

# Energy Healing Tools: Rescue Pets

Crystals:

Rose Quartz:



This crystal is all about heart connection and creating that special human-animal bond. It also helps with grief and alleviating stress

Adventurine:



Associated with the heart chakra, this green variety of quartz aids in releasing fear and anxiety. provides emotional tranquillity, and helps to create a positive attitude towards life

Amethyst:



Helps anxious rescue's calm and connect with divine love. This crystal is another one that also helps with grief

Rhodochrosite:



This emotional balancer helps to heal emotional wounds and traumas. Associated with the heart and root chakras it helps to blend aspects of the lower chakras (courage, will, passion) with the loving expression of the heart

Garnet (Red):



Has a strong affinity with the root and heart chakra promoting love and compassion whilst balancing feelings of anger that for animals can lead to fear and therefore negative reactivity

Dioptase:



This is an excellent crystal to help with a nervous stomach and heart troubles. It provides emotional stability and peace of mind and is associated with the heart chakra

Tourmaline:



Rescue animals require energetic protection which this crystal can provide. It also helps to release fear and negative conditions. It is a strong healer due to its high frequency. The colour of the tourmaline will activate and align with the corresponding chakras – black for the root, watermelon (red/green) for the root and heart, green for the heart, and red/pink for the heart

Hematite:



Increases resistance to stress. Helps to increase energy and vitality and enhances personal optimism, will, and courage. A powerful stone for those who are attracted to it. It offers protection and grounding

Sugilite:



I was guided to this crystal even though it doesn't seem to be an obvious choice. It activates and balances the brain hemispheres, strengthens the

heart, and aids physical healing and purification of body systems. It also balances emotions and reduces stress, and has strong protection qualities

*As a general rule of thumb crystals associated with the root (red and black crystals) and heart (pink and green) chakras will be a good choice.*

Flower Essences:

Bach Flower Remedies:

Crab Apple:



Helps cleanse and detoxify the body. Good for obsessive behaviours such as licking. Also good for animals that are submissive.

Gorse:



For animals that give up due to abuse, neglect, illness, loss of owner, sibling or other animal. Helps to improve attitude during chronic illness. Good for animals who have been in a kennel (or have been restricted) for a long period of time.

Holly:



For wary and aggressive animals, and animals who feel suspicious, are malicious, and who are revengeful.

Mimulus:



To help animals who are fearful of known things. It is used for animals that have had bad experiences and who display fear due to past abuse

Rescue Remedy:



A mixture of 5 different remedies (Cherry Plum, Clematis, Impatiens, Rock Rose, and Star of Bethlehem) which help animals deal with emergency or stressful events including shock, trauma and grief. Rescue remedy helps to dissipate stress, distress, and tension and restore calm, and promote reassurance and relaxation

Scleranthus:



Restores stability and balance. Relieves simple nervous tension

Sweet chestnut:



For extreme mental anguish. Good for increasing mental and physical energy to deal with any long ordeal. This is good for shelter animals

Walnut:



Assists with changes, transitions and adapting to new circumstances. It also helps to provide the animal with energetic protection against environmental influences

White Chestnut:



Helps animals who are pre-occupied and unable to sleep. It can also be used for obsessive animals

Willow:



Helps with malicious and sulky animals. It's good for animals that have been abused or not given enough attention. It can also be used for dogs and cats that urinate inappropriately out of resentment

NB: Many of the Bach remedy flower essences have similar healing effects. Use your own inner guidance to select the right essence for your pet. They can do no harm. If an essence you select is not required by your pet it will have no effect. Finding the correct essence may require some trial and error

There are many flower essence providers with websites to help guide you towards an essence you feel will most beneficial for your pet.

For flower essences made specifically for animals:

<https://anaflora.com/essences/f-essences/individ.html>

FES has distributors world wide:

<https://www.fesflowers.com/international-distributors/>



*As a student of Lynn McKenzie, I have a range of flower essence available to me at a frequency level that are not available to purchase. The following essences are a list of the ones that would be most beneficial for rescue animals at an energetic level:*

**Rescue Animal Recovery:**

Created to assist animals that are currently in rescue, or have been rescued. It is designed to energetically clear issues of abandonment, abuse, neglect, and trust. It helps them open to understand that they are safe at last in their forever home (or at least on their way there)

**Nature's Blessing:**

Created to assist animals living in unnatural environment to maintain their connection to mother earth

**Soaring Spirit:**

Created to restore and rebuild the spirit of animals such as those who have suffered extreme injuries or illnesses

**Feral Cat Calm:**

Created to balance the frequencies of feral cats adapting to domesticated life. It particularly addresses the fear and terror associated with being captured, living in close proximity to humans, lack of freedom and exercise, and the challenges associated with surgery and vaccination

**Grief Relief:**

Created for the grief of any loss such as the death or loss of a companion or guardian, and loss of home. This essence releases the attachment and encourages a spiritual connection, and knowing that the love that was shared lives on

**Adapting to Change:**

To assist and support any changes in an animal's experience including the addition or loss of a human or animal family member, re-homing, travel, separation from a guardian, and kennelling

**Bunny Calm:**

Created to calm nervousness, alleviate fears and encourage harmonious living in rabbits (although I have had this come up as a requirement for other animals as well). It assists them in adapting to changes such as re-homing, accepting new group members and training



Mark no More:

To help with any type of inappropriate elimination in dogs and cats which includes urination, spraying, and defecation. It is designed to energetically clear issues of fear, stress, intolerance, spitefulness, and territorial issues, all associated with these behaviours

Colour Therapy:



Green: for its ability to promote peace, balance and emotional calmness

Blue: is calming and encourages contentment and confidence. It also helps to build vitality.

Violet: helps with forgiveness, mercy and compassion. It's also a colour to be used to help with change, transformation and emotions in general

Purple: is soothing, calms emotions, and restores balance

Pink: promotes happiness and joy and lifts spirits. It's also the colour of love

Magenta: is mentally and emotionally balancing, and helps with acceptance

Peach: to promote joy and enthusiasm

Colour light therapy works best where coloured light is directed subtly towards the animal e.g. to one corner of bedding (allowing the animal to move away by choice when necessary). If colour light therapy is not possible then coloured items such as blankets, cushions, bedding, clothes, toys, feed bowls, collars etc will help.

Chakra Healing:



The root and heart chakras are a common issue with rescues

Root: the need to feel grounded, safe and secure

Heart: relates to divine and unconditional love as well as the human-animals bond which has most likely been lacking

Other chakras that will require clearing and balancing will be unique for every patient. I've found that the solar plexus often comes up as it has to do with personal power and will as well as the throat chakra which is related to communication and creative expression



Not sure where to start? Take the guess work out of your pets energetic healing. I am able to connect with your pet in a way that will ensure he or she gets exactly what they need in the order that they need it in

Contact me via [email](#) or message me via my [Facebook page](#)