

The Fido Projector

by Jennifer Scalia

I woke up in a fairly good mood the other day and let my dog, Bella, outside. When she returned for her morning treat, I asked her to "sit" and then managed to miss her mouth as the treat fumbled underneath the refrigerator. There a battle began over this escaped treat between a growling Bella and my curious cat, Liam. As I intervened, my "sweet" little dog tore into my hand with her teeth and needless to say I was hurt and really angry; I had to keep myself from not biting back! Sure the situation should have upset me but more importantly, why did it happen to such an extreme? Why was my dog acting like some sort of rabid creature over one small treat? Even more so, why has she been so grumpy lately?

Once again my pet taught me to search deeper for some answers. I thought I had become a person who was aware of my feelings, but my dog helped me to see that a part of me was still sleeping. Energy filled with anger was radiating off of me although I had unconsciously tried to bury it. This anger stemming from emotional pain, was covered with up with "dirt," blocking my growth. I had been trying to present myself as the person I thought I should be rather than dealing with what I was feeling in the moment. Bella reacted from that source of energy with her angry bite and showed other signs with her daily moodiness in our home. So now I had to ask myself, how does this affect my interactions with people and what about the meaning of my feelings in general?

Finding the true stem of pain when it breaks through in different forms of possibly depression, anxiety, annoyance, anger, or fear is not always easy to grasp. In addition to the confusion there is a false or idealized self that may appear on the surface as calm, confident, happy or nice, yet it can not fool the flow of a pain's energy that lies underneath. Our actions on the surface may state one thing, while our energy speaks for itself. It is no wonder there are many misunderstandings between people while feelings are hurt and communication is lost.

I have found that negative experiences have a repetitive pattern of some sort – with a partner, friends, peers, or possibly doctors, teachers, and employers. A lot of responses depend on the emotional wounds and energy among the people involved. Situations that stir



uncomfortable feelings are not always the core of the cause. The circumstance may be a small percentage but it can also be a trigger for what lies beneath, when there was something frightening, hurtful, or threatening in the past. Therefore many interactions are dealing with the past – not the present – though they feel similar. This continues until the source of pain is dealt with head on, which means finding it and feeling it fully so it can truly be released and transformed as positive energy.

The trickiest part for me is realizing that I may bring unpleasant situations upon myself, from carrying around pain yet also projecting it without any conscience effort. This is when I start taking responsibility to face the fear of whatever is already inside. The hardest part for me is learning not to judge myself in the process of allowing these emotions to be expressed. To truly heal, I have to work through whatever is trying to resurface and stop being the victim of negativity, bad luck, or vicious cycles.

I have learned that feelings that remain [unacknowledged] still have energy and they attract their equals in the world, ...the world we all create together. We all have the power we need, inside of us, waiting to be utilized. We can create an environment for ourselves where we can reach our fullest potential while having meaningful exchanges and experiences with others.

As I look into my relationships with people and my pets, I learn more about myself, my energy, and my unrecognized pain. As I do this, I find tools for life and empowerment. If you find a message of familiarity in my experiences, search for your tools and sources of power, and as you are searching, there will be teachers waiting to help you open this door! ■

Jennifer Scalia offers a full range of pet care services, from walking pets, feeding, pet-sitting while you're away on a vacation or trip. Contact her at 314-239-4878 or visit www.elementalpetcare.com, email her at jenzpets@yahoo.com