

Energy Medicine for Pets and Animals

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This paper assumes the reader is familiar with some or all of the teachings from Touch for Health Kinesiology, other trainings in kinesiology, EFT and other fields related to energy healing. If you find something of interest in this article that you do not know, consider getting some more training. Also feel free to contact the author for advice and clarification.

In TFH I we teach surrogate testing and tell our students that this can be used with animals as well as with babies, invalids and other untestable people. TFH instructors are trained to tell students that when we use surrogate testing there needs to be skin-to-skin contact during the testing. I usually add that skin-to-fur contact also counts. Our understanding is that we can access information of another being through surrogating testing. This includes finding stresses at physical, emotional, mental, spiritual and energetic levels, and also testing to find which interventions facilitate the system's self-healing.

To illustrate how we can use kinesiology skills with animals I will share some stories. The basic TFH I "fix-as-you-go" balance can be as useful for an animal as it is for humans. I once went to a veterinarian's office to give a talk. They asked me to do some balances on the animals. They brought me a cat that had not eaten for two days even though it had food in its cage. First I explained how TFH works and then balanced one of the veterinarian assistants. This vet tech had never been muscle tested before that day. Next, while the vet tech held the cat I re-tested all the meridians using her as a surrogate, and of course a different set of meridians were off. One correction that showed up was for the bladder meridian (peroneus test). This muscle has a neurolymphatic point that is one inch to either side of the navel. I was not sure where the navel was on a cat, but I had

room full of experts and so I asked the surrogate where the landmark (navel) was on the cat. She showed me and we rubbed the corresponding area for the neurolymphatic points on the cat that we would rub on a person.

We ended up doing a standard TFH I balance with three meridians needing some work. We corrected all three using the same reflex points on the cat that correspond to the points anatomically we use on humans. When we were done they returned the cat to its cage and the kitty immediately began eating the food that had been there previously. Although we did not have a stated goal, the intent of the people in the office was like a goal, i.e. help the kitty get her appetite back.

In TFH III we teach some basic work using emotions. In the Professional Kinesiology Practitioner (PKP) training a much more in-depth set of teachings on emotional clearing is taught. Other systems like One Brain, Psych-K and others also teach more in-depth emotional clearing methods using kinesiology. You can use ESRs and other standard emotional release techniques on animals as well as on humans. A friend once asked me to balance one of his three golden retrievers. He had two golden retrievers that loved to ride in his car, but the third one would cower in the corner and shake when told to get in the car. This dog had to be picked up and physically placed in the car. When I started testing the dog it came up that emotional issues were *online* (needing to be addressed). As I gathered more information (through muscle testing) it came up that the dog had an issue with my friend's parents. I asked my friend about this. He was surprised and answered, "Yes." His parents did not like the dogs at all. When the family went to visit his parents there was always

“stuff” about bringing the dogs. I did some emotional clearing and afterwards suggested we see how the client (the dog) would respond to getting into the car. So my friend, his wife, I and all three dogs went into the garage. When the car door was opened all three dogs immediately jumped into the car. My friend and his wife both stood there with their jaws hanging open.

I am a big proponent of Emotional Freedom Technique (EFT). Some people know it as “the tapping technique.” When I tell people they can do EFT on animals, I often hear back, “The pet won’t hold still for it.” This story illustrates how to do it with any animal. Our neighbor used to have a dog named Beau. Beau lived outside 98% of the time and thought everyone who lived on our street (a gravel road out in the country) was part of his pack. Whenever I would walk the half-mile to the mailbox, Beau would always come along. Beau had one bad habit. He liked to hide in the trees near the main road and chase trucks. He never chased cars, only pick-up trucks or bigger vehicles. He would wait in hiding and at the last moment jump out and try to bite the tires. One time he got hit and broke his jaw and his hip, lost one eye and was lucky to survive. After recovering he stopped this truck chasing behavior for a while. Later he started up again, and got hit a second time but with less damage.

Each day when I would walk to the mailbox I did not know if Beau would renew his truck chasing game. Over time he began doing it more often, until he was doing it about 50% of the time. I became worried that he would have a fatal accident but could not catch him to stop this behavior. One day while approaching the road I decided to try EFT on Beau hoping to end this behavior. Beau was about 20 feet away and I began tapping on his meridian points from a distance with the intention that I was actually tapping on his body. I actually tapped into the air and at the points on his body while using the set-up phrase standard with EFT. I self-tested how many rounds to tap. When I was done I had no idea if it

had worked. From that day on, however, for the rest of his life, Beau never again chased a truck again.

Another great way to assist animals is with Bach Flower and other flower essences. You can also use homeopathics and essential oils but both of these can be problematic. When I teach classes on energy work with animals I strongly suggest people stay away from using homeopathics and essential oils with animals unless they have specific training. Essential oils on animals’ fur can be very intense as they often have a very sensitive ability to smell and to feel oils burning their skin, and might lick them off. Flower essences, on the other hand, have a lot of up side and no reports of contraindications that I have seen. A simple way to work with the flower essences is to focus on an animal’s challenge and put that in circuit, then test through the flower essences looking for the one(s) that change the response. I’ll also test if it works best to put the flower essences in their water or food, rub it on them, administer it direct to their mouth, etc. And I’ll also check for how many drops per usage.

Mammals all have acupuncture meridians that are very parallel to ours. There are meridian charts that can be ordered online for dogs, cats and horses. Anything meridian related that I have learned to use with people, I will also use with animals. If you want to trace the meridians on an animal, they are almost exactly in the same places as on humans anatomically. As with EFT, meridian tracing can be done from a distance if needed.

A friend and colleague who is a TFH teacher likes to go the ASPCA to work on the animals. Whenever we share stories of working with animals she always reminds me, “Half the time it is the owner who needs the balance.” She means that the animals are reflecting the owner’s imbalances and issues. Our pets can be both very empathetic towards us and/or a mirror to us. I had a massage therapist call me once to work on her dog. She told me her dog had been running in the woods, ran into a stump and had hurt

its right front shoulder. The dog had not recovered for a few weeks. As we talked she also mentioned she was currently not working due to a bad shoulder. I asked which shoulder and she said, "The right side." I then asked her, "Who hurt their shoulder first, you or the dog?" She thought for a moment and with surprise realized she had hurt her shoulder about five days before the dog. I then said, "I will balance your dog's shoulder, but you both will get the result." I figured that the placebo effect gave me a 30-40% chance of getting the result for her, and the idea of intention along with an energy connection made the odds better. I proceeded to work on her dog's right front shoulder. When I was done the dog walked without a limp. The massage therapist's shoulder, which I had not worked on at all, was also

all better! This can work both ways - you might find that by balancing the owner, their pet gets better. These are ideas on how to use kinesiology skills with animals and pets. Based on my experiences the skills we teach in TFH and other kinesiology systems translate very well to animals. I have successfully used reactive muscles on horses, I have had clients report ESRs work well on pets, I have heard an unconfirmed story of a famous AK doctor who went to a local zoo and helped a lion restore his roar, my wife has restored a dog's eyesight which the vet said afterwards was not possible to restore, and many other stories can be told. I encourage you to experiment with the pets in your life. If you have any good stories or questions please share them with me.



Larry Green is a long time TFH instructor, past national president of TFHKA and currently co-director of the TFHKA office. He is also the creator of the *Energy Medicine for Pets and Animals*, *Kinesiology for Horses* and the *Miracle Workers Training* programs and classes.

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