

# Four-Legged Confidence

Last early spring I visited with an old friend of mine. Not the usual friend who chats with you over a latte, but a four-legged friend with brown spots, scruffy fur, and a wicked howl!

We went for a ride in my car and I cracked the back window down enough for his face to feel a breeze. As he expressed his observations, I heard a very raspy and weak sounding bark which wasn't like the old "boy" I used to know. Instead of a "look at me, I am so wonderful and excited" kind of bark, it was more of an "I am frightened and tired" sounding bark.

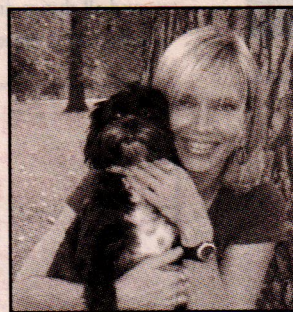
Soon after, we stopped to spend some time together at a local park. He followed me out of the car and eagerly jumped into nature. Squirrels and woodpeckers were abundant as they shared their fun and I could feel my friend's ease with our surroundings. We ventured in between wise and sturdy oak trees, through young and up-coming grass, and on top of fallen leaves near a gracefully slow moving stream.

During our small journey he would take rests and I would reach over to him placing my hand on an area near the front of his neck. I sensed that there had been a lot of tension in his home and he was trying his best to cope. We took these pauses several more times throughout our walk sending energy into his throat chakra as earth energy moved up from below us. Healing energy became a natural compliment to our adventure, helping my friend to feel safely rooted and balanced.

The stress my four-legged friend was feeling is not uncommon. I have witnessed this many times with my own pets as I watch how they interact differently with each other and me, dependant upon my "moods." As a person of quite a few fur kids, I have experienced that I can help my pets by learning to be aware of the energy I am sending into my home and then initiating an action to help ground and center myself. As their "person" I play a large part in how they feel because how I feel, greatly affects them.

If I have been feeling upset, angry, or nervous about some aspect of my life, I try to remember to take some deep breaths and spend some special time with my pets. If I am not grounded, my pets are not grounded, so my dog and I take a nice long walk together and feel the earth beneath my feet and her paws. She "takes in" the breeze along with the sun's rays, watches the squirrels and sometimes chases them too! I learn from her, how to escape my mental war and feel present again. As for my cats, we find an activity for play and a little TLC afterwards, maybe top it off with some specially formulated cat milk or other soothing treat. One of my cats enjoys time with me if I sing for her, I am not sure why!

Try to consider your fur family in difficult times, or as a regular check on how you are feel-



ing so you may understand a little bit of what they are feeling. It takes practice and it isn't always easy but it is a choice that can make a difference in your pet's lives so it is well worth it!

After I spent that day at the park with my good friend, I received the news that he had had a breakthrough in his home being brave enough to be seen and heard rather than pacing nervously in one small area. He had confidence around his dog siblings whereas before he was hiding and being bullied. I thought "kudos for him"! I was happy to hear the news.

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*Jennifer Scalia offers a variety of pet-sitting services at Elemental Pet Care. Visit her website at [www.elementalpetcare.com](http://www.elementalpetcare.com), email [jenzpets@yahoo.com](mailto:jenzpets@yahoo.com), or call her at 314-239-4878 for more info or to schedule a service.*