

MAKING THE SHIFT

By Marybeth Haines

How to help and to heal from animal cruelty

In today's world of technology, we are inundated with bits of information every second. Venues such as Facebook, television and radio programmes share happenings around the world every day. Of course, when watching televised programmes such as CNN or 24-hour news stations, the majority of what we view is negative. Do we really need to know all of this? Is it really necessary to see such negativity?

I've thought about this many times. My answer is yes, we do; it's important that we know what's happening in our surrounding world BUT we need to remember we have a choice in how much we allow into our day.

ANIMAL CRUELTY

Animal cruelty is a subject that hits my heart on a deep level. Each time I come across something that has been of a harmful nature to another living creature, my heart breaks into a million pieces and tears stream down my face. Can you relate to this?

There have been times where this pain of what I witnessed brought me to feeling totally paralysed and helpless. I had anger, sadness and expressions that cannot be explained in words come roaring to the surface of my every being and I wasn't sure how to recover.

Have you ever found yourself in this situation? Perhaps you are reading this and experiencing the same right now.

MAKE IT STOP!

What can we do to stop this in our world and how can animal cruelty come to an end forever? Unfortunately, we cannot stop

what's happening. It will happen whether we want it to or not. In the circle of life, this is what it's all about... the good, the bad... the healing and the happiness. This can result in feeling hopeless and depressed. This is a hard one to swallow, isn't it? It leaves us wondering what else is left?

Our thoughts create things. It's been proven how our mind has powerful triggers that can help or hinder our direction in life. This is where I invite you to join me. The purpose and intention of my message here is to invite you to unite together across the world in making a change... making a difference and doing it in honour of our animal friends.

THE POWER OF INTENTION

Have you ever taken part in a prayer vigil, meditation for peace or something on a grander scale? Perhaps you joined together with others in praying for healing or a desired change for our world or loved one. How did it feel when you did that?

Did you find that when you had support, knowing others were together with you, it felt safe and that your message went somewhere to help that person, place or happening? What about twins who have been separated at birth? We've all heard about situations where each twin felt a part of them was missing during the separation and once they were reunited with their "other half", they felt complete. The power of the mind and our thoughts is enormous!

My message here is to share that there is power in numbers and specifically with the intention of helping. When it comes to animal cruelty (we all know the many cases

that are happening, both reported and unreported, so we won't go into detail of specifics here), it is extremely important to remember that our **intention** can go a long way.

Even though we don't have the control to change this on the grandest scale, we can still make a difference! This difference begins with us individually and then as a whole.

Let's look at some tools to help heal from the effects of depression and sadness we can experience from animal cruelty.

IT HURTS TOO MUCH – HOW CAN I HEAL?

In my approach to working with others in healing, I always offer the opportunity for steps of action. I do this because change cannot be made unless action steps are taken and there needs to be an intention set forth in making this happen.

In order to move forward in anything in life, be it a project or a transition/time for healing, action steps must be taken to get from point A to point B. If I don't move from my writing desk, I will not get supper, get sleep or get to any of the next steps in life because I will have chosen to stay stagnant. It's the decision to take steps of action that will bring me to finishing the goal I have set out to complete.

Healing from the pain, depression and feelings of loss of control is no different. In fact, because of the unrelenting emotions that are surfacing and retreating like a roller coaster, it is the steps of action that are the most important to take.

3 TOOLS FOR HEALING

TOOL ONE – Decide

Did you know that everything that happens in life begins with a decision? Our world is made up of choices. We choose how we wish to move forward. Will we allow our situations to lead us or will we choose to lead our situations?

When you make a choice, you actually create an environment to support that of your choosing. When it comes to helping animals in need or healing from the abuse you witness of them, you can choose to break down, break through or do nothing. Even if you do nothing, that is still a choice. Do you see what I'm getting at here? Everything you do in your life always stems from a decision you have made. When you become aware of this, you can begin to create empowering tools that will guide you further.

Does making a decision take away this pain? Does it make this cruelty stop? Of course not; however, deciding to take steps in a certain direction can allow for the painting of a clearer picture, with more colour and details in which to serve you and fellow animal friends.

Tool One begins with making a decision. Are you ready to choose to decide?

TOOL TWO – Stop!

Step Back – When you're going through this process, you are on the inside looking out. You can feel lost, as if you are trying to find your way out of a locked room without any windows. It's challenging because you are right inside the eye of the storm and you begin to quickly feel like you are losing control. Now it's time to take a step back. You may even need to physically stand up and take a step backward in order to



actually compete this step. It's a very powerful step and an empowering one. Go ahead and do that now. Stand up, take a deep breath and choose to take a step back. By doing this, visualise yourself stepping away from the situation, moving away from being within it, moving from the "inside looking out" to the "outside looking in".

Take a Break – You've been experiencing stress. Your sleep might not be very good or maybe you are sleeping too much. Your appetite is lost or perhaps it is in excess. You may be angry all the time or full of sadness and despair. These are all symptoms of grief, and experiencing animal cruelty sends a message to your body to try very hard to adjust to all of this trauma.

Now it's time to take a break from the sadness and despair. What is something that you can gift to yourself in order to be able to take this break? Can you go for a walk in nature or maybe put on some music that is calming and soothing? Don't just think about it, do it. Physically make the shift. As you do this, send out your love to our animal friends.

Tell them that you are sorry for what they have experienced and that if they can sense your love, perhaps it can take away some of the pain that they have endured. Remember, you don't have control over what has happened to them but what you do have control over is how you can help them. Setting forth the

intention of sending them love, prayer or meditation can be a very powerful tool here.

Whatever it takes to do this step, take that step now. Take a break and give your body and mind the chance to break way – even if just for a few moments – from this state of grief and sadness. Breaking away does not mean you have given up, abandoned or stopped honouring our animal friends. It is giving you an opportunity to heal and it all begins with the state of intention. Intend to make this happen in honour of animals everywhere.

Observe – Now is the time to view the situation from a different light. Remember, you have decided to take these steps and have made the decision, set forth the intention and can now just observe the situation. Do you notice anything different? Are there any different sensations, feelings or views you can note here?

If there aren't, that's completely fine. Many people who follow these steps often start finding peace because they are taking charge of their healing. They begin to feel they are more in control. A night of better sleep, a day without crying as much or a feeling of lightness and handling stressful situations with more ease are some examples of peace. By following all these steps, you are empowering yourself to move forward in a way you haven't done before.

Give yourself some time to observe and let this transition happen in the



way that it was meant to be. There is no one right way for this to happen. The right way is the one that feels best for you.

TOOL THREE – Take Back Control

In times of healing and grieving from abuse and cruelty, remember that your body and its systems are experiencing a trauma. Now is the time to take back control. Up until now, you have been controlled by the situation. The thoughts and emotions have been in command, dictating what the next step is. It's now time to state your intention of taking back the control. You see, you have always had this control; it's always been there for you. However, the sights, sounds and feelings were too intense and therefore it was easier to let the fears take over. Now it's time for you to take over. When you do this, you will find that you are empowered to move forward in the direction of doing the best that you can and heal.

Let's take a look at what you can and cannot control. You CANNOT control what happened. It has happened and is now in the past or is in areas of the world where you cannot physically be there to stop.

Now, let's take a look at what you CAN control. You can control how you will handle your situation in the now so that you can move forward. You are in charge of your life journey and where it goes. Yes, there are always outside circumstances that can affect your life; however, essentially you are still in control of how you want to react.

MAKING A DIFFERENCE

How will you choose to move forward in reaction to animal cruelty? Are you ready to access your inner empowerment and make a difference in the honour of our animal friends?

Many times I have utilised these tools to help myself; for it is always

me first that I need to heal in order to be able to help others. Once I have done these healing steps and felt the clarity I needed, I could reach out to others to help.

When we make the decision to unite together and send our animal friends our unconditional love, we can bring feelings of strength and hope to ourselves and to them. Just imagine... if we all chose to do this and did it together, just think of the powerful shift we could give to our animal friends. I'm willing to give it a go! How about you? Will you join me? 🐾

About the writer: Marybeth Haines empowers people to make choices that promote action, personal growth and healing. She is an author, speaker, consultant and grief specialist from Ontario, Canada. She is a wife, sister, daughter and a mother to her furry children with tails and whiskers. Marybeth is the author of "The Power of Pets – 7 Effective Tools To Heal From Pet Loss" and "From Empty To Empowered – A Journey To Healing From Unexpected Pet Loss". In 2012, she founded the "I Believe In The Power of Pets" movement. Her focus is teaching proven step-by-step strategies in reinforcing the bond and connection between pets and people.

Her books are available on Amazon.com or via her website. For a limited time, Marybeth is giving away FREE copies of her book at: www.authormarybethhaines.com. There is no obligation or anything to buy when receiving this book. All that is required is a request and your book will be electronically delivered to you right away.

