



Introduction

Dogs have been called “man’s best friend” for good reason. They bring us joy, comfort us when we are sad, and offer loyal companionship. They willingly bestow upon us the highest of gifts—unconditional love—and ask for nothing in return. As their guardians, we strive to give our dogs the best care possible. We feed quality foods, see to their health and comfort, provide plenty of playtime, exercise, and training, and perhaps most importantly, lavish them with well-deserved love and affection.

Unfortunately, despite our best efforts, dogs sometimes become ill or develop behavioral problems. Veterinarians and behavior specialists are, of course, the first line of defense. Still, we can feel terribly helpless when our dogs are ailing, especially in cases where a physical condition has become chronic or painful, or has been declared hopeless. There are times in every dog owner’s life when we wish there were something more we could do to assist our dogs mentally, emotionally, or physically.

Perhaps you would like to help dogs other than your own. Maybe you volunteer at a humane society or rescue center, and are all too aware of how a dog’s health and behavior can affect his chances of being adopted. Or perhaps you are a veterinarian or vet tech who would like to help accelerate the healing process of the animals in your care; a groomer who would like to be able to calm dogs for easier handling; or a trainer who is looking for something beyond the usual training and behavior modification methods to help fearful or aggressive dogs. Whether you are a dog owner, a pet professional, or simply a dog lover, there is something you can do: it’s called energy healing.

Whether or not you have done any type of energy work before, this book will teach you the basics. You will learn to sense energy, to feel imbalances in a dog's energy field, and to offer healing both hands-on and at a distance. If you are skeptical about whether you will be able to do these things, or about energy healing in general, that's okay; just keep an open mind. You won't be sticking pins in cloth Chihuahuas, or waving wands over Weimaraners. Instead, you will find scientific studies, clear explanations, and step-by-step instructions. You will experience the flow of energy for yourself. Best of all, as you practice, you will see first-hand the extraordinary effects this type of healing can have on dogs.

As a Certified Pet Dog Trainer and behavior specialist, my interactions with clients' dogs involve teaching obedience skills and addressing behavior issues. I have dealt with everything from potty-training puppies to convincing aggressive dogs that they don't really want to put holes in people after all. Having been a trainer for over twenty years and a natural healer for as long as I can remember, I understand that an outward display of behavior is often a symptom of underlying physical, mental, or emotional issues.

When a dog experiences energetic blockages or imbalances he may become stressed, anxious, depressed, irritable, or even fearful or aggressive. Again, although energy healing is not a substitute for training or medical care, it can serve as an excellent adjunct. When a being achieves a state of homeostasis—balance—the result is better health, a sense of well-being, and better behavior. That applies to both dogs and people. When we are balanced energetically we feel healthy, happy, and content, and are therefore likely to interact in positive ways with those around us. Alternately, when we are feeling ill or off-balance, we are “not ourselves” and will act accordingly.

Energy healing is most often used to address physical issues, but it affects both dogs and people on mental, emotional, and spiritual levels as well. Even if your dog does not have an obvious ailment in any of those areas, doing regular energy healing sessions will help to keep him in balance, and is a loving way to strengthen the bond between you. Taking the time to learn and practice this healing art is a priceless gift to you both.