

## ALLOWING OUR ANIMALS TO HELP US HEAL © Babette de Jongh

Self-reliance is a virtue. Our society values independence, motivation, and determination. We are taught from an early age to work hard, learn fast, and take on as much responsibility as we are able to bear. Often, we take on more than we can handle, and then we handle it all anyway, even though it causes us to stress and worry and work overtime.

Self-reliance is a virtue, but one that can become a trap, especially in times of emotional upheaval. Asking for help doesn't come easily to most of us. It's especially difficult for goal-oriented people who are more used to giving help than receiving it. But in times of turmoil—when our assumptions of safety have been challenged, when we've lost something or someone dear, when the ground under our feet is shifting toward a new paradigm and the air around us is hot with the winds of change—reaching out for help is the only sane thing to do.

Compassion and nurturing, community and companionship; a healthy dose of each of these can help us to heal ourselves and others. Where can we find these essential elements of healing?

For most of us, all we need to do is look down. The emotional support and healing we seek is often, literally, right at our feet. Our animal companions are always eager to help us through the hard times and magnify the good times. Our animal companions offer their love, support, wisdom, and healing. In fact, many times animals show up in our lives for the specific purpose of shepherding us through difficult times and helping to rekindle the flame of joy and appreciation for what remains when all we can see is what we have lost.

When animals are given the opportunity to relay their thoughts and feelings to animal communicators, they often express frustration that their human companions don't allow them to help as much as they'd like. But when animals are allowed to give the love and support they are

capable of giving, they truly can help us to heal our hearts, minds, and bodies. When animals are allowed to express their wisdom in words, they reveal a connection to humans that few people recognize. Here is what some animals had to say:

A stray dog who wandered into one woman's life during a time of transition said: "I am an earth angel. I came to heal her heart and bless her spirit. I came to show her that many good things are in store for her despite all she has lost."

A dog who came to be with a woman who was unable to have children said: "I came here as a puppy because I knew I could crawl into her heart and crack it open. I came to show her the kind of love she deserves so she will never again accept less. And when my work here is done, when she knows that all things are possible, I will come back as a human baby for her to love as she loves me."

A dog whose human companion had just passed away comforted a bereaved family member by relaying this message from their departed loved one: "I am closer to you than I have ever been before. Open your heart, drop your guard, release your fears, and you will feel me. I am a million drops of dew in the air, invisible but there all the same, fully present without mind or body to distract me from this incredible feeling of connection to all that is. I am limitless! I can be a flower, a butterfly, or the cloak around your shoulders. Wherever you want me to be, I am there already."

Whether or not our animal companions are given the opportunity to speak their wisdom in words through a communicator, their very presence in our lives and at our sides is enough to heal our broken hearts. They're here for us, and they want to help. Will you let them?