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The Intuitive Connection

Has Your Pet's Behavior Changed?

Is your dog suddenly biting his foot, or is your normally loving cat now attacking you? Is your horse refusing to respond to your leg commands? These may be signs your pet is experiencing pain.

Animals are good at hiding their pain. They can't verbalize their discomfort the way a human can. However, they do show lots of "signs" when something is wrong, and you don't have to be an animal communicator to notice them.

You know your animal better than anyone. If you suspect something is wrong, then there is likely something wrong. The first step is to see a vet. However be warned, if the vet can't find anything on an initial visit, you may need to dig deeper or be more insistent and ask for additional tests or seek alternative treatment. Let me give you a couple examples from my own personal experiences.

About 6 years ago my cat Misty began "acting" different. She is normally very loving and social with the family, but that changed. She became withdrawn, began hiding in places she never went into before, and would cry loudly. This went on for a couple of days and then stopped suddenly. She returned to her normal behavior and seemed fine.

A few months later, she acted strangely again, exhibiting the same behavior as before. We took a trip to the vet (which is a major deal as she is the only cat who has ever bitten through the bite-glove). Tests were run and the vet could find no "physical" reason for her behavior. She was labeled as a "problem-child" and I was given a prescription for "kitty downers" to temper her bad behavior.

I know my cat, and in my heart I knew something was wrong physically and she didn't just have an attitude problem. One evening, she jumped up on the couch, cried to get my attention, and literally rolled upside down to show me her belly. Her ears were bright red and super hot to the touch. At the same time this was going on, I was honing my skills as an energy healer. I called in healing energy and proceeded



to work on her stomach. Within 20 minutes the heat in her ears had subsided and she relaxed and fell asleep next to me.

We continued this routine for about 6 months, during which time I also noticed a pattern. About every 2-3 months her symptoms would flare, at which time I would help relieve her discomfort with energy healing. Now, you may be asking why didn't I communicate with her to find out what was wrong? The answer is, she didn't know. She only knew that her belly hurt and she would feel sick.

We tried changing the brand of food and treats she ate, but nothing worked until another intuitive received information from her guides that the cat litter was making Misty ill. Clumping cat litter has clay in it. She would use the box, clean her paws, and in turn ingest the clay. This would build up in her system every 2-3 months and make her sick. I've since changed to a natural wheat based litter without clay binders, and the issue has never surfaced again.

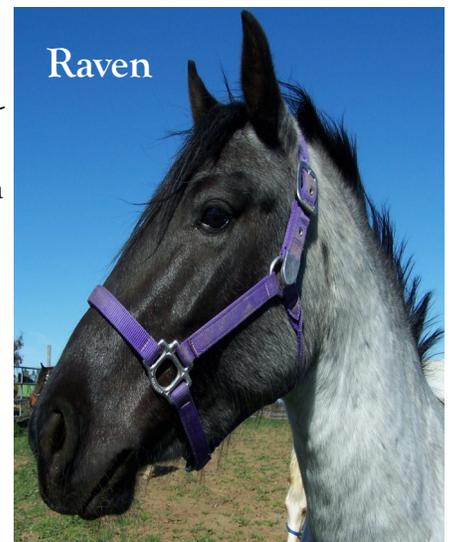
Another example of a behavior change occurred with my horse Raven. Raven is a wild mustang who has been gentled. The "wild" child is still there, but she chooses to be with me because of our mutual respect and love for each other. I did all of the ground work and prepared her to be ready to carry a rider. When it was time to do the actual riding, I enlisted the help of a friend to help with training.

Raven was wonderful and loved her trainer. He was gentle and loving with her, so she in turn did everything he asked, never refusing a request.

One day, while giving me a riding lesson on Raven, she refused to move. The trainer got on her and she again refused, and actually turned to nip at his leg. She still followed every other request, as long as nobody was on her back. We both knew something was wrong.

The vet was called out, and he couldn't find anything physically wrong with her and suggested she was being stubborn. I knew my horse, and knew this was not the case. So the next call went to a chiropractor. During the exam, he asked the trainer to get on her back so he could see her behavior. On cue, when he gently squeezed his legs, she turned to nip at his left leg. The chiropractor checked her ribs, and found that one rib was slightly out of place. It was so slight, but when combined with the weight of a rider, and added leg pressure, the perfect storm of pain was created. He did an adjustment, and she was taken off of training and given massage every other day for 2 weeks. After that time, our training went back to normal and she returned to following every request by the trainer or myself.

I'm not saying vets are bad, and I'm the first one to take my animal in to see the vet if I suspect something is wrong. Unfortunately, the vet is at a disadvantage. In many cases, animals don't behave like they normally do when at the vet (as in my cat's case). The vet also has a short window of time to make a diagnosis without the added benefit of really knowing the animal. As the guardian, it is your job to step up, and sometimes be insistent that additional tests be run or things be checked. Nobody knows your animal like you do! Seek another opinion, or try alternatives such as chiropractic, acupuncture, natural herbs, or contact an animal communicator for more information. Your animal will thank you for it.



Signs Your Animal May Be In Pain

Dogs

- ◆ **Vocalizations** such as howling, whimpering, moaning, yelping, or groaning.
- ◆ **Behaviors** such as biting or licking an affected area, refusing to leave their bed, isolation, oversleeping, aggression, refusing to be held or touched, or changes in toiletry habits.
- ◆ **Activity Level** such as restlessness, lethargy, trembling, circling, or extended periods of sitting.
- ◆ **Posture and Facial Expressions** such as lying on one side, hunched over, vacant staring, dilated pupils, flattened ears, fatigue, wide eyes, glazed look, excitability, or panting excessively.
- ◆ **Grooming** such as dull coat, matted or unkempt hair, or hair standing up straight in one area.
- ◆ ***Warning: Some breeds have a high tolerance for pain (Huskies, Labradors, or American Pit Bull Terriers) so there may be no vocalizations.***

Cats

- ◆ **Vocalizations** such as a quiet cat begins vocalizing or a noisy cat stops vocalizing, or non-stop purring. Purring does not always mean a cat is happy. Some cats purr to comfort themselves when they are in pain.
- ◆ **Behaviors** such as hiding, withdrawing, becoming reclusive, increase/decrease in appetite, licking an affected area, lack of interest in surroundings, growling, hissing, or aggression.
- ◆ **Activity Level** such as restlessness, lethargy, sleeping in one position, or reluctance to jump.
- ◆ **Posture and Facial Expressions** such as sitting hunched with back arched, paws gathered under the body, nose resting on the floor, eyes closed, distant look in eyes, excessive blinking/tearing or squinting.
- ◆ **Grooming** such as lack of grooming.
- ◆ ***Warning: Cats are masters at hiding pain, even more so than dogs. It is rare for a cat to cry out in pain, most suffer in silence.***

Horses

- ◆ **Vocalizations** such as moaning or screaming.
- ◆ **Behaviors** such as lying down more than usual, not laying down at all, biting an affected area, vigorous rolling, pawing, bucking, jiggling, limping, teeth grinding, tail wringing/swishing, head tossing, stiffness, unusual sweating, labored breathing, lack of appetite, passing less feces, or isolation.
- ◆ **Activity Level** such as pacing, restlessness, shortened stride, lethargy, or refusal to work/move.
- ◆ **Posture and Facial Expressions** such as assuming a stretched-out posture (as if to urinate, but urination doesn't occur), staring at the abdomen, distracted expression, unusual posture, rocked-back stance, ears to the side or flat back, or head held low.
- ◆ **Grooming** such as muscle twitching in an affected area when being brushed.

Success Story

I was contacted by a cat guardian Ursula. She was very upset about her cat Pepe. Pepe is a large cat (20 pounds or so) who recently started becoming very aggressive. Prior to the behavior change, Pepe was a very loving and well behaved boy, and was social with the other animals in the household.

One day when he was outside, he hid under their deck and started lashing out and attacking them when they walked by. He refused to go back inside, and it took great lengths to get him back into the house.

On other days, he would be loving and purring one moment, and then angry and attacking the next.

Ursula being a dedicated cat guardian had taken Pepe into the vet. The vet couldn't find anything physically wrong, so she prescribed "kitty downers" to manage Pepe's behavior issues.

Pepe's behavior continued to get worse. The final confrontation happened when she was visiting her mother in California. Pepe was normally a wonderful travel companion, but became so irate when in the presence of another cat, she had a hard time getting him back inside her motorhome.

Ursula blamed herself as she felt she had done something to upset Pepe. She contacted me and based on her description of the circumstances and behaviors I expected a very angry Pepe when I contacted him. Thank goodness I let Pepe do the talking.

When I contacted him, he was very willing to communicate. There was no sign of anger or irritation. He was very clear that he was in PAIN.

He didn't know what had caused the pain, only that his abdominal area on the left side hurt. The reason he was lashing out is that when he was touched on his left side, it hurt. He didn't want to lash out, he loved being loved on, but he had no other way of communicating that it hurt when he was touched. To him touch meant more pain.

I intuitively felt that Pepe had some sort of blockage and I did some energy work to help relieve some of his discomfort.

I relayed this information to Ursula and reassured her that she did nothing to cause Pepe's discomfort. She had a vet appointment the following day and promised to let me know the outcome.

A few weeks later I heard back from Ursula in person (she was visiting her mom in California again). She told me that when she took Pepe back to the vet, the vet found Pepe had some soreness on his left side. Ursula insisted on an x-ray and they found that Pepe had a blockage (poor guy hadn't been able to go to the bathroom).

With some kitty "laxatives" and other remedies Pepe is on the road to recovery. Ursula said he still does an occasional hiss and spit, but for the most part has returned to his former loving self. She will continue to look into alternative treatments to ensure his full recovery.



Shelter Stars

Being able to communicate with animals has been a blessing in my life. Animals have given me so much comfort and joy, that I felt compelled to somehow pay it forward. So in December 2010 I started volunteering at the Solano County Animal Shelter. Every Sunday, I select 2-3 dogs or cats to work with. I send them healing energy and help them work out issues such as fear, trust, abandonment, sadness, etc. Some just need to be touched and loved. Others need to understand why they are there. Whatever the need, I do what I can to help them.

I wish I could adopt them all, but my home (not to mention my budget) is not large enough for them all. So in addi-

tion to working with the animals, I decided to start a Facebook campaign. I take their pictures and I write a bio story on their personality, and likes and dislikes that they communicate. Here are a couple of the adorable animals that are still available for adoption at the Solano County Animal Shelter in Fairfield, CA. Each animal is assigned a special ID number that starts with A.

If you are interested in adopting one of them, contact the shelter at 707-784-1356 or visit them Tuesday-Friday 10:00-6:00 or Saturday 10:00-5:00. Don't forget to mention their ID

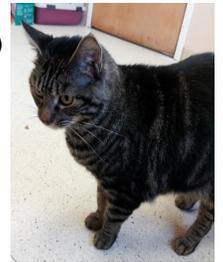


#A012674 (Damion)

He is a 10 year old brown/white tabby domestic long hair. He was found as a stray on 9/11/12. He is a quiet boy, who is shy and scared in new surroundings. He will come to you for reassurance. He has a soft and gentle energy and is comforted with touch. He has a quiet, yet squeaky purr.

#A146536 (Lucky)

He is a 2 yr, 4 mo old brown tabby domestic medium hair. He was surrendered by his owner on 10/10/12. He is very sweet, but very insecure. He blames himself for being brought to the shelter, even though it was not his fault. He needs someone with patience to help him build his confidence back up. He is very loving with a quiet, gentle energy.



#A171024 & #A171023

Meet the bunnies. They were found together as strays on 12/1/12. Not much is known, including their sex, but they are adorable together. They cuddle and groom each other, and are adorable together. If you can't adopt, consider volunteering. Contact your local animal shelter for more information.



Trinity Healing

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