



More Than a Best Friend

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Dedication

*I dedicate this book to Stokey, a therapy dog,
who gave unconditional love to all persons who crossed his path
during his life. His impactful presence and giving nature changed lives
in positive ways.*

We miss you, Stokey.



Preface

Stokey started early on his journey of providing therapy for humans. He was not yet one-year-old when he passed his test with West Michigan Therapy Dogs. The first call for Stokey's services came one day while I was working in the hospital. A young man, who had only days to live, requested pet therapy, and this was Stokey's first case. Stokey approached the man's hospital bed, for which he had received no instruction. The dog intuitively positioned his body so the patient could touch him without interfering with the medical devices.

The patient's three family members were in tears watching Stokey comfort the patient. They shared with me that he was extremely close to his dog at home, and he missed him terribly. Afterwards, the family expressed their gratitude for this service. Amidst the conversations, Stokey stood focused on this young man, showing a posture and dedication I would often watch over time with Stokey. The moment of comfort was only the beginning of Stokey's career. This wonderful dog had a special gift for identifying the person in any room who was most in need of the love he had to share. Stokey could give them love.

Many witnessed this special gift during an in-home visit with my stepfather, who was in late stages of dementia. When Stokey entered his home, he went directly to the chair where my stepfather sat. Stokey coaxed him for petting and then lay at his feet. Even though this man did not necessarily warm up to petting dogs, Stokey found a way to engage him.

One day, when we entered my stepfather's home, Stokey went through his usual ritual and lay down, only to get up a moment later. This empathetic dog went directly to the chair where my stepfather's caregiver sat. He nuzzled her hand and then sat to lean against her leg. Within seconds the caregiver burst into tears and explained that at the end of her shift, she would go to the hospital to decide to take a family member off life support. Stokey felt her grief and comforted her.

These compassionate stories from Stokey's ten years as a pet therapy dog emphasize a pet's ability to intuit feelings and respond to a person's emotional state.

The animal world gives so much to us. This book brings into clear focus how we give back to our pets and create a symbiotic relationship. Thank you, Stokey, for all that you gave and for prompting the sharing of this booklet.



Introduction

All creatures are God's creatures, Great and small.

—James Herriott

Without a doubt, there are countless stories of human and animal interactions that amaze us. Dogs especially have been interacting with humans for thousands of years.

More dogs today are being trained to assist humans in their quality of life. You might remember the dominant role of a dog in service was a Seeing Eye or Guide Dog. In more recent times, however, dogs are trained to maintain a better and extensive quality of life for humans. They are trained to alert us to seizures, diabetes control, or aiding in mobility. They contribute to psychological well-being in dealing with anxiety, depression, autism and post-traumatic stress. Dogs work with their military partners in war zones. And these are only some of the many categories.

The dogs are so pure, so beautiful in their fulfillment to give, as a service animal, as well as family companions. This range of developing care involves all breeds. One of their natural abilities is their keen sense of smell, which can sniff out narcotics as well as cancer.

However, there is more to know about our canine friends. My experience has shown that a dog's sense of energy is a more significant part of their talents beyond the keen sense of smell. Moreover, this book addresses the interplay of the subtle energy between dog and human, so you can experience a fuller, richer companion relationship.

People's interest in understanding the subtle energy fields is growing at a fast rate. Each different technique or method for working with energy helps in alleviating suffering. Listed on the next page are a few of some common systems for working with subtle energies. You might be familiar with some that are ancient and others are newly developed.

- Quantum Touch and Theta Healing
- Ama-Deus and Reiki



- Cranial Sacral Therapy and Core Individuation
- Acupuncture and Acupressure

This keen interest and understanding of the subtle energy world expanded during a period of drastic changes in our environment which include:

- Altered food and water sources
- Overflow of plastic products
- Quantum leaps in technology

These circumstances of changes in the environment present a whole set of side effects for all on the earth. The side effects are a growing concern leading people to search for how to create and maintain balance. This concern has lead many to spiritual practices, and also science has expanded the understanding of subtle energy and energy frequencies. With the scientific understanding of the subtle fields combined with increased thirst for spiritual understanding, we have created a new age of energy awareness.

This realization prompts us to balance our energy in this modern appended environment. Why? Such things as exposure to electromagnetic frequencies (EMFs) from high-tech environments disrupt the subtle energy fields, and compromise the immune system of people, animals and they even damage plants. As we begin to shift our awareness and understanding, nature is one of our first indicators for demonstrating the broader imbalance. We see around us plenty of examples of beached marine animals, vanishing honeybees, and dying coral reefs.

My personal knowledge of energy awareness led me to question Stokey's diagnosis of cancer at a young age. With this questioning I learned there was an alarming rise in the rate of cancer in our pets. Immediately, I thought about the essential tool taught in energy healing classes. This crucial foundational tool is a specific daily practice for clearing the subtle energy field.

There are many ways to accomplish this; for example, the use of water with the intention of clearing the whole body, not just the physical, is a practice across many cultures. Once one has engaged in such a practice and realized the benefits, there is the need to expand



this out. Now is the time to extend this knowledge and practice to include our animal and plant kingdoms, as we are all interdependent.

The following pages are a small step to show how to begin the awareness of caring and creating a daily subtle energy practice for your pet, therapy, or service dog. I hope that this booklet will catalyze better relationships with our animal friends and assist in creating a more harmonious world.

Chapter One

Energy Awareness in the Role of Service and Therapy Dogs

*“Until one has loved an animal, a part of one’s soul
remains unawakened.”*

— Anatole France

Let’s get the facts straight: *Guide dogs* were the norm for a long time in the 19th century. Now, a therapy dog’s support for humans has exploded into more uses involving complex interactions. *Therapy dogs* predominantly serve as companions to reduce stress and for emotional support. Therapy dogs are emotional companions, and their primary characteristics are devotion and love. They provide comfort to patients in hospitals, support in schools for children with learning disabilities, and solace for veterans with PTSD. These are the dogs that you are allowed to pet if you ask permission first.

Service Dogs have the characteristics of devotion and love also; however, the training is much more complex. The dog feels the emotional content of the service, but also respond and provide specific physical assistance. For example, a distressing problem in Type 1 Diabetes is hypoglycemic unawareness. In many cases a person will begin to feel when low blood sugar is coming on, though some, however, do not feel the change. A service dog is trained to recognize symptoms of dipping blood sugar and respond by giving the person who is unaware of the oncoming low blood sugar level appropriate time to take medication and avoiding a dangerous situation.

Another service dog companion, the *Medical-Alert Dog*, might specialize in detecting impending seizures. Also, the *Psychiatric Dogs*, *Mobility Assistance Dogs*, and *Guide Dogs* are in this category of service. In any one of these services, the dog has to be trained to observe and respond to the individual behavior. You would be asked not to pet



these dogs so as not to distract their focused attention on their partner and to keep them safe. These dogs are trained to not respond to outside distractions.

Often, people wish to pet a well-mannered dog. The correct role one can take when you have an encounter with a service dog is to ignore the dog. Even eye contact is a signal that the dog must process, and you add to their work. The disability of a person might not be apparent, and so service dog etiquette is essential for us to understand and respect.

The service dog's remarkable attention and support allows the human to have a better, more stress-free life. Therapy dogs are emotional companions. Most assuredly, the main ingredient with therapy dogs is love. This companionship of dog/human is a perfect environment to experience remarkable, unconditional love. The feeling of support is present no matter what happens because the dogs offer comfort and aid. The people that Stokey and I have assisted overwhelmingly expressed their feelings of gratitude.

Yes, we give our canine friends some attention, treats, and smiles and they respond with boundless affection. But this love relationship springs from a profound source, one that perhaps we can understand better from the perspective of love as energy.

Awareness of Energy

The study of energy is both an art and science. After a healing session, my clients often exclaim, "Wow, what just happened?" While their experiences appear to be magical, there is a scientific basis of ancient wisdom about energy and healing.

In ancient times, different cultures developed ways of working with subtle energy to help maintain balance in their communities. Some indigenous peoples still practice these healing rituals.

In science classes, we have studied the electromagnetic spectrum, which includes gamma rays and x-rays. However, these rays are at the end of the light spectrum, and we cannot see them with our physical eyes. So too, the human physical body has an extension of subtle energy. The physical body's subtle fields are called an auric, or luminous field, and are created by electromagnetic impulses from the cells.



There are still further subtle fields of energy for our cognitive and emotional layers. As far as you can extend your arms is usually the boundary of your complex subtle energy field. There is no separation between the gross body and the subtle body; all are working as a unit, processing information from your environment, and this is what you often hear is a holistic approach, or one that considers the whole you. There is nothing too abstract about these fields as people can take training to discern the subtler bodies.

The animal and plant kingdoms have subtle energy fields, also. Subtle fields, whether in human, plant or animal, act as sensors in our physical world; working in a similar way to our physical senses of touch, smell, hear, and taste. Everyone has experienced walking into a room and either feeling good or feeling uncomfortable—a gut feeling.

This is a subtle sense working from our subtle energy fields.

I am sure you have heard of the pet that knows when a family member is coming home. The pet waits at the door or window. The occurrence of this type is not a smelling tactic. The animal is functioning from an energetic perception.

Perceiving from the “whole you” opens the door to awareness of the benefit of subtle senses. For example, most physical disease or imbalances begin in the more delicate subtle energy field. If you learn to discern imbalance in the subtle field, which by the way is no different in discerning the feeling of a cold coming on; you will notice this clears before manifesting in the gross body.

Energy healing is a technique or method used by humans for thousands of years to maintain balance and alleviate suffering of the whole person. The purpose in energy healing is to remove blocks or obstacles from our full luminous field; thus removing the pattern of imbalance or dis-ease. For example, we are all well rehearsed in the idea of changing diet to avoid blocks in blood flow. Energy or holistic practices are designed to work with your entire luminous field. To keep your car running there are steps to maintain optimum performance before something happens. Likewise, energy practices keep the subtle as well as the gross body in good performance. Energy practices such as yoga, tai chi or qigong are designed for personal maintenance.

Everything is energy. Like our luminous energy field, the animal, plant, and rock kingdom have energetic signatures also. I recall the assignment given in my qigong class at a local college. We were given



the instructions to go home and practice our qigong with an onion plant. This assignment was an experiment in registering the energy from our hands after practicing qigong. There were two plants, one that we positioned our hands close to, but not touching, for several minutes daily, and the other plant was not given any hand position. Every student reported a more developed flourishing onion bulb from the qigong hands, versus a stagnant or less developed onion from the bulb that was not touched.

The first step for greater awareness of how to operate energetically in this physical world is this — *energy follows thought*. One of my qigong masters, Master Lin, is always saying, “Smile, even if you are sad! Smiling will release the endorphins.” Most of the time a smile is a reflection of what we are feeling. However, all we need to do is think the word smile, and the energy follows.

The world of science aligns with this principle of *energy follows thought*. The Hawthorne effect, also called the Observer effect, is the study that showed human subjects of an experiment changed their behavior when being observed. This research leads to the support of using blind studies, assuring that the experimenter is not interfering with thoughts of outcomes for the hypothesis, which is called the Placebo effect. The message is that the mind is creative and compelling, and thus another demonstration of how energy follows thought.

The growing awareness of energy is fascinating. So how do we take the essential understanding of an energy field and extend out into the care and interaction with our pets or service animals?

Chapter Two

An Energetic Practice

*If you change the way you look at things,
the things you look at change.*

— Wayne Dwyer

The step of viewing all life in a broader and more full sense is called a holistic or whole perspective. This whole view easily can expand to the care of all animals.

To incorporate a practice of energy awareness, first think about any possible holistic or natural care practices that you do for yourself. Are you careful of the water you drink, the need for fresh air, and a walk in nature?

Begin with making a checklist of your home environment for your pet or service animal with the same regard of wholeness. The following is a checklist offering suggestions. Just reviewing these simple suggestions could ignite other practices.

Checklist of Possible Changes for Pets:

Living Space: Where do your pets sleep and where are the places they like to snooze? Whether inside or outside, carpets are often cleaned with chemicals and grass in many instances is fertilized. We are very conscious about our places of rest. Recognize the places your dog loves to sleep and favorite play areas outside in the grass.

Food: Treats and dog foods are fast becoming more wholesome. Some pet stores have knowledge about the nutritional factors in each of the brands they carry. Your veterinary clinics and naturopaths for animals will have this knowledge. Your choices for adapting a practice of eating wholesome foods for your family can extend to the care of your pet.



Exercise: So often you hear people say they use the dog as an excuse to walk. Being in nature and having outdoor activity is a win for you and your dog. Create the time and space for both of your needs. Natural settings offer a positive influence on health and well-being.

Water: I am sure you are aware of the water you are drinking. Does this awareness extend to your pet also? You drink bottled water, and what does your pet get? Fluoride, an environmental toxin in your dog's water, weakens bones, disrupts hormones, damages kidneys, causes brain damage, and could lead to various cancers.

Fresh Air: Offer your dog outside air whenever possible, especially if they are waiting inside for you to come home from work. Smelling is a great pleasure for them. Another thought is the need for direct sunlight. How often have you read or heard of people who have Seasonal Disorder? Lack of the sun's light also affects your pets.

Vaccinations: Be mindful of all the information regarding animal health. With your veterinarian have meaningful conversations around vaccinating and the use of titters instead. A titer test measures the level of antibodies against a particular disease in a sample of blood. Typical stimuli that produce this response include bacterial infections, viruses, and vaccinations. Dr. Jennifer Coates, the veterinary advisor on pet MD, explains that when "a vaccine titer test comes back as being protective," then a pet would be able to resist the disease. Seek out naturopathic and holistic veterinarians for further information.

Love: Your animal has an endless supply of love for you. Most animals are always happy, even after we demonstrate they have not behaved. In Stokey's last few days, I expressed my love for him by implementing measures to keep him comfortable and maximize his quality of life. JoJo, our pet cat who sleeps during the day, suddenly appeared and lay down close enough to touch Stokey. Every few minutes he would extend his paw and gently touch Stokey's muzzle, showing me love in action.

Love knows no boundaries and flows through all creation. The most significant lesson we learn from dogs is their unconditioned love for us. I believe that one of the big reasons we impart our feelings of love to a dog is because we always receive an unconditioned love response in return.



Energy: I will start this conversation on energy with a personal story. After being introduced to energy practices, I began to focus on the world from an energetic perspective. I started to question and make changes even with my pets. For example, I observed the simple act of petting them. My cat or dog insisted on petting them from head to tail and not the other way around. I viewed this beyond just the physical body and more from the energy coming off my hands. I kept this observation in mind.

The story that opened my eyes to a larger understanding of energy awareness is when I observed Stokey after his first hospital visit as a therapy dog. The most notable behavior was exhaustion, which became very apparent when we arrived home.

My neighbor and I had a daily ritual in which our not-yet one-year-old puppies romped and played. Playtime included JoJo, the cat who saw himself as more of a dog than a cat. The pets loved this time, and I so enjoyed watching. Their playfulness was entertaining. After this first hospital visit, however, Stokey could not move. He just wanted to lay on the ground outside in the grass. His eyes would watch his canine pal Raleigh and JoJo run around, but he did not move. I took note of his fatigue and respectfully and carefully monitored his subsequent hospital visits. We had been guided through West Michigan Therapy Dogs training to not work our pets more than two hours in a given setting.

This first episode opened my eyes to this rule, and after that, I kept a watchful eye on Stokey's needs. As I observed his behavior, he quickly taught me what he needed. After any visit to a hospital, Stokey's next action was to run to open ground anywhere and roll on the earth. He did not care if it was grass, weeds, or dirt; he would roll and roll. I watched and gave him all the time he needed for this process. I also praised him for the work he completed. Stokey finished his routine by a thorough shaking of his fur.

Shaking his fur, however, was not to get rid of the entangled dirt or twigs. Trust me when I say that Stokey was shaking to throw off the accumulated energy he had acquired when visiting the patients. Then, he needed lots of water. Finally, Stokey pranced to the car with his sly way of smiling for a job well done.

Stokey and I stuck to this routine through the years. As Stokey aged, I also assisted him in giving an energy boost with Ama-Deus,



a spiritual practice of using energy for healing. When I think about Stokey's passing, I am inspired to speak up about how an energetic approach nourishes our relationship with service/therapy dogs and pets in a more meaningful way.

After Stokey's passing, I was prompted to begin writing specifically about this energetic routine. I thought to share this information with a few friends who are renowned professionals in holistic care. Everyone reacted in the same excitement of clearly seeing the need of bringing energy awareness in the responsibility for our pets.

The first two friends I called immediately sensed and understood my observations of the energy component with Stokey. They then shared with me their vision of energetically working with a service animal or any pet. The vision and sharing addressed by both friends were aligned with and confirmed what Stokey taught me.

My friend Desda Zuckerman is gifted with strong intuition and understanding of the subtle energy fields. She immediately tuned in when I began to describe Stokey's routine and responded enthusiastically on the phone to me. "Oh my! This energetic practice is so needed for our service dogs and for all pets." Desda continued on sharing this description: "Vigorously brushing down the back of the dog and at the same time speaking to the animal of how wonderful they are and all that they have given throughout the day. Imagine them as happy full of life, shaking off all accumulated energetic debris from the day."

Another friend Janice Skeen is also gifted with seeing energy. She reacted much like Desda. She instantly and excitedly responded and shared the following. "Pick a specific time of day, the magnetic and energy fields will adjust to this time and this daily ritual as it is in the animals' nature to open to receive the energy. Run your hands from head to tail holding the intention of clearing their energy, shake your hands vigorously after each pass, and do this several times."

I first heard the term *energy hygiene* used by Desda during a class that instructs specific steps in clearing our energy fields. I have come to use this same term and practice after witnessing Stokey's routine when viewing animals. We bathe our pets when they are physically dirty, so clearing and cleaning the subtle fields after service or therapy makes total sense—energy hygiene! The words energy hygiene, so cleverly spoken by Desda, really helps to keep our mind focused



on the more prominent, holistic approach to ourselves as well as the animal world.

My experience with Stokey of meeting his needs energetically and the reaction from my friends in support of this observation propelled me forward with reassessing the holistic care of my pets. Simple, basic, cost-effective steps were offered in this chapter to begin a holistic practice. In the next chapter, stories from professionals in animal acupressure, communication, chiropractic, and naturopathic care enlighten us in the growing field of holistic care for your service/therapy animal or pet.

Chapter Three

Professionals in Holistic Animal Practices

The emerging of ancient spiritual practices into a very physically driven world is a fascinating occurrence and one that demonstrates that there is nothing new, nothing old – just remembering.

Now we will hear from four different fields of holistic practice with animals. These professionals offer assistance in educating and supporting the health and well-being of our animal world.

Acupressure for Dogs

By Aaron Reider

History

Acupressure is the ancient medicinal practice of balancing the body's qi or chi by treating the twelve principal meridians. Chi is the fundamental life force that flows through everything. Meridians were diagramed much like how our circulatory or nervous system is diagramed. Meridians are energy or chi pathways.

Acupressure is over three thousand years old and first came into existence as a way to maintain livestock's health. A practitioner's duty during this time was to ensure that animals never became ill or injured. If either of these occurred, the condition brought practitioners great shame. Eventually, people in other cultures adopted this practice to treat animals and humans as well since we all have meridians.



How Does Acupressure Work?

Humans and animals alike develop imbalances in their energy (chi) through daily wear and tear on the body. Fatigue, stress, aging and unexpected events such as an accident, all contribute to creating imbalances in an animal's chi.

Qi that is out of balance poses threats to health through developing ailments such as anxiety, aggression, odd behavior, weight issues, injuries, and arthritis, to name a few.

Acupressure uses points along the animal's body with detailed health history to determine which meridians have imbalances. The practitioner will then press those acupressure points to restore balance to those meridians. Animals can heal from ailments by restoring the balance.

Acupressure is used for injury prevention or as a treatment for any acute or chronic injury. In fact, under the supervision of a veterinarian, acupressure is an incredible way to treat injuries that would typically require an animal to take potentially damaging medications. As a holistic technique, acupressure is entirely safe and poses no harm to the animal. It's a very relaxing and powerful way to give back to our canine friends.

Acupressure Benefits Service Dogs?

Service dogs experience an overload of stress each day. We may not realize how much we ask of these dogs because they maintain such a happy attitude.

However, the dog's type of responsibility requires a lot of mental focus, which takes a toll on a dog's energy or chi. Occasional acupressure treatments serve as a preventative measure to ensure the animal's overall physical and psychological health. You give the dog a small break from its duties and reinforce chi for the body to rejuvenate.

Additionally, acupressure assists healing at a faster rate if the animal received any injuries. The best time to provide an acupressure treatment for a service dog is after a day of service. The dog's treatment is a very relaxing experience, and the dog needs time after the treatment to nap or relax.



As A Dog Owner, Can I Treat the Animal?

For your animal to receive a specific treatment, you will want to take them to a certified professional trained in animal acupressure. Full procedures can be complicated and require that you have a thorough understanding of energy, the meridians, and where to treat the animal for the entire health benefits. Practitioners typically give the pet owner the primary acupressure points to treat their animal between scheduled appointments. The meridian points precisely align with the treatment that your practitioner has in place for your animal.

A “cookbook” routine however is available for the general public to use for their service/therapy dog or a pet. The following method can be combined with a light massage over the entire body to give your furry friends a treat or healing. I think of these general habits as a multivitamin that is good for prevention and health.

Service Dog Routine

I developed a routine for general maintenance to treat service dogs. The purpose or goal is to balance the meridians. This balancing will relieve stress, anxiety, and confusion that a service dog may feel, especially on hard days. This maintenance routine also strengthens your dog’s immune system. If done regularly, it could provide your dog with numerous health benefits. Never use it, however, as a substitute for a regular veterinarian or acupressure care. Instead, this routine is a tool for you to use at home to help keep your friend healthy.

Steps for Preparing and Implementing Acupressure

Choose the right or left side to start. Pet your dog 2-3 times from head to bottom of the back leg. The petting trains your dog to know that the ritual precedes every session of acupressure care. For each of the four balancing points work in the following way:

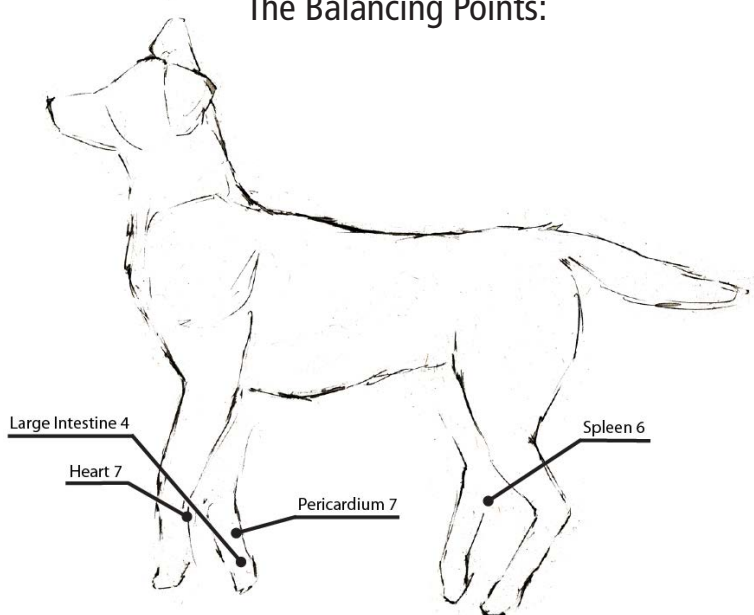
- Lay one hand on your dog’s body. Use the thumb of the other hand to hold the pressure point.
- Don’t press hard. Use a gentle touch.
- Hold until you notice a change in your pet’s behavior.



Do you notice yawning, chewing, pulling away, or smacking lips?

- If no release occurs after 30 seconds, then stop. Repeat the entire procedure.
- You may have difficulty finding the acupressure points at first. Do your best, and in time you will be comfortable.
- Pet your dog 2-3 times from the ears to back leg. Now switch sides and repeat. Make sure you always stroke your dog from ears to the back of the leg to start as well as to finish.
- After the treatment, take your dog outside to void.

The Balancing Points:



Point One – Spleen 6:

Location: Approximately three fingers above the malleolus (bony projection on either side of the ankle) of the dog. It is located in the soft web-like tissue.



This point is called *3-Yin Crossing* because it regulates three organs: the kidney, spleen, and liver. This point benefits the immune systems and supports the dog's healthy chi.

Because this point balances several meridians in the animal, it is a powerful maintenance point to help canines stay healthy. Additionally, this point can be used to treat fatigue, urinary problems, and stress.

Point Two – Heart 7

Location: Lateral side of the front leg, just above the wrist crease. Look for the spot your thumb falls at the bottom of the large triangular groove. This point calms the entire organism, balances the heart meridian, and brings serenity to the soul.

Point Three – Pericardium 7

Location: On the medial side of the leg, just above the carpal bones. Find the groove that is towards the tail, but still located on the leg.

Pressure on this point balances the pericardium meridian and relieves anxiety or aggression. This point is useful for treating front wrist injuries.

Point Four – Large Intestine 4

Location: Between the dewclaw and the 2nd metacarpal bone.

This is an excellent immuno-stimulation point. It provides a boost to the canine's immune system and helps fight illness and skin related issues. This point can be particularly crucial for service dogs, as they may have exposure to illness from the high energy demands of their job.

Also, this is an excellent point for pain relief and considered to be the *aspirin point* for its pain-relieving properties. Also, use the pressure point for any neck, shoulder, mouth, or muscle injuries that a service dog may be experiencing.

As mentioned, with time you will find these points easily. This maintenance routine can offer not only a health benefit but also deeper heart connection.



Where Can I Learn More?

Currently, the *National Board of Massage Therapy* recognizes two primary massage schools that are known nationwide. The first is *Rocky Mountain School of Animal Acupressure and Massage* (RMSAAM). The second is *The Tall Grass School of Animal Acupressure and Massage*. Both schools offer courses in animal acupressure levels 1 and 2. They also provide the materials to sit for the national board certification in this specialty. In addition to animal acupressure, they teach a variety of courses dealing in animal massage, trigger points, or essential oils.

In Summary

Animal acupressure is a compelling way to bond deeply with your animal. A proper education provides one with the knowledge and tools to take care of any animal friend in your life.

Aaron Reider is a certified animal acupressure and massage student from the Rocky Mountain School of Animal Acupressure and Massage. Aaron Reider currently resides in Michigan, while he completes his studies. He combines his knowledge of eastern medicine with his degree in physiology and chemistry from Northern Michigan University to provide thorough assessments and treatments to his animal patients. Find Aaron through aaronreider@gmail.com

Intuitive Animal Communication and Your Service Dog

By Kathy Powell

One way to connect with animals is to listen to them and to speak with them consistently. Your service animal especially deserves the gift of listening as gratitude for all that they provide for you. You might not consider yourself a Dr. Doolittle, but hearing your pet is a loving habit to cultivate.

My experience comes from over thirty years of working as an intuitive healer. I focus on personal readings, energy medicine, and teaching others to find their inherent intuitive abilities.



When my dear sister, Ellie Randazzo, passed away in the summer of 2016, I reflected on how she brought me closer to healing in the animal world beyond my pets. She loved animals and valued her time as an animal healer and communicator.

Over the past fifteen years of her life, I often joined Ellie as she worked with her animal clients. Sometimes I was an assistant for her. At other times, I was the consultant. In the months following Ellie's death, her animal communication clients began contacting me for help.

I still feel my sister at my back. With her support, I have taken on this beautiful role as a communicator between humans and animals. I have combined my natural gifts with the wisdom of my sister. I use my intuitive skills, training in animal psychology and in animal training to develop plans that help pet owners address the animal's health and behavior.

The process is simple. During a consultation, I connect with the animal and translate images and feelings into words for the human ears. Also, I suggest remedies – Bach Flower, aromatherapy or essential oils that help with any issues.

I remember...

My sister, Ellie shared her home and life with horses, dogs, chickens, and peacocks. One of my first aha moments occurred with the horses. I remember visiting with her to meet two new horses that had arrived to join the family. Gus a big brown horse and Gypsy an Arabian. Gus was extremely head shy and skittish of anything that moved in his environment. His eyes were full of fear, and he was always looking for something to happen.

When I entered the area of the yard where Gus was grazing he picked his head up and looked at me and I knew he wanted something. So I walked up to him and stood quietly and opened to his assessment of me. Then I mentally asked him, "What do you want to tell me?" Immediately I saw images of fallen trees on a barn. I related this to Ellie and she called his previous owner. We learned that a severe storm had toppled trees onto the barn where Gus and several other horses were stabled. All the horses but Gus escaped. Gus remained trapped and alone for some time. Even though rescuers eventually helped Gus out of the damaged barn, the experience made him fearful.



I returned to my sister's farm and again made a heart-to-heart connection with Gus, and mentally I told him, "You're safe now. That's not going to happen here." From that point forward, he was fine. Gus was much more comfortable when a human raised a hand close to his head or face. He relaxed and calmed whether in the barn or out in the field. Even his eyes now had a new look of confidence. A simple step of listening to and communicating with him made this significant change.

After this experience Ellie asked if I would come and do a more formal session with Gypsy. Ellie had experienced Arabians being finicky, and she was carrying this concern in her relationship with Gypsy.

During the formal session, I could feel Gypsy to be intelligent and respectful, with gentle strength. But she, like Gus, carried her past. She showed me her love for a young girl that I believe rode Gypsy in competitions. The reservations in connecting with Ellie came from not wanting to be passed on to a new place. Once I communicated with Ellie what was going on she had me tell Gypsy she was staying right here on the farm. Everything changed for both of them. They formed a deep bond and understanding.

Listening and communicating with our service animal or pet is fulfilling. Anyone can learn to communicate, and the next steps are for you to begin a practice of your own.

Prepare to practice by first noting the time of day that your service/therapy dog is off duty. With both of you relaxed, sit with him and observe. Become familiar with how your pet acts as they sit, wander around or do whatever they enjoy when they are off duty. The observance prepares you to listen to them.

Practice and follow these four simple steps for creating an environment for communicating.

Step One: Begin by taking three deep breaths and then exhale slowly. Turn your attention to the dog, and for a couple of moments, feel appreciation and gratitude.

Consciously relax with your dog, perhaps petting or gently rubbing its tummy.

Step Two: Shift your attention to your heart and their heart. Imagine a cord or soft light connecting your hearts. Mentally ask permission



to communicate. You may sense a ‘yes’ in the form of an image or a feeling.

Step Three: Ask mentally, “Is there anything I can do for you?” You might receive an image of a ball or a toy, playing outdoors, or massaging or petting your dog. You may sense a playful action or an area on your pet that hurts.

The attunement process may take several minutes. Act on whatever information you receive. If you feel blocked, the animal simple may not be in the mood, and you can try again later. As you engage in this process, you’ll see the animal perk up.

Step Four: Finally, ask one more time, “Is there anything else?” Listen. If there is nothing more, then mentally share gratitude. Let them know that you appreciate what they do for you. Then dissolve the heart connection.

Please note: Animal communication sessions do not replace veterinarian care. As the dog is in service to you, communicating with them is a service to the dog.

Listening helps sustain a dog’s attention, connection, and love. Once you have completed the steps to communicate with your dog or any animal, you might observe that the animal is relaxed and happier.

Animals, especially dogs, do not complain until they are in bad shape. Communicating in this way with them will help you care for them. Best of all, communicating with your service animal honors them for the vital work they do day in and out.

A gifted master and student of life, Kathy Powell Reider teaches the essence of living naturally to those seeking authentic transformation. From childhood, Kathy experienced an intuitive knowingness. She established Intuitive Services in 1981. In addition to Animal Communication, she focuses on lectures, workshops, classes and online courses as well as intuitive readings. For information, visit www.intuitivesvs.com.



Chiropractic Care for Animals

By Dr. Kenneth Main

The mainstream public is opening up more to incorporating chiropractic care, or perhaps better stated, returning to utilizing a hundred year old practice. Dr. D.D. Palmer in the late 1800's founded chiropractic care from the premise that good health can be sustained naturally, without the use of drugs or surgery. His focus was in relieving impingement in the vertebra allowing the nervous system to function properly. My story is about how chiropractic knowledge broadened my veterinary practice. This story is also about how close the answers are that we need, if we only open our eyes to see the wonder.

I was a seventeen-year-old and working for my dad as a book-keeper. He was a construction superintendent, and I recall the day he hurt his back at work. I was equally surprised that he had called a chiropractor, yet he had instant relief. As life went on I never heard or saw my father request any further chiropractic care. Fast-forward twenty years and I am now a small and large animal veterinarian.

I had been called to work with a young bull. The night before, my back became very sore. I did not recall any specific injury. I had trouble getting comfortable and finally found a position that allowed me to sleep. I slept well the rest of the night, and I woke to no pain or discomfort. So off I went to work.

Not eating was the symptom for the call with the young bull. The exam showed that he had ingested a wire. The procedure to rectify the situation is to have the bull swallow a magnet into the stomach. I first securely tied the bull's head, and then proceeded to insert the magnet into his mouth. This bull moved his head around like I would expect any animal to do in response to you holding onto his head and mouth. I was successful in getting him to swallow the magnet. After untying him I felt a little sore and thought nothing of a normal routine with a large animal, and returned to the office.

As the day progressed, I had difficulty standing up straight without intense pain. I had trouble taking deep breaths. This pain worsened, and I thought to myself this is definitely not going away with a good night's sleep. The memory of my dad flashed in my mind.



I then asked my assistant to call a chiropractor. I had never been to a chiropractor. The practice of chiropractic care was not in my vocabulary, but I remembered my father's instant relief after his treatment.

I took the appointment and immediately after her adjustment I could stand, and my breathing normalized. Life went on with no thought about incorporating chiropractic care, even though I had experienced this great relief.

Then a very horrifying experience occurred several years later. My wife Diane was involved in a truck/horse trailer accident. She was returning from the Ohio Quarter Horse Congress, when the horse trailer rolled over just a few miles from the house. Thank goodness my wife and horses were fine.

Shortly after this accident I was keeping a close eye on the mare as she began to have spasms down the left front leg. I was doing all I knew to alleviate the spasms, but nothing was working, I was at a loss, and so the next step was to enlist the local University.

They ran all their diagnostic tests and x-rays to determine the cause of the spasms. They found no reason, and their conclusion was to turn the mare out into the open field, and in time she should be able to work out the difficulty in the leftleg.

About two months passed and the mare was not better. She had trouble moving her head up. We went away for ten days, and when we came back I noticed the mare's right pectoral and forearm muscles were showing atrophy. I instantly felt the mare needed chiropractic care.

Through word of mouth, we were given the name of Dr. Sharon Willoughby, who graduated from Michigan State University, and also did chiropractic care on large animals. As luck would have it, the doctor was in the area and only a phone callaway.

My wife and I were excited to think there was hope for the mare. My wife led the chiropractor to the mare, and I took up conversation with her friend that had accompanied her. Then, when I heard a loud popping sound, my heart sunk. I turned in aghast wondering what am I going to see. The mare, to my surprise was standing up alert and a huge shiver passed through her whole body.

Now, I was transfixed on the horse, and the chiropractor had my attention. I keenly watched as she continued to work down the mare's leg, and when finished, she released her into the arena. I was



amazed when the mare began to trot around with head held up high. Without wasting any time, I asked the doctor if anyone could learn this form of treatment. Dr. Sharon Willoughby said yes, and she smiled big and instantly remarked back, “I have a school.”

I enrolled without question and worked hard to adjust to learning this new approach of addressing disease in a body. As I practiced with my fellow students, I was hard pressed to get this technique down. It required gentle palpation, but also static motion. Early in the training of this palpation, one instructor gave me the nickname “iron hands.” With great determination and effort, I learned to palpate, and the patience and perseverance paid off.

I watched my horse get better in five minutes, so I was intensely determined to master the entire scope of chiropractor training. I also, took continuing education classes about muscle testing or kinesiology. This added skill of muscle testing allowed me to work at the root causes of the symptoms I was seeing and what might be causing the subluxations I was treating.

In my traditional veterinarian care, all I was treating or seeing was the symptom, not the problem. Now I was being trained to prevent something from happening. I understood now a holistic approach and experienced a more sustaining model of care.

With this new perspective, I found the skills to retrieve more in-depth, valuable information to maintain healthy animals. The body, whether animal or human, seeks to reinstate harmony and homeostasis. If you avoid letting a condition become a disease, or what I like to say “disease,” then you are working with a preventative method.

For example, your dog has an injury early on in life, and cannot tell you about the aching joint. This damage over time progresses to arthritis if not treated. However, adjustments early on allow the free flow of energy—a flow of information circulating through the system and the prevention of developing arthritis.

I prefer seeing puppies regularly to catch any symptoms before they manifest into more prominence or solidify into something more permanent. I often treat service dogs in my practice, mostly those that give physical support. Their situation needs regular attention.

In summary, I have integrated a preventative model of care within my standard veterinarian training. It took me a few experiences to thoroughly understand and open my awareness to the subtle world



of energy with animals. Animals only wish to please, and so we must listen. I listened to our mare that day standing in her stall, and in doing so totally changed and advanced my perspective of care.

Dr. Kenneth E Main DVM is a graduate of Michigan State University veterinary school, and started my chiropractic education at Dr. Sharon Wiloughby's school called Options for Animals!

Naturopathy for Animals

Addressing the Use of Essential Oils and Flower Essences and the Importance of Food Sources

By Michelle Rhodes

Naturopathy, like chiropractic care, evolved in the late 1800's. Benedict Lust from Germany is considered the Father of Naturopathy, which is not a specific technique, but a practice of incorporating natural methods and treatments to help restore the body's innate ability to heal itself.

In James Whorton's book *Nature Cures: The History of Alternative Medicine in America* he writes, "Lust described the body in spiritual and vitalistic terms with absolute reliance upon the cosmic forces of man's nature"

Naturopathy is the practice of addressing an individual as a whole being. The physical, mental, emotional, and spiritual aspects are taken into account when addressing symptoms of disease. Animal Naturopathy takes this same approach for the animal kingdom, and colleges that offer professional naturopathic animal education are:

- School of Natural Animal Health-Kingdom
- College of Natural Health

Certifications are available through the American Society of Animal Naturopathy and the American Council of Animal Naturopathy. All suggestions contained within this text are intended for educational



purposes only. As a naturopath, I cannot diagnose, prevent or treat any disease, illness or injured condition of the body. Anyone or their pets suffering from any disease, illness or injury should consult with their physician or veterinarian.

As an Animal Naturopath, I work to advise my clients on their animal's holistic health and make suggestions that may bring them back into balance. On a physical level, suggestions may include food, vitamins, minerals, amino acids, herbs, or dietary supplements.

Addressing the emotional level, I may recommend using healing tools that work on an energetic level such as flower essences, essential oils, light healing touch, and homeopathy. Animal naturopathy is not a replacement for regular veterinary care, but can be used as a complement to help your companion or service animal to lead a vibrant life.

Our service animals are much more than a pet. They have a job. These jobs may include monitoring, guiding, or alerting their human companion, or using their superior sense of smell to find explosives, people, or substances like drugs. Just like a person, an animal performing a job can become stressed, burned out, or anxious.

Most of us are familiar with meeting our animal's physical needs—access to non-fluoridated fresh clean water, quality food, exposure to unfiltered sunlight, and adequate exercise. All of these needs can be met and our service animal may still be struggling emotionally. What are some ways that we can support our animal's emotional well-being?

Essential Oils

Always use essential oils with caution around any animal. Almost any substance can become toxic when used in improper quantities. I would also highly recommend that you consult with an animal aromatherapist, animal naturopath, or a veterinarian that's versed in the use of essential oils.

If you are going to use essential oils on and around your pets I would also highly recommend you take the following precautions.

- When diffusing essential oils in a room always make sure that any animals may freely exit the space at any time.
- Essential oils can affect an animal's sense of smell for up to a week after exposure. Any service animal that requires their sense of smell to perform their job may be adversely



affected by the application or exposure to essential oils.

- Always use quality therapeutic grade essential oils from a reputable company. Adulterated essential oils can result in toxicity at very low doses.

An essential oil is the oil that is created through steam distillation of plant matter.

The process requires hundreds of pounds of plant matter to make one pound of essential oil. This concentration of volatile oil means that they are also incredibly potent. A good analogy is OTC pain relievers. You wouldn't decide to take ten pain relievers in one sitting, so why would you apply or ingest the equivalent to your body in essential oils!

The key here is dilution, to diffuse an essential oil around your pet prior to considering any type of topical application. Observe your pet for any reaction and see if your animal responds favorably or not. Any time you want to apply an essential oil to your animal, you should consider using oil in high dilutions with a carrier oil.

After a successful introduction of an essential oil, you can increase its strength or apply it again in the future. You may see charts that indicate a certain number of drops of essential oil and carrier oil based on an animal's weight. I would encourage you to treat your animal as a unique individual. An eighty-pound Labrador may find a particular oil intolerable, while a ten pound Chihuahua is perfectly happy!

For Diffusing: Place 1-2 drops of oil in the diffuser.

For Topical Application: A good starting place is to use a 1% dilution. This means that for 1 ounce (~30mL) of carrier oil, you would use no more than six drops of an essential oil. After the first topical application, monitor your dog to see how they respond. If the dog tolerates the first application, you may always re-apply within 15 minutes, or you may choose to add more drops of essential oil to your dilution.

Some essential oils are gentle enough that they may be tolerated without any dilution at all. I would encourage you to consult with a veterinarian and/or an individual trained in animal aromatherapy before you make these decisions on your own.

The *Animal Desk Reference Essential Oils for Animals* by Melissa Shelton DVM is an excellent resource for any individual wishing to



use essential oils with their companion animals.

The following three essential oils are a good, safe basic practice for your service or therapy dog.

Essential Oil Lavender

Lavender is a lovely essential oil to diffuse after a long hard day. Lavender is an incredibly versatile essential oil, and its cool, dry properties soothe emotion. In addition to topical applications, lavender often pairs well with other essential oils and may enhance effectiveness. Diffusing a little lavender essential oil at the end of the day may help an animal rest and relax. If a car ride or visit to the veterinarian stress your pet, then diffusing a little lavender may help to ease their anxiety and restore calm.

Essential Oil Chamomile – both German and Roman!

German Chamomile is known for its soothing qualities for both the skin and the emotions. You can diffuse German and Roman Chamomile for any dog exhibiting anxiety, irritability, or impatience. Note that Chamomile is an excellent choice for topical application, as its anti-inflammatory nature and ability to soothe is well documented. These same properties also help to alleviate frayed emotions.

Essential Oil Hyssop (only use the Decumbens variation)

Hyssop (*Hyssopus Officinalis* Var *Decumbens*) is native to the Mediterranean. In the past, the Romans used these oils as protection against plague, for respiratory infections and fevers, and indigestion. The hot, drying energy is beneficial for animals that need help pulling themselves together, becoming oversensitive to the moods of those around them, or are easily upset by their environment.

Hyssop is useful for animals that are exhibiting obsessive behaviors, melancholy, or a lack of physical or emotional boundaries. Diffusing a little hyssop may help an animal to feel secure in their environment and become fortified against physical and emotional distresses. I would not select Hyssop for everyday use, but if your dog shows signs of imbalance and struggling with their work, it may help to restore their boundaries and good nature.



Flower Essences

Flower essences are an energetic form of healing that addresses emotional suffering and restores harmony within the body. Flower essences were discovered in the early 20th century by Dr. Edward Bach in his search to alleviate emotional suffering.

You may be familiar with flower essences as Rescue Remedy is becoming a popular remedy seen on grocery and drugstore shelves. Flower essences can be used safely in most cases without fear of harm or adverse reaction.

Flower essences are created by placing the chosen flower into a glass or crystal bowl filled with uncontaminated fresh water, and then placed in direct sunlight for several hours, or moonlight overnight. The plant matter is filtered out, and the remaining water has now been infused with the energetic signature and balancing properties of the flower. This “mother” essence can now be preserved with an alcohol preservative and is used to make the stock remedy bottles that are available for purchase.

Generally, I find the small amount of alcohol to be fine for companion animals. However, if you are concerned or your pet has a history of liver disease, you may wish to seek out stock flower essences that use glycerin as a preservative.

Flower essences are selected based on the emotional suffering and traits that the animal is exhibiting rather than the physical symptoms. Practitioners have expanded on the original thirty-eight flower essences as they have studied other plants for their balancing effects on the emotions.

Dosing

There are several different schools of thought on the dosing of flower essences. You could follow a specific dosing regimen or use them as needed in acute situations.

When I recommend a flower essence, I use muscle response testing (MRT) to determine which ones will benefit the animal. I will create a custom blend with specific instructions for the number of drops and frequency throughout the day. If you are using a flower essence in an acute situation, then you can administer the drops as needed to address the behavior or emotion that needs to shift. Also, consider placing a few drops in your animal’s water so that they may



self-administer their flower essence throughout the day as they feel the need or become thirsty.

The following two essences are wonderful to have on hand for your service dog.

Walnut

One of my favorite flower essences for animals is Walnut. Walnut is used to remedy difficulties when adapting to new circumstances and helps to restore the ability to adapt to change. I have used this remedy successfully on both dogs and cats that have had difficulty after significant shifts have occurred in the family.

These shifts may include a move, death in the family, or the addition of a family member. For service animals, this may consist of emotional distress as you introduced them to new surroundings, and the exposure to the intense emotional surroundings that may be a part of their job.

Elm

When you have a service dog, it's always a good idea to have Elm on hand. Elm helps to remedy inadequacy and restores competence, efficiency, and resistance. A service animal may be overwhelmed by a situation, work, or training where too much is required of them.

The result of this may be an animal that exhibits exhaustion, burn-out, and physical conditions such as sudden deafness or limping without a known injury that prevents them from doing their job. Several days of elm flower essence and a little rest may be all that's needed to help bring your service animal back to their usual self.

You may also consider dosing yourself, along with your dog, as your animal may be exhibiting the strong emotion passed on from their owners.

Understanding the Importance of Food Sources

Diet for Mental Health

The animal brain consists of the same basic structure and neurotransmitters as humans, and both brains must have the proper nutrients for optimal performance. A species-appropriate raw diet provides the



brain with many of these needs. Add several whole food additions to your animal's food on a rotating basis.

In the absence of a species-appropriate raw diet, the use of supplements becomes even more critical. The addition of high levels of synthetic non-food based supplements should only be done after consultation with a veterinarian, as excessive amounts can result in toxicity within the body.

Amino Acids

The amount of crude protein in an animal's diet is just one part of maintaining a healthy brain and body. Amino acids are the building blocks of protein and play a vital role in the structure and function of the body. Amino acids are responsible for the transport and storage of nutrients.

The canine body is capable of synthesizing all of these amino acids. Based on this ability, you might assume that what you feed your dog is not essential and that supplementation is a waste. Just because the body can synthesize these amino acids does not mean that it does so in sufficient quantities for optimal function.

There's a big difference between thriving and surviving. Feeding a variety of muscle and organ meats will help to ensure that your canine is getting adequate amounts of amino acids. In addition to meat, you can also add small amounts of raw goat's milk, spirulina, and bee pollen to the diet.

Raw goat's milk is rich in amino acids, enzymes, and probiotics. Spirulina and bee pollen are considered to be complete proteins and contain a wide variety of amino acids, vitamins, and minerals. The addition of high levels of synthetic non-food based amino acid supplements to your animal's diet should only be done at the recommendation of your veterinarian or holistic care practitioner.

Fatty Acids

The structural brain is comprised of 60% fat. Our nerves are coated in a myelin sheath, which is a fatty covering that helps to speed the transmission of signals throughout the brain and body. When the diet consists of insufficient or oxidized fatty acids, the nervous system cannot function at optimal levels. If you've ever heard the term "frayed nerves", then you have an idea of what happens when the body is starved for fat. Quality sources of essential fatty acids should



be supplemented into any diet to ensure optimal nerve function. The addition of fatty acids to your animal's diet could include small amounts of unsalted butter, fish oil, flax oil, or coconut oil.

In summary, I think the popular saying "You are what you eat" is significant regarding our companion animals. If we want our therapy and service animals to perform at high levels, then they need to be fueled in a way that allows them to do so.

Opening a bag of kibble with amino acids that have been destroyed by processing, fortified with synthetic vitamins, and sprayed with fats that become rancid before they even reach your home, hinder their performance at optimal levels.

I hope that this inspires you to select a quality diet and supplement with amino acids, fatty acids, and other as needed to help both the body and mind to function as nature intended.

I spent the first fifteen years of my professional life as a Nuclear Medicine Technologist after achieving a Bachelor of Science in Nuclear Medicine from Ferris State University. I came into my practice of Animal Naturopathy after seeking alternative therapies to address personal chronic health conditions. I found relief and profound healing. Having grown up on a hobby farm, and also as the granddaughter of two dairy farmers, I had an ingrained passion for the health and well-being of the animal world. Combining my understanding of molecular science with my animal passion, along with my personal experiences of holistic treatments, I stepped into the fast-growing professional world of Animal Naturopathy and witnessed the benefits and importance of integrating holistic care into our animal world.

My awakening to holistic healing ignited a passion within me. I help others to learn and apply holistic principles for the health and well-being of their companion animals. My sincere hope is that I have given you more knowledge in how you can support your service dog and other animals that live within your sphere of influence.

Michelle Rhodes is an Animal Natural Health Consultant and the owner of Whisker Wellness. Michelle has achieved a Doctorate of Naturopathic Animal Sciences (D.N.A.Sc.) from the Kingdom College of Natural Health. Michelle now lives on a small hobby farm with her husband, Kurt, and son, Tobias, along with 13 chickens, 2 cats, and plans for many more animal adventures in the future. You can reach Michelle at whiskerwellness@gmail.com.



SUMMARY

There is remarkable intelligence that flows through all of life. I hope that now you see the world from an understanding of energy awareness whether human, animal, plant, water, or air and how important this is for living sustainably.

Most assuredly, love is the main ingredient. You have read how some of the professionals involved with the expansion of holistic care share with us the value in listening and opening to the animal world. All of our pets in some way are here in some form of service. They all bring us great joy.

So many people are becoming conscious of changing patterns in their own lives. Simply take this energy awareness in your personal life, and include your service/therapy dog, or any pet.

I know that if you take steps to implement several of the suggested practices, your bonding and relationship with your service/therapy dog will deepen. You help to create a more beautiful and harmonious world, and Stokey will have completed his mission.





ACKNOWLEDGMENTS

"Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty."

— Albert Einstein

There is much to be thankful for in creating this piece. Nothing is entirely done by the self.

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Rev. Elizabeth Cosmos, PhD, ThD has been an international speaker, teacher and author for over 30 years, and was responsible for the founding and development of a comprehensive hospital-based integrated medicine program at Saint Mary Health Care in Grand Rapids, MI, where her progressive approach with integrative care in the neonatal unit was featured in National Geographic magazine. She is also the founder of the International Association of Ama-Deus, LLC, which is dedicated to preserving ancient wisdom, and an author of an award-winning series of conscious books for children.

She resides in West Michigan with her family and many animal friends.



*We have walked a great adventure
and we are still together*



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