

THE DIVINE MISSION OF ANIMALS™

**UNDERSTANDING AND HEALING ANIMALS
THROUGH THEIR CHAKRAS**



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Introduction

This course is designed to teach you about the energy field of animals, what a chakra is, and to help you understand how your animal companion's chakras play a key role in all aspects of their health, physical, emotional, mental and spiritual. It will also teach you how to balance them, to create better health, healing and emotional wellbeing.

"The chakra system holds the key to so many imbalances in our animal companions, whether they are of a physical, emotional or spiritual nature. By unlocking these imbalances, we not only enable them to live in greater comfort and joy, but we can unravel their untold stories, sometimes even more effectively than through animal communication."

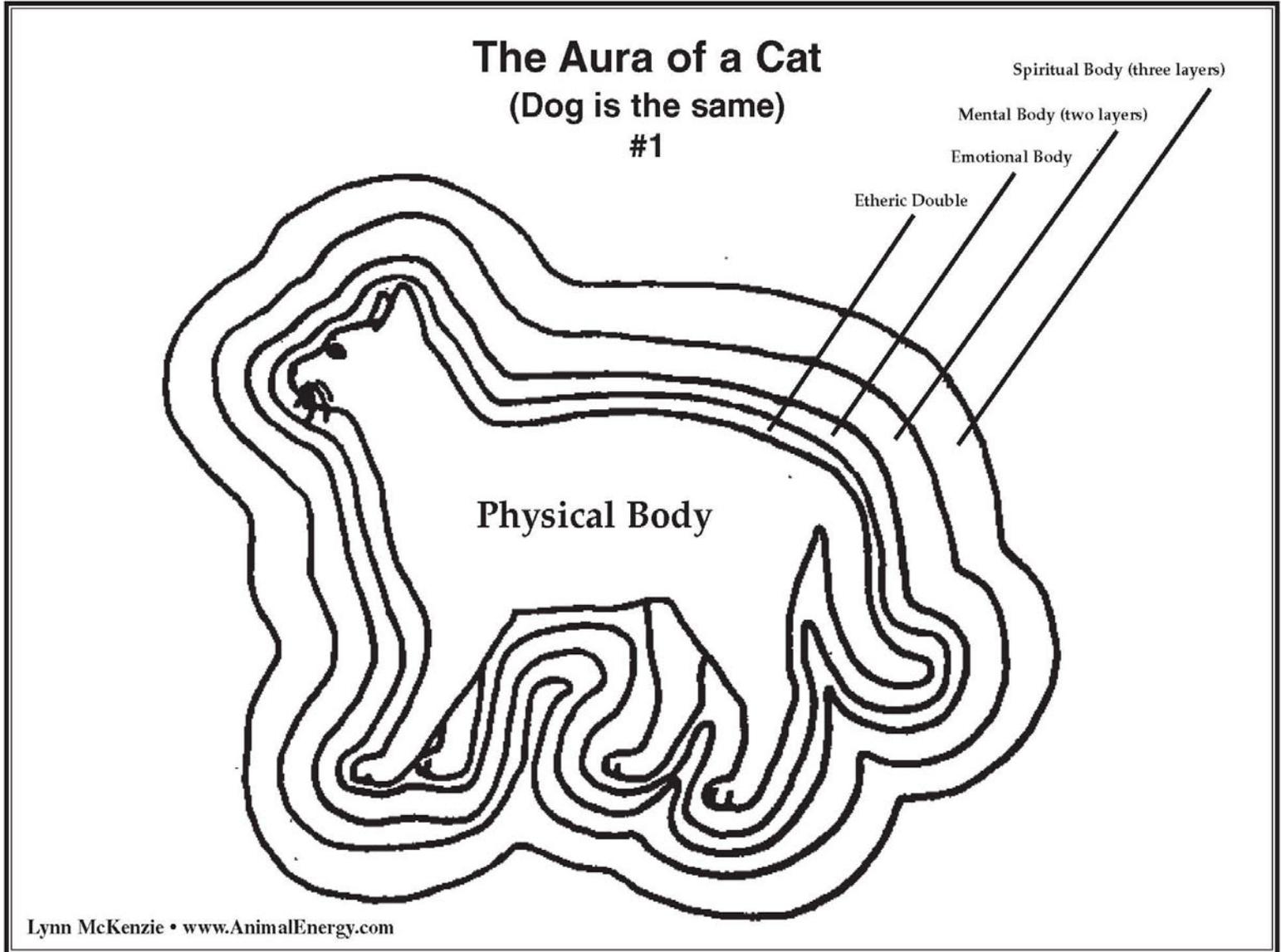
Lynn McKenzie

The Energy Body

To learn about the chakras, I feel it is important to first have a general understanding of the entire energy field. Very much like us, our animal companion's energy field is comprised of layers of subtle (energy) bodies (or an aura as it is commonly called), chakras and meridians. The subtle bodies are layers of energy surrounding your animal companion's body, similar to that of a Russian nested doll, with the physical body being the innermost layer. The meridians are like 'veins' through which energy, not blood is transported. We will discuss the chakras in greater detail shortly.

To make things simple, if this is all new to you, you may compare the subtle body, or aura, to the physical body, the chakras, to the organs and the meridians, to the veins. This is a very simplistic approach but it may help the beginner to remember the different parts of the energy field.

The following is a chart showing the Aura and various layers of subtle bodies in a cat. The layers are the same for a dog, horse, guinea pig etc.



Here is an actual aura photograph of a dog:



What is a chakra?

The word 'chakra' is a Sanskrit word meaning 'wheel', and they are often referred to as a 'wheels of light'. The concept of chakras originated in India over 4000 years ago, and they are most frequently referred to today, in yoga and healing practices.

Simply put, chakras are energy vortices or portals located in various locations throughout the body, and are vehicles for receiving, assimilating and expressing life force energy. They can be considered a 'map of consciousnesses' of an individual animal. It is important to note that all life force energy is filtered into an animal's energetic body through these portals and is eventually funneled, via the meridians, into the endocrine system (which consists of various glands) and this is how it ends up impacting them on a physical level. The degree to which their chakras are healthy and balanced plays a large part in how this life force energy reaches them.



Any vortex of activity within the energy field can be called a chakra, but it is the 9 major and 13 minor chakras, that correlate with various states of consciousness, that we are going to concern ourselves with here.

Chakras can be seen or felt as spinning wheels of energy, and resemble cones with both a front and back side. They can vary in brightness, depth, and size depending upon the health and vitality of an animal. Each chakra governs different glands and organs in the physical body, and also controls specific emotional, mental and spiritual aspects of consciousness. I sometimes like to think of them as etheric organs.

- An animal's thoughts and feelings also filter in through the chakras, resulting eventually in manifestations showing up in the physical body.
- When energy does not flow freely from the Chakras, the body is not able to function properly.
- Stress of any kind, whether on a physical, emotional, mental or spiritual nature can cause an imbalance in our animal companion's chakras. This imbalance can eventually lead to disease, if not cleared and balanced by us. What is important to remember, is that a situation or event that stresses one individual, may not stress another, as some beings are much more sensitive than others.
- We can alter the Chakras through healing. It is also possible for other influences to alter them (both in positive and negative ways).

Locating the chakras

You do not require any special talents to locate the chakras, and learn to heal your animal companions through their chakras, just a strong desire and intention to understand and help them. For some of you, simply using the chakra charts included in this eBook, and placing your hands in the area of each chakra, will be enough.

You can also feel for the energy vortex or wheel, and as you become accustomed to the feel of the chakras you may start to sense a feeling of imbalance (too little or too much energy, strong or weak).



Here are some of the ways you can find the chakras:

- Seeing
- Feeling
- Sensing
- Dowsing
- Kinesiology

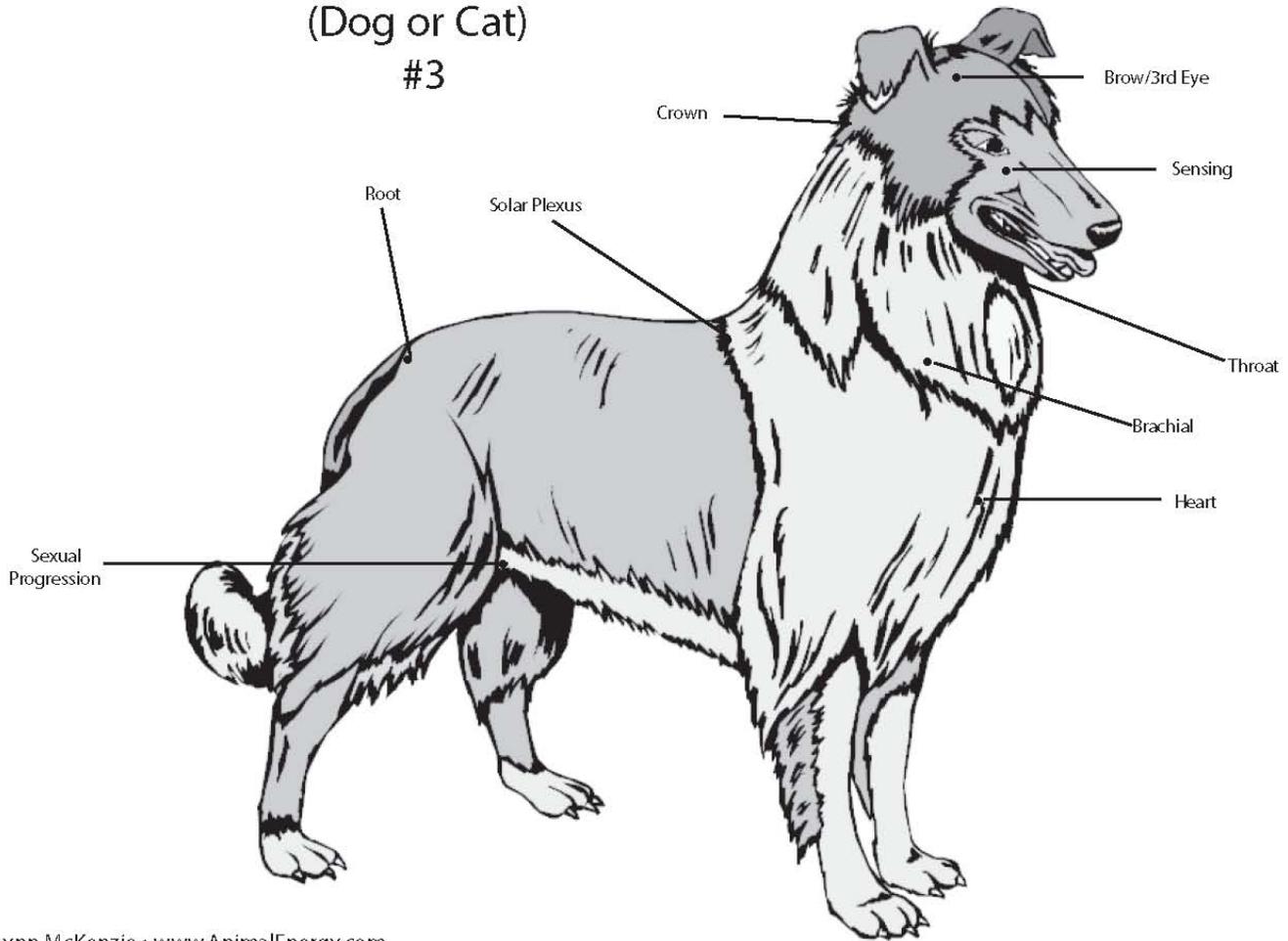
It is important to note that not all people will be able to see the chakras, or feel them, but over time and with practice, most of us will be able to locate them one way or another. If you're having difficulty, don't despair, just keep your trust and focus up, and use the chart provided. As I mentioned earlier, you can still perform some wonderful healing and clearing work for your animal companions from wherever you are at.

Major Chakras

The Major Chakra System

(Dog or Cat)

#3



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Root (Base)

Related to physical world issues, grounding, survival instinct, status in pack or herd, individuality, security, health, courage, patience.

Location: Coccyx (base of the tail)

Color: Red or Coral Red (sometimes Black)

Crystals:

Garnet

Ruby

Red Jasper

Red Quartz

Hematite

Boji Stone

Black Tourmaline

Jet

Smokey Quartz

Element: Earth

Planet : Saturn

Glands/Organs: Adrenals, kidneys, spine, colon, legs and paws, bones

Possible Imbalance: Insecurity, fear, lack of trust, incontinence, blood disorders, orthopedic issues (bone disorders)

Related Spirit Animal: Mole - the mole represents our learning to respect our dependence on the alchemy of the Earth. This chakra represents our first awareness of physical form, relationship to Earth, honoring the Source, respecting the alchemy of the soil that supports all life.



Sexual Progression (Belly or Sacral)

Related to all aspects of procreation, assimilation of food, physical force and vitality and sexuality and creativity.

Location: Lower abdomen to navel area

Color: Orange

Crystals:

Carnelian

Red Coral

Brown Jasper

Fire Agate

Salmon Jade

Red Quartz

Copper

Citrine

Element: Water

Planet: Moon

Glands/Organs: Ovaries, testicles, prostate, genitals, spleen, intestines, womb, bladder

Possible Imbalance: Hormone imbalances (irregular heat cycles), any breeding issues, spay and neuter issues, low confidence, weakness, low energy, lower back pain

Related Spirit Animal: Badger - the badger represents recognition of individual needs, care of self as separate physical entity. The power and vulnerability of the Life Force manifest within us, acknowledging its sacredness; healing energy for self and others.



Solar Plexus

The center of personal power and will. A key center for animals and humans to communicate physically. Relates to the sympathetic nervous system, digestive system, metabolism and emotions.

Location: Back mid spine

Color: Yellow or gold

Crystals:

Citrine

Topaz

Tigers Eye

Amber

Yellow Jade

Yellow Calcite

Yellow Fluorite

Sunstone

Moldavite

Element: Fire

Planet: Mars

Glands/Organs: Stomach, gallbladder, pancreas, adrenals, liver, diaphragm, kidneys, nervous system, muscles

Possible Imbalance: Diabetes, digestive problems, depression, eating disorders, epilepsy, fading newborn syndrome, fears, lack of confidence, immune system issues, obsessive behavior, training issues, nervousness

Related Spirit Animal: Bear - the bear symbolizes self-knowledge and growth; standing in your own power; transition and change through the power of introspection; recognizing the limits of human knowing, power of humanity and forgiveness.



Heart

Relates to divine and unconditional love, the human/animal bond. Energizes the blood and physical body with the life force.

Location: Center of the heart

Color: Green or Pink

Crystals:

Rose Quartz

Kunzite

Pink Tourmaline

Pink Jade

Aventurine

Green Jade

Emerald

Green Tourmaline

Green Quartz

Element: Air

Planet: Venus

Glands/Organs: Heart, thymus, lungs, respiratory system, circulatory system, chest, immune system, front legs and paws

Possible Imbalance: anger, aggression, arthritis, blood disorders, emotional issues, inability to bond, feral cats, abuse, rescue animals, stress related asthma, colic

Related Spirit Animal: Wolf - Development of ability to love and care for others; community awareness and awareness of relationship; joy in nurturing and supporting others, and receiving the same for your self to achieve all of the above.



Brachial

A very powerful energy center relating to transformation. A chakra from where you can access all others and everything that's going on in the energy field. A place from where you can treat the whole body.

Location: Either side of the lower neck, just in front of the shoulder blade

Color: Black

Crystals:

Snowflake Obsidian

Jet

Tigers Eye

Carnelian

Element: The universe

Planet: Pluto

Glands/Organs: Heart, thymus, lungs, respiratory system, circulatory system, chest, front legs and paws

Possible Imbalance: Almost any, but especially those related to the organs and systems above.

Related Spirit Animal: Butterfly - A sign of the tremendous opportunity for transformation, the cycle of life, death, and rebirth. Abundance, fulfillment, and new beginnings.



Throat

Related to all aspects of communication and creative expression, especially conscious communication with intent. Also relates to truth, knowledge, and wisdom.

Location: Throat area

Color: Azure or sky Blue

Crystals:

Turquoise
Blue Lace Agate
Celestite
Aquamarine
Larimar
Angelite

Element: Akasha/ether (the upper regions of space; the clear sky; the heavens.)

Planet: Mercury

Glands/Organs: Throat, thyroid, parathyroid, hypothalamus, mouth, teeth, vocal chords

Possible Imbalance: Depression, excessive or lack of vocalization, vocal Problems, metabolism, teething, thyroid issues, lack of discernment, knowledge used unwisely.

Related Spirit Animal: Personal Power Animal (individual) - Finding your own voice: discovering how to best use your personal gifts; learning to distinguish between self-power, power over others, or others' power over you. Honoring your gift, with courage.



Sensing

Related to the sensory intake, and transmission of sensory information to the brain. In other words, how our animal companions filter experiences, and how they deal with any and all sensory stimuli (seeing, hearing, smelling, touching, feeling, and even knowing)

Location: Bridge of the nose between nose tip and eyes

Color: Silver Blue

Crystals:

Celestite

Angelite

Sapphire

Aquamarine

Phantom Quartz

Chalcedony

Element: Akasha/ether

Planet: Neptune

Glands/Organs: Face, nose, eyes, ears, paw pads/hoofs, whiskers, tail tip

Possible Imbalance: Over or under reacting to events, noises, circumstances or training cues, any imbalance of the eyes, ears, nose, tail etc., docked tails, clipped whiskers, blindness, deafness, inappropriate elimination, aggression, intolerance, timidity

Related Spirit Animal: Dolphin - Powerful both verbally and through body language. They have the ability to use sonar and show us to use sound and voice to create and manifest.



Third Eye (Brow)

Related to psychic insight and telepathy - the way all animals communicate. Also related to soul realization, concentration, and devotion. This chakra is very developed in most animals.

Location: Center of the forehead above the eyes

Color: Indigo or White

Crystals:

Lapis Lazuli

Sodalite

Sapphire

Azurite

Star Sapphire

Iolite

Moonstone

Chalcedony

Selenite

Opal

Pearl

Element: Light

Planet: Jupiter

Glands/Organs: Pituitary gland, pineal, ears, left eye, nose, fur, hair, skin

Possible Imbalance: headaches, depression, concentration issues, hair loss, hearing loss, hyperactivity, post-traumatic pain, skin allergies

Related Spirit Animal: Mountain Lion - Quest for wisdom (tracking); the mountain lion has the ability to differentiate between human knowledge and universal truth. The mountain lion shows openness to the lessons of true elders, recognizing forces and truths that govern our lives and all others.



Crown

Related to the life force connection and oneness with the infinite (connection with God/Goddess, The Universe, and Spirit). Divine wisdom, understanding, selfless service, perception beyond space and time.

Location: Top of the head

Color: Violet or Clear

Crystals:

Amethyst

Violet Tourmaline

Garnet

Fluorite (purple)

Jade

Lepidolite

Quartz

Diamond

Herkimer Diamond

Payson or Lemuria Diamond

Element: Thought/will

Planet: Uranus

Glands/Organs: Cerebral cortex, skull, brain, central nervous system, right eye, pineal gland

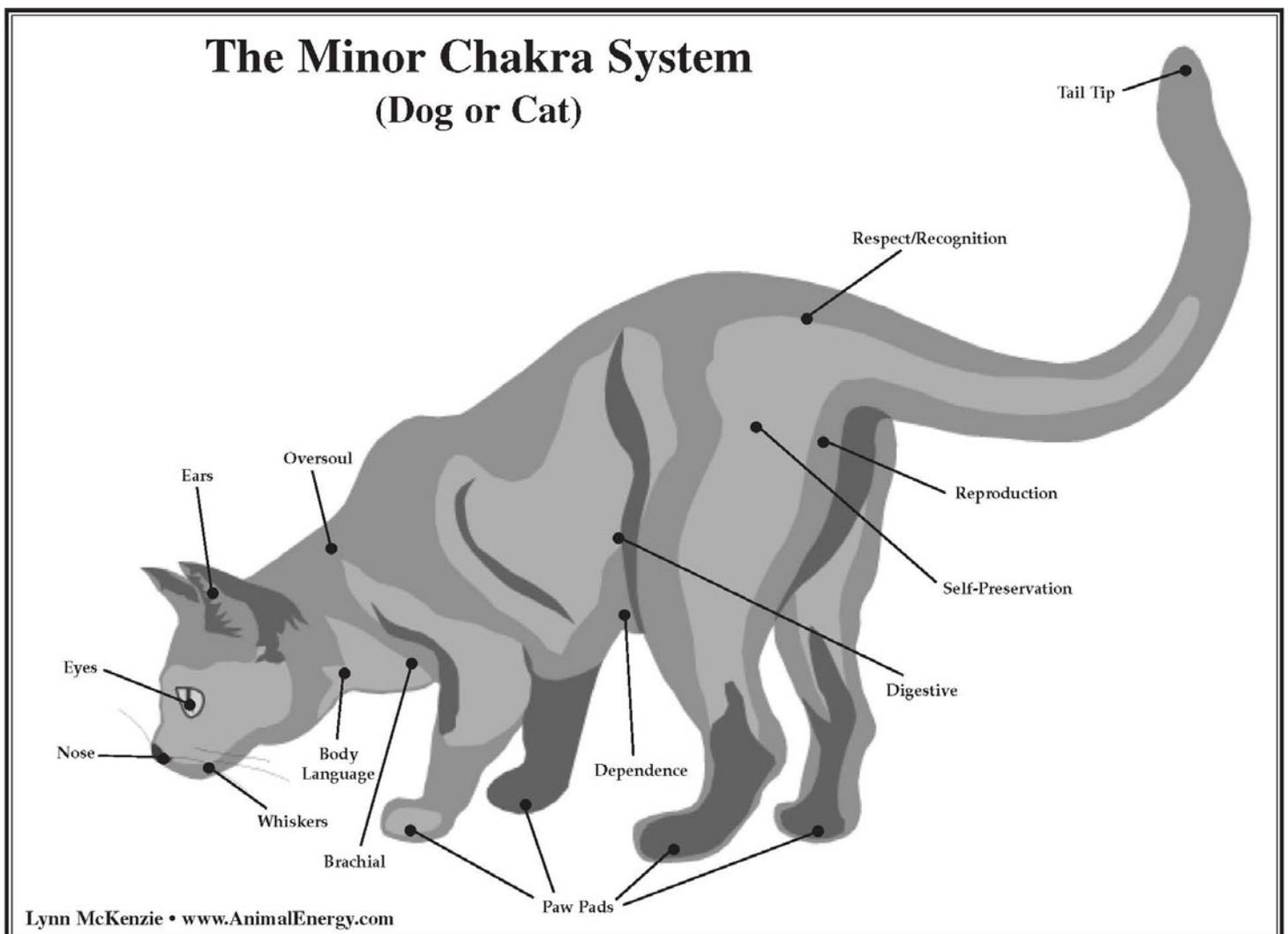
Possible Imbalance: master healer, grief, depression, disorientation, eyesight, fear, headaches, panic attacks, pining, senility, separation anxiety, stress, tension, training issues

Related Spirit Animal: Eagle - the eagle has the ability to see the big picture, the balance between Earth beings and spirit; awareness of how our journey on Earth is not separate from our spiritual identity.

Ways to stimulate the Chakras

Root - exercise, sleeping on the ground
 Sexual Progression - swimming, bathing, massage
 Solar Plexus - teaching them new things, sunshine
 Heart - time spent in nature or with friends and family
 Throat - communicating with them, singing
 Sensing - meditation, star gazing, communicating
 Third Eye - meditation, star gazing
 Crown - focusing on dreams and intentions
 Brachial - all of the above

Minor Chakras





Self Preservation

What I call the adrenal, 'red alert state', or 'fight or flight' chakra. Governs the energy that runs down the hind legs

Location: Hip Joint

Color: Red

Related Chakra: Root

Possible Imbalance: Aggression, dominance, territoriality, intolerance, submissiveness, inappropriate urination or defecation, hip displasia, abuse, fear, anxiety

Reproductive

Governs all aspects of reproduction.

Location: Sexual organs

Color: red-orange

Related Chakra: Root

Possible Imbalance: False pregnancy, breeding issues of all sorts, irregular heat cycles, ovarian cysts, spay/neuter issues, maternal instinct.



Digestive

Governs all aspects of digestion including the instinct to avoid poisons and other inedibles.

Location: Tip of liver

Color: Rust red

Related Chakra: Root

Possible Imbalance: Vomiting, diarrhea, stomach upset, colitis, acid in digestive tract, scavenging, anorexia, ravenous appetite, foreign object in digestive system.

Respect Recognition

Governs territory and social customs beyond the animals pack/herd or household. Also known as the friend or foe center.

Location: Spine above internal sex organs

Color: Golden

Related Chakra: Sexual progression

Possible Imbalance: Over protective or over responsible animals, territorial issues, poor breeding issues (in nature the best genes are deferred to, to propagate a species), any other issues related to procreation.



Dependence

The place of independence, trust, and obedience with people, and of dominance-submission with other animals.

Location: Underbelly

Color: Citron yellow

Related Chakra: Solar Plexus

Possible Imbalance: Insecurity, trust issues, training issues, dominance, submissiveness, nervousness, and fear.

Body Language

Governs behavior in intentional communication (tail wagging, purring, pawing, smiling, imitating humans. Controls the energy that runs along the spine, down the legs, and into the paws or hoofs.

Location: Behind the throat chakra

Color: Blue

Related Chakra: Throat

Possible Imbalance: Excessive vocalization or communication, lack of vocalization or communication, any kind of intentional physical communication such as pawing, weaving, cribbing or other behaviors.



Eyes

Associated with the sensing chakra and related to any issues pertaining to the eyes.

Location: Eyes

Color: Violet or lavender

Related Chakra: Sensing

Possible Imbalance: Cataracts, Glaucoma, blindness, fading vision, runny eyes, eyelash issues, eye infections and allergies.

Ears

Associated with the sensing chakra and related to any issues pertaining to the ears.

Location: Base of ears

Color: Aqua or blue

Related Chakra: Sensing

Possible Imbalance: Ear infections, hearing issues, deafness, ear mites, rhinitis and allergies.



Nose

Associated with the sensing chakra and related to any issues pertaining to the nose.

Location: Tip of nose

Color: Silver blue

Related Chakra: Sensing

Possible Imbalance: Allergies, sinus infections, sensitivity, lack of smell, respiratory issues.

Whiskers

Associated with the sensing chakra and related to any issues pertaining to the whiskers.

Location: Face beside mouth

Color: Silver blue

Related Chakra: Sensing

Possible Imbalance: Whiskers clipped off on show animals or missing due to injury, issues related to face, mouth, teeth, gums and tongue.



Paw Pads (Hoofs)

Associated with the sensing chakra and related to any issues pertaining to the hoofs or paw pads.

Location: Bottoms of feet

Color: Ruby red

Related Chakra: Sensing and root

Possible Imbalance: Amputations (dogs and cats), improper shoeing, navicular disease, de-nerved horses, thrush, abscesses, any issues of the paw pads, feet or hoofs.

Tail Tip

Associated with the sensing chakra and related to any issues pertaining to the tail tip.

Location: Tip of tail (if tail has been cropped, it is still where tail would have ended)

Color: Dark red

Related Chakra: Sensing and root

Possible Imbalance: Docked tails, bagged tails (show horses), chewed tails (horses), and any other tail issues.



Oversoul (transpersonal point)

The connection to the species oversoul. How an individual animal is connected to their higher self, spirit, the universe as well as their own soul group.

Location: Base of skull or above the crown chakra

Color: White or silver

Related Chakra: Third eye and crown

Possible Imbalance: Any imbalance related to the third eye or crown chakra, especially those connected with the unseen realms, telepathy, and psychic insight. With this chakra I usually wait until it comes up to be balanced and just trust that it is in divine order.

"The more love and care you send out toward a person or issue, the more you come into alignment with your spirit, and the more your intuition comes on-line."

Doc Childre, HeartMath Institute



Steps to help you prepare for Chakra Balancing

Grounding yourself: being integrated in your physical body. Take a few deep breaths, feel energy coming down and back, feel feet planted firmly on the floor or say, "activate grounding". Then "activate laterality" (integration of right and left hemisphere of brain and how body relates to crossing "midline").

Protecting yourself: bubble yourself in white light, say a protection prayer, or once familiar with the process simply say "activate protection".

Check hydration: make sure that you are well hydrated, if not drink some water, as this will enhance your results.

Ask for permission: from the higher self of your animal companion. Ask if it's in your **and** their highest and best good. (Two separate questions). The energy imprint of a being is present in a hair sample or photograph so if the animal is not available, you may use these to do the balancing. You may also simply picture them in your minds eye if you are comfortable working this way.

Call in your healing team: this will be made up of your spirit guides, angels, beings from other realms, loved ones and pets that have crossed over etc. Your healing team will make themselves known to you, as you ask and are ready for them. If you don't have one at this time, you can ask for mine to come in and assist you for the time being.



Balancing the Chakras

Intention is EVERYTHING in healing and balancing work, so be very clear about your intention. Quiet your mind and let go of any preconceived judgments, biases, fears or expectations so that you can maintain neutrality.

Determine which chakras require balancing at this time. This can be done in a number of ways including the following:

By using your intuition

By using the chakra descriptions above, based on what's going on with a particular animal

By working where you sense an imbalance

By working where you feel an imbalance

By using dowsing

By using kinesiology

It is my preference to get an idea as to which chakra I should start with and after I balance it, I then like to get an idea as to which chakra to balance next, etc. If you are able to do this, that is my suggestion, but if you don't feel comfortable with this method or don't trust yourself yet, then I suggest determining the chakras needing balancing, and then methodically working through each of them.

The following is the statement that I use to balance each chakra:

"Fifi receive red light in your root chakra, bring it into perfect balance, spinning in a clockwise fashion with any blockages, imbalances and non beneficial energy being released to the spiritual".

The underlined words are interchangeable with the animal's name, the particular chakra being balanced and the associated color (from the chakra descriptions above, or your intuition).

At the end of a session: ask or sense if you have balanced all the chakras that the animal or his or her higher self is ready for at this time.



Lock in your work: While holding the mastoid bones, behind the ears, say, "_____ receive these healing energies with the love that is intended. Lock it into every cell, every fiber, and every level of your being, in all dimensions, now and for all time."

Disconnect your energy: Have an intention, ritual or prayer for disconnecting your energy field from that of the animal.

"YOUR INTUITION IS LIKE A MUSCLE, THE MORE YOU USE IT, THE STRONGER IT GETS."

Lynn McKenzie



Exercises

1. Determine the feel or sense of the aura and individual layers or subtle bodies.
2. Explore each of the individual chakras, both major and minor. Determine their feel or what you sense at each.
3. Determine at what chakras you feel linked or connected to your animal companion.
4. Pick a specific animal and determine the status of each of his or her chakras. What can you learn about the animal from this?
5. What chakras (in general) do you think could be involved in an animal with the following conditions:
 - separation anxiety
 - urinating outside the litter box
 - abandonment
 - diabetes
 - diarrhea
 - vomiting
 - hip displasia
 - colic
 - extreme fear
 - aggression
 - dominance
 - heaves
 - anorexia



Grounding Exercise for Our Animal Companions

Get yourself into a calm focused state...take a few deep breaths...release the stresses of the day.

This exercise consists of a series of three strokes. With middle and index finger of each hand together trace a line from the nose tip up the middle of the face, between the eyes and ears along the midline of the body (spine) to the shoulders, then separate your hands and bring one down each leg, to the top of the front paws and hold. Then start again and trace from the nose tip, up the middle of the face, along the spine, to the hip area and separate your hands and bring one hand down the side of each hip and then down the front of the back legs to the top of the back paws and hold. Then start the third stroke from the tip of the nose, up the face, along the spine, to the tip of the tail and gently cup your hands here (once you get past the head, you can put more of you hand on the animal).

At the end of each stroke, hold, and visualize allowing the animal's energy to flow into mother earth. Feel the connection. Let the animal or your intuition tell you how long to hold for.

For horses, due to their size, you will have five strokes, one down each leg with both hands and hold at the hoof, and one to the tip of the tail. (For your safety, do not stand directly in front of the horse.)

This can be done physically on the body, in the aura, or long distance, from across a room or another location.

When finished, visualize the animal's body in a protective bubble of white, violet or pink (for healing) light.

Visualize and intend that all the chakras, subtle bodies and meridians come into perfect balance each time you do this exercise.

(Adapted from original exercise by Pat Prevost).



Reading List

The Animal-Wise Tarot - Ted Andrews

Chakra Awareness Guide - Legion of Light

Healing for Horses - Margrit Coates

Natural Healing for Dogs and Cats - Diane Stein

The Natural Remedy Book for Dogs and Cats - Diane Stein

Wheels of Life: A User's Guide to the Chakra System - Anodea Judith



Bibliography

The Animal-Wise Tarot - Ted Andrews

Chakra Awareness Guide - Legion of Light

Healing for Horses - Margrit Coates

Natural Healing for Dogs and Cats - Diane Stein

The Natural Remedy Book for Dogs and Cats - Diane Stein

Spirit Animals and the Wheel of Life - Hal Zina Bennett

According to Hal Zina Bennett, we have seven Spirit Animals. These are from the teachings of the Native American first Wheel of Life which parallels the Hindu chakra wisdom. Since the wisdom is universal, these same teachings appear in diverse cultures throughout the world in different ways.

About Lynn McKenzie



Lynn McKenzie is an internationally known Animal Intuitive, and publisher of 'The Divine Mission of Animals'™ Ezine. She offers phone consultations, Workshops, Teleseminars, Audio Products and has released a comprehensive Animal Communication DVD. Lynn combines her life-long love for, and connection to, animals with her psychic abilities and passion and gifts for healing to create outstanding results in her work. Her passion lies in helping others to attune and awaken to the teachings and wonder that all sentient beings wish to share.

Lynn is a Certified Professional Life Coach and a Certified Spiritual Psychotherapist and has spent a few decades studying intuitive and energy healing modalities. She is also a keynote speaker and writer. Her work has been frequently featured in the media including print, radio and TV. She can be reached through her website at www.AnimalEnergy.com.

Sign up for Lynn's newsletter 'The Divine Mission of Animals' at her website www.AnimalEnergy.com

