



## **Grieving Notes of Wisdom for the Pet Parent**

Your bonus are simple instructions on how to do Rainbow Bridge tapping/EFT.

Grieving is something the whole family will go through, people and animals.

### **Closure**

Having closure is so important for both people and animals:

- If animals did not get to tell their friend goodbye, let them know what happened.
- Some animals want a ceremony to bring closure and connection.
- Keep in mind about clearing the 'space' of your home and property with sage.
- There are some pet memorial sites where you can post a photo or dedication to your pet.
  - <https://www.rainbowsbridge.com>
  - <http://www.petloss.com/>

### **Why Your Animal Left**

Animals leave for various reasons:

- Animals choose their time. Just like they chose to be with you, they chose when they need to leave. Each animal has their own path like you do.
- Some animals are leaving as a collective like a large group of dogs are leaving or cats because they are needed on the other side.
- Some are leaving because they know they will help you more on the other side, providing spiritual guidance.

### **Ways to Support Healing**

You can muscle test to see what is best for each animal and person:

- Energy – Offer energy healing on yourself and others. See December 2016 video and notes.
- Homeopathy – Ignatia can be great for grieving/loss. Use 30C potency. See March 2017 video and notes.
- Flower Essences – A custom Bach flower essence blend can do wonders. See April 2017 video and notes.
- Color Therapy – Yellow is helpful for grieving as it represents joy and sunshine. See August 2016 video and notes.
- Aromatherapy – Lavender, frankincense, rose, neroli, Melissa, rosemary, bergamot and orange are essential oils that may help with grief. Remember to muscle test if they will help, which oils, method to use, etc. The easiest way would be to just take the lid off and let your animal smell. See November 2016 video and notes.

- Appetite – Some animals may not want to eat. You can try acupressure point to stimulate the appetite. The color red may help but use caution if inflammation or aggression involved. The essential oils bergamot and sweet orange can increase the desire to eat.
- Herbs – Lavender, rose, hawthorn, St. John's wort, linden and valerian are herbs that can help with grief. Tinctures are best. You always want to muscle test to see if needed, which herb, how many drops, frequency and duration.

### **Pet Loss Support Groups**

You may decide you need support beyond your family and friends:

- Your local SPCA or city may have a support group.
- You can search online for pet bereavement/loss groups in your area.
- You can look into phone or online support:
  - [www.petloss.com](http://www.petloss.com) (chat room, articles, cards)
  - Tufts School of Veterinary Medicine Pet Loss Support (hotline, brochure, resources for grieving & support group links.) Hotline 508-839-7966 <http://vet.tufts.edu/petloss/>
  - <https://www.rainbowsbridge.com> (support center, articles, cards, ceremonies)

### **Signs of Their Presence**

Your animals will visit you and sometimes you will see signs:

- You see a toy in a different location than where it was.
- You see an impression on your bed.
- When you are in bed, you feel something on your bed.
- You may see a dark flash out of the corner of your eye. You may actually see them.
- Your animals can see them. You can even take a photo of where they are staring and you may get an orb.

### **Animal Communication**

Keep in mind the power of being able to speak to and understand your animal:

- Death is not the end, it is just a continuation of a new life. *Death? There is not death, only a change of worlds.* Chief Seattle
- Grief can start to heal when you feel gratitude for what you shared. The bond is everlasting.
- You can talk to an animal in spirit just as easily as in person. In fact, the conversation flows more easily.
- You can find out:
  - What they are doing now
  - If they are coming back – most will come back. Some are angels and stay.
  - When they are coming back - could be soon or could be years as timing is important.
  - What they will look like – male/female; color; eyes; most we have found return to same species like dogs return as dogs but they can return as another kind of animal.
  - Name they could have – name you get could be close to it or sounds like it.
  - What guidance they have for you including spiritual guidance.
- If you have not learned to communicate with animals, the loss of a pet may inspire you to do so. It is a great comfort knowing you can communicate with the animals that are with you now and those who have crossed the Rainbow Bridge.