

# Animal Empaths and the Energy that Binds



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*Dedicated to V's cats, Miss Bliss and Miss Grace; my childhood dog, Pepper; and a very sensitive horse named GiGi.*

**What are our animal companions taking on for us in times of difficulty and pain? Probably just about all that they can, as that's how they try to help us – until we fully understand the energy that is binding us to our contract with them.**

**Coping**

I find that the best way to help keep our animal friends balanced is to check in with ourselves. It is just like any other relationship, as there is an exchange of energy between all involved whether we are aware of it or not. I have watched our pets' chakra systems change right along with our own (the "parents") during energy healing sessions. Our furry companions seem to absorb and duplicate our own energetics. If we are feeling stressed, it is important to know that they will feel our stress – and even as we work through it, they may empathetically take on that stress for us.

As we learn and become more aware – deciding on what type of outer world we would like to create – our four-legged friends are the loyal ones who have been standing by us through it all. They are still with us past the changing of living circumstances, jobs, partners, friends and co-workers, and have most likely taken on a lot of our emotional "stuff." They heal as we do, but there are ways to help keep them from taking on our pain and holding a space filled with only Love and compassion.

In dealing with stressful and busy times of life, the simplest method to relax and get grounded with your dog (if that is your chosen fur companion) is to take a walk at a park directly on the dirt and grassy areas which brings Mother Earth's loving energy into your feet and your dogs adorable pads. For cats, you know your cat better than anyone so if they enjoy being brushed or a fun feather toy, choose that to spend some quality time together. I have a friend whose cat loves to play fetch with a stick like a dog! I have never seen anything so happily healing as that cat running back and forth with a stick in his mouth!

We have learned that our thoughts are energy. We have the free will to choose thoughts that bring us into a state of Love or fear through the inner guidance of how we are feeling. But as we continue to work with our mind patterns and emotions, many times our animals take on heavy energies created in those moments that our thoughts are not aligned with our Divinity. Suddenly a pet can have behavioral and health issues manifest without the core issue of how it landed into our pet's life. In some cases, we may resort to a medication, natural remedy, or an envi-

ronmental change, which may only bring temporary relief if considered by itself, or as a "cure" for the problem.

During times of deep emotional growth issues and challenges, once we are working through them and feeling them, that in itself helps our pets; but there are other ways to energetically work with them as well. Let's start with a simple first level of communication. . . We need to help them understand the following statement:

> "Don't take on my emotional "stuff" (otherwise known as baggage, garbage, waste, etc)!"

How many times have you been interacting with someone, and although you felt perfectly happy prior to that; you now feel "not so good"? Well, you may have taken on their "stuff" or matched their vibration. It happens. But you and your pets can be sensitive to one another while at the same time not be so vulnerable.

Just keep in mind that we all need to feel our own emotional issues - that is why it "exists" here. . . the reminder of the choice to grow and to Love ourselves and each other beyond it. When someone or an animal can hold a space of Compassion and Love without taking on another's pain, everyone learns. . . so everyone wins!

There was a difficult period I shared with my dog, Bella; I was very sick and unbalanced. I will never forget looking over at her and seeing that her body was severely trembling, and her eyes were constantly infected. She was taking on so much of my created fear that I momentarily became even more distraught, because I was watching my dog disintegrate along with me. I thought to myself, "This couldn't possibly be good"! But it was a great mirror as it woke me up; and with the help of some of the best teachers, I learned to choose not to breakdown any further. I also learned that Bella needed to become a compassionate observer of my emotions, not a sponge. After working with this approach, these days she seems to be healthier than me and also has a better figure!

## Cords

We understand that there are cords formed that have energy running through them and which enter into our relationships. I am not referring to your grounding cord or the way some Spiritual teachings share the idea of a thread that connects us to Source and All That Is. There is nothing better than the merging of energy with others in a state of ecstatic Oneness, which feels pure, whole, blissful, and Heart connected. But there is also another connection that can feel strained, drained, and limited. So to help our animal siblings further, remember the cord that binds you that could be possibly sharing undigested emotional refuse!

Do some self-checking and see how you have been feeling. If there is a cord sharing heavy emotional energy, perhaps that may be kindly released between you and your Beloved pet. This isn't hard, you don't have to perform an involved shamanic ritual. Just use your Intention to take your energy back, and give them back their own space. Seal that place with Love and green light where that energetic cord connected your pet to your emotional pain. . . then visualize a beautiful purple or golden bubble of energy around them and yourself. Now you are both holding your own energy and reinstating a new contract with your pet based on compassion. Tell them to let you learn your life's lessons and to love you unconditionally (which is easy for them.. it's natural). Once again, though, don't take on "mom's" [or dad's] stuff so s/he can move on to the next Harvard.

There are many situations and conditions that affect our animal's emotional and physical health. There are past traumas and other issues that can contribute to a pet's unstable or unhappy disposition but feel empowered that you can help your pet avoid becoming filled with an overload of energy from your own process.

I watch my dog closely now. . . checking on both of us to see if she is taking on any heavier energies from me. She really has become like my Higher self when I am in a state of fear. She remains very neutral and calm. Sometimes she just goes into another room and I can feel her awareness, as she knows "this too

shall pass." Other times she will sit next to me until I have found balance and peace again.

In these times we are challenged to hold onto a belief system that's built from and exists in a state of Joy, where no lack of any kind can live. It seems so opposite of what the ego mind wants to do to feel safe, but our Hearts have the key. I believe our animals have that Heart's wisdom as we do and they can provide us with great stability, Love, and mirrors of truth although there may be times we need to remind them not to empathetically take on our emotional pain. In just the remembering of who we Truly are, and choosing to see the Light and Divine Love within all beings, we are capable of creating a Heaven on our planet Earth, in this moment, along with our animal companions, right now.

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