

The Missing Animal Guidebook

Tales from the Lost Animal Files

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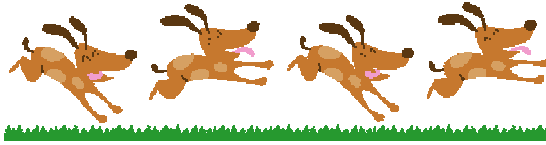


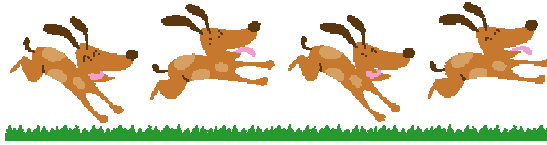
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Things You Can Do When Your Animal Goes Missing

It is unfortunate, but true, that animals sometimes go missing. And it is also true that when they do, humans tend to panic and stop thinking clearly.

The purpose of this guide is to assist you should you ever be in the situation where your animal is missing. The first part of this book explains what you can do to help yourself and your animal get back together. The second part shares real stories, real cases from my Lost Animal Files.

Here are two categories of things that you can do to help resolve a missing animal situation.

The first category consists of “mundane” actions - going into the world to resolve the situation in an “active” mode by DOING things.

The second category consists of “spiritual” things - going internal and working with higher guidance and your animal’s spirit to gather information and to clear the energies that might have created and/or be blocking you or the situation from resolution.

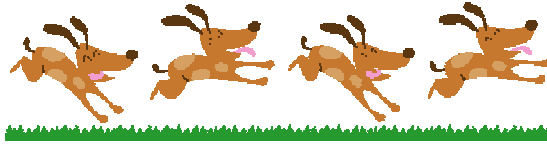
Both approaches have a lot to offer, and when used together, frequently result in you and the animal coming back together. Notice I said “frequently.” There is no way anyone can guarantee the outcome of a missing animal situation.

One of the most difficult challenges of having a missing animal is that the situation feels outside our control.

As humans, we all think we’re supposed to be able to control everything in our lives, and certainly in our animals’ lives. Of course, that’s an illusion. In truth there is very little that we can control, even at the best of times, except our emotional state, what we focus our thoughts on, and what we do.

Now I do believe we create our personal reality. And I do believe that what we experience in the world “outside” reflects our inner world. If these are true, how can I say that very little is in our control?

The simple answer is this: Whatever you are experiencing is a gift from your Soul to you. You created it and you energized it, albeit at the Soul Level. Your animal friend agreed, at the soul level, to have this experience, too.



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Once you are “into it,” remember that there is a pathway through to the other side. That pathway may seem difficult to find, much less to follow. But the pathway is there.

In addition, there are gifts along the way that are ours to retrieve. To find the path and retrieve the gifts, we must ALLOW the process - the experience - to go forward.

A dear friend once said to me, “The more out of control your life feels, the more in control God is of your life.” The spiritual answer is, of course, to surrender yourself to a situation, to set clear intentions for your preferred outcome, and then to allow yourself to be guided.

Today, it is also important to give up the guilt and forgive yourself, whether or not you feel directly responsible for what is happening in the moment. Forgiveness is a powerful tool for moving through obstacles of all kinds.

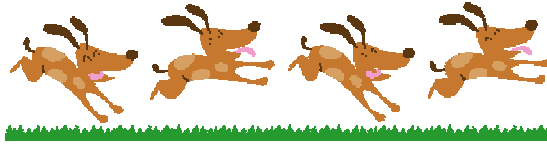
Then there is gratitude, another powerful tool. Be grateful and appreciative of each moment, even when an animal is missing. This will help smooth the path for resolution.

These are reasons why this ebook offers both approaches. When you learn to receive guidance, forgive yourself, be grateful, and follow through with whatever you are guided to do, you will save time, energy, and emotional output. It does take a fair amount of being quiet, being open, being centered, and being receptive in order to receive the guidance.

Notice that I said you have to “be”, not “do.” When you can “be” instead of “do” for a few minutes each day, you will be able to receive guidance about what to “do.”

Then it’s up to you to act on that guidance. You act on it by “being” grateful and “giving thanks” for it, and then following it.

I’m not saying it’s easy. I, myself, have been through it, and it’s anything but easy. Still, it’s a great lesson for us all. [For the story of Violet’s disappearance, please read, “Violet’s Brave Adventure.”]

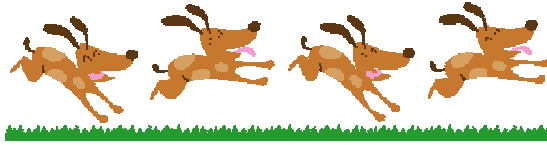


Mundane Things You Can Do

There is a great deal of detective work that is helpful in finding a missing animal. These activities must be done by the person whose animal is lost, with help from family and friends whenever possible.

Here are some of the things you can do at the "mundane" level of reality:

- **Make up a poster with a color picture** of the animal (if possible) and distribute it door-to-door to neighbors and stores in the area where the animal has been lost.
- **Offer a reward** and put the amount of the reward on the poster. People have a lot going on in their lives and may need a motivation to help you.
- **Contact all animal shelters, veterinarians, and animal control officers.** GIVE THEM THE POSTER.
- **Check with the shelters every few days**, as they sometimes get an animal and don't follow through, i.e., they may not check for a "chip", or even read the dog tags and call the number on the tags. Therefore, it is recommended that you **VISIT the shelters every few days** to make sure they do not have your animal.
- **Place ads** in local papers. If possible, include a picture in the ad.
- **Contact local radio and TV stations** that offer free service messages for missing animals.
- **Contact internet sites** that help search for lost animals.
- **Go door to door and TALK TO PEOPLE.** People are more responsive if they see a face and know how much you care about your animal.
- **Create a scent trail.** Cats and dogs are "nose" oriented. Their strongest sense is smell. You can use old cat litter to make trails coming back to your house. You can take an old tee shirt that you have worn but not washing and rub it against the base of trees, buildings, and even sign posts. Be careful to make clear trails so the animal doesn't go in circles.
- **Stay as calm as possible and keep your thoughts positive!** What you focus on is what you manifest in your life, so hold a picture in your mind of your animal home safe and sound.
- **Contact a pet detective.** This is a new profession and you want to make sure you ask for references. Some of pet detectives have dogs trained to



search. **ASK A LOT OF QUESTIONS** so you know exactly what the person can and cannot do for you.

Spiritual Things You Can Do

We put out a lot of energy when trying to find a missing animal. It is equally important for us to be **CENTERED**, **GROUNDED**, and **RECEPTIVE** to messages from spirit.

Here are some of the things you can do at the "spiritual" level of reality that will open you to receive subtle messages that will help you resolve the situation for the highest good of all concerned.

- **Take Bach's Rescue Remedy or FES' Five Flower Formula immediately** and throughout the time the animal is missing. Take 4 drops at a time, as often as you need it to stay calm. Drinking chamomile tea can also be helpful.
- **Learn grounding techniques that will help you stay calm.** Our animals are all connected to us telepathically and they feel whatever we are feeling. A missing animal is frequently frightened and upset, so if you stay calm, this will help your animal to be calm.
- **Prayer works!** There are several kinds of prayer.
 - There's the kind of prayer where you make requests, such as "Please help me find ___[insert animal's name]___. Please take care of ___[insert animal's name]___ and help him/her find food, shelter, and a safe place to be until we can get back together."
 - There's the kind of prayer where you ask, "Please show me what to do next in this situation. I open myself to receive signals, messages, and guidance as to where to go, what to do, and even to sit quietly and wait."
 - There is the kind of prayer where you inquire, "It is time for me to stop looking and wait for a signal before I take any further action?"
- **When you get a spiritual signal or message, FOLLOW THROUGH** with it. Even if it doesn't pan out, be respecting and using the messages you receive, you will build your "psychic muscles" and expand your ability to get clear, accurate messages.
- **USE THE HEART CONNECTION TECHNIQUE** to be in touch with your animal, to offer the animal encouragement, and to help both of you through this



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situation. You might even find that you begin picking up on important information that can help you get back together. See the next section for how to do the important technique.

- **Contact a professional animal communicator who works with missing animals.** At the very least, an Animal Communicator can help you calm down enough to think clearly about the situation and they can definitely help your animal to become calm. They can help you and the animal communicate to clear up issues that may have led to the animal's disappearance. They may also be able to give you important information that helps you find the animal.

Many Animal Communicator professionals have other spiritual techniques and some help you work through the situation. Some map dowse with a pendulum. Others can "track" animals using Shamanic journeying techniques.



The Heart Communication Technique

This technique was originally developed to assist clients of mine who were traveling and whose animals were upset and missing their person. This technique will help both you and your missing friend calm down and focus on getting back together.

- Lie on a bed or sit comfortably in a chair or cross legged.
- Take 3 deep breaths, and on each exhalation, imagine any stress you are feeling is flowing out with your breath.
- Breathe normally, and pay attention to your breath, watch it going in and out for a minute or two.
- Allow yourself to float down into your heart center (a space in the middle of your chest).
- Just be in your heart center and connect with the Unconditional Love that lives there in unlimited quantities.
- If the gold cord connection has been established, use it to connect with your animal.
- Invite your animal to join you in your heart center.
- See, feel, allow, imagine your animal friend in your heart center with you.
- Say hello to him/her and imagine yourself holding them as if you were actually physically present.
- Imagine stroking or petting or grooming them for as long as you wish.
- Talk to your animal friend, just as if you were with them.
 - Tell them about your day.
 - Tell them how much you love and miss them.
 - Reassure them that you are continuing the search.
 - If appropriate, encourage the animal to make contact with a person who feels "safe" and ask for help.
 - Show the animal a powerful visual image of you with open arms greeting them as you reunite.
 - Tell the animal you will speak with them this way every day until you are back together. (Please note that if you make this promise, you **MUST** keep it.)