



Hospice Care Notes of Wisdom for the Pet Parent

Your bonus for hospice is a beautiful meditation led by Kim to bring you and your animal peace and serenity.

Remember to use your muscle testing flow chart to muscle test the following things that can help an animal entering hospice care.

Keeping them happy and comfortable is the most important thing to do, but you might consider muscle testing these modalities to help you reach that goal when caring for an animal in their last stage of life:

Color Therapy: *(There is always a healing color that will muscle test to help.)*

- To learn how to offer color therapy, watch the August 2016 video and read the notes of wisdom.
- Gold can be helpful with serious illnesses and injuries.
- Blue, green and violet can be very calming and help alleviate inflammation that can occur with certain conditions such as cancer or chronic arthritis.
- Yellow brings sunlight, warmth and joy to sick animals.
- The color that muscle tests best can be used by getting a blanket, sheet or any fabric in that color and place it where the animal can lay on or near it.

Diet:

- To learn how to create the best diet, watch the March and April 2016 videos and read the notes of wisdom.
- Always muscle test any diet your animal is on. It may need to be altered a little – change the protein, see if grains are needed, etc.
- Older animals may do better with ‘warmer’ foods which can help to warm their bodies up such as chicken and lamb for dogs and cats.
- At this stage in their life, grains may muscle test as being needed. Especially brown rice.
- Probiotics and digestive enzymes can be beneficial in helping digestion. Remember dairy like yogurt or kefir is not good if your animal can't do dairy. Many seniors cannot.
- More is not always better with older animals. You may need to cut back on amounts or cut out some supplements.
- You can stimulate the diet by letting them smell essential oils like bergamot and sweet orange, putting a red collar on them (not if animal has cancer or inflammation) or touching the acupressure point we demonstrated in the video.

Energy Work:

- To learn more about how to offer basic energy work, watch the December 2016 video and read the notes of wisdom.
- Most likely energy work will always muscle test to be helpful to bring them comfort. Short daily sessions are better, and also offered at the time of their passing can help them release with ease and grace.

Flower Essences:

- To learn more about how to create a custom Bach flower essence blend, watch the April 2017 video and read the notes of wisdom.
- A custom blend can help if they have a long term illness or feeling sad.
- Rescue Remedy can be good to offer at the time of passing.

Chiropractic and Acupuncture:

Be aware that these therapies may be too much for them at this stage in their life and can be stressful. Do not force it if they show signs of stress during these treatments.

Comfort:

- Keeping them comfortable is so important that pain medications may be necessary, but muscle test the holistic forms of pain alleviation (traumeel, arnica 200c or aconite 200c). You might be able to cut back on the amount of pain medication you offer. To learn more about how to offer homeopathy, watch the March 2017 video, read the notes of wisdom and the bonus homeopathy manual.
- Finding the right bed – some need orthopedic, some need fluffy, some need sides to keep them warm and secure. You can muscle test the types of beds or animal communication can help because you can ask them exactly what they want.
- Keep in mind if you have hard, cold tile floors or slippery marble or hardwood floors it may be hard for them to get up or walk on them, consider laying area rugs or mats down.
- The older they get the colder they get. Keep them warm with heated rice socks (you can even fill with lavender).
- Outdoors is important to provide that natural sunshine (equal light/dark keeps them more balanced.) Get out in nature and sit or walk with them if they are able to.

Communication:

- Ask them what they need to make them more comfortable.
- Tell them it is ok to leave if they are ready, and to give you a sign that they are ready to crossover.
- Understand some animals may choose to leave by taking their own life so they won't burden you. They love unconditionally.
- Know that you can connect with them forever in spirit – it is NOT the end.

Saying Goodbye:

- Have a plan – will the vet come to your home, will you cremate, will you bury? It helps to know so you can focus your love on your animal in those last moments.

- Allow the other animals in the house to say goodbye and provide closure for them by doing a ceremony of some sort at the burial place or showing them where the urn will live in the house.
- Pieces of jewelry and other memorials can be created with the ashes. Look into companies that do that if you want to have your beloved animal with you at all times. Kim had her ring with her dog's ashes in it created by Star Seed Gems <http://www.starseedgems.com/>.

The most important thing is to spend time with them, show your love for them, keep them eating and as comfortable as possible.

