

TIPS FOR FINDING YOUR LOST PET

by Danika Nadzan

Keep a Cool Head

Animal communication can certainly help you in this sad circumstance, but you must do your best to remain calm. In this instance, working with a friend may provide better information, simply because your friend is likely to be somewhat more emotionally detached from the situation.

When you are trying to find your lost pet, it can seem daunting, but in fact, you are the best person for the task, because you already have a strong connection with your pet.

What to Do

Here are some techniques to aid you in calling your lost friend home:

- First, remain calm. You won't be able to accomplish anything if you are overly distraught.
- Remember to visualize what you *want* your pet to do; empty your mind of your fears, and remain as positive and optimistic as possible.
- Use meditation or just sit quietly to connect with your pet telepathically. Go inside to your safe space to ask questions about your pet's safety and condition, for as much information as possible about current surroundings, and anything else that might clue you to where your pet is. Also ask why your pet left, if you don't already know. You may also ask if he or she *wants* to come home. Don't scold or make demands for a quick return; you may make the pet more upset.
- While you are meditating, you can use the gold or silver cord technique for calling your pet to you. Simply visualize a beautiful cord attached to your heart, reaching across the distance to your pet's heart. Telepathically tell your pet that he or she can use this cord to come home to you. If any information you received in the previous step helps you recognize where your pet is, you may be able to guide him or her back to you—visualize walking from that location back to your home, using sensory clues that your pet would recognize (e.g. fencing in front of a yard, rather than a street sign, or the smell of a honeysuckle bush instead of a house number.)
- If you have difficulty reaching your pet in meditation, do not automatically assume the worst. It may simply be due to the animal's stress over being lost or frightened, or your own stress about the situation. If you are comfortable with it, try asking a spirit guide to help you. Sometimes other household pets, even ones who have already crossed over, will be able to make contact with your pet and help bring him or her home.

Keep Trying

If you experience difficulty contacting your pet at first, take a break and try again later. This is a stressful time for you both, and persisting may only succeed in making you feel more anxious and unable to receive communication clearly. Sometimes a short period of rest, or quiet meditation, will clear your mind and calm your nerves and allow you to proceed with better results. If you have a friend who also knows animal communication or is open to trying, ask for help; another set of senses may provide you with clues you haven't pick up on your own.

Receiving information that your pet is injured or unconscious may also overly distress you. It is certainly difficult to feel your pet's pain and not be able to physically reach out to soothe the hurt. Remember that your telepathic communication may help locate the pet sooner so that medical attention can be provided; this should help you to keep your composure. Again, if you receive such information, don't hesitate to ask a friend for confirmation and assistance.

Sometimes you might receive a fuzzy or light feeling that could indicate either unconsciousness or that the animal has crossed over. Because it can be so difficult to tell, my tendency is to lean towards the former. Since this condition is changeable, it is possible that later attempts at communication could yield clearer information. If the pet is merely unconscious, at some point you may be able to pick up details of the surrounding environment. If the pet has indeed crossed over, the fuzziness may change to a more definite feeling of detachment, or even a clear message of the new state, as the animal becomes aware of the change. Although this is never the message you would wish to receive, I believe it is better to know the true circumstances than to be left wondering.

Dowsing

Another method that many animal communicators will use in addition to telepathic communication to help determine a lost pet's location is dowsing over a map.

Start by using the largest scale map you can find of the area where you think your pet may be lost. Using a pencil and ruler, divide the area into quadrants. Use the pendulum over each quadrant in succession, asking the question, "Is Sasha in this quadrant?" (insert your pet's name, of course). When you receive a "yes" answer, divide that section into quadrants and repeat the process until you have as specific a location as possible. This works especially well if you have someone who can begin looking for your pet while you dowse, or alternately, you can look while a friend dowses, and you can keep in touch by cell phone as you narrow the search.

If your pet doesn't return quickly, or was lost on vacation, or during a move or accident, you'll want to check online websites such as Petfinder.com and Adopt-a-Pet—many have Lost & Found sections where you can place your own "Lost" listing, including a photo. If your pet has a microchip, notify your veterinarian or the manufacturer (whoever is the proper contact) immediately. Don't forget to check with your local shelters and police departments, and put up signs and ads locally—the more coverage the better!

Healing

Another technique that will help both your pet and you is to send healing energy – whether that's through prayer, Reiki or another modality, or simply visualizing a beautiful golden light energy surrounding your pet. At the very least, it will be calming to you and may aid in your connection with your pet. It may also be just the energy needed to sustain your pet until you can find him or her.

I hope these techniques will result in the quick and safe return of your companion. Sometimes the outcome is not so joyous. However, if your pet is seriously injured or has crossed over, it is important to remember that your attempts at connecting telepathically may be responsible for bringing medical aid sooner, or at the very least, may have comforted your friend throughout the process of dying. Do not discount the value of this comfort to your pet, and above all, remain hopeful!