

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

# **Diploma In Animal Sensory Enrichment**

**Case Study Two  
10th July 2013**

**Chloe and L\*\* A\*\*\*\*\***

**by**

**Deborah J Benson**

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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 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.

*DEBORAH J BENSON 2013*

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

*DEBORAH J BENSON 2013*

## **Chloe and Liz – An Introduction**

I first met Chloe and L\*\* in my veterinary surgery whilst collecting medication for one of my own dogs, Brandy.

As I was waiting in the queue I spotted a beautiful little black and tan Cavalier King Charles Spaniel in front of me.

The first thing I noticed was significant hair loss on her back and the exposed skin was very inflamed, so much so that it appeared almost raw and my immediate thoughts were, Elizabeth Whiter's macerated oils could help this dog.

Initially though I was unsure about the best way to broach the subject and in fact decided against doing so. I collected my medication and left the surgery, went outside and got into my car.

I started the engine but I found I couldn't drive away as I felt I was letting the little dog down if I didn't at least ask her owner if I could be of any help and then I heard a voice saying "Go back in – **now!**"

I felt this was divine intervention and switched off the engine of the car and went back into the surgery and the right words immediately came to me as I said to the dog's owner

"I hope you don't mind but I felt compelled to come back and ask you if you would like to try some macerated herbal oils to help your little dogs skin condition"

I introduced myself and explained briefly how I thought the oils could benefit her dog.

She said she had never known anyone to feel compelled to help her and she was obviously intrigued by what I had told her about the oils and was very conscious of doing everything she could to help her four-legged companion.

She then introduced herself as L\*\* A\*\*\*\*\*'s and her little dog as Chloe and told me she was waiting to see M\*\*\*\*\*, who is also my vet. I told her to ask M\*\*\*\*\* if he was happy to let me work with Chloe and if she got the go ahead and wanted to see what we could do to help her, she had my number and could give me a call to discuss things further.

Liz rang me later that day and said she had spoken to M\*\*\*\*\* who had given permission for Chloe to come and see me as he knew that I was studying for my Certificate in Natural Food Animal Remedies, as we had chatted about it on previous visits and we arranged an appointment at Liz's home for the following evening.

## **Natural Food Animal Remedies Consultation Form Case History Two**

**Student Name:** Deborah J Benson

**Date:** 10th July 2013

**Animal Name:** Chloe

**D.O.B** 19th September 2000

*DEBORAH J BENSON 2013*

**Name and Address of Owner:**

[REDACTED]

**Telephone Number:** [REDACTED]

**Mobile Number:** [REDACTED]

**Age:** 12yrs 10mths

**Species:** Dog

**Breed:** Cavalier King Charles Spaniel

**Colour/markings:** Black Tan and White

**Gender:** Female    Entire / Neutered / **Spayed**

**Vets Practice Details:**

[REDACTED]

[REDACTED]

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

Chloe has been diagnosed with a significant heart murmur, an auto-immune disorder and also has a growth on her back right leg and weakness in her hind quarters.

No biopsy or other tests have been done on this lump as due to her age and deteriorating health it was felt this would have involved unnecessary invasive procedures and even if the growth had proved to be malignant, removal and/or chemo/radio therapy would not have been considered to be in Chloe's best interests, either by her owner or her vet.

Chloe also suffers from fluid on her lungs and mild urinary incontinence and mild arthritis in her back legs.

Her appetite alternates between good and loss of same and her breathing can be laboured, especially after exertion and she is sometimes lethargic.

She has been prescribed Furosemide 40mg tablets twice daily for the fluid on her lungs.

This medication acts by preventing the build up of fluid on the lungs and in the abdominal cavity of pets with congestive heart failure.

It prevents re-absorption of chloride, sodium potassium and water thereby removing excess fluid from the pets body by increasing the amount and frequency of urination.

Chloe was also prescribed Incurin 1mg per day for urinary incontinence as this is a medication for spayed bitches used to prevent sphincter mechanism incontinence which is caused by the consequent change in their hormone levels.

It contains a low dose of Estriol a form of oestrogen which acts on the bladder and urethra to prevent urinary leakage. ([www.petmd.com](http://www.petmd.com))

### *DEBORAH J BENSON 2013*

Chloe is given 5mg of Enalapril Maleate daily for her kidneys and heart as this drug dilates smaller blood vessels allowing them to relax making it easier for blood to circulate, which in turn decreases blood pressure and decreases the workload of the heart. This particular drug also dilates the blood vessels leaving the tiny filtration units of the kidneys called glomeruli, thus lessening the blood pressure in the glomerulus, which means less filtration occurs which in turn reduces urinary protein loss.

([www.veterinarypartner.com](http://www.veterinarypartner.com)).

Chloe receives 2mg Medrone daily for the treatment of her non-specific inflammatory dermal condition associated with her auto-immune disorder and also has a 40mg Medrone injection once a fortnight.

Chloe also takes Vetmedin in a dosage of 5mg per day, given as one tablet in the morning and one tablet in the evening.

This is a medication given to dogs with congestive heart failure which occurs when the heart is unable to pump sufficient blood around the body to meet its circulatory needs and is caused by a weakened heart muscle.

Due to the impaired circulation other organs cease to function at their optimum level and multiple organ problems result.

Because the heart has ceased to pump blood efficiently it backs up into the lungs, liver and legs and increases pressure in the veins causing fluid to leak into the lungs, as in Chloe's case. ([www.petmd.com](http://www.petmd.com))

L\*\* also gives Chloe a Glucosamine and Chondroitin supplement to help support healthy joints and increase her mobility.

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

L\*\* has had Chloe since she was 5 weeks old and she came from a litter of pups that a friend of the family had bred from her own dog.

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

Chloe was spayed when she was one year old and never had a litter of pups.

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

Chloe has always been fed Iams small bite Chicken or Salmon dried food twice daily and gets a small Dentastix every day.

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

Chloe is a house dog and used to have two walks a day but due to her deteriorating health she is no longer up to walking any distance and her breathing would become laboured if L\*\* tries to take her too far, although she remained alert and excited to be out.

She is now happy to potter around the house, goes in and out of the garden at will and still manages to climb the stairs when no-one is looking, much to L\*\*'s dismay as Chloe is a bit unsteady on her back legs and L\*\* is afraid she will fall down the stairs and injure herself.

**Vaccinations:**

Chloe receives annual vaccinations to cover her against distemper, hepatitis, adenovirus, parvovirus, parainfluenza, leptospira canicola and leptospira icterohaemorrhagiae.

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L\*\* decided not to administer the kennel cough vaccination in addition to Chloe's annual boosters as Chloe never goes to kennels, but stays either with family, or is looked after by a family member in her own home, when L\*\* and D\*\*\*\* go on holidays.

**Worming/flea treatments:**

L\*\* uses Advocate for worm and flea treatment twice a year.

**Skin/coat/paw condition:**

Chloe sometimes nibbles a little at her pads and licks them and she has the non-specific dermal condition related to her auto-immune disorder. This has also affected her external nose tissue which has caused it to grow unevenly.

**Teeth:**

Chloe has had some tooth loss and has a little decay in her remaining teeth but this is consistent with her age of almost thirteen.

**Respiratory/allergies/sensitivities:**

Just her non-specific dermal condition, most likely the result of her auto-immune complaint.

**Present physical condition and temperament:**

Marked degeneration of physical condition due to age, the auto-immune deficiency and heart complaint but still inquisitive, alert and bright-eyed, although slowing down noticeably.

L\*\*'s main concern was to try and restore Chloe's once glossy coat to its former glory as she had accepted their time together was limited due to her ongoing health issues. Chloe is friendly, even-tempered and placid but not submissive.

**Past history and temperament if known:**

Chloe has always been a friendly placid dog the only real difference being that she would have been much more active and playful as a younger dog, as you would expect.

**Recent changes to the animal/owner:** None.**Relationship with other members of the family/strangers:**

Chloe is perfectly happy around family and strangers and is always happy to meet new people.

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

Chloe is absolutely at home with other dogs whether in the home or when she meets them outside. L\*\*'s son's pup often comes to visit and stays over on occasion and Chloe is very attached to him and not remotely territorial.

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

L\*\* told me that Chloe first experienced problems at Christmas time in 2012 and she found this most unusual as she had no indication prior to this that anything was amiss and the

rapid onset of symptoms took her by surprise. M\*\*\*\*, her vet, advised her that there has most likely been an underlying heart condition which she has been born with but which went unnoticed as she displayed no signs of anything untoward until she got older.

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**What are the symptoms?:**

Chloe has various conditions and is on veterinary prescribed medication for them all as previously discussed but the area L\*\* wanted help with was with the non-specific dermal complaint which meant Chloe had experienced significant hair loss particularly along her spine and the skin in the underlying areas was extremely inflamed and sore.

**Has there been a second opinion other than the animal's vet?:**

No.

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

None.

**Self Selection of macerated oils and the Healing Session**

Once the consultation form had been completed I explained the process involved in offering the macerated oils to Chloe and the importance of allowing Chloe to self-select the oils rather than simply offering her the oils we would assume she would need based on the different healing properties of each oil and her various complaints.

I also stressed the point that none of the oils were intended to replace the medication that Chloe had been prescribed by the vet and at no time should L\*\* stop any of Chloe's ongoing medication without consultation with her vet.

L\*\* was unsure how successful we would be in getting Chloe to try any of the oils, as she explained Chloe could be picky when it came to what she would eat and what she would not.

Chloe, L\*\* and I were all in the kitchen and Chloe had settled herself on the tiled floor as it was rather warm and she found this spot cooler than her basket as Liz\*\* informed me.

I asked L\*\* to offer Chloe the various oils as I handed them to her, to allow me to observe the selection process and accurately record Chloe's reaction to each oil.

Chloe was alert and very interested in what was going on and watched our every move throughout and got up on several occasions to come and sniff the box that contained the oils, before settling back down on the floor.

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, Marigold and Chickweed, Chloe immediately sniffed the bottle, but didn't lick the opening but licked oil that was offered to her on a saucer, by Liz and cleaned the plate.

When she was offered Catnip she expressed no interest in the bottle but took the oil from L\*\*'s finger as I instructed her to offer it this way.

She became extremely alert at this stage and her tail lifted and she cleared the saucer of Catnip when it was offered.

### *DEBORAH J BENSON 2013*

With the Seaweed and Linseed Chloe expressed no interest when offered the oil from the bottle, again accepting it from L\*\*'s finger, but tentatively this time, although she enthusiastically cleaned the saucer of every last drop.

When Chloe was offered the Mint this was the first time she actually licked the bottle and eagerly cleared the saucer when it was offered.

At this point Chloe helped herself to a drink of water and settled down again, this time in the hallway beside the fan L\*\* had bought to keep her cool.

I asked L\*\* if she was happy for me to carry out a healing on Chloe and she agreed.

I then asked Chloe's permission to to commence the healing and when this was granted I began the healing. **(see opening the session and attunement process).**

Chloe was uncomfortable with hands on healing due to her skin condition as the affected areas are tender, so I settled down on the floor about two feet away, while L\*\* sat on a small bench directly opposite Chloe and to my immediate left.

Initially Chloe kept a watchful eye on me but then put her head on her paws and partially closed her eyes, remaining like this for the duration of the session, yawning once and sighing deeply twice before eventually closing her eyes completely and L\*\* talked quietly to us both throughout, telling me about her life with Chloe and her family.

During the session I got the strong impression that Chloe was very tired but happy and loved Liz deeply, as L\*\* did her.

I also detected areas of heat corresponding with the location of the skin complaint, the adrenals/kidneys, stomach and chest areas.

These areas correspond with Chloe's symptoms of a heart murmur, fluid on her lungs and increased urination due to the fluid medication.

The heat associated with the stomach area is related to the digestive system and liver adapting to all the medication and the auto-immune disorder.

There was also heat in the throat area corresponding with the thyroid gland which is another part of the endocrine system, as are the adrenals and this is the system responsible for the body's immune response, so this again tallied with Chloe's condition.

I concentrated on healing the affected areas but worked with Chloe's entire system to restore homeostasis or body balance.

I closed the session **(see closing the session and detachment process)** and arranged a follow up consultation on the evening of Friday 19th July, leaving L\*\* sufficient oils to offer them all to Chloe twice daily and an Animal Carer's Record of Oils Chosen to allow her to keep a weekly record of Chloe's choices.

This would help us to establish which oils were required through the self-election process and then decide which oils L\*\* wanted to give Chloe on a daily basis, if any, after that.

### *DEBORAH J BENSON 2013*

I also left L\*\* the recipe for K9/Feline Fish-cakes as she wanted to try them as a healthy replacement for Chloe's Dentastix treat.

(Elizabeth Whiter; 2013; Certificate in Natural Food Animal Remedies; Page 20 of 28).

I also told L\*\* that she might like to let Chloe try sardines in sunflower oil as these would also help her coat and were highly nutritious, especially if she was picking at her food.

## **Follow-up Consultation**

On my arrival at Liz's I was meet at the front door by both Chloe and L\*\* and I immediately noticed a marked improvement in Chloe's skin, as the angry red inflammation had greatly reduced and the exposed areas of skin affected by the hair loss were a much healthier looking deep pink in colour.

I commented on this to L\*\* who happily agreed that there had been a definite change for the better and she was delighted to see such a noticeable improvement in just nine days.

L\*\* then showed me the Record of Oils Chosen sheet and these indicated a sustained interest in Rosehip(*Rosa Canina*), Marigold(*Calendula officinalis*) and Chickweed(*Stellaria media*) with the exception of 15th July, when she walked away after taking the Rosehip oil.

Chloe did not receive any oils on 17th and 18th as L\*\* and D\*\* had been away

She also walked away from the remainder of the oil selections on 19th July, but only after she had taken the Rosehip, Marigold and Chickweed.

L\*\* did not offer her the oils that evening because she had shown reduced interest that morning.

L\*\* asked why Chloe seemed to have a preference for the first three oils, Rosehip, Marigold and Chickweed and had appeared to have lost interest in all the rest.

I explained that each oil had different healing properties and that Chloe inherently knew which oils her body needed to heal itself.

I told Liz that Chloe had a preference for Rosehip because it is as an extraordinary source of Vitamin C, which alongside Vitamin A is most beneficial for the treatment of infections pneumonia, chest infections and any complaint associated with the respiratory tract so Chloe would have self-selected this oil to help with the build up of fluid in her lungs.

I advised Liz that rosehips are a potent anti-inflammatory so therefore combat inflammation which is a big problem for Chloe with her auto-immune deficiency and particularly with her skin complaint.

They are also anti-oxidant which means they prevent cell damage and they have anti-viral properties which makes them effective against viral infections which are the main cause of auto-immune disorders.([www.herbwisdom.com](http://www.herbwisdom.com)).

I also told L\*\* that rosehips act as a wound healer, a diuretic to increase the volume and flow of urine to cleanse the urinary system and a laxative for healthy bowels.

### *DEBORAH J BENSON 2013*

The fact that rosehips also have a pectoral effect in that they are a remedy for pulmonary or other lung and chest diseases was particularly relevant in Chloe's case as she had obviously selected this oil to assist with the accumulation of fluid on her lungs.

Rosehips are also highly nutritious and again specific to Chloe because of their refrigerant property as this means they act as an agent that lowers abnormal body heat, relieves thirst and gives a feeling of coolness, particularly helpful in reducing all the symptoms of acute inflammation. ([www.globalherbalsupplies.com](http://www.globalherbalsupplies.com)).

Vitamin A contained in the rosehip is beneficial to the immune system, preventing infections from bacteria and viruses and fighting off infections when they do occur and as rosehips are one of the best sources of natural iron and Vitamin C combined they provide essential nutrition for optimal skeletal, skin and coat health, all of paramount importance in improving Chloe's condition.

Marigold (*Calendula officinalis*), also has properties relevant to helping Chloe's symptoms.

Again it is anti-inflammatory, astringent, anti-oxidant, also an anti-bacterial which kills/inhibits bacterial growth which may be a factor in Chloe's skin condition, anti-infective, so kill/prevents the spread of infection, anti-microbial which kills/inhibits growth of micro-organisms, such as streptococcus which can infect wounds or broken raw skin, and acts as an immunostimulant to boost the immune system, vital in the case of Chloe's auto-immune deficiency and again acts as a wound healer. ([www.en.wikipedia.org](http://www.en.wikipedia.org)), ([www.herbwisdom.com](http://www.herbwisdom.com)).

Chloe's third preference of Chickweed also has healing properties which will specifically help her symptoms.

Chickweed promotes healthy respiratory and digestive systems, including mucous membrane health, a strong skeletal system, correctly functioning excretory organs and a healthy coat and skin in all animals. ([www.herbwisdom.com](http://www.herbwisdom.com)).

L\*\* was genuinely amazed that these three favourites contained such a multitude of healing properties and also that Chloe had instinctively known what oils she needed most.

I explained to L\*\* that if animals were allowed to roam freely in their natural habitats they would naturally forage for the plants and berries that they needed to maintain optimal health and heal themselves.

I suggested that L\*\* should initially try Chloe with these three oils but she said she thought that was too many and was also conscious of the expense involved.

I then asked her if she would be happy to select the Rosehip oil for Chloe as this had been her favourite on my first visit and had remained a constant choice throughout the intervening period.

I also felt that if we were to give Chloe only one oil it should be the oil from those she had

self-selected that had the widest range of properties relevant to Chloe's symptoms, so we agreed to keep her on Rosehip for another week initially.

### *DEBORAH J BENSON 2013*

I conducted a further healing session (**see opening the session and attunement process**), with Chloe after first gaining her permission to commence the healing and including Liz, as on the first visit and this time Chloe settled happily in her basket in the living room.

I worked directly beside her this time although still avoided the hands on approach as I was conscious of her discomfort on my last visit and L\*\* was on the sofa, directly opposite and was very much included in the healing.

Chloe got out of her basket and wanted up on the sofa with L\*\* but once she was beside her she settled down again and went to sleep.

I felt heat in the same areas as the first visit, corresponding with the location of the skin complaint, the adrenals/kidneys, stomach and chest areas but the happily heat was much less intense in all the areas and particularly along Chloe's back, where the skin inflammation had noticeably reduced.

As with the first visit these areas correspond with Chloe's symptoms of a heart murmur, fluid on her lungs and increased urination due to the fluid medication.

The heat associated with the stomach area is related to the digestive system and liver adapting to all the medication and the auto-immune disorder.

There was also heat in the throat area corresponding with the thyroid gland which is another part of the endocrine system as are the adrenals and this is the system responsible for the body's immune response so this again tallied with Chloe's condition.

Once again I worked with the affected areas, but treated the body in its entirety to restore balance.

I felt the same tiredness with Chloe as I had on my first visit but also the overwhelming sense that this was an entirely happy little dog, despite all her problems and she knew she was greatly loved and loved L\*\* in return.

Chloe decided the session was at an end some thirty minutes later, when she opened her eyes and yawned and went to get a drink of water and then asked to be let outside where she went to the toilet and I closed the session and detached.  
**(see closing the session and detachment process).**

L\*\* then told me that she had made the K9 treats for Chloe and she absolutely loved them and she had also made a batch for her friends dog who also couldn't get enough of them.

She also told me Chloe much preferred the home-made treats to her Dentastix and she now got the baked treats instead.

I arranged to drop by on 26th July to see how things were progressing and I left L\*\* with enough Rosehip oil to keep her going until she placed her own order.

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## Distant Healing

On the morning of 25th July I received a telephone call from a distraught L\*\*. The previous day Chloe had been very unsteady on her feet and early that morning she had lost the use of her back legs.

L\*\* had called the vet and asked him to come to the house as she feared the worst.

M\*\*\*\*\* came out immediately and confirmed that Chloe had lost the use of her back legs and suspected an internal spinal growth, similar to the one on her back right leg, may have been responsible for the loss of mobility.

He felt that with all Chloe's other health issues now coupled with the fact that she would never walk again, that the time had come to end her suffering and put her to sleep.

L\*\* was heart broken but agreed, as she knew it was the right thing to do and M\*\*\*\*\* left her alone with Chloe while she said her goodbyes.

He then returned to euthanase Chloe and she passed peacefully away in L\*\*'s arms.

I offered L\*\* my heartfelt condolences and asked if she wanted me to call round as I knew she was in the house by herself, as D\*\*\*\* was at work, but she assured me she would be fine on her own, but she knew where I was if she needed me.

When I came off the telephone I immediately sent distant healing to L\*\*, Chloe and the family circle, to M\*\*\*\*\* and to L\*\*'s home, where Chloe had passed.

I did this using my normal opening and attunement process but allowed the golden healing Christ energy to emanate in a ripple effect until it reached L\*\*'s home and watched as it became filled and surrounded with golden healing energy as was L\*\*.

I specifically called in the spirits of the animal kingdom to release Chloe's soul from the trauma of her passing and restore it into the Light and envisaged Chloe restored to her original perfection, free from pain and suffering, being welcomed by Jesus into a beautiful garden where all those who have gone before are waiting for her.

I asked that her soul be permitted to leave, taking with it all the love and thanks of those whose lives she touched on her time here on Earth and that those who are left behind, particularly L\*\* who will feel her loss the most, receive all the healing that is required for their Higher good and that they be comforted in knowing that Chloe is loved and protected where she is and will continue to watch over them in Spirit.

I also sent healing to M\*\*\*\*\*I, as being a vet is an extremely demanding job and I asked that he receive all the healing and protection he requires to enable him to continue to do the vital and often stressful work that he does on a daily basis and surrounded the surgery with more golden healing energy so that all the practice vets, veterinary nurses, reception

staff and the animals in their care all received healing at the same time.

I maintained the flow of energy until I felt Chloe's spirit had left and then closed the session as normal and detached. **(see closing the session and detachment process).**

*DEBORAH J BENSON 2013*

Several days later I sent L\*\* a text message to see how she was as I felt she needed to talk about what had happened and asked if she would like me to call with her and she said she would like that very much.

When I arrived L\*\* was quite composed and was happy to talk me through what had happened, although she understandably became quite emotional as she did so.

I explained I had sent her distant healing and the reason for it and she said she thought it was just coincidence that she had felt a sense of relief after she had spoken with me on the day Chloe passed, but perhaps the healing had been responsible and she liked to think that this was the case as she found it reassuring.

She said it was the kindest thing to do for Chloe but that this didn't make it any easier to accept the fact that she really was gone and that both she and D\*\*\*\* really missed her.

She also told me Chloe was buried in the back garden and as both she and D\*\*\*\* were keen gardener's that had decided to plant one of their favourite shrubs on her grave.

I also told L\*\* that Chloe would always watch over her and she said that it was strange that I should say that as she had felt her presence around the house and once had felt a weight on her bed as if Chloe were sitting on it.

She then took me out to show me where they had laid Chloe to rest and thanked me for everything I had tried to do to help Chloe and gave me some home grown tomatoes and courgettes by way of acknowledgement.

I have kept in contact with L\*\* and while she is adamant that they will have another dog of their own, she is happy to look after her son's Cavalier King Charles and also the rescue dog that he has recently re-homed.

## 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.**
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; 2013; Certificate in Natural Food Animal Remedies; Page 20 of 28).

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