

## Next Month's Spotlight:

Homeopathy - Part 1 of 3

## Massage & Vibrational Essences

The combination of massage therapy and vibrational essences works to release both the physical and emotional tensions from the body. Contact me for a combined session for your equine companion.

## Workshops

Would your group or organization like to host a class or workshop? Please visit the website or contact me for a complete list and fees.

## For More information

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**Holistic Connections**  
Equine Massage Therapy

## Holistic Connections

This month is about Vibrational Essences. We all know that when we are upset or stressed out emotionally, it takes a toll on our health. The same goes for our animal companions. The holistic concept of health care treats not only the physical body, but the emotional and mental as well. Our companion animals are very open to changes in their owner's emotional states, as well as their own. When trauma occurs to an animal, it can become locked in the animal's body, long after the physical aspect has healed. Think of post-traumatic stress. It is well documented today, that certain triggers can cause a human or animal to re-experience a traumatic episode from the past. This is where vibrational essences can help. **Caring for our animals' emotional health and well being is just as important as their physical health.** After all, don't they help to soothe our emotional upsets? I know mine do.



Wishing health and happiness to you and yours!

Jennifer Stern

## Community Spotlight

The concept of using plant based tinctures for emotional healing dates back to 1912, with the work of Dr. Edward Bach. Dr. Bach studied immunology and developed vaccines made from bacteria. He started to become unhappy with the methods and results and started to search for a better way. Inspired by his reading of Samuel Hanemann's book on Homeopathy, *The Organon*, Dr. Bach started working with plants to help heal on the emotional level. He believed in the link between body, mind, and spirit for complete healing. His research found that plants actually heal negative emotional states and have a direct effect on personality. He developed 38 individual remedies, which are aimed at specific emotions and mental states; such as cats getting used to a new home, or horses traumatized from abuse. These essences can be used alongside any other treatment, and help to restore confidence, joy and courage. The Bach Flower Remedies as they are known today, are a wonderful source for the emotional and behavioral issues affecting your pet.

The development of vibrational essences continues today. The **Bach Flower Remedies** are available in your local whole food and grocery stores, such as **Feel Rite** and **Wegman's**. My favorite to use is Rescue Remedy. This remedy is wonderful for both mental and physical stress, trauma, and grief. You can add 4-5 drops in your cat's or dog's water bowl, and 10 drops in your horse's water bucket. You can also directly apply a few drops to your animal's forehead, top of head, and tips of ears.

Another line of vibrational essences that is wonderful for animals is the "Noah's Ark" line from **Canadian Forest Tree Essences**. In my experience, these have worked quickly and gently to soothe an animal's emotional trauma or state of mind. Keep checking back, as I will be offering this line through the website soon.

The above information is for educational purposes only, and does not take the place of veterinary medicine. You should consult your veterinarian with specific questions or for specific diagnosis of your animal's health.