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The Channel

*A Centered Wellness publication educating,
inspiring and connecting you to a holistic lifestyle.*



Your Stress and Your Pet

by [Debbie Jones](#)

Can you recall a time when you were feeling sad, or upset, and your pet calmed you simply by being near, or lying beside you? Have you ever considered that just as your pet's loving energy can calm, and heal you, your stress may be harmful to them? This is a real phenomenon that occurs when the energy of one living being affects the energy of another, since everything that is alive is continuously emitting, and receiving energy messages. When energy is flowing freely, we tend to feel balanced and experience health, also referred to as a state of wellness. When the energy within us is disrupted, we can feel stress, and it can even lead to illness within ourselves, and sometimes for our pets.

The Ideal Method of healing was created based on the premise that there is a deep connection between our emotional and physical well-being, and the emotional and physical well-being of everyone around us, including our pets. This concept is well known in the scientific world, and has been termed 'heart coherence' by the HeartMath Institute when referring to a matching energy state between people, or people and pets. 'The Ideal Method' is a gentle, yet powerful, and effective approach to addressing physical, mental, and spiritual imbalances that you may be experiencing, bringing you into a state of balance which will then ripple through your energy field like waves, having a positive effect on your pets, and everyone around you.

Learn more about how you can improve your pet's health by balancing your own energy, visit Debbie Jones, and Sheila Buchanan, of The Ideal Method, at the Companions for Life: Healing for your Pets and You event. Held at Unity Spiritual Center, Saturday, August 6th. Doors open at 10 am. We will be giving a free lecture at 11:30 am on this topic. Learn to decrease your stress, and achieve a state of heart resonance between you, and your animal companion. For more information visit www.TheIdealMethod.com, or centeredwellness.org.

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Educating and inspiring trust in a peaceful world