

## WELLCOME WELLNESS INTO 2012 FOR YOU AND YOUR ANIMAL COMPANIONS

**Wellness** is frequently used to describe a healthy balance of the mind, body and spirit. The term has been defined by the National Wellness Institute as “*an active process of becoming aware of and making choices toward a more successful existence.*” Here at Bear Creek Veterinary Alternatives, we promote this view of health that emphasizes the state of the entire being and its ongoing development.

When we are balanced, our well-being functions in a harmonious relationship throughout the whole system: physical, mental, emotional, and spiritual. When we feel out of sync in one of these, we seek out some one or some thing to bring us back into sync, to put our world right again. For example, we might visit a spa and have a massage, a manicure/pedicure, a facial, or a steam bath. We might seek comfort from a walk in nature or on the beach. Some of us are prone to shopping or chocolate. We humans know what we need to feel better, just as we recognize when a trip to the family doctor is in order.

Our beloved animal companions are no different. Let us remember how finely tuned they are to our moods and mannerisms. They mirror exactly whatever we feel. How can we help bring them back into that feel-good state? We can sense when our pets are slightly “off.” They may act depressed, listless, anxious, or stressed. They may be frenzied in their behavior. The symptoms are present, but they are unable to voice what they need. At such times, having a Healing Touch session (HTA) with Sherry is just what is needed to restore harmony and balance to their system. HTA treats the energetic system, stabilizing the emotional, mental, spiritual, and physical balance. This brings the Chakras back into an alignment of the optimal functioning state, which encourages the animal's self-healing process to begin. From this optimal foundation of wellness, all healing can begin.