

***Pet Healing Naturally***  
***Cheryl Lazarus, Animal Healer***  
[cheryl@pethealingnaturally.com](mailto:cheryl@pethealingnaturally.com)  
[pethealingnaturally.com](http://pethealingnaturally.com)

If your pet is scared, anxious, shy, stressed, nervous or unhappy, here are three ways that you can help.

### **1. Your own emotions**

Our pets absorb our tension and stress; both emotionally and energetically. This is happening even more during the pandemic as uncertainty and tensions are activated both personally and in the environment. This can affect your pet's immune system system, behavior and health.

Some dogs are picking up on the anxious energy of both their pet parent and the environment during walks and they are becoming stressed as a result.

Have you ever noticed that when you are nervous, your dog or cat become nervous, too? This is because there is a shift in your energy and your pet can feel it.

### **Scared Angel and Sherry**

Angel is a playful and hypersensitive 1 1/2 year old rescue cat. Before coming to the shelter and being adopted by Sherry at 4 months old, Angel had not been touched by humans. He was skittish and hyper vigilant; hid often and trembled in a corner when people came into the house..

With patience and loving care, Sherry slowly connected with Angel who has become quite affectionate. However, Angel still has a major issue... he bites unexpectedly. Sherry had become anxious and terrified of his unpredictability and the pain of the frequent bites.

During energy healing sessions with Sherry and Angel, I release the fear and stress from both their nervous system's and then harmonize and rebalance their energy.

**Sherry's fear:** We also carefully identified Angel's triggers so that Sherry could avoid triggering him herself. I taught Sherry techniques to process her anxiety and fear as one of Angel's triggers was a reaction to Sherry being scared of him and the shift her energy would suddenly take!

**Your part:** Become aware of your own emotions and how they may be affecting your pet. Are you feeling stressed, anxious, scared, angry or sad? If so, receive support and find positive ways process your emotions so that when you are connecting with your cat or dog, you can be as present and calm as possible.

### **An effective 30 second calming technique for you:**

*~ Place both hands on the center of your chest with your right hand over your left*

*~ Inhale slowly and gently through your nose. Exhale slowly and gently through your mouth*

*~ Be very present to both your breathing, and your hands on your chest - repeat process 2*

*To schedule a 15 minute complementary consultation to discuss your pet's current issues and the what you would like to be different for both of you. [cheryl@pethealingnaturally.com](mailto:cheryl@pethealingnaturally.com)*

## **2. What are you seeing?**

Some pets are like mind readers. They seem to know what we are thinking! It is uncanny how they get nervous before it's time to go to the vet, or when their pet parent is leaving for an extended time.

As an Animal Healer and Intuitive, I have discovered that one way our pets know what we are thinking through the images we project in our minds. So we need to practice controlling our thoughts and projections, if we are unhappy with a pet's behavior.

### **Anxious Mansfield and Peter**

Mansfield is a friendly, sweet and excitable 2 year old dog. When the family moved into their new apartment Mansfield was bitten by a dog in the lobby. As a result, every time he and Peer and going into the elevator and across the lobby for their walks outside, Mansfield becomes agitated. He barks loudly, lunges on his leash and is hyper anxious.

I gave Mansfield two energy healings where I removed fear and trauma from his body and harmonized his nervous system. He really soaked up the healings, was calm throughout and didn't want them to end. His demeanor changed and he became a relaxed friendly dog.

**Peter's images:** It was crucial that I work with Peter also, in order to keep Mansfield's anxiety level down. Peter acknowledged that whenever they were getting ready for the walk outside Peter got nervous and pictured Mansfield either barking nervously or having been bitten by that dog. Not only was Mansfield receiving the images, he was also sensing Peter's shift in energy as he walked toward the elevator.

Peter and I came up with positive outcomes that we wanted Mansfield to have. Now Peter replaces the negative images with the positive images as they are getting ready for their walk.

Going out for a walk now is easy and fun for both of them!

**Your part:** When accessing a challenge that your pet is facing, notice what thoughts and pictures are in your mind. Are you picturing the unwanted behavior? If so, this could be reinforcing it, as your pet is picking up both your images and your energy shift.

Replace the negative images with the positive outcomes that you would like to have. This can also keep your energy in the positive zone as dogs and cats are sensitive to our shifts in energy and it affects them.

**To schedule a 15 minute complementary consultation to discuss your pet's current issues and the what you would like to be different for both of you: [cheryl@pethealingnaturally.com](mailto:cheryl@pethealingnaturally.com)**

### **3. Energy healing for your pet (and techniques for you)**

Energy healing can address emotional, physical and behavioral issues that an animal has.. It is a gentle and soothing treatment and animals love it. Energy healing reduces stress, anxiety, pain, and boosts the immune system for more vitality and health for cats and dogs.

#### **Jenny, the “therapy dog” and Ruth**

I worked with Jenny, a therapy dog whose “job” is to help children with special needs. Ruth, the pet parent told me that both she and Jenny are exhausted after an hour with the children and that the dog had been feeling “off,” for quite a while.

I explained to her how the dog has been picking up the emotions and stress of the children and has not able to release it. First, I taught Ruth an energy clearing technique for herself and she immediately felt “lighter.”

**Jenny’s energy healing:** During the healing session with Jenny, the therapy dog, I combined Therapeutic Touch, Animal Reiki and Emotional Release/Rebalancing techniques to release the accumulated congested energy from the dog’s nervous system. Afterwards, I harmonized and balanced the dog’s energy.

Jenny sat very still during the entire session and when sensed it was coming to a close, she sat up and walked around. Animals love these healings and know how they are helping!

Now Jenny is back to her usual self and “very happy.”

#### **Your part**

Give your pet and yourself the gift of energy healing!

**To schedule your 15 minute complementary consultation to discuss your pet's current issues. [cheryl@pethealingnaturally.com](mailto:cheryl@pethealingnaturally.com)**



#### **What people are saying:**

***“She became more affectionate and engaging after our session!”***

*I was amazed by the ability of Cheryl Lazarus to change the personality of my very frightened, isolating cat Sophie. She became more affectionate and engaging as a result of our session!*

*I am so grateful for the help and change that is happening with Sophie. Cheryl had so many ways and insights that have helped Sophie and we continue to work with Sophie and feel confident that we are doing things that help her and let her relax and be loved. Marcia, VA*

***“Cheryl is a game changer...I watched Sheeba change in front of my eyes”***

*I was facing a tough situation with my 2 year old Chow Chow Sheeba, who was suffering from a leg injury as well as the upset and disorientation of a move. I had taken her to see two vets and both experiences were deeply traumatizing for Sheeba.*

*That first session with Cheryl was a game changer! At the beginning of the call, Sheeba was tense and unhappy. At the end of the call, she was relaxed and stress free. She literally returned to her former self.*

*I HIGHLY RECOMMEND Cheryl, she is a TRUE HEALER and WISE WOMAN and we will always be grateful for her care.” Lisa and John, Upstate NY*

***“The results were immediate!”***

*The two dogs and I were super stressed from the non stop noise of construction of an 8 story building next door. Cheryl gave us an incredible energy healing. Immediately, I felt the stress drop off my shoulders and relax my entire body. The dogs who had been running around agitated, each came over and placed their heads in my lap. This was the best rest that they had in weeks! Felicia Telsey, NYC*

***“Mona Lisa is no longer anxious and her insistent meowing ceased”***

*My cat Mona Lisa began to show signs of anxiety months ago. This was manifested in her constant meowing. She ran away when I approached and would not allow herself to be touched or comforted.*

*Cheryl connected with Mona Lisa energetically and did her distance healing work via Zoom. Mona Lisa became calm and relaxed during the session and has remained that way!*

*Cheryl also gave me solid guidance on how to support Mona Lisas healing and there has been a marked improvement in her behavior. Mona Lisa is no longer anxious and her insistent meowing ceased. She comes to me when I call her and lets me stroke her and she responds beautifully.*

*We are happy and relaxed in each other’s company now. Cheryl has a real gift with animals and her work is highly recommended if you have a pet who needs her magical healing touch.”  
Eliana, Spain*

***To schedule a 15 minute complementary consultation to discuss your pet’s issues and the what you would like to be different for both of you.***

*Cheryl Lazarus*

***[cheryl@pethealingnaturally.com](mailto:cheryl@pethealingnaturally.com)***

***[pethealingnaturally.com](http://pethealingnaturally.com)***