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# The Intuitive Connection

## Road Trip



Summer is just around the corner, which means it's vacation time. Time to start planning that family road trip. With a little extra research and preparation there's no need to leave your pet behind.

Having a pet has many benefits such as companionship, improved health, and reduced stress. Why not continue those benefits when travelling? Taking your pet with you eliminates the need to find a pet sitter or kennel service. This fact alone can help to reduce stress, not to mention the cost associated with having someone care for your pet while you are gone. Another unexpected benefit is safety. When your pet is with you, not only are you reassured that your pet is being cared for, but having your pet with you can help you feel safe. Your pet would not only alert you that a "stranger" is near, but could act as a deterrent to that "stranger" who might be considering a break in. A third reason to take your pet with you is routine. Pets, like children, need a routine. Animals have specific waking, feeding, resting, walking, and potty schedules. With your pet along, it could be just the thing to help you slow down, relax and enjoy your time off.

There are many hotel chains that are pet friendly. Not only are more hotel chains allowing dogs, some even allow cats, birds and reptiles. Some of the top chains that allow pets include: Four Seasons, La Quinta, Best Western, and Holiday Inn to name a few. Depending on the chain, some include pet amenities such as pet beds, water bowls, food, treats, litter boxes, and even concierge service. Do your homework. Not all hotels in the chain allow pets and some add an additional pet surcharge or deposit. For a list of pet friendly hotels in the U.S., check out these websites: [PetsWelcome.com](http://PetsWelcome.com) or [OfficialPetHotels.com](http://OfficialPetHotels.com).

Once you've located the perfect place to stay, there are some additional things to take into consideration. Traveling can be stressful! Adding a pet to the mix can add even more stressors, for you and your pet, if you are not prepared. The ASPCA offers the following tips to help you prepare for a safe and smooth car trip:

1. Keep your pets safe and secure in a well-ventilated crate or carrier. There are a variety of wire mesh, hard plastic and soft-sided carriers available. Whatever you

choose, make sure it's large enough for your pet to stand, sit, lie down and turn around in. And P.S., it's smart to get your pet used to the carrier in the comfort of your home before your trip.

2. Get your pet geared up for a long trip by taking him on a series of short drives first, gradually lengthening time spent in the car. And please be sure to always secure the crate so it won't slide or shift in the event of a quick stop.
3. Your pet's travel-feeding schedule should start with a light meal three to four hours prior to departure. Don't feed your furry friend in a moving vehicle—even if it is a long drive.
4. Never leave your animal alone in a parked vehicle. On a hot day, even with the windows open, a parked automobile can become a furnace in no time, and heatstroke can develop. In cold weather, a car can act as a refrigerator, holding in the cold and causing the animal to freeze to death.
5. What in your pet's traveling kit? In addition to travel papers, food, bowl, leash, a waste scoop, plastic bags, grooming supplies, medication and a pet first-aid kit, pack a favorite toy or pillow to give your pet a sense of familiarity.
6. Make sure your pet has a microchip for identification and wears a collar with a tag imprinted with your home address, as well as a temporary travel tag with your cell phone, destination phone number and any other relevant contact information. Canines should wear flat (never choke!) collars, please.
7. Don't allow your pet to ride with his head outside the window. He could be injured by flying objects. And please keep him in the back seat in his crate or with a harness attached to a seat buckle.
8. Traveling across state lines? Bring along your pet's rabies vaccination record, as some states requires this proof at certain interstate crossings. While this generally isn't a problem, it's always smart to be on the safe side.
9. When it comes to H<sub>2</sub>O, we say BYO. Opt for bottled water or tap water stored in plastic jugs. Drinking water from an area he's not used to could result in tummy upset for your pet.
10. If you travel frequently with your pet, you may want to invest in rubberized floor liners and waterproof seat covers, available at auto product retailers.

In addition to the tips from the ASPCA, I'd like to add a few of my own. First, talk to your pet. Tell them about the trip and what the travel plans are. You don't have to go into the entire itinerary, but make sure to explain that the family is going on a road trip. Each day tell them how long you will be on the road and when you plan on stopping. If you begin to feel stress, your pet will pick up on that. Try to focus on the excitement of the trip and the enjoyment of having your pet with you versus the stress from traveling. Communication is key to a successful road trip.

Besides the essentials (food, treats, bottled water), make sure to include items to help your pet deal with car sickness, anxiety, and stress. Herbs that alleviate upset tummies include ginger, peppermint, catnip, fennel and dill. Herbs for anxiety include valerian (calms nervous stomachs), oatstraw, skullcap, and passionflower. Make sure to consult with a vet that specializes in herbs to verify the correct herb and dosage for your pet. Another alternative is homeopathic remedies. These can be given orally or added to your pet's water. *Cocculus Indicus* (3 pellets) can be used for motion sickness, *Argentum Nitricum* (3 pellets) can be used for nausea with nervousness/anxiety, and *Rescue Remedy* (5 drops) can be used for anxiety. If you prefer to stay away from having to get your pet to ingest herbs or remedies, another alternative remedy is crystals or stones. These can be placed on your pet's collar, crate, or bed. Stones good for soothing nausea are green aventurine and malachite. Stones good for reducing stress are aquamarine, charoite, fluorite, lepidolite, moonstone, peridot, rhodochrosite and turquoise.

Taking your pet on your vacation doesn't have to be a stressful or daunting task. Just remember everything you would do for yourself on a trip, your animals will need the same. Always remember safety for you as well as your pet. With these tips you will be ready to hit the road. Your family vacation will be even more special because all of the family will be along for the ride and adventure.

## Introducing New Workshops

### **Animal Communication Workshops**

This workshop will teach you the basics on how to communicate with animals. The workshop includes guided exercises to help hone your communication skills, materials to take home, and ends with a live communication with my dog Montezuma.

Dates:

Saturday, 5/16/15

Saturday, 6/13/15

Times:

9:00-11:00

Location:

Fairfield, CA

### **Wire Wrapping Workshops**

This workshop includes hands-on instruction in wire wrapping loose stones/crystals. Participants will receive their own kit, which includes: a case, tools, wire, and other materials to take home. Stones will be provided, or feel free to bring your own. Class size will be limited to 6 participants to ensure personalized attention.

Dates:

Saturday, 5/2/15

Saturday, 5/30/15

Times:

9:00-11:00

Location:

Fairfield, CA

Advanced payment is required for all workshops. For your convenience, PayPal buttons have been included on my [Trinity Healing website](#). If you need to pay by other means, please contact me. Address will be provided after payment/registration.

## Upcoming Events

### **New Earth Expo**

Crowne Plaza  
5321 Date Avenue  
Sacramento, CA  
Sunday, May 24  
10:00–6:00

Animal Communication and Custom Stone/Crystal Healing Jewelry

### **Healing Arts Festival**

Sacramento Scottish Rite Masonic Center  
6151 H St  
Sacramento, CA  
Saturday, July 11  
10:00–6:00

Animal Communication and Custom Stone/Crystal Healing Jewelry



## *Trinity Healing*

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Services offered:

Animal Communication

Energy Healing

Custom Stone/Crystal Healing Jewelry

Educational Workshops

For your convenience, services can be scheduled in  
person or remotely.