

# Heron's Rest Healing Arts



## Ripples of Healing: An Amazing Story of Our Deep Connection with Animals

As a healing arts practitioner, though I'd used TAT® (Tapas Acupressure Technique\*) with my human clients since 2002, and though I'd occasionally worked with animals in my healing practice, at the start of 2011 I'd never yet used TAT with an animal. I had taken a class in animal communication several years before, but though it was clear that animals readily understood *my* communications to *them*, I rarely trusted that *I* understood what they were saying to *me*.

Then I signed up for a class\*\* using TAT with animals. As part of my homework for the class, on the morning of January 5, 2011, I used TAT with an animal for the first time.

Cuddles, a good friend's cat, had always seemed very uncomfortable in his body, was irritable, had a hernia in his stomach, and fell easily, something unheard of in a cat. My friend, whom I'll call Sandra, further reported that Cuddles hated other animals, wailed if picked up, and always vomited his food immediately after eating, regardless of what kind of food she fed him. She said she frankly didn't know how he stayed alive. The vet said the cat was allergic to fleas, and Sandra treated him with flea medicine once a month. Though the treatment couldn't be administered more frequently, as the end of the month was approaching, she said that "his face looks like it's being eaten away". He always had scratches and scabs all over his nose, and they were worse in the summer. He'd been increasingly miserable over the 5 years he'd been with the family.

When I "checked in" with Cuddles from my own home, mentally asking him if he'd like to do TAT with me to see if we could help him feel better, I felt a clear "Yes". I asked if he'd rather I came to his home or worked with him remotely, with me in my home and him in his. He preferred to do the session remotely, which didn't surprise me, after all that Sandra had told me about him.

When the time came for the session, I checked in with Cuddles to assess how he felt in his body. I was surprised how easy that was, when I didn't have him in front of me and my brain wasn't saying, "This is an animal. I don't know how to understand animals."

When I tapped into his energy, the immediate impression that I got was of great suffering. I had the strange sense that there was very little room for him in the body. I immediately noted that I'd written down "the" body, not "his" body, and realized that that was exactly how it felt, like the body didn't really belong to him. He didn't feel like a cat to me, but rather as if he were purely enduring, as if he experienced no pleasure in life whatsoever. I noted that he felt like a guard, a protector, and almost like a robot, as if every bit of his energy went into protecting." Protecting what?" I asked. His family.

Knowing that Sandra had been the target of serious psychic attacks by a former partner, once I tapped into Cuddles' role as his family's determined protector, I immediately sealed us—myself and my home and family, Cuddles and his family and their home—in God's light. I always work with and in the Light of God, but this time I called in the entire support team in full force, asking all available angels to protect us, keep us safe, and guide the session. And then I went back to work.

I told Cuddles, "I don't understand all of what I'm picking up. But what I *do* understand leaves me in awe. I honor you and I thank you for all your work."

I then began the TAT session, starting with a step that is always done at a client's first TAT, "I deserve to live and I accept love, help, and healing". Immediately I felt resistance from Cuddles and realized that



we needed to start with the opposite, “I *don’t* deserve to live, and I can’t accept love, help, and healing.” We needed to dissolve that negative belief before we could go on to the positive one.

As we worked, I got the clear sense that this negative statement felt true to Cuddles. Then, amazingly quickly, I had the feeling of Cuddles beginning to see that statement as a *belief* rather than as reality; it was as if he were seeing the belief from the outside rather than from inside of it. I knew he’d shifted and was ready for the next step. (In TAT a “shift” is an indicator that tells the practitioner the emotional charge related to the focus statement has dissolved and that the client is ready to go on to the next statement.)

On the next step, “I deserve to live and I accept love, help, and healing,” I quickly felt a softening, followed by an unmistakable sense of waiting. Next step.

For Step 1 of a standard TAT session I used the words, “Everything that has contributed to this, happened”, with “this” meaning all of his suffering. Immediately I felt extreme anxiety on his part. I knew he was scared for his family.

I promised him, “Nothing we do in this session will endanger your family. The angels will ensure that. This work will free you, to whatever extent is possible, to live a full life while continuing to carry out your work, *as long as that work is appropriate, needed, and in your family’s highest good.*” I felt Cuddles relax, and so I proceeded with Step 1.

Tears came to my eyes at what I then saw and felt: again and again I felt this cat doing the equivalent of placing his body between his family members and bullets, as he absorbed psychic attack after psychic attack into his own psyche and body. Then this sense dissolved, signaling a shift, and we went on to the next step.

“All these things happened and are over. I can let them go. They [the attacks that he had been holding in his body] are being received and transmuted into light.” I immediately saw a grossly-swollen balloon-like image of Cuddles. Then it was as if this swollen version of him was poked full of pin-pricks, and streams of poisons were flowing out. Soon he no longer appeared swollen, but looked like a normal cat. He’d shifted.

Next step: “I no longer resonate, identify, or connect with this [suffering]. I can come back home.” I knew that “home” meant his own body; he could come back into his own body, and into his own life. Almost immediately I felt a sense of “Yes, that’s true”, and knew he’d shifted.

One of the things that was notable about the entire session was the rapidity of Cuddle’s shifts. I had never worked with a human client who had shifted so quickly.

Next step: “All the places where this has been stored are healing now. Thank you God.” I felt the equivalent of “Aha! There’s no need to store this anymore; I can release it all; no one will be hurt; it’s all being transmuted.”

Next step: “All of the origins of this are healing now. Thank you, God.” I got a visual image similar to one that’s common in some sci-fi movies, where the viewer is going at warp speed through space. I had the sense of moving backwards through time, and that past events were being undone, undone, undone,



one after another after another, almost instantaneously. I'm not saying that past events were actually being undone, merely that this was the image I received to express healing of traumas from the past.

Next step: "All the communications and connections relating to this are completing and releasing now." I saw Cuddles step out of the way of the "bullets"; I saw that he was still protecting his family, no longer with his own body and psyche, but through what I can only call a shield of intention, allowing angelic forces to do the work. I then saw a web of strands of light within his own body/mind system, repairing, reconnecting, flowing with light.

Next step (this is a step of my own that I generally use with my clients): "All limiting or outdated vows, oaths, commitments, and contracts that I've ever made relating to this are completing now." I felt Cuddles express the equivalent of, "I did well." I noted that it was clearly in the past tense; the feeling was that it was a job well done, and that it was over.

Next step: "I now forgive everyone who's ever contributed to this in any way. I wish them love, happiness, and peace." Cuddles totally ignored the first part. The need for forgiveness, even the concept of forgiveness, clearly meant nothing to him. He changed the second part to, "I wish them sovereignty in their own lives, oppression by no one, dominion over no one." I was stunned by that wish, and by how much it felt like the best of healthy cat energy.

Next step: "I ask for, and accept, the forgiveness of anyone I may have hurt related to this. I wish them love, happiness, and peace." This meant nothing to him; I felt no response whatsoever. We went on.

Next step: "I now forgive everyone I've ever blamed for this, including God and myself." Again, nothing; a total blank. These concepts held no meaning for him.

Next step: "All the parts of me that are involved or invested in this are healing now". This, too, was a total blank; meaningless to him. We went on.

Next step: "I now choose [fill in the blank]". Cuddles chose "life; freedom; appreciation [by his family]; my rewards; ease; enjoyment; and pleasure."

We ended with the step that integrates the healing, and were finished.

I asked Cuddles if I could share the story of his TAT with Sandra and also with the class, "TAT for Animals". He responded that he wanted it shared with anyone who is open and who can be helped to understand that animals are working for us and with us and that things are not always as they seem.

When I phoned Sandra two hours later to tell her about the session, there was no answer. When I reached her later in the day, I told her that we'd done the session, but that I'd like to know if she'd noticed any changes in Cuddles before I told her about it. She laughed.

She said that about 8:30 a.m. (I'd started working with Cuddles at 8:25), he got extremely agitated, ran to her daughter's room and clawed vigorously at her closed door to be let in, something that had never happened before. Sandra opened the door, let him in, and closed the door. Almost immediately she heard the door open again, saw Cuddles emerge, run straight to her son's room, and claw at *that* door till he was let in. Again, the door opened almost immediately and this time he ran straight to Sandra. Then he settled down.



I realized that this was when I had felt such anxiety in Cuddles, had felt his concern that if we did the TAT session his family would be in danger, and had promised him that the angels would protect them. He was running from one family member to another, to everyone who was at home, to see in essence, “Is this true? Are they being protected?” He evidently found out what he needed to know, and then he relaxed and we went on with the session!

Saundra went on to say that within a few minutes of his calming down after this flurry of activity, he ate, burped, did *not* vomit (a first), and asked to go out. She said that ever since then he’d been serene and relaxed, very different from how she’d ever seen him. She said he seemed like a totally different animal.

When I told Saundra that when I first “felt into his body” energetically, it felt as if he were a guard, a protector, steeled, she said that he always felt as if he were protecting them. When their dog first joined the family, Cuddles had attacked him, and Saundra had the sense that he was trying to protect them.

She said that when I had called the first time, she’d been in the shower; that she had been feeling wave upon wave of deep appreciation and gratitude, had no idea why she was so grateful or to whom, but that it was so intense that she was crying with gratitude. Now she knew why. The gratitude was for all Cuddles’ years of sacrifice for them.

At the end of the call I told Saundra that I wouldn’t be surprised if Cuddles would want a new name; that as a being he was a master, that the name Cuddles had never fit him, and that for his new life he might want a new name. She said she’d been thinking the same thing. That night, as I was going to sleep, I asked Cuddles if there was a name that he would like to be called. I heard, or thought I heard, “Raheem”. So I wrote it down on a piece of paper, rolled over, and went to sleep.

In the morning I looked up “Raheem” on the Internet. I learned that it is a Muslim name meaning, “Servant of the Most Compassionate”—in other words, servant of God. Oh, my.

When I told Saundra of the name that Cuddles seemed to have chosen, not knowing how she’d respond, she said, “That fits him perfectly.” So Raheem it was.

Three days after the session, Saundra reported this: “Raheem’s face is healing. It’s starting to look the way it should. His nose has always looked like it has a fungus: red, raw, bleeding and scabbed. His front lip was always swollen, enflamed, sticking out. Now his nose is turning pink, its natural color; there are only tiny bits of scabs left, and the swelling on his lip is at least halfway down.” And there had been absolutely no vomiting.

She went on to say that soon after he’d received his new name, Raheem had hopped up on her bed (a first at the time, but a standard behavior by the time of this writing) and she’d said, “Oh, hi, Cuddles”. He’d stared at her and flicked his tail—and waited. She said hurriedly, “Oh, I mean Raheem!” and he immediately came over and curled up next to her. He had never before curled up with anyone.

Six days after the session Raheem came into the living room where Saundra was sitting. She said, “Hi, Cuddles”, but immediately corrected herself, “Oh, I mean Raheem”—and he actually *ran* to her and hopped up to be with her. He’d never run to anyone before.



I am writing all of this 15 days after we did the session. Raheem has never vomited again. He is serene, his face has healed, he interacts sociably with his various family members, human, feline, and canine, and (ironically, now that his name is no longer Cuddles) he is decidedly cuddly. In addition, Sandra, who has had mildly allergic reactions to cats in general, had always been quite allergic to Cuddles. On top of that, she couldn't stand his smell; she said he'd a very strong odor. Raheem no longer smells bad to her, and now he is the cat to whom she is *least* allergic.

But that's not all. Amazingly, Raheem's session is rippling out into his family.

Last night, day 14, I visited Sandra at her house. She told me that another of their cats, Mattie, was also changing radically. Sandra said Mattie had always acted like she wanted to be petted and loved, rubbing up against people, but then would act really skittish and run away. She didn't ever snuggle up to anyone. Sandra reported that Mattie had spent the entire night sleeping on her son's head, and in the morning, let him pet her and hold her!

A third cat, Morgan, who had previously been feral, was now "lovey" (Sandra's word) for the first time in his life. He'd always been "skittery" and was never allowed in the house because he peed on everything. At the time of Raheem's session, Sandra had been about to give him away. Now he is "kind and sweet and cuddly" and he doesn't pee on anything, ever!

As Sandra and I chatted, Morgan curled up with me. I felt so much love coming from him, I told Sandra that I was falling in love with him. He wriggled his way up onto my chest, looked me in the eye, and stretched his paw up to gently touch my face. I was overcome; how could he have said, "Thank you for changing my life" any more clearly? I tear up now just thinking of it.

Sandra then told how she had first picked out this cat from a litter of kittens, that he was the runt and that his profile had looked like that of a rat. He had been the one she'd been drawn to out of the whole litter, but the owner had said, "You don't want that one." She had assured him that yes, she did want that one.

As Sandra was saying this to me, Morgan got up from where he was cuddled with me, went over to her, lay on *her* chest, and reached his paw up to *her* face. I asked Sandra if she realized what he was saying to her. Did she realize what *she'd* been saying to me when he came over? She didn't, so I told her. Clearly, Morgan was thanking her for wanting him and bringing him home to be part of the family.

Sandra went on to marvel at how Raheem's TAT session had not just healed Raheem, but had "changed the general dynamics of the entire household." Amazing. She then said, referring to the once-feral, couldn't-be-allowed-in-the-house, peeing-on-everything Morgan, "With *his* transformation, I'm starting to think that *anybody* can transform!"

Whew. Is this all? No, there's still more.

Their fourth cat, always cuddly, doesn't appear to have changed, nor does the dog. However, Sandra's daughter is changing in unprecedented ways. For 6 years, ever since Sandra partnered with the man from whom Raheem has been protecting his family, this girl had never told her mom that she loved her, though she used to, prior to that partnership. During these 6 years she also refused to eat anything that her mother prepared, or in fact anything that did not come directly from a package.



Inexplicably, within a couple of days of Raheem's session, this girl answered her mom's nightly, "I love you" with "I love you, too, Mom." And for the first time in 6 years she has started eating food that is not prepackaged, will again eat her mother's cooking, and is actually asking her mom to prepare specific foods for her.

Saundra says, "I feel like I'm on a new planet! These are all new versions of who they used to be."

Need I say that I am totally stunned? I am in awe of these beings that we call animals. The magnitude and ripple effect of this one TAT session given to a suffering cat is practically beyond my comprehension.

As a result of doing this TAT and following up with Saundra, unseen interconnections within this family have become profoundly visible. Never before have I had such an opportunity to see the ripple effect of one client's session.

What else have we never seen or understood in regard to our interconnectedness with one another and our effect on one another, very much including our non-human brethren? What thanks and gratitude do we unknowingly owe the animals in our lives?

I, who have never felt I could understand what animals were saying to me, no longer feel that way. I am honored that I could play a part in the healing of this amazing, dedicated, and compassionate being now known as Raheem, and, as a result, in the healing of his family.

I am honored to pass this story on to you, as Raheem has requested, so that you may begin to know that our animals are working for us and with us, and that things are not always as they seem.

Thank you for allowing me to share Raheem's story with you. Your very interest can help change humans' relationship with animals and all of creation. Please share the link to this story <[http://www.heronsthealingarts.com/docs/Ripples\\_of\\_Healing.pdf](http://www.heronsthealingarts.com/docs/Ripples_of_Healing.pdf)> with anyone who is open and interested.

Sincerely,  
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## LINKS

\* TAT (Tapas Acupressure Technique): an easy, painless process that anyone can learn for releasing traumas, negative beliefs, limiting behaviors, allergies, and the emotional aspects and/or causes of any physical conditions. For more information, visit my website at:  
<http://www.heronsthealingarts.com/tat.html>

\*\* "TAT for Animals" is a class taught by Jeanine DuBois. Read more here: <http://www.compassions-doorway.com>