

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

Diploma In Animal Sensory Enrichment

**Case Study Six
22nd December 2013**

A, B and Prince W*****

by

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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

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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.

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.

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

A, B and Prince – 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.

Arlene knows I am currently studying for my Certificate in Natural Food Animal Remedies and wanted to know if any of my macerated oils would help Prince with his lipomas and if I would also do a healing with him.

I arranged to call at their house the next morning and bring my macerated oils and was happy to do a healing with Prince.

Natural Food Animal Remedies Consultation Form Case History Six

Student Name: Deborah Benson

Date: 22nd December 2013

Animal Name: Prince

D.O.B Not known 10yrs +

Name and Address of Owner:

[REDACTED]

Telephone Number: [REDACTED]

Mobile Number: [REDACTED]

Age: 10yrs+ Prince was a rescue dog and about 2 – 3yrs old when A first got him

Species: Dog

Breed: Golden Labrador

Colour/Markings: Golden

Gender: Male

Entire/**Neutered**/Spayed

Vets Practice Details:

[REDACTED]


Vet's diagnosis/treatment/medication:

Lipoma (fatty growths)

Previous Owner/Rescue Centre if known:

Prince was at the local pound about to be put to sleep when A saved him – there was no information about his previous life as no-one had come forward to claim him so A has no idea of his history.

Any major illnesses/operations and dates:

Prince has not suffered any major illnesses/operations in his time with A but as she doesn't know his 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 and a Bonio biscuit at lunch-time with half a boiled egg.

Live inside/outside/daily routine:

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

Vaccinations:

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

Worming Treatments:

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

Skin/coat/paw condition:

Prince's present coat and skin condition are good, and his pads are sound although he has an unidentified growth on his back left pad.

Teeth: Prince's teeth are all present and in good condition with no evidence of decay.

Respiratory/allergies/sensitivities:

None

Present physical condition and temperament:

Prince is a good natured and very placid dog who is in good physical condition, with the exception of his lipoma's.

There is an unevenness to Prince's facial features, with the right eye being noticeably larger than the left and the left side of his face and muzzle appear generally less developed than the right, as you can see from his photograph.

It is entirely possible that he sustained an injury of some kind before he ended up in the

pound as an unwanted stray, which could account for this imbalance, but there has been no cause for concern or veterinary examination in relation to this.

Past history and temperament if known:

As previously stated Prince had been a stray and was rescued from the pound just before he was due to be destroyed, so his history before that point is a mystery.

He has always been a placid and gentle dog since he has lived with A although he was slightly timid when he first joined her household.

Recent changes to the animal/owner:

Prince's lipoma's have increased in size but do not appear to trouble him or cause him any discomfort.

The one on his left side is the largest and A felt its increase in size over a relatively short period was significant enough to raise cause for concern.

She took Prince to the vets where they performed a biopsy to check that the fatty tumour had not become malignant but the results showed there were no cancerous cells present in the growth.

Rikki, A's eldest dog passed away in March 2013 and although Prince Mylo and Leah seem to have adapted to her loss the home is not the same without her presence.

B has taken early retirement in October so both he and A are now at home every day but again this would not appear to have caused any upset to the pack dynamics and it has worked out to the dogs advantage as they now get two walks per day instead of just the one, as before A had to wait for B to come home to take them out as she couldn't manage the three of them by herself.

Relationship with other members of the family/strangers:

Prince is placid and gentle with everyone he meets but will take his time investigating some strangers but once his curiosity has been satisfied and he deems they are no threat to either himself or his pack, including A and B he will happily allow them to make a fuss of him and accept any treats on offer.

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

Prince and Rikki hit it off from the start and when Leah and Mylo joined the ranks they all got on well together. When Prince is out for his walks he always wants to investigate other dogs but is never aggressive towards them.

A's drake Cormac has been adopted into the pack since the passing of his mate and sleeps with the dogs in their shed when they are outside in the milder weather and has been found happily dozing in their beds in the kitchen. A says he thinks he is a dog not a duck.

When did problems start and possible causes?

The lipomas first appeared two and a half years ago and have increased in size in the interim. The vet diagnosed these as benign fatty lumps and said that Labradors are prone to these growths as a breed and as they get older.

What are the symptoms?

Prince has six fatty growths in total, one on each side which are the largest, one in each armpit and one on either side of his neck.

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There are no symptoms other than the physical presence of these growths and they do not cause Prince any current discomfort.

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

No

Any other complimentary therapies that have taken place and outcome:

Prince receives Reiki and Shamanic Healings on a regular basis as both A and B are Reiki Masters and A is a practising Shaman.

Self-selection of Macerated Oils and the Healing Session

A telephoned me and asked me if any of my macerated oils could help Prince as his fatty lumps were getting bigger despite all the healings he was receiving from herself and B so I arranged 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 Prince and offer him the oils and asked that she explain the self-selection element in that Prince would select the oils he needed to help him heal his body rather than having anything prescribed by me.

When I arrived at the house I was greeted by A and the three dogs, Prince, Mylo and Leah at the front door and they all looked happy to see me as ever.

A had spoken to M her vet and he approved of the idea that we were going to let Prince chose for himself.

As always in the W***** household with official business, we completed the consultation form over a cup of tea and a slice of home-made cake.

A asked if she could record Prince's selections and reactions to the various oils as I offered them to him as she felt he was more likely to focus on the exercise if someone new was involved in the process, as he was liable to get bored and wonder off otherwise.

Prince was sitting behind us in his bed in the kitchen so I sat on the floor beside him with my tin of oils, kitchen roll and selection of dishes all within easy reach, having given A the Description of Self-Selection Session form after explaining how it should be completed.

Prince's natural curiosity had him nosing around in my oils box and he watched with obvious interest as I lifted out the first bottle.

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

Prince sniffed and licked the top of the Rosehip bottle as it was offered and also took it from the plate when it was presented. He took an initial tentative lick from the plate and

pondered thoughtfully as he processed the taste and then finished all the oils that was on the plate.

I offered the Marigold to Prince next and again he sniffed and licked the bottle and took the offered oil from the saucer, after giving it several hearty sniffs before deciding to take it.

Prince indicated similar interest in the Chickweed but had several delicate sniffs at the bottle before deciding to have a cautious lick but once again cleared his plate without hesitation.

Prince was less interest in both the Catnip and Seaweed sniffing both bottles but no lick and although he took the majority of each oil from the dishes he didn't finish them as he had with the previous oils.

When I gave Prince the Nettle he once again sniffed and licked the bottle but drew his head back indicating uncertainty with this oil. When I put a little oil onto the plate he took a lick of the oil but curled his lip when he tasted it and stepped back from the plate.

Prince was greatly excited by the Linseed and was almost on my knee as I opened the bottle which he immediately began to lick as soon as I had removed the top.

As I reached for the saucer to place a little of the oil onto it for Prince, he impatiently nudged the hand I was holding the bottle in, seeming to tell me to hurry up and I got the sense that this was the oil he had been waiting for.

The eagerness with which he dived at the plate and devoured every last drop of oil certainly seemed to confirm this.

Prince indicated he would like some more by nudging the bottle which I had placed on the floor, so I gave him a second helping which vanished as quickly as the first.

Mint was the final oil to be offered to Prince and again his interest was heightened as soon as I took the lid of the bottle as he sniffed and licked the bottle top and waited impatiently while I poured some for him to try.

He sniffed excitedly at the plate and then proceeded to lick it clean in a flash. I again offered him a second helping which he enthusiastically polished off.

Prince seemed somewhat disappointed that this was the last oil and hovered around just in case there were any more, but when he realised he he had his full quota he went and helped himself to some water.

I asked A if she was happy for me to do a healing with Prince, as I was aware that both she and B conduct their own healings with their three dogs and wanted to check she had no objections to me conducting a healing session of my own but she was perfectly happy for me to do a healing with Prince as she felt different healing energies often bring something extra to the equation.

I settled down beside Prince who was lying on his comfy duvet in the dogs corner in the kitchen, obtained his permission to begin the healing and opened the session

Prince was slightly curled up as I started to work with him but I had immediate access to

the base chakra and there was a slight heat in this area corresponding with the adrenal glands which are part of the endocrine system and the body's immune defences.

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As lipoma's or fatty tumours are generally caused by a build up of toxins within the body to a level where it is unable to eliminate them by normal means as in via the excretory organs of the liver kidney and intestines, the body will seek alternative ways to detoxify and it will attempt to encapsulate the foreign waste matter and remove it via the largest excretory organ, the skin hence the formation of subcutaneous fatty lumps at the designated exit sites. **(Diploma in Animal Healing; Assignment One; Lipoma in Dogs).**

Lipoma are therefore an indication of underlying chronic disease within the body as it loses its ability to eliminate waste effectively because homeostasis has been disrupted and the immune and endocrine systems are thereby severely compromised.

(Diploma in Animal Healing; Assignment One; Lipoma in Dogs).

There was a lot of heat present around the solar plexus chakra which corresponds with the digestive system, the spleen which is responsible for fighting infection and the liver which is the main organ responsible for eliminating waste produced from the body and this heat is indicative of Prince's body's determined attempts to rid his system of the accumulated toxins. **(Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23).**

The pancreas is the endocrine gland associated with this chakra and if it is not functioning correctly it can give rise to digestive disorders and diabetes, so it was vital that I channel the healing energy to this area to dissipate the heat, remove the energy block and restore balance.

There was also warmth in the heart chakra corresponding with the thymus gland which is responsible for an animal's immunity and the creation of T cells called lymphocytes which attack foreign invaders such as the accumulated toxins in Prince's system. **(Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23).**

The fact that Prince had lost Rikki who would have been with him since he came to live with A could also have been a cause of the heat experienced in this area, as Rikki had only passed away a few months ago and I felt he was still missing her.

It was at this point I sensed Rikki's presence in the room and she was sitting at A's feet simply overseeing proceedings, just as she would have done before her passing.

I felt a wave of contentment from Prince as he lifted his head and looked in her direction and emitted a huge sigh as if to say everything is alright now.

I also sensed that Prince was content with his life and is a very stoic and accepting dog, with great love for A and he is fully aware that she saved his life when he was in the pound. He also feels loved, wanted and protected in turn.

He rested his head on his front paws closed his eyes and as I continued to work with him he drifted off to sleep with Rikki watching over both him and A.

Prince's brow chakra also emitted heat and this chakra corresponds with the pituitary gland which controls the function of the other glands in the endocrine system so this will be working overtime to in Prince's case as both this system and his immunity are

compromised.

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I went over Prince's body again checking the areas of heat to ensure an even temperature had been restored throughout and the energy flow had been corrected before grounding Prince by applying light pressure to each of his four paws in turn.

Prince opened his eyes and stretched and immediately looked to the spot where he had last seen Rikki and to his apparent relief she was still there.

He then got up and went to the back door to go out to the garden and Rikki followed him out. Prince then had a lengthy urination and then he went on a garden patrol with Rikki.

I then closed the session and detached from Prince.

When he came back inside Rikki had left us, but Prince was unperturbed and I sensed he knew she would be back to visit whenever she felt the need.

A asked I had felt Rikki was with us and I said she definitely had been as she sat at her feet, keeping an eye on proceedings while I worked and that Prince had known she was there and that she had gone outside with him to the garden and that was when she had left us and A simply smiled and said it was good to see her again and know that she is okay.

I then left Prince and A with sufficient oils for the week and arranged to return to see how Prince's self-selection had worked out

The Follow Up Consultation

I returned to A and B's house to see Prince on 29th December 2013 and was met as usual by three boisterous dogs at the front door, Prince and Leah being very much on a par with Mylo this time as normally they would be more subdued than the unstoppable force which is Mylo!

We made our way through to the kitchen and once again over cup of tea and the famous W***** home made cake we discussed Prince's self-selection of oils.

A and B both said Prince was more alert and his coat was softer after taking the oils for just a week and was much more playful when acknowledging other dogs and got really over-excited now when he knew he was going for his walks, whereas before although he went readily enough he sometimes gave the impression he wasn't really bothered.

Prince had been offered all the oils once a day over the course of the week and had selected all of the oils with the exception of Nettle which he persistently refused to touch.

Prince sustained an interest in Chickweed, Catnip and Seaweed oils and finished most of the oil but left a significant residue of each.

Prince happily took both Rosehip and Marigold oils for the entire week but these were not such obvious favourites as the Linseed and Mint and he clearly expected second helpings which he got each day and he licked the plates clean of every last drop.

A asked if they could give Prince just the Linseed and Mint which were his definite favourites and B asked could I remind them what the healing properties of these two oils were again.

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

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)

This will be particularly relevant to Prince as his body will experience areas of internal inflammation associated with the accumulation of excess toxins, particularly in the digestive system and liver, his immune system will be strengthened, his cell membranes protected and his skin which is being used for the process of excreting toxic waste products will be helped by the Vitamin E.

Linseed is also rich in the B Vitamins which are essential for a healthy and correctly functioning nervous system which can also be adversely affected by the presence of unusually high levels of toxins.

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 Prince's overall health.(www.eatingwell.com).

I then explained to A and B that Mint (*Mentha piperita*) would benefit Prince because of the following healing properties.

Mint acts as an **analgesic** (pain killer) **anaesthetic** (lessens sensation therefore effective as a 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 increase blood flow helping with waste elimination, soothes the nervous system so helping to keep Prince relaxed and content whilst simultaneously acting as a stimulant to improve mental and physical function so relieving boredom and lifting Prince's spirits as required. It would also promote effective digestion again assisting the digestive system to effectively metabolise food to assist with further elimination of toxins.(www.essentialoils.com).

B and A decided to order both the Mint and Linseed for Prince as their combined properties would effectively treat the cause of the lipomas and help him re-establish overall body balance.

I then asked A and B if they wanted me to do a healing with Prince as but they were having a healing circle later that evening with some other Shamanic practitioners and had planned

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to do a group healing with Prince, Leah and Mylo so they declined a healing for Prince on this occasion

I have since spoken with A by telephone and have also visited the house to check on Prince.

Arlene was happy that the tumours had not increased in size and thought that the largest one on Prince's side may even have shrunk slightly and that had all become softer and more palpable to the touch and Prince just generally appears to be a happier, brighter dog.

Bibliography

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

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