

**Inside this issue:**

Happy Halloween	<b>2</b>
Success Story	<b>3</b>
Shelter Stars	<b>4</b>



# The Intuitive Connection

## Back To School

It's that time of year again, back to school. Now that the kids have been back for a few weeks, have you noticed a change in your pet's behavior?

When the school year begins, it can bring about a lot of changes. Changes in scheduling, changes in routine, and definitely changes in the budget. All of those changes can create a lot of stress, and not just for the people, but for the pets too.

Unlike most people, your pets don't automatically know or understand what is going on when these changes occur. Think about it from their point of view: One day, you are sleeping in, lounging with your favorite person in bed. You can go where you want in the house, maybe go outside and play, get a snack, all of the typical things that kids do when they are out of

school. The next day, your favorite person is getting up early, packing up this funny shaped bag, and heading out the door without you. If you are lucky, you get to stay in the house, but you are alone. Or worse, you are banished to the cold outside world, alone. If that happened to you without any explanation, wouldn't you be confused? Maybe begin to act up, withdraw, become clingy, depressed, anxious, or any other number of behavioral changes? There are lots of stories about dogs eating homework for a reason.

So how can you help your pet adapt? Start by talking to your pet. Okay, I know what you are thinking, but animals are smarter than most people give them credit for. They may not understand every word that you are saying, but they can understand the overall



meaning behind the words. Words have energy. Energy creates pictures and feelings which the animals can pick up on in addition to the words themselves. Explain to your pet why things have changed. Tell them why they will be home alone (or in my dog's case outside) for several hours. Tell them how long you (or your children) will be gone for and when you will be returning. Focus on the return, not on the leaving. Imagine yourself coming home to them and how excited you are to see them, then send them that mental picture.

Give them a job to do

while you are away. Yes, even pets have a role to play in the household. You have a job, the kid's job is school, give your pet a job too. Most animals like having a job. For example, I have two cats, each with different jobs. One cat is responsible for keeping the house free of mice and she is also my welcome home greeter. The other cat is in charge of waking me up, tucking me in, and keeping the house free of any bugs. If your pet has a particular talent, play to their strengths. Don't forget to encourage them and tell them what a good job they are doing.

If your pet still seems stressed,

give them a safe haven to hang out in while you are gone. Create a space just for them, whether it is a room, garage, kennel or crate. Make it comfortable for them by putting in a bed, or blanket, their favorite toys, food and water. Encourage them to spend time in their safe spot while you are home. Respect their safe spot and try not to disturb them while they are in it. Doing this can reinforce to them how important they truly are to you.

You can also help try some homeopathic remedies to help

calm your pet's nerves. There are some great flower essences that gently help your pet relax. One example of this is Bach's Rescue Remedy. You can put it directly into your pet's drinking water. It is safe and all natural as opposed to doggie or kitty downers that so many vets like to prescribe.

Just remember, changes in routines may be inconvenient for you, but they are life changing for your pet. Pets bring so much joy to our lives, don't forget to return the favor by keeping them informed.



## Happy Halloween

Witches, mummies, and goblins, oh my! It must be Halloween time as the stores are filled with costumes, decorations, and yes every type of candy imaginable. Yum! Halloween is a fun and exciting holiday where people get to dress up and pretend to be anything they want. But for your pets, Halloween can present a few challenges. Here are a few important safety tips to make sure all of your family members stay

safe at Halloween.

Costumes, although fun for people, can be confusing and frightening for your pets. I don't know about you, but some of the masks nowadays are even scary to me. Then add in the costumes, accessories, constant ringing of the doorbell, lots of voices, and noise, and you have a recipe for disaster if you don't have a plan.

Start by finding a quiet, safe place for your pet to

stay until the trick-or-treating time has passed. Try securing your pets in a quiet bedroom or bathroom (don't forget to communicate with your pet why you are placing them in a confined space). Turn on a radio or TV to generate some gentle background noise to help minimize the sound of the doorbell. If you don't have a place for your pet to go, then make sure your pet is safely protected and can't accidental-



ly escape when you open the door. Baby gates or crates can create an environment for keeping your pets from rushing the door. Make arrangements to secure your outdoor animals too. Don't leave them alone or unattended. People can be cruel and black cats are especially vulnerable to pranks. And above all else, make sure your pet is wearing a secure collar with an ID tag or is micro-chipped just in case the unthinkable should happen and your pet gets loose.

Halloween decorations can pose their own unique challenges. Pumpkins are

fun to carve, but lit candles can burn your pet, or pose fire dangers if accidentally knocked over. Light strings are pretty and plastic decorations are festive. To your pets, they can look like inviting chew toys. If there is any doubt, don't put it out or keep it out of reach from your pet.

Then there is the candy. **LOCK IT UP!** Chocolate is toxic to dogs and cats. Did you know that candy and gum that uses the artificial sweetener Xylitol is also toxic to animals? Then there is the candy wrapper itself. Foil or cellophane wrappers can cause choking

hazards, or worse, blockages or internal damage in the digestive tract. Make sure to have the number of your local vet handy or contact the ASPCA Animal Poison Control Center at 888-426-4435 in case of an emergency.

On a fun note, some pets really enjoy the festivities that Halloween brings. A bandana or hat can create a simple costume. Or, if your pet is really adventurous, there are many elaborate costumes now available. Just make sure they are not too tight or restrict your pet's movement in any way. Also look for small pieces

that may easily fall off or be chewed off and cause a choking situation.

With a little planning, Halloween can be an enjoyable holiday for all of your family members, no matter how many legs they do or don't have.



## Success Story



I arrived at my horse's boarding facility one morning to find my friend's horse, Tabby, laying down. Now this isn't necessarily

unusual as horses do lay down to nap, but when she remained down for over an hour, I suspected something was wrong. Sure enough, it ended up being a case of colic. Now if you're not a horse person, colic is a serious condition where there is an obstruction in the horse's intestines. If caught early, it is treatable,

but if caught too late, it can require major surgery and is possibly fatal. It is also quite painful (imagine your worst stomach ache ever).

Thank goodness this was caught in the early stages and the vet came out to treat the horse. Without getting too gross, let's just say they do an "oil, lube, and filter" so the obstruc-

tion can pass safely. Tabby was confined in the barn where she could be monitored to make sure the blockage passed. Her diet was changed from hay to a soft "mash" (which is a mixture of bran, feed, water and oil) to keep her hydrated and to ensure she didn't get blocked again. Think of it like oatmeal for horses.

Unless they've had mash before, most horses will turn their nose up at it, which Tabby did. And she was miserable because she was confined, removed from her friends, still in pain, and not getting her normal food. Because she wasn't eating, she wasn't passing anything through her system, which meant she had to remain confined longer.

At my friend's request, I first did an energy healing session on Tabby's stomach to help her pass the blockage and ease the pain. To everyone's relief, within a few hours the blockage passed and she was much

more comfortable. But, she still wouldn't eat. She just didn't like the mash.

The next day I agreed to meet my friend to check on Tabby's progress. She felt better, but was clearly unhappy. Unless she ate the mash, she would continue to be confined and remain in isolation longer. So I started communicating with her. I told her that I understood how unhappy she was and that she didn't like the mash, but she needed to eat it for her health. The mash would make sure her stomach wouldn't hurt and if she ate it for a few days, then we would know she was healthy and she could

go back to her regular food and friends. What happened next was amazing. Tabby dropped her head and began eating something hard off the ground. When we looked at what she was eating, it turned out to be dried mash that had fallen to the ground from a previous attempt to feed it to her. My friend quickly made her a new fresh batch of mash which Tabby proceeded to eat. As promised, after a few days Tabby was healthy enough to return to her regular food and back to her friends.

This is a perfect example of how when a change in an animal's regular routine

occurs, and the animal is not informed as to why, the lack of communication can cause a real problem. Once it was explained to Tabby why the change had occurred, and why she needed to eat the special food, she was able to make an informed decision. Animals have their own feelings and thoughts. Just because we want or expect them to do something, doesn't mean they have to comply. That's why communicating with your animals is so important. Talk to them, and they just might surprise you.



## 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 to 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 addition to working with the animals, I decided to start a Facebook campaign. I take their pictures and I write a little 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 Tues-Fri from 10-6 or Sat 10-5.

Don't forget to mention their ID #s.

A148176 (Winston)



Nicknamed Winston, he is a 1 year, 3 month old white and gray domestic shorthair. His ear is clipped (like a feral), but he is gentle and was brought to the shelter on 4/2/11.

He is not shy and full of personality as he rolls up-side and from side to side

just to get your attention. He has a laid back and relaxed energy and is also quite affectionate. He doesn't do well in small spaces and can become temperamental if confined.

A153525 (Oliver)

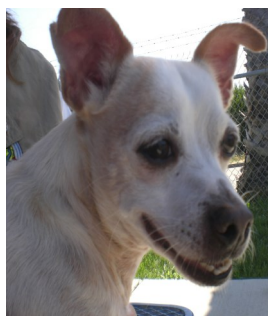


He is a 2 year old orange and white domestic shorthair. He was found as a stray in Suisun on 5/26/11.

Nicknamed Oliver, he is

a very sweet and affection cat. He is a little shy to new surroundings at first and will come to you for reassurance. He is the perfect lap kitty, as all he wants to do is lay in your lap and get attention. His only interest is you. He has a very deep sounding purr.

A155972 (Bennie)



He is a 4 year old white and tan Chihuahua mix.

He was found as a stray in Vallejo on 8/3/11.

Nicknamed Bennie, he is just looking for a loving home and some reassurance. He likes to run and jump in your lap. He likes to engage with you, but most of all he likes attention. He loves to go for walks and would make a wonderful travel companion. He has very good manners on and off leash.

If you can't adopt, then consider becoming a volunteer. They hold volunteer orientations each month on a Sunday from 10:30-12:00. Contact the shelter at 707-784-1356 for the next date.



## Trinity Healing

STACEY FERRELL

Fairfield, CA  
Phone: 707-631-0052

E-mail:  
contact@trinityhealingconnection.com

Website:  
www.trinityhealingconnection.com

### Services offered:

Animal Communication

Energy Healing

Custom Stone/Crystal Healing Jewelry

Educational Workshops

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