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The Intuitive Connection

Change

Changes, lots of changes. That's what's in store for me in 2018. So what has changed? I retired from my county job of 20 years. I'm selling my house in CA and will be moving to AZ. And best of all, I get to focus on my business full time. That means I'm available to help more animals and more people. My passion is now my job.

Although I can't wait for all of these exciting changes to happen, change can also be scary. And if change is scary for me, how is it affecting my animals? As humans, we understand change, such as family changes or schedule changes. However, my animals don't have the same concept when it comes to change. All my dog and cat know is that mom and dad are now home, a lot more. For my cat, when mom and dad came home in the past it meant it was dinner time. Now, every time she sees us she thinks its time to eat. Our retirement has thrown off her feeding schedule. While the dog is enjoying a lot more snuggle time, having us home all the time has resulted in some confusion on his routine. When does he go for a walk, who does he walk with, what about nap time? Changes.

When change occurs, whether it is small or large, you need to take into account how that change may affect your animals too. Thankfully, there have been no unwanted "behavioral" changes in my animals due to my changes. However, behavioral changes, such as accidents, unwanted chewing, or even mood shifts are a common result.

So what can you do to ensure that change doesn't have a negative impact on your animals? Talk to them. Yes, I said talk to them. Explain to them what the change is, but do it in terms that they will understand. Keep it simple, and send them lots of pictures (visualize the information you want them to know). You may have to repeat the information several times in order for the message to be clearly received. For example, every time my cat thinks its time to eat (and its not), I tell her its not time to eat yet. Then I visualize her taking a nap, or climbing onto my lap for snuggle time. And when its time to move, you can bet I'll be doing lots of communication, reassuring them what will be happening and what they can expect.

Change. I can't wait! 2018 here we come.

Upcoming Events

Healing Arts Festival

Scottish Rite Masonic Center

6151 H Street

Sacramento, CA

April 7th & 8th

10:00—6:00

10:00—5:00



Trinity Healing

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