

YoCanine's Guide to  
**PET ENERGY  
HEALING  
& CHAKRAS**



PET REIKI, ACUPRESSURE, REFLEXOLOGY,  
CRYSTALS & MORE  
+ FREE PET HEALING MEDITATION

## **YoCanine's Guide to Pet Energy Healing & Chakras**

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This book is not intended to diagnose or treat health, mental or behavioral problems. Seek the advice of your vet and other relevant professionals before using this book.

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# INTRODUCTION

## A Healing Hello

Hello! Thank you for downloading this eBook and being such a caring animal caretaker. We love that you're dedicated to improving your pet's life and we're here to help!

In this eBook, you'll learn about a variety of pet energy healing methods. You can expect to read about topics like:

- Human chakras
- Pet chakras
- Reiki for pets
- Acupressure for pets
- Reflexology for pets
- Meditation for pet healing
- Crystals for pet healing
- Essential Oils for pet healing
- Sound Healing for pets
- Color Therapy for pets
- +More

A quick word about ourselves: We're [YoCanine](#)—a website dedicated to connecting you with your canine. We share dog-friendly content, including health tips, recipes, activity ideas, DIYs and more. You can also [visit our store](#) for unique dog gifts, like accessories and home décor.

We hope this eBook helps you and your pet find healing ♥

## Before Working with Chakras

For the health, safety and well-being of your pet, please do not ignore the advice in this section. Not all healing is done on a spiritual level. Reputable animal communicators agree that professional advice or treatments should always come first.

Consider that some healers, like leading animal healer [Margrit Coates](#), even *require clients* to get vet approval before a healing session. In other words, seeking science-backed help and advice is the most important healing step.

## What Are Chakras?

To put it simply, chakras are energy centers in the body. Philosophies on chakras have shifted over time. This eBook introduces you to the most known chakra system today: The 7-chakra system, made popular around the 15<sup>th</sup> century. (Keep in mind, this is just one interpretation of the chakras)

Today, many people believe that each of the 7 chakras correspond to physical and emotional problems or symptoms. When your chakras are “open” and “balanced,” they’re considered healthy. When a chakra gets “blocked,” many believe you’ll experience concerns related to the specific energy center. It’s said that chakras can get blocked or unbalanced for a variety of reasons, including day-to-day stress.

Today, the concept of chakras is well-known. You may have been introduced to the idea in a yoga class or from a variety of spiritual philosophies. It's important to note; however, that the theory of chakras didn't originate in the West. Historians track the first mention of chakras to the Vedas, a body of ancient Indian texts. The original beliefs about chakras resemble little of what many believe today.

Historically, each Tantrik Yoga branch taught a different chakra system—many with more or fewer chakras. Unlike today, chakras weren't originally tied to colors, mental states, or physical symptoms, according to scholar-practitioner and founder of Tantrik Yoga NOW, [Christopher Wallis](#).

This is all to say that while the belief of chakras is centuries old, most of the specific beliefs in this eBook are only decades old, influenced by the West, and only very loosely resemble historical teachings.

Instead of taking the information in this eBook about chakras as fact, consider it an interpretation. Use it as a jumping-off point to explore pet energy healing. If you're interested, you can also explore other chakra systems and philosophies.

To learn more about the history of the chakras, we suggest this informative article by Chris Wallis: [The real story on the Chakras](#).

## **What Chakras are NOT**

Chakras are *not* a science-backed treatment method for any human or pet illness, condition, or behavior. Never use energy healing as your first line of treatment or only treatment. Always seek the advice of a vet or another relevant professional, such as a certified dog trainer. None of the information in this eBook replaces health, medical, behavioral, or professional advice. You cannot use energy healing to diagnose or treat health and behavioral problems.

# PART 1: Human Chakras

## Your Chakras Affect Your Pet

This is an eBook about pet chakras, but we're going to cover the basics of human chakras first. Why? Because your chakras could potentially impact your canine.

It's no secret that our energy affects our pets. Every good trainer or animal behavioralist will tell you that. However, science confirms it. A [2019 study](#) showed that dogs mirrored their owner's stress. And it goes both ways—you're also impacted by your dog's stress.

Researchers looked at the long-term cortisol levels (a stress hormone) of dogs and humans. They found that they were synchronized. If a human was stressed, so was their dog.

That's all to say that although pet chakras are important, so are yours—so you need to focus on yourself first. It's like the oxygen mask saying: If the plane is going down, you need to put your own mask on *before* helping someone else.

Although you can skip to the Pet Chakra section, we encourage you to read our primer here on human chakras first. For your dog to have the healthiest chakras and energy, it's important to consider your own.

## 7 Human Chakras

In humans and animals alike, there are 7 main chakras. We'll go over the general meanings of the chakras here.

### Root Chakra (Muladhara)

- **Located in Humans:** Bottom of spine
- **General Meaning:** Stability, security, safety

### Sacral Chakra (Svadhithana)



- **Located in Humans:** Above pubic bone
- **General Meaning:** Sexuality, creativity, passion

### **Solar Plexus (Manipura)**

- **Located in Humans:** Upper stomach area
- **General Meaning:** Confidence and identity

### **Heart (Anahata)**

- **Located in Humans:** Centre of heart area
- **General Meaning:** Love, compassion, affection

### **Throat (Vishuddha)**

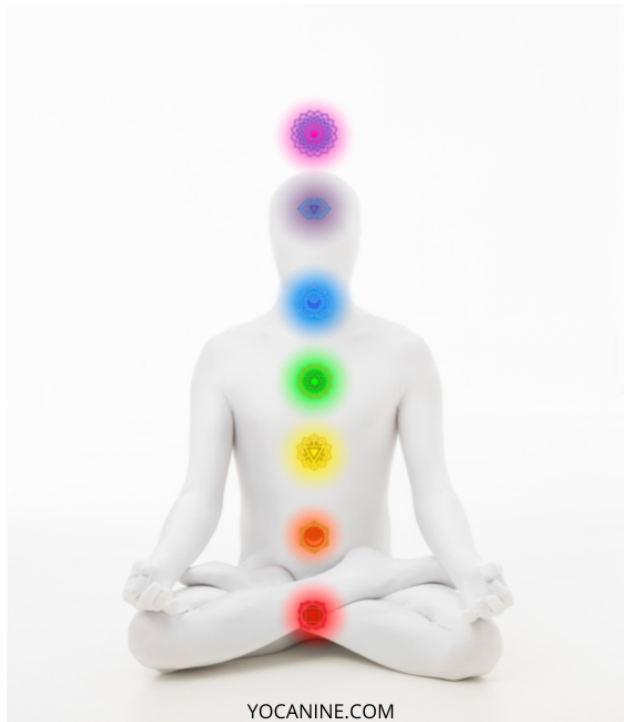
- **Located in Humans:** Throat
- **General Meaning:** Communication, truth, expression

### **Third Eye (Ajna)**

- **Located in Humans:** Between eyebrows
- **General Meaning:** Intuition and wisdom

### **Crown (Sahasrara)**

- **Located in Humans:** Top of head
- **General Meaning:** Spiritual connection and inner guidance



## Signs of an Unbalanced Human Chakra

A blocked chakra happens when the energy is out of balance. Being out of balance could mean that a chakra is expressing itself too much or too little.

There are several ways to know if your chakra is blocked or unbalanced. While this list covers points to consider, keep in mind that they can be caused by other reasons. Always seek advice from a medical or relevant professional first.

Signs a chakra may be unbalanced or blocked include:

- Getting sick
- Feeling emotionally off (without explanation)
- Feeling spiritually disconnected
- Often signs are related to the specific chakra that's blocked (for example, feet pain or feeling unstable could be tied to a blocked root chakra)

If you think or have a feeling that your chakra is unbalanced, there's a good chance it is. Even if a chakra is already open, using

techniques to balance them won't hurt—it will only make the energy clearer.

## **How to Balance Human Chakras**

If you notice your energy centers are blocked, that's normal. Whether people know it or not, everyone experiences unbalanced chakras. The key is to recognize when it happens so you can fix it.

Many people make chakra balancing a part of their spiritual routine. The same as cleaning your home every week, you can clear your energy centers too.

As opposed to fixing issues when they happen, some people believe balancing chakras helps prevent problems in the first place. You can also use chakra balancing practices on an as-needed basis when issues pop up.

Below are a few methods you can use to open and balance your own chakras.

### **Yoga Poses**

[Practice poses](#) that correspond to each chakra

### **Breathing Exercises**

Whether you follow a specific technique or just take mindful breaths, breathing can help balance energy centers.

### **Meditation**

Similar to above, practicing different forms of meditation can help you open your chakras. This could include guided visualization, sound meditations, walking meditations, etc. Search "Chakra balancing meditation" on YouTube and try one that resonates with you.

### **Crystals**

Use crystals that correspond to each chakra. You can meditate with them, wear them or keep them around your home. (We

discuss which crystals to use for each chakra later on in the pet section)

### **DIY Energy Cleansing Spray**

It shouldn't be used as a "quick fix," but using an energy cleansing spray between chakra balancing can help maintain your energy. You can make the spray yourself using crystals. (We share a recipe later on in the pet section)

### **Essential Oils**

Essential oils are also believed to have balancing properties. Like crystals, specific essential oils are thought to correspond to certain chakras. (Note: If you're diffusing an oil, make sure it's pet-friendly)

### **Reiki**

Reiki is a Japanese hands-on healing technique. Using hands on or hovering over the body, the practitioner transfers universal energy, which can balance chakras. You can also use Quantum-Touch energy healing.

### **Color**

Color is often used to get in touch with a chakra and bring it into balance. For example, to encourage a healthy root chakra, wear red more often.

### **Doing Activities Related to the Specific Chakra**

On a practical note, it also helps to do activities related to the unbalanced chakra. For example, if you're feeling ungrounded because of your root chakra, try taking a walk in nature. If your sacral chakra is blocked, do something creative, like painting or dancing. If your heart chakra is unbalanced, practice self-love.

# **PART 2: Pet Chakras**

## **What Is a Pet Chakra?**

Like humans, animals also have energy centers, called chakras. When balanced, the chakras are considered healthy. When they are blocked or unbalanced, problems might occur related to that specific energy center. For example, problems with the root chakra are believed to contribute to fearful dogs and hip issues.

An unbalanced chakra could mean that there's too much or too little energy. This could lead to the chakra being expressed too much or too little. For example, an unbalanced solar plexus with little energy may contribute to a pet becoming withdrawn with low confidence. But an overactive solar plexus could mean that your pet is cocky and entitled in her behaviors.

The belief is that by balancing chakras, you can help your pet prevent or heal from emotional or physical ailments.

(As we discussed at the beginning, it's important to seek the appropriate professional, evidence-backed help before turning to spiritual practices)

## **7 Main Pet Chakras**

Now that we've covered what pet chakras are, let's jump into each one.

# PET CHAKRAS



## Root Chakra (Muladhara)

The root chakra represents everything to do with your pet's sense of safety and stability in the world.

- **General Meaning:** Stability, security, safety, grounding
- **Color:** Red
- **Location:** Base of tail
- **Unbalanced Underactive:** Anxious, nervous, greedy with treats or food, insecure, scared, lazy, underweight
- **Unbalanced Overactive:** Restless, too much courage/cockiness, entitlement, overweight
- **Physical Ailments Locations:** Skeletal system, hips, intestines, back legs, blood disorders, weight problems, joint stiffness, arthritis

- **Emotional Ailments:** Anxiety, separation anxiety, fearfulness

### **Sacral Chakra (Svadhithana)**

The sacral chakra is connected to your pet's sexuality and connection with intimacy. It's also the energy center that represents creativity—which looks like play in pets. When it's balanced, your pet is affectionate, expresses appropriate affection and enjoys play.

- **General Meaning:** Sexuality, reproduction, play, emotional passion
- **Color:** Orange
- **Location:** Between the middle back and tail
- **Unbalanced Underactive:** Doesn't want to play, doesn't seem to enjoy life, emotionless/stoic
- **Unbalanced Overactive:** Too playful with inability to be serious, inappropriately emotional, inappropriate humping/sexual behavior
- **Physical Ailment Locations:** Reproductive organs, kidneys, hormone problems, issues spaying or neutering
- **Emotional Ailments:** Overly emotional or overly unattached emotionally

### **Solar Plexus (Manipura)**

The solar plexus represents how your pet views their personal power and themselves. In turn, this affects how they interact with the world. When this energy center is in check, your pet will be naturally confident.

- **General Meaning:** Confidence, ego, power
- **Color:** Yellow
- **Location:** Middle back
- **Unbalanced Underactive:** Low self-confidence which could lead to fearfulness, being overly shy, withdrawn
- **Unbalanced Overactive:** Overconfident/cocky, over dominant, aggressive

- **Physical Ailment Locations:** Stomach, liver, digestion
- **Emotional Ailments:** Low self-confidence or too confident

### **Heart (Anahata)**

The heart chakra represents your pet's ability to love and have compassion for others. This deals with both relationships with humans and other animals. When this energy center is balanced, your pet will form healthy bonds, welcome kind visitors and play gently with others.

- **General Meaning:** Love, compassion, affection
- **Color:** Green or pink
- **Location:** Chest area
- **Unbalanced Underactive:** Unaffectionate, inability to get close to a family member or another pet, sadness, plays too rough with others, withdrawn
- **Unbalanced Overactive:** Too trusting of strangers, lacking boundaries with other pets, jealousy
- **Physical Ailment Locations:** Heart, lungs, circulatory issues
- **Emotional Ailments:** Co-dependency with their human or unattached to humans/other pets

### **Throat (Vishuddha)**

The throat chakra represents how your dog communicates. When it's balanced, your pet will communicate appropriately and respond to training.

- **General Meaning:** Communication, expression
- **Color:** Blue
- **Location:** Throat
- **Unbalanced Underactive:** Difficulty expressing themselves or reading their emotions, excessively shy, difficulty training or responding to commands
- **Unbalanced Overactive:** Excessive barking, arrogance, behavioral issues caused by difficulty holding back how they feel (aggression, whining, hyper, etc.)



- **Physical Ailment Locations:** Throat, vocal cords, thyroid, neck, mouth, teeth
- **Emotional Ailments:** Depression or loneliness from not being “heard”

### **Third Eye (Ajna)**

The third eye represents your pet’s intuition. When it’s balanced, your pet’s inner sense could mean self-regulation, adapting appropriately to situations and accurately sensing others’ emotions. You might relate to them reading how you feel.

- **General Meaning:** Intuition and wisdom
- **Color:** Indigo
- **Location:** Centre forehead between eyebrows
- **Unbalanced Underactive:** Problems responding appropriately, hyper-ness, lack of maturity or insight
- **Unbalanced Overactive:** Absorbing negative energy, taking on stress of their human, co-dependency with their human
- **Physical Ailment Locations:** Head, pineal gland, eye problems
- **Emotional Ailments:** Stress, negativity, depression

### **Crown (Sahasrara)**

The crown chakra represents your pet’s spiritual connection to the universe. When this energy center is balanced, your pet will feel and behave as though their actions affect others. Their sense of oneness allows them to connect well with humans and animals alike.

- **General Meaning:** Spiritual connection
- **Color:** White or violet
- **Location:** Top of head
- **Unbalanced Underactive:** Withdrawn, anxious, careless of others, concentration problems, sense of inferiority, difficulty meeting pet friends
- **Unbalanced Overactive:** Sense of superiority, entitlement, dominance

- **Physical Ailment Locations:** Brain, skull
- **Emotional Ailments:** Depression, loneliness

### **Brachial Chakra for Animals (the 8<sup>th</sup> chakra)**

Pets share the same main chakras as humans, with one exception: The Brachial chakra. Many people believe that this extra chakra represents the human-animal bond. They suggest that any animal energy work begins with this chakra.

The 7 pet chakras thus far have Ancient Indian roots.

The idea of this 8<sup>th</sup> chakra, was introduced by author and animal healer Margrit Coates. According to her, this key chakra is **located in the shoulder area** and is associated with the **color black**.

A balanced brachial chakra means a healthy pet-human connection. When unbalanced or blocked, it means the connection is too weak or co-dependent.

Although this chakra doesn't have the same ancient history as the other 7, we still recommend that you try working with it.

### **Bud Chakras**

Although not main chakras, bud chakras are located on each paw pad and the base of both ears. The pad chakras help ground pets to the earth. The ear chakras make them sensitive to environmental shifts, such as a brewing thunderstorm.

### **Minor Chakras**

Pets are also said to have additional minor chakras. These are located in areas between major chakras, such as the nose or tail.

## **Signs of Unbalanced Pet Chakras**

There are a few signs your pet's chakras might be unbalanced:

- Getting sick
- They're suddenly diagnosed with a condition
- Their emotional state has changed

- Their behavior has changed or is inappropriate
- Signs related to the specific chakra blocked

Keep in mind that symptoms of a blocked chakra are often related to that specific chakra. For example, a suddenly fearful pet may be a sign of a blocked root chakra. Refer to the section above on what each energy center looks like when it's blocked.

If your dog is dealing with an issue, it's important to seek professional help before attempting to balance their chakras. For example, a sick pet *may* be a sign of a blocked chakra, but you still need to take her to the vet first. Use common sense when evaluating for symptoms of blocked chakras.

## **How Do Pet Chakras Become Unbalanced?**

You might be wondering how pet chakras become unbalanced in the first place.

A chakra could become blocked or unbalanced for a few reasons.

### **Emotions**

If a pet's emotions are off, a chakra may shift out of balance. For example, highly anxious pets may need more frequent chakra balancing (along with science-backed behavioral treatment).

### **Small Stresses**

Small stresses like meeting new people, having strange visitors and going to obedience school are normal but can eventually affect chakras.

### **Changes**

Another form of stress is change. Moving to a new home means your pet needs to readjust. Even a change to your schedule can temporarily throw off your pet, changing her energy.

### **Surgery**

A pet who's recovering from a sickness or surgery might experience lower vibrations in some chakras.

## Day-to-Day Living

You might not think your pet's life is stressful—and it may not be. But even an animal who sleeps most of the day can collect energetic debris that can affect chakras.

## Your Energy

Your energy can affect your pets. If your own chakras are blocked, your fur friend may eventually become affected. This is why it's in your pet's best interest that you balance your energy centers first. Refer to the first part of the book for methods.

## Sensing The Unbalanced Pet Chakras

How do you know which of your pet's chakras need balancing? When you do a pet chakra healing session, you might aim to balance all chakras. This is a good sure-fire way to cleanse the whole energy system.

Other times, you might want to focus directly on one chakra. If you've observed a change in your pet or they're dealing with an illness, you can work on the chakra that corresponds to that part of the body. For example, if your dog has kidney problems, you can work on her sacral chakra.

You can also try to sense your pet's energy field to find out which chakras need healing. There's 3 main ways to do this:

1. **Hover your hands over your pet's body and "scan" for imbalances.** Notice any changes you feel in your hands (hot, cold, tingly, etc.). Pay attention to the area of the body you feel changes: Which chakra is located there?
2. **Use a pendulum over your pet's body.** While your pet is laying down, let a pendulum swing over her body. Any abnormal movements over a specific area could indicate an imbalance.
3. **Intuition & observation.** Keep in mind that, many times, you won't need to deliberately "sense" which

chakras are off. Instead, you may have a gut feeling. As long as you know what each chakra represents, it's likely you can use their physical health, behavior and your intuition as a guide.

# **PART 3: Practices for Pet Energy Healing & Balancing Chakras**

There's a variety of methods you can use for pet energy healing. We recommend trying a few and seeing which resonates best with your pet. You can also rotate which methods you use. Let your intuition and your pet's reactions be your guide.

Remember, always seek science-backed help and advice first (ex. vet, trainer, animal behavioralist, etc.). Energy healing likely won't help if you don't first take the initiative to use professional advice.

None of the information here replaces professional advice. You cannot use energy healing to diagnose or treat health and behavioral problems.

All energy work requires your pet's consent. If they become annoyed, anxious or upset about any healing method, stop doing it.

## **Preparing for Pet Energy Healing**

As we covered at the beginning of this eBook, your pet's chakras and energy are highly affected by yours. Before attempting pet energy healing, we recommend following the tips in Part 1 first. Balancing your own chakras and calming your energy is good groundwork for pet energy healing success.

For each of the healing methods in this section, it's a good idea to spend a moment getting into the right headspace. Ensure you're calm and receptive to healing energy. To do this, we recommend doing a short meditation or taking a few slow, deep breaths.

## **Reiki Energy Healing**

Reiki is a Japanese energy healing practice used on humans and animals. The goal is to transmit Universal healing energy. This

happens by placing your hands on or hovering above the person or pet. The practitioner might also use sacred Reiki symbols. This can help them focus energy on a certain body ailment or life situation.

To perform Reiki professionally, a practitioner should be trained (there are 3 levels).

The form of Reiki that people practice today—[Usui Reiki](#)—has been used for over one hundred years. The technique was developed by Dr. Mikao Usui, who wanted to find a healing method free from religious ties. In 1922, he founded his Reiki clinic and school in Tokyo. The teachings were passed on. Eventually, Reiki spread to the West when Mrs. Takata, a Japanese-American woman, became a master and introduced it to the U.S.

People use Reiki as a complementary therapy to help heal physical and emotional problems. It can also be used to balance chakras. Reiki raises the energetic vibration of what you apply it to and that includes the chakras, according to [Alison Zeidler](#), a Wholistic Wellness Facilitator who offers a variety of courses on energy healing.

*"The vibration of each Chakra may not be high enough to help sustain health and wellness. By offering extra loving energy to the Chakras, we can help raise the vibration of the Chakra system, supporting health and wellness in our pets,"* Alison says.

### **In-Person Reiki Sessions**

If you want your pet to try Reiki in person, find a local practitioner. Do a Google search for practitioners in your area and choose one who resonates with you

We asked Alison what you can expect from a pet Reiki session. Here's a general run-down:

1. The pet and practitioner are in the same room. Pet parents are encouraged to stay in the room too.

2. The pet may roam the room, lay in their bed, or walk to the practitioner and sit by her
3. The practitioner sits quietly and focuses attention on pet, paying attention to their signals
4. Practitioner sends healing energies to pet for duration of session
5. When the session is finished, the practitioner shares any observations with the pet parent
6. To close out the session, some practitioners offer the pet water or treats (if allowed)

Alison says that many animals will tell her when the session is complete. In general, the sessions can go anywhere from 30 to 60 minutes.

After a session is complete, Alison says strenuous activity is discouraged for 24 hours. The effects typically last a number of days or longer, depending on the session and your pet's needs.

To work with Alison on pet energy healing, [visit her website](#).

### **Long Distance Reiki**

You don't need to go in person to have your pet receive Reiki energy. Practitioners can also send Reiki long distance. At first, you might question how distance energy healing works. However, it works the same as in-person healing: Your energy goes wherever your attention is focused.

**“If we accept the belief that everything is energy—and everything IS energy—then offering healing energies to our animal companions can be done from anywhere,” Alison says.**

If you don't believe healing energy can work long-distance, consider this inspiring story. One of Alison's dog clients lived about 3,300 kilometers away. The dog was suffering from severe anxiety from fireworks and thunderstorms. This also led the dog to exhibit some signs of aggression; something unusual for her



personality. After 3 long-distance energy healing sessions, the dog's behavior changed. The aggressive tendencies disappeared. And although she was still uncomfortable with loud noises, she no longer panicked when she heard thunder or fireworks.

When sending healing Reiki energy long distance, the basic concept is the same. There's two main ways to send Reiki long distance.

- **Online.** The pet parent and practitioner connect live online. The pet and pet parent sit in the same room while the practitioner sends Reiki energy. The practitioner shares her observations after.
- **Offline.** The practitioner energetically connects with your pet on an agreed day. She offers healing energies for the duration of the session. When complete, the practitioner emails a report detailing what was done and any impressions they received.

To book Alison for a long-distance healing session, [visit her website.](#)

## Quantum-Touch Healing

If you don't have Reiki training, some healing experts, like Alison, recommend using Quantum-Touch Healing on your pet instead.

Quantum-Touch Healing is similar to Reiki in that it offers healing energies. It works by using universal life force energy to improve wellness. Unlike Reiki, Quantum-Touch is a natural skill; you don't need formal training. Once calm and focused, you can use your intention or hands to offer healing and balance chakras.

Bob Rasmussen developed the Quantum-Touch healing method and taught his apprentice, Richard Gordon, who went on to write the book [Quantum-Touch: The Power to Heal.](#)

### How To Do Quantum-Touch Healing

We asked Alison how a pet parent can send Quantum-Touch healing energy to their pet without training. Here are her tips:

- **Breathe First.** Alison says if our energetic vibration is chaotic, we can't help animals to the fullest extent. When we're calm and peaceful, healing energy is more effective. Before doing Quantum-Touch healing, sit and breathe for a few minutes. Acknowledge your thoughts and feelings, then allow them to pass, focusing on your breath.
- **Focus On Joyful Feeling.** When you're sitting near your pet, call up a memory that makes you feel a deep sense of joy or love. Really focus on this feeling and amplify it. Then focus on directing this loving, high-vibration energy to your pet. Envision yourself sending this healing energy and your pet receiving it.
- **Try Hands-On.** Another way to offer your pet Quantum-Touch healing energy is through your hands. When you've taken a few deep breaths and are in the present moment, sit by your pet. Gently place your hands on their fur. Focus on a feeling of love. Mindfully breathe this feeling and your intention into them. Your intention could be to balance chakras, provide calmness, better health or simply just more love.

If you want to use Quantum-Touch healing to balance the chakras, place your hand on or over each chakra area. Start from the root chakra and work your way up. As a reference, use the pet chakra chart we shared earlier.

To learn more about how to do Quantum-Touch healing on your pet, take one of Alison's [animal energy healing workshops](#). She also offers [healing services](#).

## Pet Acupressure

Acupressure is a traditional Chinese medicine (TCM) technique. It involves applying pressure to specific points on the body that correspond to physical ailments. In TCM, qi, or "vital energy," flows through the body. Qi is made up of "ying" and "yang," which need to be balanced. When qi is unbalanced or blocked, it can

affect your well-being. Stimulating acupressure points helps rebalance qi. This can lead to improved well-being and healthy, balanced chakras.

Animal acupressure practitioners choose the most appropriate points to work on, according to Jesse McCowan at [Birch Animal Wellness](#) and the lead instructor at [Tallgrass North America](#).

*"Often they will direct us to the area of the body they would like worked on by itching or licking a certain area, or by moving into or away from pressure,"* Jesse says.

### **Professional Pet Acupressure Session**

To energetically heal your pet using acupressure, find an acupressure practitioner that works on animals. Make sure to check their credentials and training. We asked Jesse at [Tallgrass North America](#) what you can expect from a pet acupressure session. Here's a general rundown:

1. The practitioner observes the animal before touching them. They'll ask questions about your pet's daily routines, typical behaviors, medical history, etc.
2. The practitioner feels over your pet to notice any warm or cool areas or sensitivities
3. The practitioner checks the association points along the spine
4. The practitioner then begins applying gentle pressure to the points they've indicated need rebalancing. They continuously observe the animal's response
5. Throughout the session, the practitioner walks the pet parent through what they're doing and why
6. When the session is complete, the practitioner makes recommendations to the pet parent. That may include what changes to look for, points they can try at home, and when to come back for another session
7. Acupressure sessions typically last about an hour

Acupressure, like all healing methods, requires your pet's consent. If they show unwillingness or discomfort, the practitioner will end

the session.

To find an animal acupressure practitioner, [check those available in your location.](#)

### **Try Pet Acupressure Yourself**

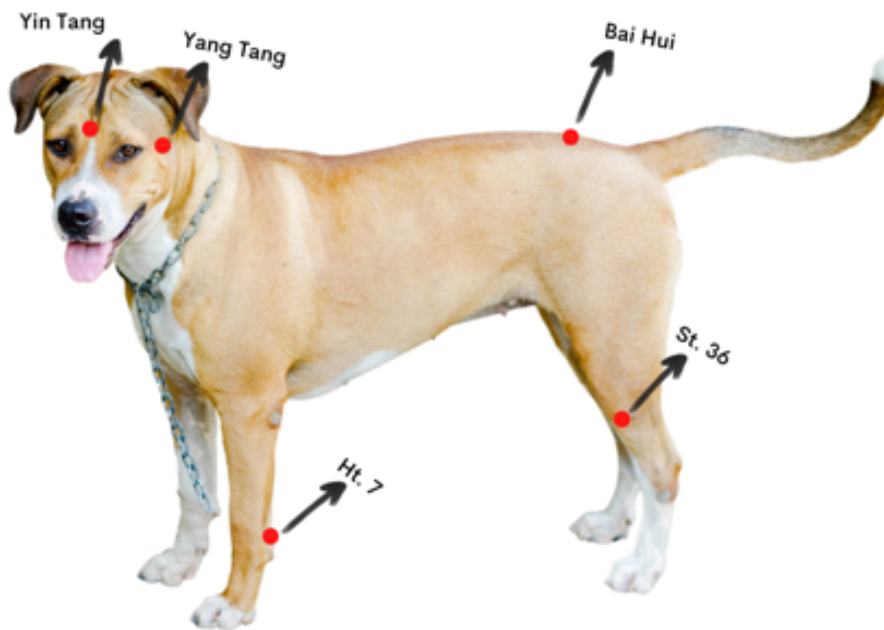
You can also try pet acupressure yourself. To do this, you should have an acupressure chart available.

1. Decide the acupressure points you want to work on. Choose from popular points, points that correspond to specific ailments, points your dog is licking, or use your intuition to decide.
2. Gently apply pressure to each point for 60-90 seconds
3. Many points have matching points on the other side of the body that should also be stimulated. For example, if you hold a point on the right side, you should hold the same point on the left side.

According to Jesse, you can work many of the acupressure points daily. However, full sessions should be at least 3 days apart.

Below is a very simple pet acupressure chart. We've included 5 common points to get you started. However, keep in mind there's many points. To learn about them all, consider purchasing a [professional pet acupressure chart.](#)

# 5 Common Pet Acupressure Points



YOCANINE.COM

**Yin Tang**- Located between pet's eyes and slightly above. Thought of as their "third eye." Associated with calm.

**Yang Tang**- Located on both sides of the eyes on pet's temples. Associated with calm and focus.

**Bai Hui**- Located on the lower back at the base of the tail. Associated with relaxation, overall well-being and pet self-awareness.

**St 36**- Located on the outside of the hind leg below the knee on both hind legs. Associated with the stomach, grounding, balancing hyper energy and calming the mind.

**Ht7**- Located on the outside of the front legs, above the wrists where the tendon and joint make an indent. Associated with the

heart, calming anxiety, strengthening the mind, and reducing heat.

If your pet has a specific condition, like osteoarthritis, you can do acupressure to target it. Read [Tallgrass North America's blog](#) to learn how to use acupressure for certain ailments.

To learn more about animal acupressure, take one of [Tallgrass North America's courses](#). They also sell laminated [animal acupressure charts](#), which are useful to have on hand while practicing acupressure on your pet.

## **Pet Reflexology/Paw Massage**

Reflexology is a form of massage that combines energy healing. On humans, a reflexologist applies pressure to points on the hands, feet and ears. On pets, reflexology massage is applied to the paws. It's believed that each reflexology point corresponds to a different body area.

Like acupressure, Reflexology is an ancient TCM practice. The earliest recordings of reflexology may be pictographs in Egyptian tombs. After that, symbols are believed to be found in India and China.

Although both reflexology and acupressure involve applying pressure to points, reflexology is only done to the paws while acupressure is done to the pet's body.

A reflexologist can work with your pet's energy points to let the energy flow freely and balance the chakras. Reflexology maps show where points are located and where pressure should be applied.

Keep in mind, some pets will like acupressure more than reflexology. Many animals don't like their paws touched—especially if it reminds them of getting their nails clipped. If your pet continuously pulls away, don't force them to sit through a reflexology session.

### **Pet Reflexology Session**

If you want your pet to experience energetic healing, try booking a reflexology session. A pet reflexologist can tailor her session to your pet. They'll pay closer attention to points on the paw that correspond to issues affecting your pet.

A reflexology session can also help balance pet chakras. Even though the goal of reflexology isn't necessarily chakra-related, the healing can provide an overall improvement to your pet's well-being, also affecting the chakras. In hitting all the reflexology points associated with the body, the reflexologist also addresses chakra energy centers.

When searching for a local reflexologist, keep in mind that many pet healers combine reflexology with acupuncture. Before choosing a practitioner, make sure to check their credentials and training in TCM concepts. Although you don't need training to try reflexology on your pet, if you're paying someone for a session, they should have some type of formal training.

### **Try Pet Reflexology/Paw Massage Yourself**

You can also try pet reflexology yourself. Even without training, you can still unlock healing by using a reflexology chart and carrying a loving energy throughout the session. Here's how:

1. Take a few deep breaths to calm yourself and center your energy
2. Ensure your pet is in a calm state, allowing you to touch her paws
3. Use your fingers and thumbs to apply gentle pressure to the paw pads and hold the reflexology point. You can simply apply pressure and hold the point where your intuition tells you or you can follow a paw reflexology chart or paw chakra chart (below)
4. Hold each point for about 30 seconds
5. Depending on the size of the paw, your thumb and fingers might cover multiple points at once and that's ok
6. Observe your pet's reaction. When you work on a point that corresponds to an issue that's bothering them, they

may react by pulling away their paw, licking your hand or turning their head curiously

7. Whichever points you work on one paw, copy on the 3 other paws

If your pet doesn't like her paws touched, reflexology and paw massage may not be the right energy healing technique. Although you might be able to build their trust over time (especially with treats!), consent of your pet is needed for any type of healing work.

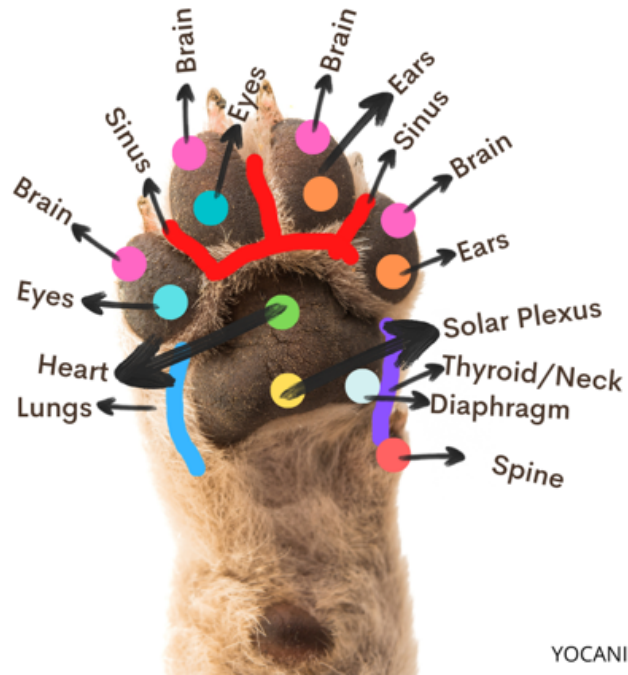
If your pet is continuously pulling their paw away and getting upset, don't struggle with them. Reflexology must provide a loving touch. If your energy is annoyed and upset because your pet won't "cooperate," you can't provide the loving energy necessary for healing.

Below, you'll find a simple paw reflexology chart. Keep in mind that reflexology points are traditionally located on humans. Pet paw reflexology charts can differ in where points are located. Feel free to use the chart that resonates with you—this is just one interpretation.



# Left Paw Reflexology Points

*Right paw is the same but points are FLIPPED*



Although not reflexology, you can use paw massage to target specific chakras. Below is a chakra paw chart. Keep in mind that this chart is just one interpretation of where chakra points are located on paws.

# PAW CHAKRAS

Rub Points to  
"Activate"



## Pet Body Massage

You can also use regular body massage to balance your pet's chakras. This is a great method to try because most animals love to be lovingly touched. Here's how:

1. Take a few slow, deep breaths to calm yourself. You can also do a meditation

2. Focus on the feeling of love and joy. Take a moment to really connect to this energy. The more you connect with it, the easier it is to transfer to your pet
3. Start at the root chakra area. Apply gentle pressure to massage your pet in circular motions where the chakra is located.
4. Envision yourself transferring loving energy to the chakra as you massage it
5. Move to the next chakra, the sacral chakra area. Work your way up until you reach the last energy center, the crown chakra
6. Pay attention to your pet's observations. What type of massage strokes do they like best? How much pressure do they like?

## **Meditation**

With any energy healing technique, intention goes a long way. You can also use meditation to put forth your intention for energy healing—or your intention to balance your pet's chakras.

Meditation can be used to balance your own chakras, but when it comes to your pet, it's an even better idea! Since you can't guide them on how to meditate themselves, you can visualize their chakras for them.

### **Pet Chakra Balancing Meditation**

This meditation involves visualizing each of your pet's energy centers as open, spinning discs.

**FREE AUDIO MEDITATION:** [Download the meditation here.](#)  
(Click the 3 dots on the right and select "Download")

Alternatively, you can follow the visualization instructions below.

1. To begin this meditation, find a quiet place to sit or lay down where you won't be disturbed.
2. Close your eyes. Start by taking a few long, slow, deep breaths. Breathe in deeply through your nose. Breathe

out fully through your mouth. Breathe in. Breathe out. Breathe in. Breathe out.

3. To connect your energy with your pet, let's first open and balance the brachial chakra. Visualize your pet's body. In their shoulder area, envision a black disc. To balance the chakra, imagine the black disc spinning. Inhale as you see the black energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.
4. Visualize your pet's first chakra, their root chakra. Imagine roots extending from this point deep into the earth's layers, grounding them. At the base of their tail, imagine a red disc, open and spinning. Inhale as you see the red energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.
5. Visualize your pet's second chakra, their sacral chakra. Between the mid-back and tail, imagine an orange disc, open and spinning. Inhale as you see the orange energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.
6. Visualize your pet's third chakra, their solar plexus. In the middle back, imagine a yellow disc, open and spinning. Inhale as you see the yellow energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.
7. Visualize your pet's fourth chakra, their heart chakra. In the chest area, imagine a green or pink disc, open and spinning. Inhale as you see the green or pink energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.
8. Visualize your pet's fifth chakra, their throat. In their throat, imagine a blue disc, open and spinning. Inhale as you see the blue energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.

9. Visualize your pet's sixth chakra, their third eye. In the center of their forehead between the eyebrows, imagine an indigo disc, open and spinning. Inhale as you see the indigo energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.
10. Visualize your pet's seventh chakra, their crown chakra. At the top of their head, imagine a white or violet disc, open and spinning. Inhale as you see the white or violet energy expanding to fill your pet's body. Exhale as you see the energy return to the spinning disc.
11. See all of your pet's chakras, open, spinning and balanced.
12. Take one last breath to close out the meditation. Breathe in deeply. And exhale.
13. When you're ready, slowly open your eyes.

## **Crystals for Pet Healing**

You can also use crystals to balance your pet's chakras. Each energy center has crystals that correspond to it.

Although we list popular suggestions below, you can use any stone that matches the color of the chakra you're working with.



## Root Chakra Crystals

- Mainly red crystals
- Red jasper
- Garnet
- Carnelian
- Ruby
- Hematite

## Sacral Chakra Crystals

- Mainly orange crystals

- Carnelian
- Orange calcite
- Sunstone
- Tiger's Eye
- Citrine

### **Solar Plexus Chakra Crystals**

- Mainly yellow crystals
- Citrine
- Tiger's eye
- Carnelian
- Amber
- Topaz

### **Heart Chakra Crystals**

- Mainly green or pink crystals
- Rose quartz
- Watermelon quartz
- Watermelon tourmaline
- Emerald

### **Throat Chakra Crystals**

- Mainly blue crystals
- Blue lace agate
- Aquamarine
- Blue topaz
- Turquoise

### **Third Eye Chakra Crystals**

- Mainly indigo crystals
- Amethyst
- Lapis lazuli
- Labradorite
- Moonstone
- Sodalite

### **Crown Chakra Crystals**

- Mainly white or violet crystals

- Moonstone
- Amethyst
- Howlite
- Angelite

### **Brachial Chakra Crystals**

- Mainly black crystals
- Black tourmaline
- Black obsidian
- Hematite

## **4 Ways to Use Crystals for Pet Chakra and Energy Healing**

There's several ways you can use crystals for pet energy healing.

### **#1 Display Stones**

Some believe that crystals impart healing energy just by being around them.

Display your select stones in areas your pet frequently hangs around. Especially with teething puppies, place stones out of reach to avoid choking hazards. This could be a shelf above their water bowl or a table near their bed.

### **#2 Crystal Collar Pendant**

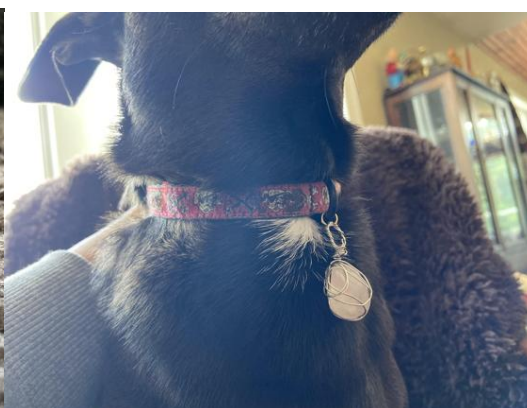
If there's a specific pet chakra you're working on, make a collar with a corresponding crystal.

To make your own crystal collar pendant, first, choose a crystal. You can make it into a collar pendant in two ways:

1. [Wire wrap](#) the crystal, creating a secure "cage" around it. Add a loop to attach it to the collar
2. Glue the crystal to a claw prong setting that you can attach to your pet's collar

NOTE: Do not try this for a teething puppy. For all pets, crystals can be choking hazards if they fall off. Make sure crystals are securely attached and check the collar frequently to ensure it's still secure. Don't use stones that are too heavy for pet's neck.





### **#3 Paw Massage**

Next time your pet is relaxing, give them a paw massage with a crystal. Here's how:

1. Select a crystal related to the pet chakra you want to balance (or any crystal you're called to)
2. Clear your mind by taking a few deep breaths
3. Set an intention to send healing energy through the paw massage
4. Instead of using the pads of your fingers to massage, use a smooth, tumbled stone to apply gentle pressure

### **#4 DIY Crystal Energy Cleansing Spray**

You can use this spray to help balance your chakras, your pet's chakras and to help clear the energy of your home.

### **How To Make Pet Crystal Healing Spray**

1. Select stone related to pet chakra you want to balance, or choose several to balance all chakras
2. Set stone(s) in bowl
3. Fill bowl with water
4. Leave in direct sunlight 3-13 hours
5. Remove crystals from water
6. Pour crystal tincture into a spray bottle, ready to use.
7. Spray on yourself, your pet, or around your home

### **Essential Oils for Pet Chakras**

You can use *some* essential oils to help balance your pet's energy. However, many oils are unsafe for pets. Never topically apply essential oils and keep them out of reach. If pets accidentally ingest essential oil, seek emergency care immediately.

Note: Always consult your vet before using new products like essential oils.

**Brachial:** Frankincense, Lavender

**Root Chakra:** Sweet orange, Frankincense

**Sacral Chakra:** Bergamot, Sweet orange

**Solar Plexus:** Ginger, Bergamot

**Heart Chakra:** Geranium, Lavender

**Throat Chakra:** Lavender, Chamomile

**Third Eye Chakra:** Sage, Rosemary

**Crown Chakra:** Frankincense, Lavender

### **How to Use Essential Oils for Pet Energy Healing**

Do not apply essential oils topically unless explicitly recommended by a vet. Even with the two methods below, you

must watch for reactions. Some pets are sensitive to the scent of diffused oils. If this is the case, discontinue use.

Here's how you can safely use essential oils with your pets.

### **Essential Oil Diffuser**

Purchase a vaporizer diffuser and add a couple drops of your chosen essential oil.

### **Essential Oil Spray**

You can use this DIY essential oil spray to energetically heal your pet. Spray it in their space but not directly on their body (spraying directly on your pet could cause skin reactions if they're sensitive or if the spray isn't diluted enough).

### **Directions**

1. Fill a small spray bottle with water, preferably distilled water
2. Add a few drops of your chosen essential oil
3. Add about 1 tbsp. isopropyl alcohol or vodka to help preserve spray
4. Shake and spray

## **Sound Healing**

An interesting way to heal chakras is through sound healing. Sound healing can be a particularly good method for pets.

There's several methods of sound healing.

### **Voice Sound Healing**

Out of all the sound healing techniques, this one requires nothing but your own voice!

[Watch this video](#) to see sound healer [Mary Casey Bowers](#) explain how sound healing works for pets. She sits beside her dog and works through each chakra, making a different vocal tone while showing you where it's located

Here's a brief overview of sound healing:

1. Sit by your pet
2. Keep in mind your intention for healing
3. Place your hand on the first energy center—the root chakra
4. Make a sound vibration for the chakra while holding your hand in place
5. Repeat as you move your way up the chakras

What tone should you use for each chakra sound vibration? How low or high your tone is depends on your pet's preference. Use your intuition and pet observations to understand what your pet likes.

If you choose, the root chakra may be the lowest tone, with the tone getting progressively higher for each chakra. However, as Mary explains, if your pet likes low tones, it's okay if all your chakra tones are deep.

### **Tibetan Singing Bowls**

Tibetan singing bowls give off a magical, healing noise. To use your bowl, gently tap and trace the side of your wand along the interior rim of the bowl. It will produce a gentle noise that rings until there's silence.

Here's a brief overview of how to energetically heal your pet using a Tibetan singing bowl:

1. With your pet in the same room, hold an intention in mind for healing
2. In your mind, envision the first chakra or the chakra you're working on
3. While focusing on this chakra, trace the bowl using the wand
4. Repeat, moving your way up the chakras

Note: Remember that your pet's hearing is more sensitive than humans. When you're using a Tibetan singing bowl with your pet, you may want to keep at least a few feet distance. Standing beside them with the bowl can make the ringing too intense for their ears. Gently tap the bowl without force to ensure a gentle noise.

Observe your pet and how they react. If they act afraid or upset at the noise, stop using the bowl and experiment with other energy healing methods instead.

### **Binaural Beats**

Binaural beats are healing vibrations you can play to help align your pet's chakras.

The way it works is that two different, but similar frequencies are played at the same time. Although separate, your brain interprets the two tones as its own beat. People believe they have a variety of benefits including helping with sleep, meditation and healing.

Although best listened to with headphones, you can simply leave a track playing for your pet.

There's many tracks to choose from, but be sure to pick one specifically targeting the chakras.

You can find binaural beats for chakras on YouTube. Select a video focused on a specific chakra, or one for all chakras.

## **Color Healing**

One of the easiest ways to heal your pet's chakras is by incorporating color.

Since each chakra corresponds to a different color, wearing that hue can help unblock and balance that energy center.

Here's a reminder of the chakras and their colors:

- **Root**— Red
- **Sacral**— Orange
- **Solar Plexus**— Yellow
- **Heart**— Green or Pink
- **Throat**— Blue
- **Third Eye**— Indigo
- **Crown**— White or violet
- **Brachial**—Black

### **Have Your Pet Wear Color**

The simplest way to add color to your pet's life is to have them wear it. Choose an accessory with the color of the chakra you're working on. For example, pay attention to the hue of your pet's:

- Harness
- Collar
- Shirts or sweaters
- Bandanas

### **Choose Colorful Supplies**

Think about ways you can bring color into your regular, everyday pet supplies. Get creative and find ideas that correspond to the chakra you're working on.

For example, let's say you're working on your pet's root chakra. Since that chakra is related to security and safety, choose a red bed for your pet. Since beds are known to be a pet's safety place, it makes sense to add color here for the first chakra.

Another example: A pet brush with a yellow handle can correspond to the solar plexus chakra, encouraging confidence after a fresh groom.

### **Light Therapy**

Light therapy is another way to introduce color healing. Although you could get a colored light bulb, the best way is to buy a multi-colored light. Many essential oil diffusers have the option to switch between colors.

Choose the color that corresponds to the pet chakra you're working on. Before turning it on, set an intention. Make sure your pet is in the room so they can take in the healing energy the hue offers.

## **Practical Activities Related to Chakras**

So far, we've covered spiritual techniques and ways you can balance your pet's chakras and cleanse their energy. This last section is dedicated to everyday activities that will help balance the energy centers.

Since these target the area of concern directly, they may be some of the most practical tips in this eBook. Each encourages your pet to work through their blockages.

## **Root**

*Activities that encourage stability, security, safety, grounding*

- Make your pet their own space by giving them their own bed, cage, or corner of the room
- Give them their own space for meal time
- Take walks in nature
- Use calming voices/tones when your pet is scared or upset
- Respond to pet anxieties with compassion and patience instead of frustration or annoyance

## **Sacral**

*Activities that encourage play and emotional passion*

- Buy a new toy
- Have frequent play sessions
- Take them to the dog park
- Encourage them to meet and play with new pets
- Schedule a pet play date
- Learn different playing styles/activities
- Let them sniff a lot on walks
- Turn on some music and dance with your pet

## **Solar Plexus**

*Activities to encourage confidence and healthy personal power*

- Groom as needed
- Bathe frequently
- Tell them what a good boy/good girl they are
- Verbally encourage when they're interacting with other animals

## **Heart**

*Activities that encourage love and compassion*

- Cuddle your pet frequently
- Tell them how much you love them
- Lovingly gaze into their eyes (unless it makes them feel intimidated)
- Have frequent hangouts with their favorite humans
- Have frequent play dates with their favorite animals
- Pet them frequently
- Give them a massage

### **Throat**

*Activities that encourage communication and expression*

- Give your pet choices and assess their reaction (e.g. Hold up two treat bags and ask them to choose which one they'd like)
- Take them to the dog park to interact with other animals
- Schedule frequent hangouts with pets and people so they can build up the skill of communication with others
- Find solutions to barking by looking at the root cause of why it's happening

### **Third Eye and Crown**

*Activities that encourage intuition and spiritual connection*

- Honor your pet's intuition whenever they don't like someone
- Honor your pet's intuition if they don't want to be near another animal
- Sit next to your pet during meditations
- Try doing yoga with your dog nearby
- Take walks in nature

### **Brachial**

*Activities that encourage better animal-human connection*

- Lovingly gaze at your pet in the eyes (unless it makes them feel intimidated)
- Have conversations with your pet
- Tell your pet your worries or cry to them



- When you're excited, celebrate with your pet
- When you leave the home, hand them a worn piece of clothing so they can stay connected through smell
- Make sure to remember your pet's birthday & celebrate

# **A Final Word on Chakras**

As we discussed at the beginning of this eBook, chakras are not an alternative to professional advice. Please seek the relevant science-backed help (ex. vet, dog trainer, etc.) before working with chakras. Energy healing cannot diagnose or treat medical or behavioral problems.

In this eBook, we focused on the popular westernized 7 Chakra system. Please remember this is just one interpretation of the Chakra system and how it works. If you're interested in pet energy healing through chakras, consider exploring other chakra systems, interpretations and their history.

If there's a particular energy healing method that resonates with you and your pet, dig in deeper. Use this book as a jumping-off point and do additional research into the topics that interest you most.

# Contributions

The following people were generous enough to provide information about pet energy healing for this eBook. Contact them to learn more about their workshops, services and products.

## **Alison Zeidler**

Wholistic Wellness Facilitator at Elemental Holistic Therapies

- [AlisonZeidler.com](http://AlisonZeidler.com)
- [Facebook](https://www.facebook.com/AlisonZeidler)
- [YouTube](https://www.youtube.com/channel/UC0u01Dk0vYp183811B1t37w)

## **Services/products offered:**

- Healing sessions in-person & distance: Reflexology, Quantum-Touch, Chakra Balancing, Equine Hanna Somatics
- Online Workshops: Quantum-Touch, Five Elements and Meridians, "Your DNA is Not Your Destiny"
- Shop: Meditative Audio Files/Mini Workshops
- Free Resources

## **Tall Grass North America/Birch Animal Wellness**

Pet Healers & Educators

- [TallGrassNorthAmerica.com](http://TallGrassNorthAmerica.com)
- [BirchAnimalWellness.com](http://BirchAnimalWellness.com)
- [Facebook](https://www.facebook.com/TallGrassNorthAmerica)
- [Instagram](https://www.instagram.com/tallgrassna)
- [YouTube](https://www.youtube.com/channel/UC0u01Dk0vYp183811B1t37w)

## **Services/products offered:**

- Programs: Animal Acupressurist Practitioner Program
- [Services](#): Iridology, Acupressure, Flower Essences, Cold Laser Therapy, Reiki, Animal Communication (in person or distance)

- Shop: Books, Charts, Webinars
- Workshops: Traditional Chinese Medicine and Acupressure Workshops
- Free Resources

## **Mary Casey Bowers**

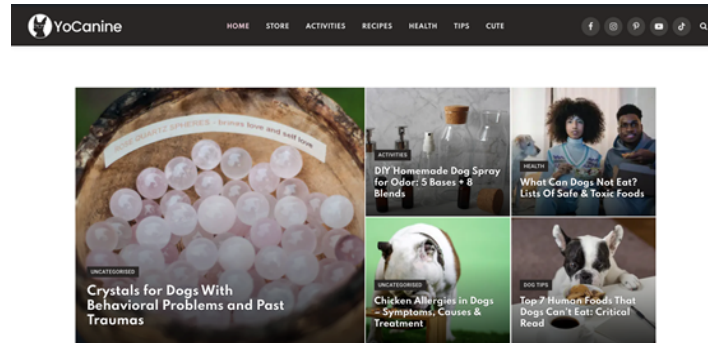
Sound Healer

- [MaryCaseyBowers.com](http://MaryCaseyBowers.com)
- [Instagram](https://www.instagram.com/mcaseybowers)
- [Facebook](https://www.facebook.com/mcaseybowers)
- [YouTube](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)

### **Services/products offered:**

- Energy sound healing in person & via Zoom
- Soundbath
- Shop: Voice Toning Educational Videos

# About YoCanine



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