

**Some parts of this case history have been  
removed for client privacy**

# **Diploma In Animal Sensory Enrichment**

**Case Study Five  
22nd December 2013**

**A, B and Leah W\*\*\*\*\***

**by**

**Deborah J Benson**

## **OPENING THE SESSION AND MY ATTUNEMENT PROCESS**

I ensure I am grounded before commencing a healing by imagining my feet have grown roots and these descend deep into the earth to the crystal heart centre of Mother Earth herself, wrapping themselves around Her beating crystal heart, anchoring me firmly and allowing me to draw the healing Earth energy up through my roots, my feet, my legs, Base, Sacral and Solar Plexus chakras, until it reaches my Heart chakra.

I then draw golden healing Christ energy down through my Crown, Third Eye and Throat chakras until it also reaches my Heart chakra and this then flows from my heart centre, down each arm into the palms of my hands, where it emanates directly to the animal and/or guardian throughout the healing session.

**If the healing session is a distant healing, the energy will emanate in much the same way, but in a golden ripple effect until it reaches its destination.**

I protect my self by filling my aura with this same golden healing Christ energy and then seal my auric field with a silver reflective shield which deflects all negative energies and ensures I am surrounded and protected on all sides.

I ask Archangel Michael to protect the space in which I am working and all those therein, myself included and that no energy outside the true Christ energy be allowed to enter the sacred healing space.

I then call upon God, Jesus, Sarayu (the Holy Spirit), Raphael and all the healing Angels, St Francis of Assisi, St Roch, the patron Saint of Dogs who works with me no matter which animal I am healing, Spirits of the Animal Kingdom, Totem Animals, Mighty Wolf and Powerful Bear, Ancestors who love and respect me and those I am working with, both animal and guardian, Reiki Masters past and present and any other healers who work within the true Christ energy who wish to assist me.

**Sometimes I am directed to call in specific additional helpers such as whales or dolphins for example and they are also asked to join us. I may also be asked to bring in a particular human helper depending on the situation.**

Before I proceed with any healing I acquire permission and establish agreement from the animal and/or guardian that they are happy to accept healing. Agreement has been refused on occasion, but when the animal/guardian witness their guardian/animal receiving the healing, they have always asked to be included at a later stage.

At this stage I focus my mind and set my intention to give healing for the Higher Good of those concerned, as what I think may be right for an animal or their guardian may not be what is in their best interest, so that decision is left to the Creator of all living things and I simply focus on channelling the healing energy, in full trust that it will achieve the correct outcome for all. I am then fully prepared to commence the healing session.

**This is the process I follow for all my healing sessions but any deviation from the normal course of action would be recorded and included at the relevant point.**

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## **CLOSING THE SESSION AND MY DETACHMENT PROCESS**

At the end of a healing session I first ensure the animal and/or guardian is grounded.

This involves placing my hands on the tops of the guardian's feet and exerting firm pressure. Sometimes this pressure needs to be applied for several moments to ensure the grounding has been effective.

Similarly when grounding an animal light pressure is applied to each of the four paws in turn until I am satisfied they are fully back in the moment.

I then give thanks to all those who assisted with the healing and ask that it continues for as long as it is required to achieve the Higher Good for all concerned.

I ask that all negative energies be sent into the Light and transmuted and returned as further healing energy.

I then fill the human and/or animals aura with golden healing Christ energy, sealing it with a reflective silver shield to deflect any negative energies from entering the auric field, as I did at the beginning of the session.

I then physically and emotionally step back from the client, brush any negative energies from my hands and draw all my own energy back to my heart centre using a circling motion to gather it in and folding my hands over my heart centre a total of three times.

I then fill my own aura with golden healing Christ energy and encircle it with a reflective silver shield to deflect any negative energies which might wish to enter my auric field.

I ask for healing for myself to ensure that I am able to continue to function as a clear channel through which pure unconditional love may continue to flow for further healing as and when it is required.

I then extend my arms horizontally, palms upturned say the words "and so it is" to complete the detachment process and end the session.

### **Arlene, Billy and Leah – An Introduction**

I have known Arlene and Billy for the past twenty years as both work colleagues and friends and have had the pleasure of meeting Rikki, Mylo, Leah and Prince numerous times in the past.

I have performed healings for Rikki both when her mobility became impaired due to severe arthritis and when she passed over in March 2013 and Arlene has returned the favour by working with my own dogs, Jack and Brandy both hands on and distantly

We have also exchanged one to one healings with each other and have sent distant healings to each other whenever we feel they are required and I have received the shamanic Munay Ki Rites from both Arlene and Billy.

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Arlene knows I am currently studying for my Certificate in Food Animal Remedies and was seriously concerned for Leah her Blood Hounds well-being, so she contacted me to see if there was anything I could give Leah to help her and if I would also do a healing with her.

I arranged to call at their house the next morning and promised to bring my macerated oils with me as I sensed the extent of Arlene's anxiety, even though she did her best to play things down and wanted to get to Leah as soon as possible, although she was over the worst and not in any present danger.

## Natural Food Animal Remedies Consultation Form Case History Five

**Student Name:** Deborah Benson

**Date:** 22nd December 2013

**Animal Name:** Leah

**D.O.B** Not known

**Name and Address of Owner:**

[REDACTED]

**Telephone Number:** [REDACTED]

**Mobile Number:** [REDACTED]

**Age:**

Vet estimates that Leah is between 5 – 7 yrs old but because she was so badly malnourished prior to Arlene rescuing her it is difficult to be more exact than this.

**Species:** Dog

**Breed:** Blood Hound

**Colour/Markings:** Black/Tan

**Gender:** Female

**Entire/Neutered/Spayed**

**Vets Practice Details:**

[REDACTED]

**Vet's diagnosis/treatment/medication:**

Leah was diagnosed with a phantom pregnancy plus associated acute depression and vertigo. M prescribed Canaural ear drops and Cleanaural 100ml to treat and clean her ears which suffer recurrent infections and hopefully relieve the vertigo, but nothing for the depression associated with the phantom pregnancy. She later had to be admitted overnight to the surgery and be attached to a drip as she had become so dehydrated and was refusing food.

**Previous Owner/Rescue Centre if known:**

Although A already had Rikki a black Labrador and Prince a golden Labrador, she had always wanted a blood hound and when she saw one advertised and selling for £80

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she immediately contacted the seller. He arranged to meet her in the local B&Q car park and A set off to go and see the dog.

When she got there she was horrified at the terrible condition Leah was in as she obviously terribly malnourished and had several wounds on her body which A later discovered were bite marks.

Leah had not received any veterinary care or been looked after by either of her previous owners. A immediately decided she was taking Leah, if only to rescue her from further neglect. Apparently her current owner had won her in a game of cards but didn't want a dog and all he claimed to know about her was that she was one of a litter of pups sold that had been sold on Gumtree.

She had previously been kept with a pack of hunting beagles and had been left to fight for her food and fend for herself.

### **Any major illnesses/operations and dates:**

Leah has not suffered any major illnesses/operations in her time with A but as she doesn't know her previous history she can't be certain that this has always been the case.

### **Feeding regime and diet ( please list all foods):**

Skinner's Field Working Dog Duck and Rice dry food with porridge in the mornings and with table scraps in the evening, a Bonio biscuit at lunch-time with half a boiled egg.

### **Live inside/outside/daily routine:**

Leah is an inside dog, except when B and A are out – then she either goes out into the garden where she has access to a large shed with comfy bedding or if it is raining they leave the back door open and she can wander in and out at will. Leah gets a long walk every evening and some mornings, time permitting.

### **Vaccinations:**

Leah is vaccinated annually against distemper, canine hepatitis, adenovirus, parvovirus, parainfluenza, leptospira canicola and leptospira icterohaemorrhagiae.

### **Worming Treatments:**

Leah is treated with Drontal Plus for large dogs against flea and worms as required one to two times a year.

### **Skin/coat/paw condition:**

Leah's present coat and skin condition are good, and her pads are sound although she persistently nibbles at them.

### **Teeth:**

Leah is missing quite a few teeth although A couldn't say exactly how many, but the remaining teeth show no signs of decay.

### **Respiratory/allergies/sensitivities:**

None, with the possible exception of something as yet unidentified which maybe irritating her pads and causing her to chew at them.

**Present physical condition and temperament:**

Leah is now in good condition and her temperament is good, although she is initially wary of strange dark haired men and detests the post man but otherwise she is a placid friendly dog.

**Past history and temperament if known:**

Leah was timid, shied away from everyone she came into contact with and growled if approached by strangers, although never displayed any aggression towards people. Her temperament had obviously been affected by the neglect and abuse she had suffered before being rescued by A.

**Recent changes to the animal/owner:**

The only major change in the household is that B has recently retired so both he and A are at home together. Leah suffered a phantom pregnancy, depression and vertigo but has since recovered fully.

**Relationship with other members of the family/strangers:**

Leah is comfortable around all of A's large extended family and with the exception of the post man and initially dark haired men until she assess whether they pose any threat to her, Leah is fine with strangers also.

Leah doesn't like you to approach her when you are carrying anything especially any type of bag, hence the particular dislike of the post man and A thinks this is connected with her previous owner as she may associate it with the bag huntsmen often carry.

**Relationship with other animals/in the home/external environment:**

Leah came to a house where there were already two other dogs, Rikki a black Labrador, and Prince a golden Labrador. Mylo a chocolate Labrador has since joined the pack and all the dogs get on extremely well together and have their place in it.

Rikki A's eldest dog has since passed away on 30th March 2013.

Leah largely ignores other dogs when she meets them outside of the home and has never displayed any aggressive tendencies towards them.

A also has a drake called Cormac who lives in the back garden but he, seems to have been adopted into the pack since his mate passed away as he follows the dogs around the garden, sleeps with them in their shed when they are outside and has even been known to oust them from their beds in the kitchen to make himself at home.

**When did problems start and possible causes?**

Leah has always suffered from ear infections since A first got her but the recent problems started approximately three weeks ago, including the phantom pregnancy, depression and vertigo.

**What are the symptoms?**

Leah was unable to get up, couldn't lift her head to eat or drink and moaned and whimpered as if she was in pain. On her worst day she didn't move at all between 8am and 5pm and A and B felt sure they were going to lose her.

### **Has there been a second opinion other than the animals vet?**

Yes but at the same practise by M\*\*\*\* when they initially took Leah to see the vet and she has since been under M's care and both vets made the same diagnosis.

### **Any other complimentary therapies that have taken place and outcome:**

Leah has received Reiki and Shamanic healing as A is a practising Shaman and both she and B are Reiki Masters.

## **Self-selection of Macerated Oils and the Healing Session**

A telephoned me and asked me did I have any macerated oils that could help Leah as she had been suffering from vertigo and depression associated with a phantom pregnancy and arranged for me to call at the house the next afternoon.

I asked her to contact her vet and check if he was happy for me to work with Leah and offer the selection of oils before then.

When I arrived at the house I was greeted by A and the three dogs, Mylo, Prince and Leah at the front door and they escorted me up the hall to the kitchen. A told me she had called M her vet after our telephone conversation and he was happy for me to do whatever I could to help Leah so we completed the consultation form over a cup of tea and some home-made cake.

A asked that I offer Leah the macerated oils as she felt Leah would take them from her just to please her and she didn't want to influence the selection process in anyway, so I asked that A record Leah's reactions to each oil on the sheet provided.

A, Leah and I were all in the kitchen and Leah had settled herself her bed in the corner, so I sat on the floor beside her with my tin of oils at my side, while A positioned herself so she could observe Leah's reactions.

Leah was alert and curious as to what was happening and got out of her bed to come and sniff the box that contained the oils and then sat beside me.

The oils were offered in the following order, Rosehip (**Rosa canina**), Marigold (**Calendula officinalis**), Chickweed (**Stellaria media**), Catnip (**Nepeta cataria**), Seaweed, (**Fucus vesiculosus**) Nettle (**Urtica dioica**), Linseed (**Linum usitatissimum**) and Mint (**Mentha piperita**).

In the case of Rosehip, Leah licked the top of the bottle as it was offered but when I put some of the oil on a saucer she simply turned her head away when it was offered so had no interest in this particular oil, nor would she take it from my finger and actually reversed into the corner to get away from it.

When Leah was offered the marigold she sniffed and licked the bottle and took the offered oil from the saucer.

When she was offered Chickweed she expressed no interest in the bottle, or in the saucer, simply giving it a cursory sniff but she did lick my finger once when it was offered this way..

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She showed an interest in Catnip when it was offered as she sniffed and licked the bottle and took all the oil from the saucer and did the same with the Seaweed.

When I gave Leah the Nettle she initially sniffed and licked the bottle but refused the oil, both when it was offered from my finger and the plate.

When Leah was offered the Linseed this was the first time she enthusiastically sniffed and licked the bottle and eagerly cleared the saucer when it was offered. She appeared to want more of the Linseed so I offered her a second helping and again she cleared the plate.

Mint was the last of the oils to be offered to Leah and she became very animated at this stage, nudging me gently as if to tell me to hurry up and eagerly sniffed and licked the bottle, again cleaning the saucer thoroughly and accepting a second helping.

She helped herself to a drink of water and went to the biscuit cupboard and sat waiting until A gave her a biscuit. This was the first time in days that she had actively sought out a treat, although she had intermittently taken them when she was offered them.

I asked A and B if they were happy for me to do a healing with Leah, just as I normally would with any animal guardian, but on this occasion I was particularly conscious of the fact that both she and B had been doing their own healings with Leah and wanted to be certain that they had no objections to me conducting a healing session of my own.

They were both perfectly happy for me to do a healing with Leah and to include them also. I settled down next to Leah, who had returned to her bed in the corner, asked for her permission, to begin the healing, which she gave readily and I then opened the session **(see opening the session and attunement process)**.

As I worked with Leah she put her head on my lap and turned it to one side presenting her left ear for my attention. I could feel heat around the ear canal and this corresponded with the previous infection, inflammation and scar tissue that I knew were involved.

I placed Leah's large ear gently between both my hands and continued to channel the healing energy. I removed my hands from Leah's left ear and she turned her head to the other side, allowing me to do the same with her right ear.

I then began to work all the chakra centres starting with the base chakra where I felt a slight heat and sensed a tiredness from Leah suggesting she was still in recovery from her illness.

As I made to move toward the sacral chakra Leah shuffled herself round presenting her back and right side to me and as I started to work this area I felt intense heat and focused my intentions on clearing the energy blockage which was responsible for generating this heat.

The sacral chakra governs the reproductive organs in both male and female animals and is responsible for their emotions and their maternal and nurturing instincts and is where negative energies relating to separation, loss, low self-esteem and loneliness can be held.

(Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23).

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The fact that the heat was so intense in this area can be explained by Leah's phantom pregnancy, the heightening of her maternal and nurturing instincts and the consequent feelings of loss she would have experienced when no litter was forthcoming and my hands were on fire as I concentrated on releasing the blocked energies. The warmer my hands became the cooler the area around the sacral chakra became.

Leah was now lying comfortably on her left side with all four legs extended and her eyes closed and she gave a large yawn as I continued the healing.

Leah's heart chakra also gave off heat but to a much lesser degree than the sacral and I felt that she was still grieving for the pups that she never had but also that she missed Rikki, A's black Labrador bitch who had passed away in March. I also sensed that although she was grieving this was passing and her heart was mending and that despite her trauma she knew she was loved and felt secure with A and B.

At this point Leah was asleep so I simply moved around her to access her head and the brow and crown chakras. As I continued to work with Leah I experienced slight heat in the brow or third-eye chakra, but this was mild in comparison to the heat in either the sacral or heart centres.

The pituitary gland is associated with this chakra and as it is responsible for production of oxytocin which triggers contractions in labour, prolactin which generates milk production and various other sex hormone which control ovulation and menstruation it had obviously played a part in the phantom pregnancy Leah had experienced so I focused on rebalancing the energies in this centre. (Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23).

As working the brow chakra creates balance between the left and right hemispheres of the brain I spent sometime working in this area in an attempt to redress any imbalance and assist Leah with the co-ordination problems and dizziness she experienced during her episode of vertigo.

Working this area would also help Leah with any underlying neurological problems that might have contributed to both the vertigo and her depression.

I finished by working with the crown chakra to bring Leah inner peace and calm and clear any traces of her lingering depression by stimulating the pineal gland to regulate serotonin and melatonin production, the brain chemicals responsible for mood enhancement.

I gently grounded Leah by placing my hands on all four paws in turn and exerted gentle pressure on each paw at which point Leah opened her eyes, stretched and did another massive yawn. She then got up and went to the back door indicating that she wanted to go into the garden where she proceeded to urinate profusely.

I then closed the session and detached using my usual method (**see closing the session and the detachment process**).

I left A and B with enough oils to offer them to Leah daily over the next week and an Animal Carer's Record of Oils Chosen so that they could record Leah's self-selection

choices and arranged to call back the following week to check her progress.

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## **The Follow Up Consultation**

I returned to A and B's house to see Leah on 29th December 2013 and was met by three boisterous dogs at the front door.

We made our way through to the kitchen and over yet another cup of tea and more home made cake we discussed Leah's progress and her self-selection of oils.

A and B both said they had noticed a big change in her, especially with her mood as she was much more alert, had started to bark at the post man again which she hadn't done for weeks and generally seemed more happy and content within herself.

Her ears hadn't been bothering her and hadn't need to be cleaned out every day as they normally would and she hadn't chewed her paws so frequently.

On her walks she was more inquisitive and had even stopped to acknowledge several other dogs, which she had never done previously.

Leah had been offered all the oils once a day over the preceding week and had selected all of the oils with the exception of Rosehip, Chickweed and Nettle which she refused outright.

She refused to even sniff the bottle and backed right away where the Rosehip was concerned and turned her head away after one sniff at the Chickweed and Nettle bottles.

A and B continued to offer these three oils each day in case she would change her mind, but Leah remained adamant that she didn't want them.

She appeared half hearted about the Catnip and only sniffed and licked the bottle but wouldn't take any oil from a plate or finger but kept sniffing the Chickweed on the plate.

A dogs sense of smell is vastly superior to ours, particularly in the case of a scent hound like the Blood Hound and this meant Leah would benefit from the medicinal properties of this oil without having to ingest it.

A said she persisted in sniffing the plate which had the oil on it, but paused between each sniff, obviously processing the scent of the Catnip and the effect it was having on her system.

Leah sustained an interest in Marigold and Seaweed oils and finished all the oil but left a residue of each.

She showed an obvious preference for Linseed and Mint and would happily have taken a second helping of each every day, leaving the plates as clean as if they had been washed.

A asked if they had to give her all four of the oils she had selected or would it be okay just to keep giving her the Linseed and Mint which were obviously her favourites and B asked what healing properties her two favourite oils possessed.

I told them that Linseed (**Linium usitatissimum**) could help with Leah's condition for the following reasons.

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As most modern farm animal now get little natural grazing dog food now contains little or no Omega 3 and they are consequently higher in saturated fats and Omega 6.

This creates an imbalance between Omega's 3 and 6 but this balance is redressed by the addition of cold pressed linseed oil to a dogs diet and because Omega 3 increases the production of anti-inflammatory hormones and contains Vitamin E, this in turn strengthens the immune system and maintains cell membrane, skin, coat and bone health.  
([www.flaxfarm.com](http://www.flaxfarm.com))

This will be particularly relevant to Leah in preventing the development of further ear infections and healing any remaining infection or inflammation of the ear canal.

Linseed is also rich in the B Vitamins which are essential for a healthy and correctly functioning nervous system so linseed can assist with the treatment of some behavioural problems and helps with conditions such as itching and dry and flaky skin.

This could prove helpful with Leah's paw chewing whether it is behavioural or caused by external irritants..

Linseed is also mineral rich containing, iron for healthy haemoglobin and efficient oxygen transport throughout the body, manganese for healthy bone formation, magnesium for the effective uptake of calcium and energy production, calcium for bone and teeth health, selenium which regulates the thyroid and prevents cell damage, potassium which regulates blood pressure, heart beat and effective nerve transmission and zinc an effective immune booster, all of which contribute to Leah's overall health.([www.eatingwell.com](http://www.eatingwell.com)).

I then explained to A and B that Mint (*Mentha piperita*) would benefit Leah for several reasons, as it also has numerous healing properties.

These include **analgesic** (pain killer) **anaesthetic** (lessens sensation therefore pain reliever), **antiseptic** (prevents infection), **antiphlogistic** (anti-inflammatory), **astringent** (shrinks/constricts body tissue), **cholagogue** (promotes blood flow), **nervine** (soothing to nervous system), **stimulant**(improves mental/physical function) and **stomachic** (increases appetite/aids digestion).(www.en.wikipedia.org).

Mint would therefore help Leah's ears to heal, help to restore her appetite as she was still not eating properly, soothe her nervous system and act as a mental stimulant to relieve boredom, depression, physical fatigue and refresh her weary spirit.

It also helps with apathy, traumatic shock and nervous tension all of which Leah had recently experienced. ([www.essentialoils.com](http://www.essentialoils.com)).

B is a practising aromatherapist and A is familiar with herbal remedies in her own Shamanic work, so they were both interested to hear exactly how the macerated oils could help Leah.

They were amazed at the intuitive knowledge which she used to self-select those oils which would prove most beneficial to her particular circumstances.

They decided to order both the Mint and Linseed because of her strong preference for these two oils and that their combined properties would benefit Leah best.

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I asked A and B if they wanted me to do a healing with Leah while I was there but they were having a healing circle later that evening with some other Shamanic practitioners and had planned to do a group healing with Leah and their other dogs Prince and Mylo so they didn't think a further healing was appropriate at this time.

I have since spoken with A by telephone and have also visited the house to check on Leah. A and B are delighted with her progress and find her a more confident and more contented dog than she ever was previously and her ears are not giving her the same problems and is still getting her Linseed oil every day but now only gets the Mint once a week.

She has been given a new lease of life and cannot wait to get out for her walks, which are now twice a day and is happy to greet every dog she meets, sniffs at everything and no longer jumps at her own shadow when she hears loud noises or there is a sudden movement from an unexpected direction.

She still barks furiously at the post man and still dislikes bags of any description, but overall she is a happy dog with a brighter, lighter spirit.

## **Learning Outcomes**

1. Identify and harvest local culinary herbs specific to this course.
2. **How to use fresh and dry herbs for simple remedies**
3. Equipment needed, drying and storage of herbs.
4. How to create a herb garden.
5. **How to use specific culinary Macerated Oils; Nettle, Marigold, Rose-hip, Mint, Catnip, Chickweed, and Seaweed infused oils and cold pressed Linseed Oil.**
6. **Create delicious, culinary, herbal pet treats specific to this course.**
7. **Make simple animal topical preparations such as insect repellent and cooling gel using plants, herbs, clays and honey.**
8. **Have a clear understanding of what animal self-selection is and how animals can benefit from an enhanced, nutritional, healthy, balanced diet, containing plant material.**
9. **Able to work and communicate with pet owners vets and other healthcare professionals.**
10. **How to keep professional standard records of all animal self-selection sessions undertaken.**
11. **Be aware of the importance of personal and animal safety as well as the relevant insurance, the law and vet liaison.**

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12. Be able to observe and understand why animals self-select culinary macerated oils/herbs/clays/honey specific to this course at animal rescue centres and with private clients.
13. Be aware of when not to conduct an animal self-selection session.
14. Be more aware of yourself as an animal healer and consider how and when you will use your training and experience from this course.

## **Bibliography**

**(Elizabeth Whiter; Certificate in Natural Food Animal Remedies; 2013; Page 9 of 28).**

**(Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23).**

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