



JOAN  
RANQUET

*A Hands-On Guide  
for Enhancing the  
Health, Longevity  
& Happiness of  
Your Pets*

# Energy Healing for Animals

Sounds True  
Boulder, CO 80306

© 2015 Joan Ranquet

Sounds True is a trademark of Sounds True, Inc.

All rights reserved. No part of this book may be used or reproduced in any manner without written permission from the author(s) and publisher.

Published 2015

Cover design by TK  
Book design by TK  
Illustrations © 2015 TK

Printed in the United States of America

CIP DATA TK

Ebook ISBN TK

10 9 8 7 6 5 4 3 2 1

This book is dedicated to all the animals that have dared to incarnate in time to live with me! It's also dedicated to all the animals I have been lucky enough to communicate with and facilitate healing for. And it is dedicated to all the people who trusted me enough to pick up the phone or to go to my website and give this work a chance.

## Contents

### Introduction

An Animal Communicator's Life

Why I Wrote This Book

What Energy Healing Can Do

A Quick Tour through the Book

### Part I

#### 1 Energy Healing for Animals—Ground Work in Energetics

Energy Is

Animals Sense Energy

Understanding Vibration and Frequency

Energy Transforms

And Now a Word about Energy Healing and Frequencies

Spiritual Energy Healing

Transformative Energies

Before We Get to Your Dog, Cat, Horse, or Hamster . . . A Little Physics

Morphic Resonance and Your Multispecies Household

*You* Set the Morphic Thermostat

The Invisible Intelligence of Energy

Invisible Energy Systems of the Physical Body

How Does Energy Healing Work?

And Now for a Little History

Rule Number One: Start with Yourself

- 2 Energetic Life in the Animal World
  - Watching Energy in Nature
  - Survival through the Senses
  - Animal Superpowers
  - The Energy Signature
  - Animals Make Contracts
  - One Mind, Swarm Behavior
  - Observing Energy in Domestic Animals
- 3 Animal E-motion: Energy in Motion
  - What Emotions Do You Share with Your Animals?
- 4 Animals and the Unseen Force of Energy: A Few True Stories
  - Morphic Resonance at a Distance
  - Emotional Leadership
  - The Energy of the Professional Animal
  - Bypassing Logic, Leaping into Faith: True Stories of Animal Healing
- 5 Energetic Systems in You and Your Animals—An Overview
  - Much Ado About Chakras
  - The First Chakra: Survival
  - The Second Chakra: Power
  - The Third Chakra: Self-Esteem and Self-Worth
  - The Fourth Chakra: The Heart and Unconditional Love
  - The Fifth Chakra: Creative Expression
  - The Sixth Chakra: Intuition

The Seventh Chakra: Connection to God/Spirit/Source/Universe

What Chakras Teach Us about Our Animals

The Energetic Systems of Traditional Chinese Medicine (TCM)

Elements and Their Constitutions

The Eight Principles of Energy Flow

A TCM Approach to Foods

The Meridians

## Part II

### 6 Energy Healing through Bodywork

Animal Chiropractic

Bowen Technique

Water Therapy

Acupuncture

Animal Massage

Myofascial Release

### 7 More Hands-On Energy-Healing Techniques

Acupressure

Cranial Sacral Therapy

Healing Touch for Animals

TTouch

### 8 Shifting Energy with Nutrition and Homeopathy

Nutrition

Homeopathy

9 Vibrational Medicine: Energy Technologies

Essential Oils

Flower Essences

Herbs

Crystals and Gemstones

Sound

Healing Machines

Exercise

NAET

Magnets

10 A Few More Important Energy-Healing Techniques

The Scalar Wave

Reiki

Theta Healing

EFT: Emotional Freedom Technique

Reconnective Therapy

Other Techniques to Explore

11 Using Your Human Superpowers: Creative Tools That You Can Use

Beliefs, Thoughts, Emotions, and Words

Creative Tools

Top Ten

Hierarchy

Change the Animal's Name

Affirmations

Calendars

Rituals

Altars

Visualization

Pictures

Vision Boards

Guided Imagery

Goals and Intentions

The Law of Expectation

Structured Play

Toy Parade

Awards

Journaling

Channeling

Jobs

Archetypes

Feelings

## 12 Energy-Healing Tools for the Emotional Leader

Animal Communication

Training

EMDR

Bilateral Tapping



Hypnotherapy

Neuro-Linguistic Programming (NLP)

Emotional Freedom Technique (EFT)

Feng Shui

The Alexander Technique

Tai Chi

Chi Gong

Yoga

Meditation

Prayer

Spiritual Mind Treatment

13 Prep Work—Setting Yourself Up for Success

Getting Oriented: Where Am I?

Sacred Space

Journaling

Animal Baseline

Grounding

Intention

Visualizing

Tools for Your Toolbox

The Pendulum

Muscle Testing

Protection

What to Look for When You Get Started: Signs of Relaxation

Checklist for Your First Session

When It's Time to Cross Over

14 The Energy Healing for Animals Toolbox

Managing vs. Fixing

Common Situations Where Energy Healing Can Work Wonders

Welcoming a New Animal

Moving

Re-Homing

Stress and Transitions

Behavioral Issues

Illness

Injury

Aging

Saying Good-Bye

Lost Animals

In Closing: Tail's End

In Gratitude

Resources

Notes

## **Introduction**

As a young child, I had something like an obsessive-compulsive disorder. Whenever an animal got close to me, I just had to look into its eyes. It was as if I were registering every creature's existence in a giant record book somewhere. This was especially true for the meekest of beings. As I looked into their eyes, I fell into a sea of compassion. You could say that I've never climbed out of the water.

Three things hold true for me with animals: I can't not look at them, I can't avoid truly seeing them, and I can't avoid acknowledging them.

This is who I am. They are a part of me. Connecting with animals is my gift, and early on it became clear that I would spend my life helping animals. The question was, How could I do that and get the best results?

I was introduced to the concept of energy healing in 1986, when my little sister was diagnosed with brain cancer. At that time, I was twenty-four and she was twenty-one. I just *knew* that the core energy work I had been learning could help her in her illness, but other people didn't share my belief system. In fact, I was met with a wall of doubt and disbelief. My sister followed traditional medical modalities until the end of her life.

Just seven years later, I employed the few techniques I knew at the time to try to save my beloved soul-mate horse, Pet One, from the colic she experienced upon giving birth to Pony Boy. I lost her, and eventually I lost Pony Boy as well. I made many mistakes with nutrition and training between the two of them.

Taken together, those three losses were an epic PhD in loss, health, illness, behavior, stewardship, and nutrition. It was also the late 1980s and early 1990s, and during that time many of my friends died of AIDS. All of those losses were difficult, but they ultimately led me to

become a kind of midwife of energy—whether the energy was coming into or going out of this world. I made the discovery that whether a being is animal or human, love and intention can shift energy.

So my introduction to the world of energy healing was pretty harsh and often disheartening. In fact, I could have lost all faith. But while I had no evidence to confirm it, I believed in energy healing with as much faith as I had in a Source energy. And now, many, many healing sessions later, I believe that energy healing and God/Source/Unconditional Love are interchangeable. Energy healing can be a technique, a modality, a technology, a perceptual shift, a prescription, a bizarre hope, a seemingly endless cry, an idea, or even a moment of joy. It can also be done right on the very thread between life and death, and land you squarely back on the side of life.

Once I became an animal communicator, I set about to learn a million techniques and modalities, and my energy-healing toolbox has become wide and deep. But the biggest thing I've discovered from nearly twenty years of animal communication, energy healing for animals with health challenges, and shifting animal behavior is that when I'm working I become a standing wave of energy, a balanced blend of vibrating frequencies. This enables me to be in a state of absolute calm and emotional leadership. As a standing wave of energy, I can hold a vision for the outcome that trumps any technique, technology, or modality anytime.

Now I grant you, that idea is not an easy sell, and it's hard for people to grasp. But I've seen it work again and again.

Energy healing for animals happens as a result of three things: love, intention, and managing your own energy. I have discovered that healing is an ongoing journey, one that includes the journey of healing the wounds of the soul. It is about leaving no stone unturned in

the attempt to heal, to cure, to preserve life and vibrant health, and to understand the emotions that set certain unhelpful patterns in motion within a being's system.

At the end of life, when staying alive is not to be, healing is about the journey to the other side, which for the one who is leaving includes closure, peace, and acceptance. For the being who remains on planet Earth and has been the steward for the departed, the journey could mean anger, release, grief, and many other stages of experience.

### **An Animal Communicator's Life**

In my first book, *Communication with All Life: Revelations of an Animal Communicator* (Hay House, 2007), I went into great detail about the loss of both Pet One and Pony Boy and how those deaths plunged me into the world of energy healing and animal communication. I never thought that world would open up before me in so many amazing ways, but open up it did!

A lot of people are curious about what my life as an animal communicator is like. For me, no two days are the same, and no two weeks are the same. My life seems to flow in cycles, but here's how it often goes.

Wake up. Meditate. Feed ten animals. You think I'm kidding? Nope: four cats, three dogs, and three horses. Work out—either hike with the dogs or jump rope, which always involves dancing with dogs and cats. Wild fun. I try to get a horseback ride in, and then I keep going for about ten hours straight.

I've been working on this book, of course, and in any given month I'll write articles, blog posts, and newsletters. So there is a lot of sitting, writing, and dogs wandering up and wondering when we're going to ditch all that stuff and go outside to play.

When I'm home, I'll probably spend a couple of days talking to animals on the phone (via telepathy) and a couple of days at other people's homes or barns, talking to one or several animals there. Both the phone and the in-person sessions can include energy healing.

I might do some teaching for a program I started called Communication with All Life University. I teach animal communication, energy healing for animals, and more, through teleseminars, webinars, and local classes. Then there's the quarterly three-day intensive animal communication workshop I do at my farm, in addition to other intensives.

I take my show on the road too, doing weekend workshops and speaking engagements, and for four years I've led dolphin trips and other wild animal trips around the world, combining animal communication and eco-travel.

All in all, it's a very full life, packed with animals, people, and . . . energy every which way!

### **Why I Wrote This Book**

Let's imagine for a moment that you live in a beautiful apartment in a very hip part of an exciting city. You have a great job that you feel grateful for and a wonderful Jack Russell that you *live* to come home to.

And then the complaints from the neighbors start to roll in. Guess what? While you are at work, your beloved dog is barking all day long and driving people nuts. Now here come the inevitable threats about bringing this up in front of the condo board. All that racket is against the building's covenants, and you may get kicked out of your apartment unless you get rid of your baby.

At first, you may feel defensive about your dog and get mad at your neighbors. Then you might wonder if this really isn't a great life for a working dog (they are bred to be *ratters*, for crying out loud). But what if you picked up this book and read through the modalities and boned up (!) on ideas about other things you could do? Rather than deciding to try to find your animal friend a new home, you might commit even more deeply to the dog you love and create a far happier life for both of you. That's why I wrote this book: I want you to know about every available option to keep your animal in your life.

I also wrote this book for someone who, say, has a beloved cat in kidney failure and lives in a rural area where the nearest holistic vet is a three-hour drive away. Whether healing is simply about making her as comfortable as possible or there is still a spark left for you both to fight the good fight, I want you to have every available option too.

And I wrote this book for the person whose animals are healthy and happy—and could be healthier and happier! Even animals that are doing well can use a boost now and then, a little more support and a little more contact. And many of the healing modalities in this book are a lot of fun too. Why not look for opportunities for you and your animal companion to have more fun together?

## **What Energy Healing Can Do for Your Animals**

I have seen energy healing work wonders in almost any situation you can think of. Energy healing can help or even reverse the symptoms of allergies, diabetes, cancer, aging, nerve challenges, insulin resistance, infections, and much, much more. I can't stress enough how valuable it is in achieving true healing. Energy healing can support the nervous, cardiovascular, immune, endocrine, and digestive systems, and of course the chakra and meridian systems. It's

also wonderful for challenges including hip dysplasia, arthritis, and overcoming major injuries. Energy healing is excellent for enhancing post-surgical healing and especially when your animal is fighting for his or her life.

While energy healing addresses the physical demands of illnesses, injuries, or conditions, it also helps release any emotional baggage that comes with them. If the challenge is simply emotional, energy healing will help fast. After all, animals can't go to talk therapy to process their emotions. Okay, they *can* do talk therapy with a good animal communicator—but you still have to move that emotion up and out! Energy healing can do that and so much more.

Psychological barriers, such as being afraid to do something again after an injury—a horse that was injured during a jump or a dog that was in the car when you had an accident—can be addressed through energy healing. Grief can be supported through energy healing too.

While animals aren't spiritual in the same ways we are, they do sometimes “lose faith” in humans and act out in ways I consider to be symptomatic of a spiritual breakdown. It's as though they no longer trust in people, and then they don't even trust themselves. Energy healing can definitely assist in rebuilding lasting trust and love.

## **A Quick Tour through the Book**

I've divided this book into two main sections: fundamentals and energy-healing modalities. In Part I you'll learn the basics. Chapter 1 covers what energy is, how it works, and how the energy of each member of your multispecies household creates a combined morphic resonance. You'll also take a brief look at the invisible energy systems of the physical body. Chapter 2 offers some



examples of animals' natural energetic state in the wild and how this shows up in domesticated animals as well.

Chapter 3 is all about emotion—energy in motion—your animal friends' and your own. In Chapter 4 I offer a few stories to illustrate animals' energetic lives, as well as a few stories from my practice of amazing healing.

Chapter 5 rounds out Part I and gives you an important foundation in the energetic systems you'll be working with when you do energy-healing work with your animals. We'll talk about chakras and some of the systems of Traditional Chinese Medicine.

Part II is all about the abundance of options you have to work energetically with your animals. While people sometimes think of energy healing as solely a very subtle process that works on a vibrational level, you will find that you can shift energy in almost unlimited ways, including what you feed your animals, how you touch them, and even how you talk about them. Chapter 6 explores bodywork techniques. Chapter 7 expands on this with more hands-on work. And in Chapter 8 you'll learn some principles of nutrition and the basics of homeopathy.

Chapter 9 offers an array of vibrational medicine techniques, from essential oils to crystals to magnets. Chapter 10 adds to the list with one of my go-to treatments, the Scalar Wave, and several other techniques to explore.

In Chapters 11 and 12, the emphasis is on you. You'll learn to shift your own thinking in ways that will affect your animals, you'll put systems in place that promote healing, and you'll learn energy-healing tools for yourself—the emotional leader of your pack.

Then it's time to get started with energy healing! Chapter 13 covers the prep work you need to do to set yourself up for a successful healing session. And finally, Chapter 14 offers a giant “toolbox,” containing a series of comprehensive “tool kits” for all of the most common

issues I see in my practice. For each health issue you might face with your animal companion, you'll find a variety of healing methods that run the gamut from what to communicate to your animal to nutritional support to appropriate herbs and flower essences to use. This is practical advice I've seen work time and time again, and I want you to have it!

Now I'll close with a couple of things to note: First, you'll notice that the animals I concentrate on most in the book are dogs, cats, and horses. That's because these are the animals I've had the most experience with—and that I have at home! Also, when you use the suggestions I offer in this book, please make sure you also have a great trainer and holistic veterinarian on hand for support.

There is no end to the ways you can contribute to the health, happiness, and well-being of your animal companions by using energy healing. Are you ready to turn the page and begin? I can't wait for you to get started!

## **Part I**

I have packed this book with tons of information on a huge range of modalities and techniques that you can use to help your animals live healthy, happy lives. You'll find all of these in Part II of this book. Before we get there, though, you'll need to have some grounding in energy work. So here in Part I we'll look at the nature of energy itself, the energetic lives of animals, and the energetic systems you'll be working with when you do your healing sessions—everything you need to know to get you primed and ready to learn about specific energy-healing techniques.

## **Energy Healing for Animals—Ground Work in Energetics**

*Until one has loved an animal, a part of one's soul remains unawakened.*

Anatole France

### **Energy Is**

It's time to begin your adventure in energy healing for animals. Let's start with first things first: energy *is*. It doesn't begin, and it doesn't end. You can learn how to transform it and how to use it. It can gain velocity and momentum or drain and fizzle out. But it never goes away.

*And everything is made of energy, including us and the animals we love.*

If everything is energy, then we are all connected by and to that force. Our own energy system either adds to or depletes another's, and likewise, theirs affects ours. We are using, giving, emitting, submitting to, and creating even more energy *all the time*.

What does this energy connection mean for the animals in our lives? Actually, it means *everything*. Let's start with the animals in our homes because they are as susceptible as we are to changes in the surrounding energy systems. They are part of the universal exchange of energy, which means they contribute to our energy (and vice versa) by giving, taking, and transforming the energy around them and us.

Take the case of my client Jack and his beloved eight-year-old tabby cat, Murphy. Jack was always the emotional leader of his house and a strong, rock-solid type of guy. The other day he called me, and his voice just didn't sound the same. He decided to share some devastating personal information.

“Joan, my wife, moved out three weeks ago. It was a sudden thing, and I’m so depressed. But that’s not really why I’m calling you. I’m calling because Murphy isn’t eating. What’s wrong with him? I just can’t take another problem in my life right now.”

This was a pretty easy one for me to figure out. When Jack’s wife left, there was a major energy shift in the house, and it was affecting both man and cat. Murphy had obviously felt the shift, the sadness all around him, and now it was profoundly affecting his feline system, to the point where his appetite had dulled. (Stick with me here, and later in the book I’ll explain how to shift the energy back to a good place for your pet, especially during times of trauma or upheaval, like a death, a divorce, or a grown child leaving for school.)

### **Animals Sense Energy**

Human critical thinking has lessened our need to survive solely through instinct, and that’s a huge advantage. But it has also eroded our ability to perceive subtle shifts in the energetic fields around us—we’ve gotten more used to thinking than sensing. An animal’s survival, on the other hand, is based almost entirely on perceiving energetic shifts. Even the animals in our homes, pets though they may be, retain the primal fight-or-flight instinct. You might meet their every need, yet their instinct remains, even though it has been watered down to some degree through taming and breeding. By the way, that instinct comes on even stronger when you leave your animals to their own devices.

Animals in the wild—whether in a flock, a herd, a pride, or a pack—have a leader at the forefront of the group. The leader can be benevolent, and it doesn’t have to be a titan of great strength. Sometimes it’s simply the cleverest individual in the group. No matter who it is, though, all eyes and ears are on this leader. All sensibilities are feeling what the leader is feeling and thinking. And everyone has a “tentacle” into the entire group to get a sense of what happens next.

Since our animals are part of *our* group now, it's not surprising that they are easily affected by our thoughts and emotions and any energetic changes or trends in our homes. This includes the energy we bring back from work or of what might be happening in our personal relationships. It's true: you're not the *only* one who is anxious because that potential suitor didn't call. Your dog is also experiencing a level of anxiety because he's in tune with your shifting energy. He senses that something is not right with you and with the energy inside the home/world you share.

### **Understanding Vibration and Frequency**

The easiest way to understand the energetic landscape you and your animals share is to remember that energy can be described as a *frequency*, a *vibration*, an *electromagnetic energy*, and even a *current* (like the flow of electricity). In this book I'll use all of these terms to describe energy.

Just as everything is energy, everything has a frequency, and all frequencies are broadcast into the world as wavelengths. A frequency can attract or repel, and the wavelength itself can also contain information.

Everything has a vibration—in fact, we live in a fully vibratory world. A vibration has this oscillation pattern of frequency or rhythm to it. Whether you consciously register it or not, you can feel the vibration of beauty and joy radiating from a field of tulips. Each individual tulip—its color, its stem, and the soil it's planted in—carries a different frequency, and when they're added together, they vibrate into beauty. A space, a stone, a piece of dirt, and a chair all have vibrations. Man-made objects maintain a more sedentary vibration than live, dimensional forms of life, yet as you have probably felt yourself, a room can have “a vibe.”

Here's a case in point: it's easy to feel a good vibe when you walk into a close friend's house and to feel a not-so-good one when you walk into that new grooming facility you thought you'd try—

and walk right out with your dog. Was anything wrong in that facility? Yes and no. There might not have been anything obviously wrong that you could see, but if you felt a bad vibe, your flight instinct kicked in. (I bet your furry friend was way ahead of you in the let's-get-the-hell-out-of-here department!)

It follows that the walls of a room where a trauma was experienced will “hold” that trauma in their cells and membranes until someone purposefully, intentionally, and energetically changes the vibration. A church will hold the vibration of the prior service, even when it is empty. Even a decomposing body is vibrating. You can't stop the natural flow of the universe.

The fascinating part of this is that all living things have the ability to change their own vibration. A dog, for example, can change its vibration just by trotting over to the dinner bowl. Dogs will pick up their favorite toy and, as they walk around with it, gain the energy of security or a sense of pride. The dog oozes happier energy when it's carrying that toy. I know a large German shepherd who might look fierce to some people, but not to his family when they're at home and he's carrying around his stuffed cow toy. A cat may have a magical spot where it likes to sleep, transmuting the energy all around that spot. And horses perform better in spaces where the vibe is good.

As electromagnetic beings, we all have a field of energy around us called the aura. There are many complex explanations for this that I'll skip for now so that we can stay on track. For this moment, imagine that each animal, each blade of grass, each animate and even inanimate object has a luminous body that surrounds and interpenetrates it and emits its own characteristic radiation. That's what I mean by an aura.

## **Energy Transforms**

It's well known that the various forms of energy in the world around us—including chemical, electrical, heat, light, mechanical, nuclear, wind, solar, steam, hydropower—can convert to different kinds of energy and power our world.

The energy systems in a physical body are similar. These include chemical, electrical, heat, and mechanical energies. Any living organism can be a microcosm of either *potential* or *kinetic* energy—and can be a source of power itself.

Energy in motion is *kinetic energy*. Energy in a stored state is *potential energy*. Potential energy from several sources can combine to create kinetic energy. Think of a common battery. Even after the juice is drained, the battery is still there in mass. At this point, it is potential energy. Once it is recharged by another source, it still has only potential, unrealized energy. Then put that battery into a flashlight casing, another piece of matter that holds only the promise of energy. Now someone needs light, has an intention of getting light, flicks the switch that harnesses the potential and *voila!*—the flashlight is transformed into the energy of heat and light! Intention alone is the kinetic energy that actuates the light. *Intention and other energies are powerful together. It's as if intention becomes a power source of its own.* This is fundamental to understanding how to approach energy healing with your animals.

## **And Now a Word about Energy Healing and Frequencies**

Many of my readers and most of my clients want to know about energy healing as it pertains to their animals. There is plenty of information about energy healing in this book, but for now let's go with just the basics. Energy healing, energy medicine, and vibrational medicine all share something in common:



a *frequency* is involved, and that frequency is *the broadcasting of a wavelength, fine-tuned by intention*. Even if the wavelength is invisible, its effects are not.

Here's an example. A client's beloved thirteen-year-old Labrador retriever seemed down for the count after a seizure. The vet offered up medical options, but my client wanted to know about energy healing for the dog. Right there in the dog hospital, we carefully worked through touch, gently bringing the dog back into her own body by helping her feel her own energy. Suddenly, a listless dog, who hadn't been eating, gulped down a burger and stood up. Now that's a visible result! The lab lived three more healthy years.

Energy medicine ranges from thought forms to prayer to touching with intention to good, clean foods that support vibrant energy. Energy healing can be about finding balance in your life and managing time among all the things that are important to you. It can be breath work to lift yourself out of old patterns that don't serve you. It can also be a complex series of thoughts and rituals that a practitioner employs on behalf of you and/or your animal. An aspect of energy work that continues to amaze me is that it can be done while a patient is present through hands-on contact, or when they're sitting across the room, or in a different location altogether (remote healing). I've worked with many clients who live halfway around the world. I never have the joy of meeting the animal we've healed together, but I can tell you from long experience that distance is not a barrier to healing.

Energy healing unites body, mind, emotions, and spirit. It involves fine-tuning the universal life force, the energy within each individual. Traditional Chinese Medicine refers to the universal life force energy as *chi*. Yoga tradition calls it *prana*. *Kundalini* is another name for this energy, which yoga tradition says is rooted and coiled at the base of the spine and is a powerful reserve of energy for one's true desire.

## **Spiritual Energy Healing**

Spiritual healing is also a form of energy healing. In this form, it requires or elicits faith or belief.

Spiritual prayers, mantras, and chants are petitions for help that invoke solace, strength, and repair—a combination of energy work plus intention. A prayer, mantra, or chant that has been invoked by many people through time taps into ancient technology, maintaining its vibration and carrying an energy of its own. And all of the people who repeat those words become connected and contribute to the energy and power of the words. You can use spiritual healing techniques with animals as well.

When it comes to healing, it doesn't matter what religion you believe in or what your spiritual orientation is. No matter where you are in the spectrum of faith and spirit, I believe healing is a collective art that takes place among the seeker/patient/client, the healer, and the Divine. There is a Divine being, ideal, or agent in every discipline that works on behalf of spiritual energy. It is bigger than us individually, yet is part of us, with us, and of us. Spiritual energy, in fact, is the connector between physical matter and the electromagnetic field.

Spiritual healing calls forth Spirit, Source, Great Spirit, or the Holy Spirit to activate healing on behalf of a patient, seeker, or client. Archangels, angels, fairies, spirit guides, saints, Mohammed, the Virgin Mary, Jesus, God, and Allah can all be called upon for help in prayer or ritual. Christ Consciousness, Divinity Codes, One Mind, the Matrix, Reiki healing symbols, and Sacred Geometry also tap into ancient wisdom and technologies. In spiritual healing you can use the energy of a talisman, a crystal, a lucky rock, a statue, or a memorial, as they hold the vibration of the meaning that is attached to them. This gives them transformative and even magical qualities that I've witnessed time and time again.

## **Transformative Energies**

There are myriad transformative energies we can access and work with, including breath, emotion, prayer, ritual, intention, inspiration, blessings, our own thoughts, and other people's thoughts about us. Being energy itself, a thought can form a *mass* of energy, and if we were to measure a thought by weight, we could describe it as either heavy or light.

The Eiffel Tower, ships sailing across the sea, cars, computers, and your home all share one thing: they began as someone's thought. Then, through intention, thought became form. Not only thoughts but also colors, aromas, essential oils, and flower essences all carry frequencies that can improve our physical health and our emotional well-being. They can be lifesavers during our bleakest times and a way to amp up our joy in the good times.

## **Before We Get to Your Dog, Cat, Horse, or Hamster . . . A Little Physics**

Now I want to take a minute to talk to you about physics. If you took physics in high school, you might groan at the thought, but stick with me for a minute. I'll boil down what I have to say about physics into a few easy-to-understand paragraphs. It helps to know this stuff when you're doing energy work with animals.

Physics is the natural science of observing energy and matter in space and time. Unlike sciences that organize knowledge that is clearly observable and measurable, physics embraces the concept of electromagnetic fields, forces that may be seen or unseen, philosophy, and natural science. Physics can even be a bridge into spirituality. The following are some fundamental concepts in physics.

A *particle* is a small object that has volume and mass. A *wave* is the transference of energy from one place to another with very little effort, meaning the particles involved in the transference may have hardly moved. A wave can also be perceived as a disturbance. Two equal waves meeting together

create what's called a standing wave. A standing wave is always stronger than a chaotic wave pattern—any illness or naughty behavior in your animal companion is a chaos pattern.

To explain further, when we look at any animal illness or misbehavior, we are looking at a pattern of energy, and since illness and misbehavior are challenging, we could consider that pattern of energy chaos, or an incoherent field. We can influence this pattern with intention. This is because an intention is a wave of energy that will always be stronger than a chaotic pattern or an incoherent field. In fact, a wave of intention is capable of collapsing a chaos pattern.

### **Morphic Resonance and Your Multispecies Household**

I must mention English-born biochemist Rupert Sheldrake, who wrote a book called *Dogs That Know When Their Owners Are Coming Home*. You may know him as the first scientist to “prove” that animals and humans share a telepathic bond. He also introduced the theory of the morphic field, a kind of organized database of information in the form of an electromagnetic field that contains the activity of living beings, acts, and even thoughts. Sheldrake expanded his theory to explore “morphic resonance,” a collective pattern of “behavior” based on the pattern of a specific group’s field. Each species has its own morphic resonance. In a multispecies household, all of these combined fields of energy create a unique new field. Our households are giant vessels of morphic resonance!

In fact, when we speak of animals as mirrors of ourselves, it’s morphic resonance we’re describing. The morphic field we create with our animals has a pattern of its own that influences everything within it. It also has a memory, and its influence extends beyond time and space. It has a *like-attracts-like* pattern, which is to say that we draw energies to our morphic field that are similar to our own energies. And anything that doesn’t jibe with our field feels “uncomfortable.”

The morphic resonance of a household that has, say, a dog, a cat, and a human will draw into it other animals that are of like resonance. That's why some animals just slip right into a new household as if their familiarity has drawn them into the perfect situation. This was the case for my client Ben, who had a beloved standard poodle and found a stray pug on the street. The pug marched right up Ben's front steps, found a spot on the cold tile landing, and made himself at home. And the poodle accepted his new pal with ease. Soon Ben was wondering, *How did we ever live without that little pug?*

On the other hand, if a new animal in the household isn't a like-attracts-like energy match, there can be a lot of friction. There would need to be energy transformation on all levels in order for the new and "unlike" being to feel at home. Say your cat won't stop hissing at your new puppy. All is not lost. The friction doesn't have to be permanent—and I'll explain later in the book how to merge such energies.

### **Set the Morphic Thermostat**

Now you know some things about morphic fields and morphic resonance, and you know that the energetic beings in your home vibrate together to create a unique morphic field of resonance. The combination of your energies becomes a collective energy field with its own intelligence. One of the most important ideas to grasp as you learn to work energetically with your animals is this: you (as the human) are the *emotional leader* of your relationships and household. You set the energetic, or morphic, thermostat.

What you do with your own energy can have a huge influence on the overall field. Do you want to set your thermostat to anger and fear, or give that dial a good turn and set it on harmony? I know what you might be thinking: *Joan, I try for harmony. I swear I do. But I have lousy days too, times when I want to cry or scream. Am I supposed to suppress my emotions to make my dog happier?*

The answer is absolutely not. But what you can do is walk it off or talk it out before you hang out with your animals. Process your pain in the privacy of your bedroom while they're in the living room. Yes—close the door and leave them on the other side of it. If you board your horse at a facility and you're going for a ride after work, vow to always leave your stuff at the entrance to the parking lot. Shake it off and *then* go see your horse, and you'll be able to set the thermostat for harmony.

My dog Olivia and my cat Alexandria went through a lot with me when I had some real emotional upheaval going on. My mother died. Then I got divorced. Like me, Olivia was very attached to my stepkids, and it was hard for her when all of a sudden they were gone. It was a rough period. We all grieved, and there was a point when our collective grief could have taken us all into depression. But then we moved to Seattle and started a farm, and everyone began to feel better.

Then we had another setback when Alexandria disappeared. After a while Olivia and I added another dog to the family, and then two years after the cat disappeared, I ended up adopting a cat that was pregnant. Suddenly we had a very full house. Olivia, half Border collie and a 100-percent Scorpio, had her paws full—with kittens.

Then my father died. As you can imagine as I unfold this story, it was a tragic time for me. Within five years, I had lost both my parents, gotten divorced, and lost my beloved cat, and my stepchildren had moved across the country. I was bereft, and the magnitude of it all was crushing at the time. To make matters even worse, I snapped a ligament in my neck, my shoulder dropped, and all I could do was lie on the couch and work on healing—and I'm usually the go-go-go type. But that couch (which, okay, is actually a dog bed) became a luxury for me. For the first time, I could actually indulge my fantasy of lying around reading magazines!

While I was pretty much immobile, I was able to observe that the whole sequence of events was a pattern and that I had the opportunity to truly, deeply process the huge amount of grief I felt. But Olivia was grieving too.

“This grief is mine,” I told Olivia repeatedly. “You get to be the dog. I need you to be the dog now.” Using visualization techniques similar to some you’ll read about later, I frequently placed a little white bubble around Olivia and then a separate bubble around me as a way of separating our fields. We were soul mates and partners in the household yet also autonomous individual beings, who were capable of having separate emotions and different experiences. I did not need her to take on my stuff!

I relate this story to show that I understand life can be a rocky emotional road that sometimes feels overwhelming. Yet even in my grief, I knew I had to take on the role of emotional leader in my animal family, that it was up to me to guide the morphic resonance in my household and help us all create more harmony. And, yes, I say “*help* us create” because Olivia is second in command!

### **The Invisible Intelligence of Energy**

Now, you may be saying, “Okay, Joan, what does any of this have to do with my dog, who is doing Thing X, Y, or Z that has me worried/frustrated/crazy?” It has *a lot* to do with your four-legged friend. Let me explain why.

Let’s say you just had one hell of a day. At work, your boss was off the hinges, and your sister called to pick a fight. Then at the grocery store the car wouldn’t start. It finally came to life and you made it home, but you walked through that front door grinding your teeth because suddenly everything in the world has become majorly annoying, including those cute Girl Scouts at the store who chirped and giggled while pushing their famous carbs at you.

Now guess what? All those thoughts and feelings you brought through the door with you carry energy. The minute you and your animals share a space, you all have a shared experience—like it or not. Remember the Peanuts character Pig Pen, and the messy puffs of dirt and dust that swirled around him wherever he went? That is what your aura looks like now—and there may even be some shards of glass in there! Your arrival in the house is jarring, at best, to the morphic resonance of the household. Now all of a sudden, your dogs, cats, and even guppies are feeling the aftermath of your challenging state of affairs. They don't exactly know that you brought the mail in with you and discovered the electric bill doubled this month; they just feel your anger and anxiety. In other words, they feel your energy.

Clearly, what happens in your home life is not the only thing that impacts your household. You can bring home the slightest event from the outside world “in your pocket.” You can bring home someone smiling at you on the street or the bad news in your mailbox. All of these events carry energy. Your mother calls long distance to rehash that argument from last Thanksgiving? You might think you don't care as you listen to her while doing ten thousand other things. But that conversation is still affecting your energy, and the energy you contribute to the house.

The field of energy that surrounds all things, including you when you're in a happy mood and you when you're in a funk, carries *invisible intelligence* that penetrates our auric fields and our lives, including members of our animal families.

And it's not just moods that carry invisible intelligence. A variety of toxins also carry it. This includes environmental toxins around the home, such as poisons in cleaning solutions, nasty ingredients in beauty products, and of course by-products and carcinogens in food. These are very strong energetic forces to reckon with that invade your space.



Thoughts and feelings can also carry toxic energy in the form of lingering memories and unforgiving moments, creating a noxious gas of emotions—something as simple as a thought you can't seem to shake from the narrow channels of your brain. Without labeling specific emotions as negative or positive, you can recognize that some emotions carry a higher frequency than others. If you stay connected to the lower-frequency emotions without finding and learning the lessons in them, eventually they can lower the immunity of your field of energy—and degrade your household's field of energy.

Any threat to our health that occurs in our bodies is introduced into our field of energy first. Any observable disturbance in our physiology has followed a long trail leading up to the disorder. All bodies are built with the intelligence to survive and thrive, yet illness and dis-ease arise from somewhere. While we are born with certain DNA and genetic codes that can set us up for illnesses, the onset of dis-ease is triggered by our energetic environment, both internal and external.

This is true of behavior as well. Unwanted actions on the part of our animal companions can be the result of their exposure to something as simple as a teeny particle of information—a memory, an unconscious thought, or a bad experience—or exposure to something toxic in the environment.

One of the most common things people call me about is that their dog has bitten someone or is even starting to behave aggressively toward people in general. The other day my phone rang, and a frantic client blurted out, “My dog has nipped four people! He didn't break the skin, but I'm worried. I don't want this to happen again!” I confirmed with this client that even though no one had been injured, this was not okay behavior, and we needed to act fast.

I'll discuss this specific behavior problem later in the book, but for now I want to point out that the energy in my client's home was contributing to this challenge. The dog had been known for nipping before she got him, and she hadn't done much in the way of training him. She was assertive with the dog while her husband was more like the dog's “litter mate,” happy to roll on the floor and play, but

always mysteriously somewhere else when the dog needed discipline. Added to this, the husband didn't want the dog confined in a kennel, or even the backyard, because he believed in "freedom." These owners were sending this dog a very mixed-up message. They had set their thermostat to "chaos."

## **Invisible Energy Systems of the Physical Body**

When you do energy healing with your animals, you'll be working with a number of invisible energy systems.

### **Chakras**

First, let me introduce you to the chakras. Chakras are seven wheel-shaped power centers that exist in our auric field while also penetrating our physical bodies at points along the spine, from the base of the spine to the crown of the head. The Hindu tradition not only named these centers but also attached an emotional perception to each. Each chakra also has a physical location and an associated organ, nerve center, and endocrine system gland, as well as its own theme.

### **Meridians**

Meridians are an energetic map of the physical system with specific themes that illustrate or demonstrate for the practitioner or owner the true source of an energetic challenge, as well as ideas on how to heal it. Each of the meridians (with the exception of the Governing and Conception Vessel) is connected to an organ that has an emotional component. The meridians are also associated with and are influenced by yin and yang—complementary states. Yin is viewed as the female principle, passive, and more sedate, while yang is male, active or dominant.

When we think of a flowing river, the river has a life force of its own. It moves forward.

When a big boulder falls into the water, this creates a disturbance in the river's pattern, and the

water has to go around it. This is what an illness or injury is to the system. The meridians allow us to find that disturbance and follow it to its source, as well as giving us the ability to move the energy back into balance.

## **Neural Pathways**

Another invisible energy system at work is the neural pathways we form in our brains. Every time we learn something and apply it, we create a neural pathway, and after doing the same thing a few times, that pathway becomes ingrained. It's why we don't need a manual to tie our shoes! Neural pathways are like well-trodden grassy paths, where the blades are bent over from repeated footfalls; it will take some time with no one on the path for the grass to recover. This is why, as NASA has proven, breaking subconscious patterns takes thirty to sixty days of brain training. The invisible path can be retrained to become a different route, or we can create a new path altogether.

When my father died, Olivia grieved with me, even though it wasn't really a loss for her, because our household had experienced so much loss by then that grief was a known neural pathway for us. It is easy to slip into known, familiar emotions and states of energy. The trick is to be the emotional leader and to easily and effortlessly guide your animals out of that state if it is not theirs to experience.

We're talking about neuroplasticity here. Today we understand that the brain is actually more mutable—more elastic or plastic—than we ever thought it was. We used to think that when the brain knew something, it knew it forever, and that it couldn't change. The brain was thought to remain *physically* the same. It turns out, however, that the brain has the ability to change and morph according to its experiences. Sensory pathways can actually bring about these shifts.

Here's what this means for us and our animals. It's not just because of the morphic resonance of the household that unwanted behavior seems set in stone. It starts with us because we are the "brains"

behind it all. We have an expectation that the dog is going to dig in the yard forever or that the older cat is going to go after the younger cat. We focus on the activity and behavior we *don't* want and thereby set up a pathway for that image to play out before our very eyes. And then we're surprised when it happens again! But when we change the thought—leave that well-worn neural pathway and create a new one by thinking a new thought—this will change the energy and the behavior.

The same could be said for health and healing. If we have experienced loss over and over again, or if we've lost someone after a long illness, it can be hard to even hope for a return to health, let alone a miracle. The set point in our mind is that our animal friend's health will diminish, or even that death is imminent.

## **Nerves**

Nerves are another invisible force we work with. Nerves follow pathways in the body and enable its parts to work. They also have their own memory. In the case of an injured leg, massaging and stroking the injured area along the pathway of the original working nerves can help the nerves “remember” their job and bring back the function of the limb. It is also important to remember this pathway with regard to phantom limbs. People are known to feel pain where a missing limb used to be, so it would stand to reason that an animal would as well. And sometimes animals lose parts of their bodies because of us: think how many breed standards require modifications like shortening the tails or clipping the ears.

## **Cellular Memory**

Then there's cellular memory. Your cells hold the memory of your genetic being, your DNA, and your mental, emotional, physical, and spiritual being. Your cellular memory knows the patterns for illness as well as wellness, and the cells can be informed to change, restructuring the cellular memory.

## **Muscle Memory**

Finally, we have muscle memory. On the positive side, muscle memory is part of how we remember how to ride a bike or play the piano. A practiced musician may recall an entire symphony within her fingers as she listens to another orchestra perform it. Muscles also remember trauma, as do the surrounding tissue, tendons, and ligaments. Muscle memory can evoke fear and create “lameness” long after the pain, discomfort, or agony has passed.

All of these invisible forces come into play when we do energy healing for animals.

## **How Does Energy Healing Work?**

All right, so now you know a lot of things about energy and energy healing that are important to have in your back pocket as you read through the rest of the book. But how exactly does energy healing work?

Energy healing can be described as making very subtle changes in the energy that makes up all things, including your animals. An energy-healing session doesn't always effect an instant “cure.” It might offer a momentary respite, a different perspective, or a shift in some cells. Ultimately, as many individual cells shift together, they can create a change in the biology, pathology, or physiology of the animal.

Energy healing *can and will* affect behavior as well. It can be used to calm down even the most turned-inside-out beings, who have you at your wit's end, or to bring out a joyful personality from within the shell of an animal suffering from post-traumatic stress disorder.

One of the most beautiful things about energy healing for animals is that animals don't believe or disbelieve in any of the energetic technologies. When it works for them, it's because it's right for their being. If it doesn't effect a change, it's not the right fit. It is certainly one of the quickest ways to prove that these technologies can work since an animal's belief system doesn't stand in the way. Animals don't lie about how they feel, there's no such thing as a placebo effect for them, and many of the results of the energy work with them are specific and measurable.

While animals often respond to energy healing by getting better, it's important to understand that "healing" doesn't necessarily mean the animal is going to live. It can mean that they are going to more easily transcend into the next phase of their soul's journey. Thoughtful, intention-filled, directed energy healing can provide space, peace, and solace for the transition of all involved.

### **And Now for a Little History**

You'll be working with your animals here in the twenty-first century, but before you dive in and learn more, I'd like you to know you're part of a tradition that stretches back millennia. It is said that energy medicine began more than six thousand years ago in China when the emperor, in failing health, needed the help of the local doctor. Problem was, the emperor didn't trust any strangers in the room with him, including the doctor, and so the doctor instructed the emperor's servant in what to do. He had the servant place needles in the invisible energy channels of the body called meridians. Then the servant attached very light threads to the needles, and the doctor adjusted them by feel while sitting in another room—with much success. Voila! The first acupuncture treatment!

Much later, but still a long time ago, the technique was used on animals. According to Cheryl Schwartz, DVM, in her book *Four Paws, Five Directions*, people were doing this as long as 3,500 years ago "when, legend has it, an elephant was treated for a stomach disorder similar to bloating."

Anointing the sick with oil is another venerable healing technique. It is a regular practice in many religions and may be the origin of aromatherapy. And then there's simple touch. The Bible refers to the laying on of hands as a way for people to receive Spirit, the Holy Spirit, or the Holy Ghost. The laying on of hands was also how clergy were instantly ordained. You received the touch, and now you walked with God. It was also a way of authorizing lay people as officers of a clerical establishment. For people of faith or those seeking faith, the laying on of hands brings great comfort, and comfort is indeed healing. Of course, the most famous hands-on healer in the Western world was Jesus.

### **Rule Number One: Start with Yourself**

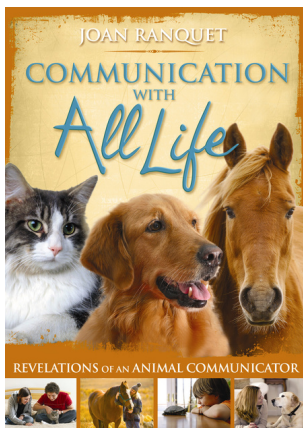
Okay. There's one more thing we need to cover before we close the first chapter, perhaps the most important thing to remember in energy healing for animals. Our ability to heal and help others *starts with our own field*. It is easy to project our own mental, emotional, physical, or spiritual challenges onto others. So, just as you're told to do on an airplane, you need to put that oxygen mask on yourself first and take a good, deep breath before you help others. Working with your own field is job one.

For example, as a practitioner, if I've woken up with a little bit of stiffness in my right ankle, and then every animal I connect with on that particular day has some sort of right hind ankle pain, I'm not doing my job. I've projected my own body onto the animal I'm communicating with, and that's not fair. A simple self-check is a great way to embark upon any energy healing or animal communication session. And I'll teach you how to do that before we're through.

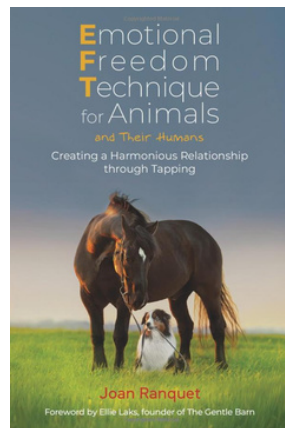
Okay, now you have the basics under your belt, but we're not done looking at energy yet—not by a long shot. In the next chapter, we'll take a look at the energetic lives of some of our friends in the animal kingdom.

Thank you!

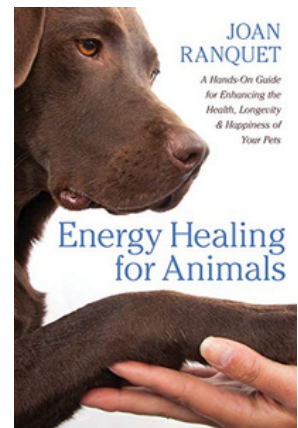
To purchase this book, *Energy Healing for Animals*, Joan's first book, *Communication with all Life*, and to order her NEW book, *EFT For Animals and Their Humans*, click on the corresponding book images:



Communication  
With All Life  
*Hay House, 2007*



Emotional Freedom  
Technique (EFT) for Animals  
and Their Humans  
*Findhorn Press, 2023*



Energy Healing  
for Animals  
*Sounds True, 2015*

Joan would love to continue sharing all things Energy Healing & Animal Communication with you, plus program updates, special sales, and exciting wildlife trip details!

Sign up for her weekly newsletter here:  
[joanranquet.com/newsletter](http://joanranquet.com/newsletter)