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Lesson 11: Chakra Animal Talk

In this video, I work with my cat Ami showing you the eight different chakra centers of your animals. (Animals have eight main chakra centers and humans seven.) Find these centers on your pets. Follow along as you experience the profound sensing ability that you have in your hands. You will begin to feel, see and sense colors and movement in all chakras. Understanding what's happening in each of the chakras connects why pets act and feel the way they do to an energy that normally goes undetected, but once discovered is alterable. Think of a car that is not working or making odd sounds. You need to go "under the hood" in order to fix the real problem. So it is with your dog. Working with the chakras helps clear emotional, physical or spiritual challenges your pet is having. If you feel your pets are currently healthy on all these levels you can feel their perfect vibration and use it as a baseline of well-being. Doing a regular check-in on their chakras will let you know right away when something is amiss.

See the charts of the Animal Chakra locations in the body

Optional Questions for Each Chakra:

Brachial: What is the most important message you have to share with me?

Base: Are you feeling excessively fearful/strong flight reaction or restless? Do you feel safe?

Sacral Chakra: Are you whining for no obvious reason? Are you having a hard time understanding boundaries? Are you full of passion?

Solar Plexus Chakra: Are you feeling withdrawn or having no enthusiasm for life? Do you feel powerfully balanced?

Heart Chakra: Are you experiencing sadness? Are you feeling jealous or possessive? Do you feel full of love?

Throat Chakra: Are you excessively noisy? Do you have a hard time expressing yourself?

Third Eye: Do you have a headache? Are you distracted? Are you highly intuitive?

Crown Chakra: Are you depressed? Feeling "out of touch?" Do you feel connected with Universal light and wisdom?

Reflections:

What did you notice about your animal's chakras?

What surprised you the most?

Did you see any patterns?

What sensation did you feel the most?

Do you see any images?

Do you hear anything?

Tips:

If you are feeling strong impressions on the first chakra and move on to the next one and feel nothing, that's okay, stop for the day. You also might not feel anything the first try. You can always start again tomorrow. Try starting on a different chakra. If you don't feel anything it doesn't have to mean that you can't do this exercise. You might not feel anything because your pet's chakra could be blocked. The most important piece is for you to keep trying and not make yourself wrong.

Lesson 12, contains an audio file to assist you in going deeper within your pets chakras and simple methods for clearing them.