Comforting Scared Animals & Pets

Kim Shotola, Animal Communicator

Fear can affect animals in different ways. Your animal may act nervous, anxious, aggressive, destructive, or stressed. They may hide, vocalize, chew on their fur, or even self-mutilate. These actions can wreak havoc on your lives. Consider these holistic animal care (HAC) tips to help resolve your animal's fears:

▲ Probiotics, bee pollen, valerian tincture, chamomile tincture, and CBD oil may have a calming effect.

▲ Chicken, lamb, and grains can create inflammation and may 'heat up' the body, making the issue worse.

▲ Light blue is a soothing color. Light pink can help with separation anxiety. Place a towel or blanket where your animal can lay on or near it to get the energy from that color. Keep in mind that red can amplify the undesirable behavior.

▲ Some crystals that may help to reduce fears are Amber, Amethyst, Aventurine, Bloodstone, Hematite, Zebra Jasper, Kyanite, Rose Quartz, Smokey Quartz, Sodalite, Tiger's Eye, and Turquoise.

▲ Essential oils such as Bergamot, Clary Sage, Green Mandarin, Helichrysum, Lavender, Neroli, Roman Chamomile, Sweet Basil, Sweet Orange, Sweet Marjoram, Valerian and Ylang-Ylang may help with calming.

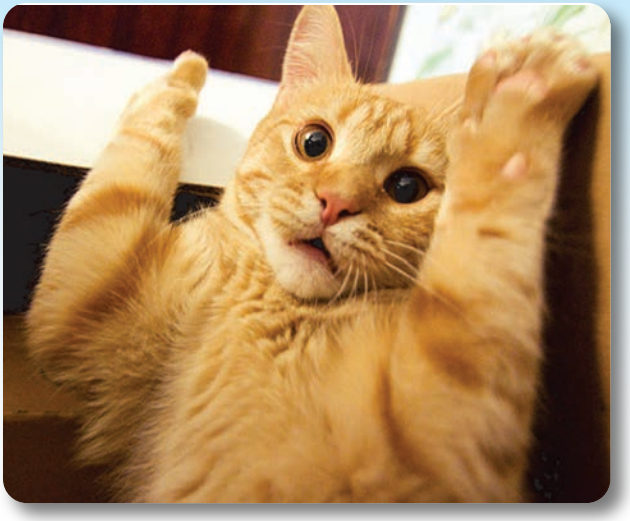
▲ While Rescue Remedy, the Bach Flower Essence blend, may help in acute situations, a custom blend can help your animal release deep emotional baggage, which is causing or contributing to their behavior.

▲ Sound therapy, such as *Whole-Tones for Dogs*, *Through a Dog's Ear*, and Masaru Emoto's *Water Crystal Healing* music CDs may help diminish fears.

▲ Massage can provide relaxation that could alleviate fears. Gently massaging your animal's chest or 'arm pits' may do the trick.

▲ Using a special shirt or body wrapping with an elastic bandage may help your animal feel safe and secure.

▲ Tell your animal out loud what you want them to do and picture it clearly in your mind. Do not focus on what you don't want to happen, as your animal may pick up on that. Tell your animal they are safe, loved and have a forever home. Ask your animal yourself or have



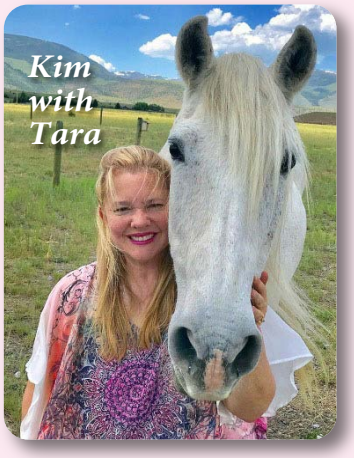
a communicator do so to find out why your animal is fearful and what they think will help relieve their fears.

▲ Energy work may help resolve fears. Subscribe to our email list and learn more about how to offer energy work, and so much more. Gain access to over 200 HAC articles in the archives and receive free gifts when you join our email list here: TheLightfootWay.com/join-our-email-list.

While most behaviors are based on emotions, have your vet check your animal out to make sure there is not a physical reason. Want to know what will best help your animal?

You can muscle test the potential holistic methods to come up with a plan of action. Depending on which methods show up, you then muscle test specific details, such as which nutrition, crystals, essences, oils, etc. will help, along with administration methods, applicable amounts, frequency and duration. Muscle testing shows you the path to help your animal with their behavioral or health issues and live their best life possible. ■

Kim Shotola is a professional communicator, animal wellness instructor and author. Students receive weekly intuition and spiritual development articles.



ZOOM CLASS: "Soothing Anxiety for Animals and People" June 4 and 11. Go to class link: TheLightfootWay.com/classes to learn more.

To receive weekly articles, archive access, updates on classes and events, and gifts for our readers, get on our email list at: **TheLightfootWay.com/join-our-email-list**. When you sign up, you'll receive our audio chakra meditation to help enhance your intuitive abilities.