the energy, Steve, and all the guides that were with us were ready for Steve to connect and reopen his heart. I kept hearing that Sonny's heart was to become one with Steve's, which meant the strength and openness of Sonny's heart would breathe life into Steve's.

I called Steve over and had him lay his hand on Sonny's heart. I then put my hand on top of his. Steve definitely had an air of skepticism and a look on his face that said, "this is beyond ridiculous." I never let that bother me. I always keep moving with what is necessary for the process. As Steve's hand rested on Sonny's heart, I sent my energy through both of them, internally asking for assistance from my guides to open their hearts and bring the connection.

After a moment, I removed my hand, and it was just Steve and Sonny. Steve's eyes started tearing up. He smiled and said, "I don't think I have ever felt his heartbeat. Wow. What an amazing thing. This is so beautiful. I can hear it, feel it. It is so tranquil and lovely. I think he likes it too!"

I sat for a while as Steve felt so content where he was. He couldn't pull his hand from Sonny's heart. Once he did, I said, "Your heart is now open and connected to Sonny's. Sonny will watch over it, and while I am not here, he will let it grow, keep it full and open, and aid in its healing. You are lucky because this dog only came to you with one real intention—to let you have a heart again. Perhaps a new person will come into your life, or new projects will start coming in, or you will have great new successes again. The static field of energy you traveled with is lifted, and a new flowing energy can now propel both of you forward. Sonny is unconditional and has the patience to wait beyond your wildest dreams for you to really love him and allow a connection. So it is not just having a dog. It is opening up to the possibilities of a real life again and to see what having a full heart can bring."

As Steve took his hand off Sonny's heart, the two of them were content and happy. I could see Steve's heart without the obstruction and free from static for the first time since I had been there. It was beating as one with Sonny's.

A man who had everything he could ever want had been walking around missing what felt like everything. And in essence it was. It was his heart. Sonny and I helped him find that. Now he is at the beginning process of learning how to take care of his newfound light and

learning not to guard his heart so much as trust it. Let it feel without fear. A very difficult process for a human being, but one that is effortless for Sonny.

As soon as I walk through the door, I instantly start connecting to the energy of the animal, the house, and then the human being. The dog's energy provides me with what the dog wants from the human companion, why they came into each other's lives, and the psychological state of the dog and human companion while they're together. Simultaneously, my abilities as a sensitive pick up what has taken place in the house, relaying both good and bad events, who has come and gone over time in the home, the nature of the relationship that exists between the human companion and the animal, the childhood of the human being, and what she dealt with growing up. And of course, I can't help but notice the nervousness the human companion always demonstrates when I arrive.

It is very interesting walking into a new home under these conditions because, as the human companion is making small talk and the dog is running under my feet, I am already flooded with information I have just begun to decipher and put together. At first it was sometimes confusing and overwhelming for me. When that occurred, I tried to slow down the energy flow until I could really sit and connect. Now, I let it flow without a fight because eventually all of it will fall into place.

I am a big proponent of not lingering. Whenever I work with an animal and the human companion, or just the human being, my practice is to not cling to anything. We remain so long in disrupted energy and then want to talk about all the reasons we need to stay in it. "What about this? What about that?" It is at that point I say,

“Let’s acknowledge it, move this energy out, and get rid of it. If you want to let it go, fill the space with light and feel refreshed, loved and alive, then let’s go for it.” Justifying and talking about the reasons over and over only fuel the disruption and are frankly a waste of everyone’s time. Especially when working with a dog who says to me, “How long does he really want to hold onto this because I certainly don’t? Can you just help us move this away so we can get back into a natural light and into the moment?”

When the souls of both the animal and human are ready to be retrieved and the light energy is linked, the bond is so transforming you will do everything you can to remain there within its illumination. That is the ultimate goal. Now we are *human*, and unfortunately certain circumstances exist that can alter us and bring us out of that moment. It’s natural and doesn’t warrant belittling yourself. We do that enough!

So how does this actually work? How do we remove the obstacle energy and retrieve the genuine soul? Well, it is much easier for me to accomplish this with an Animal Guide because your animal is your guide and your biggest supporter of the journey—the one that will keep you in check once I am gone. We can do the work with just the human alone, but when I leave, it becomes the individual’s sole responsibility to keep themselves in check. This takes a huge amount of courage, strength, and consistency, and you will need to continually remind yourself of one thing—as with all events in life, including the process of soul retrieval, mistakes in judgment may be made, or you may let yourself down. It’s part of being human. It’s part of life.

The retrieval process requires you to stay conscious of you, your dog, and the energy, no matter how silly you may think this is (and believe me, I have had people not hold back and let me know they think just that). It is the same group of individuals who are too scared to take the leap. If they have a dog, the animal and human being have virtually no connection. In addition, the human usually has problems connecting to anything, including loved ones, friends, office mates, parents, and so forth. The list goes on. Most importantly, they have no connection to *themselves*.

Chapter Three



But It Is an Animal, Not a Human Being

Many times I hear people say “It is an animal, not a human being,” and I have to bite my tongue so as not to attack the entitled individual who sprayed that comment in my face.

Join me on the life-changing journey of Gidget and Norman’s discovery of living in the moment together for the first time.

Gidget and Norman

The distinction between an animal and a human being is what makes us different by nature. This natural distinction does not need to be viewed solely as a form of separation because our dogs can have a strong influence on us, and we on them. The story of a dog named Gidget is a good illustration of how the power of an energetic connection can strongly bind together an animal and a human to create a partnership based on a state of energetic equality.

Whenever I approach a new client, I am probably more nervous than they are. My protocol is to get very little or no information about the animal or their human companion before I arrive at the session. The reason for this is that often for days leading up to the visit I feel a strong pull energetically from the animal. When this occurs, I have to constantly remind myself to step out of that energy and keep a clean energetic slate. This allows me to not form any preconceived energetic assumptions prior to my arrival. In this particular case, I was not only excited to meet Gidget and her human companion Norman, but I purposefully quieted my mind at least two days before our appointment.

This part of my process proved to be even more necessary because Gidget is epileptic and has severe motor issues resulting from a degenerative brain disease that affects her movement, control of her body, and her ability to control her own mind. The challenge for Gidget and Norman is very great because this is a disease that will never go away and over time can slowly shut down Gidget's whole body unless Norman and Gidget can learn to calm and control the energy of their minds. It has never been more important than now for these two to understand how to do that!

Nothing impresses me more than observing and working with a dog that has trauma or disease and, in particular, trauma that targets the brain. It is so amazingly beautiful to watch the effortless grace and light that these dogs exude as they struggle to maintain their natural state and stay in the moment where they are healthy, instinctual, and free to move. This process should be no different for human beings. Yet for us, life takes hold and we can lose our way. We become disconnected, and our mind

and thoughts become clouded, distracted, and unclear. As a result, I am determined that my visit with Gidget and Norman is about one thing and one thing only—how to take the power of the mind and the energy that fuels it, and control it! And just as importantly, to control it through Gidget’s and Norman’s Heart Centers in order to connect their Heart and Mind.

In Gidget’s case, it *is* a matter of life and death to redirect the mind’s energy, reconnect to the source, and understand how to use the mind to heal and create calm. I know everyone is now saying, “I don’t know what the hell that means!” Well, as we get into their story, I will do my best to explain that process as my visit with Gidget and Norman was one of the most touching and beautiful experiences I have had in a long time.

The beauty and grace that dogs and human beings share never cease to amaze me. One heals the other, even in the toughest of times. The energetic connection between dogs and their human companions can transform lives, and that process surpasses all logic as we know it! Let me introduce you to the beautiful angel that is Gidget.

Gidget and Norman have many similarities. Although Gidget has epilepsy and Norman does not, Norman also has the inability to control his mind and has what I refer to as a mind that is “settled” and “stale.” What I mean is that Norman’s mind is so overloaded with disruptive thought that it has been nearly impossible for him to dig out of the dark cloud of unhealthy energy within his mind. He is flooded with the effects of the “human condition” and with neuroses that he has taken on from many other people in his life. This unhealthy mind energy is

a core issue shared by Gidget and Norman although for different reasons and from different sources.

When I use the term “core issue,” I am referring to a very specific deep emotional issue that has existed within the animal or human for a very long period of time, and due to its magnitude, has stopped the animal or human from moving forward beyond it. In this case, Norman and Gidget’s unhealthy mind energy is a shared core issue that demonstrates the disconnection between their Heart and Mind Centers. Said another way, the source of Norman and Gidget’s Heart/Mind disconnection is their lack of confidence and trust both within themselves and in others.

Every dog comes to her human companion for a reason, and vice versa. It is up to each one of us to truly understand why these unions occur. For Norman and Gidget, theirs is an illustration of the magic of life that has brought them together—a connection that has been orchestrated like a fine symphony. Norman would like to stay in the moment and get his mind to connect to a higher energetic level. Norman *needs* to learn that from Gidget. Although her disease doesn’t allow Gidget to continually stay in the moment, it does come naturally to her as it does to all animals and she can teach that to Norman. In addition, Gidget is clear of any negative energies or disruptive patterns except for the unfortunate disease she possesses. Gidget needs to quiet her mind and redirect its energy. Gidget *needs* to learn that from Norman once he is healthy minded and reconnected. Understanding how to energetically reconnect to themselves and then to each other, and at the same time gain the trust and confidence needed to get control over the power of the mind, are not easy tasks for Norman and Gidget. This one Universal lesson that brought them together requires them

to see each other equally energetically in order to succeed. This is true for not only Gidget and Norman, but for all dogs and their human companions.

The challenge for me in my work with Norman was to get him to connect to himself, to Gidget, and then to the Universe in order to become healthy. In this way going forward, Norman could in turn assist Gidget with her disease. My mission was to teach Norman how to get quiet within himself and with Gidget when they journey out together on a walk. I noticed Gidget was able to become very clear and quiet in mind when she was energetically led to do so. As I walked Gidget with that clear quiet intention, she no longer fell to the left or to the right. Whenever she started to sway as we walked, I stopped her. Then I took a deep breath, became completely neutral and clear, and sent that energy through to Gidget. Gidget responded beautifully and began to walk normally. She absolutely *loved* it as it allowed her to just be a *dog* in the moment and not a dog that was sick and struggling. For Gidget, if she won the struggle with her mind, then she had succeeded!

I taught Norman how to delegate the energy of his mind so that he became clear and quiet while out walking Gidget, and to make that his intention for himself and for her. I also taught him how to energetically release and connect when he felt he was straying from the moment. “Delegating the energy of the mind” is no different than delegating your energy from day to day. You must decide how quickly you move thoughts in and out of your mind, how you want to process those thoughts and why, and then ask to be released or made clear so you can stay connected to yourself.

The biggest eye opener was when Norman turned to me and said, “I am starting to feel disconnected and my

mind feels scattered.” Seconds later, Gidget fell down and started to sway uncontrollably while they were walking. As we stopped, Norman adjusted and quieted his mind. We began again, and Gidget regained her balance—not wavering once. In this way, both Gidget and Norman could enjoy their time free and clear of an erratic mind.

The beautiful thing about all this is that in our short time together, Norman learned what it was to become energetically *aware*, and both he and Gidget benefited tremendously from that energetic awareness. We must take a look at what challenges us energetically so that we do not give our minds the upper hand as the “boss,” so to speak. You, your energetic source, and your connection to yourself become the *real* boss!

As I packed my bag to leave, I saw Norman and Gidget looking at each other very differently. There was a sense of renewal for both of them. Then Norman turned to me and said, “I think I understand who Gidget is. Although I know she is my dog and we are two different species, I feel as if we are so very much one and the same. I guess it’s as if I am open and connected to her soul’s energy, like we are energetically woven together and connected. Does that make any sense?”

I smiled and let Norman know that was the ultimate goal. Becoming energetically aware is *always* the first step to opening up to anything and everything you want to work on within yourself and then with your dog. “I am so proud of you and Gidget taking this step together and understanding the magnitude of the Universal partnership you share.” I bent down and kissed Gidget’s soft head and then gave Norman a hug. “This stuff isn’t easy,” I said. “Knowing how to move and refocus the energy of the

mind is not for the faint of heart. But knowing you have a solid partner, a friend, and a family member fighting for the same cause, the battle starts to not feel like a battle after a while, and life begins anew!”

I walked to my car, got in, and sat there for a while before starting the engine. I needed to bask a moment in all that is Gidget. Her bravery and beauty needed a private moment of recognition from me before I pulled out onto the busy streets of Los Angeles. When I was ready to put the car in drive and proceed, I was lit up by the fact that, yes, she is an animal, and not a human being.

All too often we take a higher stance and place ourselves in the position that, as human beings, we know more, see more, and can do more than animals. Historically, the animal kingdom has been looked down upon as an inferior group we can control and dominate. The funny thing is, I have found that the answers are within animals. If we could remove our dominance, we would find that the quiet animal kingdom is full of guidance and assistance. They want to help. They want to become one with us and not be considered less than.

In the domesticated genre, the dog is widely held as “man’s best friend” and is exactly that. Like every other animal that lives in the moment, dogs can detect the truest form of meaning. They possess an understanding that is unclouded, without excess baggage or thought, and they are our closest resource to clarity.

How then can an animal, your dog, guide and assist you without actual verbal communication? What do we humans need to do to become open to receiving that communication?

It is actually quite simple. First, we must listen and clear our minds, our thoughts, and the relationship we

have with our ego. Most often when I suggest this to clients, the response is the same. “Well, it isn’t that easy to do because it is not only one thing I have to deal with; there are many problems, and they are so difficult to get rid of.” My answer here will be the same as when I answer a client: it *is* that easy.

The elimination of an unwanted condition is effortless if you fully don’t want it anymore.

I have found this to be true whether I work with animals and humans, or human beings alone. The core problem that is identified connects to all the other issues we manage to drum up. This initial “virus,” if you will, has a long string of other smaller organisms that grow out of it. Then our minds feed on this feast, and we become conditioned. We are comfortable like this. There is a food source. We could choose to get out of this conditioned space, but damn it, we are going to take it with us on our travels so we can let our minds refuel from it as long as possible. Then, when we are done, we store it so we can build on it again, and let other organisms form around it in the many little closets we have in our minds—all of which are overwrought and way too full to begin with. In contrast, animals do not keep “closet space.” They have no hidden agenda taking up storage. They don’t even know how to “store.” Their issues are prevalent and in your face, and as a human companion you distinctly recognize them on a daily basis.

If we were to let that food source go, where on earth would we *feed*? What else could we complain about or fret over? What would replace it, if anything? Could we still function, or would we be empty? Well, to that I say, look at your animal!

For example, when an animal is admonished for causing trouble, no more than ten minutes later—when the opportunity to go for a walk or chase a cat or run after a squirrel appears—BAM, just like that, the emotion disappears and a new moment begins. Yet, under similar circumstances, as human beings we allow ourselves to become clouded and preoccupied. A friend might say, “Do you want to go to a movie?” We say, “No, I don’t feel like it. I am down tonight.” Or, “I need to be alone.” You get the gist. The dog will always choose light and happiness over anything else.

When clueing into your animal, you might think, “He looks sad. He is upset. It’s probably because I went jogging by myself last week and didn’t take him along.” That is not true at all! You are guilty about that; it upsets you, and that emotion and energy have now worked their way to your dog. The longer we hold onto it, the more we transfer it to the animal. The dog is doing what a dog does—he looks at you with those eyes that are saying, “I want to go jogging with you because I love that, and I am smart; so, if I sit here looking like life will end if you don’t take me jogging, then you will!” That is a natural state and perfectly acceptable, as are many other wonderfully natural actions dogs take. This is because dogs are domesticated animals that exhibit natural domesticated actions.

There is a problem if your dog runs and hides in the corner and sits there with a somber spirit because the dog thinks you will not take her out jogging. This kind of behavior occurs when the energy given by the human companion and the anxiety picked up by the dog have brought the dog into an unnatural state (more

fully discussed in the next chapter). In this instance, the human energy was unnatural because there were so many more issues than, “I am not taking you jogging.” It is, “I am not taking you running because I am worried about various issues in my life, I need alone time, and I don’t need to be preoccupied by you. All I need to do is run on my own.”

This type of problem usually occurs when the human energy is dark. Construed in reality, the only reason the person doesn’t want to bring the dog is because they know deep down inside that the one real light source in their life, who has rescued them too many times to count, will, without even trying, force the person to identify the absurdity of their actions. Of course, if there is anything a human being dislikes, it is being around anything that forces ownership of their actions. As a result, the dog stays home.

In this example, I am sure the dog “communicated” over and over to the human companion, “Listen to me. You don’t need to live in that moment. Let’s get rid of it. Let it go. Let’s just run together and live in the moment of real light.”

Very few individuals can live in the core of the moment as an animal can. We brush aside moments and ignore the change of energy, an energy that could not only change that moment in time, but the course of a whole day, a week, a month, or a year. We will let a human being change life events for us, but to even think, as much as we love our animals, that they could possibly have the capacity to do the same, seems absurd.