



# Distance Energy Therapy Session Information

## *Energetic support for your animal and for you as you care for them*

### Why Energy Therapy?

Is your animal sick, undergoing surgery, stressed due to a move or change in family structure, getting older, or ready to transition? These are just some of the times when your animal family may benefit from an Energy Therapy session to help foster relaxation and stress reduction which in turn supports their healing.

Some of the most stressful times in your life may be when a member of your animal family is sick, exhibiting behavior problems, is ready to transition, or has died. Although it is often hard to make time to care for yourself when you are worried about your animal companion, this is often one of the best things you can do for them. Energy Therapy is a gentle energy technique that can help foster relaxation and stress reduction so you can be more fully present for your animal during their time of need. Your animal will sense and benefit from your increased level of calmness and peace.

### Your Energy Therapy Session

- You may select a session **for YOU — for your ANIMAL** — or **for YOU AND YOUR ANIMAL together**.
- Sessions last 45 minutes which includes 30 minutes of Energy and 5-10 additional minutes before and after the session to check-in and debrief over phone or Zoom.

### What is Energy Therapy?

Energy Therapy is a natural way to promote health and well-being by restoring balance to the mind, body and spirit. At the core, it's a tool to help relax the body and mind. It can also be used during a time of change or transition.

There is a universal life force energy that is in all life — humans, animals, plants. In Japanese, this is called Reiki. In Chinese it is called Chi (Qi). This Energy is not limited by time or space so it can be sent and received from a distance meaning the practitioner (me) and client (you and/or your animal) can be in different locations separated by great distances.

Energy Therapy works by stimulating or observing the flow of vital energy within and around your and/or your animal's body. This helps to recharge and balance the flow of subtle energies, relieving the effect of stress while activating the body's ability to heal itself. Energy is not being directly transferred from me; therefore, the energy transmission is a clean exchange, meaning neither I nor you or your animal are taking on or absorbing the energy of the other.

Each person and animal is on their own life path. They decide whether to receive Energy and how to engage with it. We trust the inherent wisdom of each person and animal and their Creator so the Energy will be received for the highest good to support them on their healing journey. Although it can be difficult at times, we release our expectations of the outcome knowing that every physical body eventually dies and that sometimes transitioning out of the body is the highest outcome.

Energy Therapy is not a substitute for medical, psychiatric, chiropractic, veterinary care, counseling, or therapy. I am not one of these providers. Please seek out licensed healthcare professionals when needed.

### Schedule Your Energy Therapy Session

- **If the session is for you**, schedule at a time when you can 1) be in a comfortable location where you have a place to sit, recline, or lie down on a chair, recliner, sofa, bed, or the floor; 2) have minimal distractions such as noise from TV or people talking, or interruptions from family or visitors or your phone; 3) aren't hungry.
- **If the session is for your animal**, schedule for a time when they 1) are not crated or confined and will have space to move around as they wish; 2) will be naturally relaxed (ie, not when they would normally be on a walk, playing, eating a meal, etc.); 3) and when they are not hungry.

## Before Your Energy Therapy Session

- Eat and hydrate as needed so you and/or your animal are not hungry during the session. However, avoid large meals.
- Use the restroom and/or take your animal for a bathroom break if needed.
- Minimize distractions for you and/or your animal like interruptions from housemates, alarms, etc.
- If the session is for you, wear comfortable clothing and go to a comfortable location. You may want a blanket or pillows or to adjust the lighting to make yourself comfortable. If you wish, bring any items that help you create the atmosphere such as music or crystals.

## During Your Energy Therapy Session

- I will contact you via phone or Zoom for a Check-In. I will ask your permission to start the session and will end the call when the Energy session begins.
- If the session is for you, find a comfortable position such as sitting with back upright and feet on the floor or sitting on the floor. You may also lie down if you prefer or recline in a chair. Adjust your position as needed during the session so you are comfortable. Close your eyes to promote a deeper relaxation. If desired, you can set a timer that has a gentle sound to signal the session has ended.
- Here are some common signs you may observe in yourself during an Energy Therapy session. You may notice others or nothing at all.
  - Relaxation and peace; relaxed breathing or falling asleep; feelings of tingling or warmth or coolness; intuitive insights.
- If the session is for your animal, allow them to move about freely during the session. They may change positions, eat, drink, eliminate, rest, sleep or leave the room. All are perfectly normal. Your animal is in charge of the session and determines how much and how quickly to engage with the Energy. If they are unfamiliar with Energy, the first session may feel new to them.
- Here are some common signs you may observe in your animal during an Energy Therapy session. You may notice others or nothing at all. Signs will vary depending on the species (cat, dog, bird, etc.). Some changes may be very subtle.
  - Yawning, sighing, snorting, or sneezing; panting at first; tail wagging; stretching, twitching, shaking, licking lips; chewing; drooling; eating, drinking or eliminating; moving around; chirping, singing or talking
  - Tiredness; circling to lay down; slowing; being awake but still, with soft relaxed eyes; eyes blinking; dropping of head; more relaxed breathing; slower heart rate; falling asleep or sleeping more deeply than usual; dreaming
  - Coming to cuddle or be next to you; less pacing, panting or barking if they are a nervous animal; purring

## After Your Energy Therapy Session

- Allow yourself and/or your animal as much time as you would like to integrate the Energy from the session. This may range from no time at all to 5, 10 or 15+ minutes. Eat well and drink plenty of water. Rest if you feel tired and wait to drive a car or operate machinery until it feels safe to do so.
- No two Energy sessions are identical. What you and/or your animal experience during or after a session will vary depending on how the intelligence of Energy was working for the highest good that day. Any change you observe in your animal and/or yourself may be subtle and might be first seen in areas that were not the area of concern that prompted you to schedule the Energy session. Sometimes you may observe that your animal is more relaxed after the session has ended than during the session.
- Possible signs to look for in yourself:
  - Calmer, more centered, less reactive; sleep better; receive intuitive insights
  - Begins to show signs of physical improvement if there was a physical issue
  - You may notice other signs or none at all
- Possible signs to look for in your animal:
  - More calm, less fearful, barks less; eats and/or drinks more if they had poor appetite
  - Begins to show signs of physical improvement if there was a physical issue
  - You may notice other signs or none at all
- Debrief with Cathy via phone or Zoom to discuss your observations, ask questions, or discuss future appointments.
- In 24 hours you will receive an email from Calendly with a link to a feedback survey. I would appreciate receiving your comments about the session.