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# The Intuitive Connection

## Rescued Pets

If you've ever owned a pet, you know how much joy and love they can bring to your life. It is especially rewarding to adopt from a shelter or rescue, knowing that you are saving a life or giving an animal a second chance (or sometimes a first chance) at a happy home. In my adult life, I've adopted three cats and two dogs from the local animal shelter (including our latest edition on the right, Montezuma, adopted February 2013), and one horse from the Bureau of Land Management. In addition, I've given two stray dogs and one stray cat a home. These animals were and are all special in many ways. They have so much love to give and lessons to teach, but they have also presented some unique challenges.



Because I didn't have them from birth, there were a lot of things I didn't know and had to learn, sometimes the hard way. I'm not just talking about learning their personality and which toys they like. I'm talking about how when I reach down too quickly to pet the dog, why she flinches and drops to the floor as if I'm going to strike her. The first 2-3 weeks after we adopted Montezuma (Monte for short), there was this air of sadness surrounding him, especially at night. He was very clingy and had to be near you, touching you all the times. In case you can't tell by the photo above, he is not exactly the smallest dog that fits neatly in your lap. For the most part, he was a happy-go-lucky pup, but at certain times, the emotion coming from him was heartbreaking. My son communicated with him, learning his story and the reason behind the sadness.

Monte had a female owner who loved him dearly. He was raised by her and spent the first nine months of his life with her. Unfortunately, she lost her home and caring for Monte became difficult. They were moving from place to place for several weeks, with no real place to call home. Feeding herself was difficult, let alone taking care of a puppy. One day, she was on the streets with the pup and noticed an animal shelter truck nearby. She took his collar off and encouraged him to go for a run. He was picked up by the animal control officer and taken to the shelter. He remained at the shelter for about two weeks, after which time we adopted him. In his communication, he told my son that he

was sad because I reminded him of his former owner, whom he loved dearly. I am happy to report that Monte has settled into our family nicely and is no longer sad.

The point I'm trying to emphasize is that when you adopt an animal, especially from a shelter or rescue, they may have "baggage" from their previous relationships and experiences. The biggest piece of advice I can give you is patience. Allow several weeks or more for the animal to settle into your home and a routine. Tune into their energy and try to pick up on their feelings/emotions. Learn when they need comforting and when they need some alone time. Equally important, know that mistakes will be made on both sides of the relationship, and forgive. So far, we've lost a pair of shoes, one computer cord, too many toys to count, a decorative rock which mysteriously disappeared in the backyard, and one sprinkler head that chose to turn on at the wrong moment. On my side of the mistake equation, I've brought the recliner down on his head, stepped on toes, gave the wrong hand signal/voice command during obedience training, not to mention forgetting to have fun while training. He is a puppy after all, and he loves to have fun.

Another important piece of advice I can give you is research. Research the shelter or rescue you are adopting from. Find out how they care for the animals such as brand of food given, feeding routines, cleaning routines, veterinary care given, and even how the staff/volunteers interact with the animals. Learn how the shelter/rescue came to "possess" the animal and any background information they have on the animal. Talk to the staff or volunteers who work with the animal to learn about their interactions with the animal, including good and not so good behavior they have observed. Don't forget to research the breed you are considering adopting as there are lots of variations on temperament, energy levels, size, and a whole lot more. The more you know, the more you can build a successful relationship.

If your adopted animal does suddenly change behavior, or reacts in an extreme way over something seemingly innocent, it may be their past rearing up. Be patient and try and learn what is "triggering" the animal's behavior change. If your new dog is afraid of a broom, don't do your sweeping in front of the dog. If you can't avoid the "trigger," have a chat with your pet. Yes, I said chat. Explain to your pet why you must do the thing that bothers them. Reassure them that they are safe and will not be harmed in any way by your doing the behavior. If you are unable to communicate effectively with your animal, contact someone who can. It is important for your pet to know and understand that you support and love them, and that you mean them no harm. It is equally important to help them heal and begin to remove the "scars" that were caused from their previous experience. In Monte's case, the experience does not have to be abuse, but he felt the pain of being abandoned nonetheless, even though the previous owner's intentions for him were good. Check out the two success stories for some more examples of behavior changes due to past issues.



## Success Story

Owner Laurie contacted me to communicate with her two dogs Sasha and Diamond. She had provided me with a short list of questions that she and her son wanted to know. Most of the questions were basic regarding happiness and favorite things to do. One question however was specific to Diamond, “why are you so afraid?” Due to Diamond’s fear, it was decided that I would do the communication remotely (like making a long distance phone call from my house to hers).

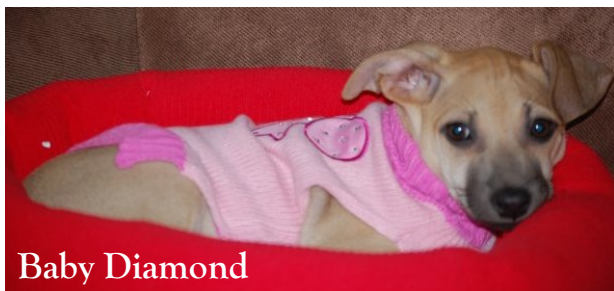
Diamond initially was shy and reluctant to communicate, so I switched to conversing with Sasha instead. Once I was done talking with Sasha, I again contacted Diamond. She was more open to communicating now that Sasha had done it with no ill effects. Here is what I learned.

Diamond had been separated from her mom while she was very young, too young. There was a loud and scary event that surrounded the separation, but she wouldn’t or couldn’t provide any more details than that. She was happy in her new home, and really enjoyed being with Laurie’s son. She especially liked it when he held and cuddled her as it made her feel safe. She preferred shorter walks, closer to home. She did not like being wet, cold, or going outside when it was raining or when the ground was wet. I asked if there was anything that Laurie could do to make her feel safe? I asked if she would consider wearing a doggie sweater when it was cold or raining to help her feel warm and comforted? The answer I got made me laugh. A doggie sweater would make her feel comforted and warm, but it had to be PINK. She was very specific that it had to be pink. I did some energy work on her to help her release the fear she carried from the past before ending the communication.

I contacted Laurie with the answers to her questions, and learned more information about Diamond and her past. Diamond was adopted from a shelter in Benicia when she was 8 months old. She was being fostered when Laurie adopted her. Diamond and her littermates were born in Taiwan. They were found in a collapsed building after a typhoon had hit. There was no mention of Diamond’s mother also being found, only the other puppies. Diamond was very “skittish” and afraid of strangers, strange places, loud noises and storms. She was potty trained when she was adopted, but would periodically have accidents (urinate) on the carpet.

The communication made a lot more sense. The separation from her mom, the loud scary event, even the reason why she didn’t like being cold or getting wet. Imagine being a baby and losing your mother in a loud and frightening event that involved lots of water. No wonder she was so afraid. When I told Laurie about her wanting a pink sweater, she recalled that when she first adopted Diamond, she had been wearing a pink sweater. She had outgrown the sweater which had become worn from use. No wonder why Diamond wanted another pink sweater, that was likely one of the first memories she had after the typhoon where she felt warm and safe.

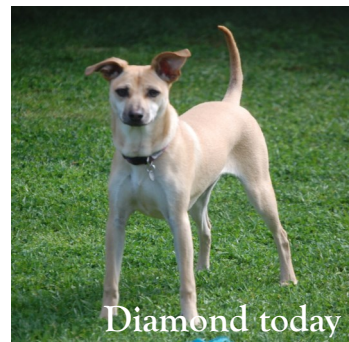
Since the communication session, Laurie reports that Diamond has had no further accidents in the house. They bought a pink “snuggie” for her and started wrapping her up in it when it is cold outside or when Diamond seems frightened. Laurie said “she loves it.”



Baby Diamond



Sasha & Diamond



Diamond today





## Success Story *(written by owner Melissa)*

On February 11, 2011, our family got our first dog! Although I had grown up around animals and loved them, my husband had never had any (and said he would never have any). As a family we only had the really small, easy to care for pets (hamsters, fish, snake, hermit crabs). We had been promising our youngest son a dog and told him that if he continued on the great path he was on, at 13 he could have a dog. My girlfriend called me on Friday the 11th and told me that she had found the perfect dog for us! He had been running around her neighborhood, was dirty and scared. She coerced him into her home, bathed and fed him, had him checked for a chip, and called us. We went to her house and immediately fell in love with Jack. Within 30 minutes we had him in the car and were on our way home. On February 14th we took him to the vet, had the appropriate shots and a chip inserted, and he became a Sampe'!

Jack immediately loved us and the feeling was mutual. Even my husband showed a love for Jack and they were making their own bond. We realized that Jack had been very abused both by humans and other animals. We also quickly realized he was extremely smart. He was house trained, knew to sit, and had the best personality ever! We felt so blessed. Everything was perfect. Even my husband allowed him to have full rights to the house! About 6 weeks ago everything changed. We woke up to Jack having messed on the carpet in 2 places. I was sure it was due to his meds for allergies and the table food that he was conning out of my husband and my son. A few days later I heard my husband in the living room. Jack had defecated on my formal living room couch....in two places! While cleaning it up I found another pile on the floor! I was devastated and worried. I knew my husband was not going for this. He put the dog outside for the remainder of the day and made him spend the night in his crate outside. I tried to talk to Jack but did not know what to do.

The next day I prayed things would get better but around 11:30am my husband sent me a text with a picture of one of Jack's "piles" and it was titled "In Your Bedroom"! He finished the text with "do not let the dog in until further notice". For five days and nights Jack was outside. My son and I were really upset and every time someone walked past the sliding glass door, Jack cried. I went to bible study and talked to my girlfriend about it. She was the person who found Jack. She told me about Stacey and how she had helped with her dogs. I decided to give it a try, I was desperate. That night I told my husband that I was going to contact a "doggie psychic". He said, "Do whatever you have to do." The next day I contacted Stacey. She asked me a few questions such as my name, our dog's name, and what the problem was. She said she would be contacting Jack remotely and would call me around 7 pm. When I did hear from Stacey I was amazed! My girlfriend, my son, and I all listened via speaker phone to her interaction with our puppy. She said initially that he was not willing to respond to her and seemed extremely afraid. When he finally came around he told her that the first accident was just that, an accident. When we sent him outside for the accident, the downward hand movement reminded him of his previous family who had abused him severely and threw him out to survive alone. He was very unhappy being outside, loved us very much, but continued to feel confused about why they would treat him that way and then worried that we would do the same. She gave us some tips on how to make him feel reassured and how to talk to him. She then asked if I had a son because Jack mentioned how very much he loved my son. That brought me to tears. My son had been ill with mono for over 7 weeks and slept most of that time. Jack had slept in his bed, under the covers with him for most of that time!

As a family we changed our structure a bit, continued to reassure Jack that we would never throw him away, and so far things have been fine. He seems happier and we are happy to have him back in the house with us!

I have to admit that my doubts about Stacey's "gift" have changed. She told us things that she could not have known. I am really glad I had an open mind and gave her a chance. I have even recommended Stacey to a friend of mine at work.

## Summer Heat

It's getting to be that time of year again, summer, and that means hot weather. That also could mean trouble for your pet. This information is courtesy of the Horse Plus Humane Society.

If you see an animal left in a car, take down the car's make, model, color, and license number. Have the owner paged in nearby buildings, or contact the local humane society or animal control. Keep an eye on the animal until the owner appears or the situation is resolved.

Every year animals suffer and die when their guardians make the mistake of leaving them in a parked car—even for “just a minute”—while they run an errand. Parked cars are deathtraps: on a 78 degree day, the temperature inside a parked car can soar to between 100 and 120 degrees in just minutes, and on a 90 degree day, the interior temperature can reach as high as 140 degrees in less than 10 minutes.

Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting and sweating through their paw pads.

Watch for heatstroke symptoms such as restlessness, excessive thirst, thick saliva, heavy panting, lethargy, lack of appetite, dark tongue, rapid heartbeat, fever, vomiting, bloody diarrhea, and lack of coordination. If the animal shows any of these symptoms, get them out of the heat, preferably into an air-conditioned vehicle, and then to a veterinarian immediately. If you are unable to transport the animal yourself, take him or her into an air-conditioned building if possible and call animal control: Tell them it is an emergency!

Provide water to drink, and if possible spray the animal with a garden hose or immerse them in a tub of cool (not iced) water for up to 2 minutes in order to lower the body temperature gradually. You can also place the animal in front of a fan or apply cool wet towels to the groin, stomach, chest, or paws. Don't use ice water and overcool the animal.



## 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.” In December 2010, I started volunteering at the Solano County Animal Shelter (every Sunday, I select 2-3 dogs or cats to work with, sending them healing energy and helping them work out issues such as fear, trust, abandonment, sadness, etc.). Some just need to be touched and loved, while 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 all of them. As a result of 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.

**May-June 2013**

*Trinity Healing*

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 #.



Meet Hogsy, a male Maltese mix, approximately 7 years old. His number is A173666. He normally has long hair, so he will need grooming.

Meet Boomer, a tan Chihuahua, approximately 6 years old. He has been at the shelter since February. He continues to be overlooked. Please consider giving him a fur-ever home. His number is A108990.



Meet Goldie, a Golden Retriever mix, approximately 8 years old. She has a calm and stable personality, but needs a little grooming. Her number is A135719.

If you can't adopt, consider volunteering. Contact your local animal shelter for more information.



***Trinity Healing***

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