

## CARING FOR YOUR FURRY SPONGE

By: Lorna Rozak

Have you ever spent a few hours with a loved one who was angry, sad, or fearful and walked away feeling the same way? Holding a deep desire to help someone opens us up. Without strong energetic boundaries, we can become sponges sopping up discordant energies. These emotions block the flow of life force through our energy fields and weaken us. Most animal companions are energy sensitive and many are expert spongers.



It's great living with furry spongers. They make us feel better. We may not even be able to stop their sponging. Some shed the absorbed energies easily. But what about those with sensitive or damaged energy fields? If we don't help our spongers discharge the energies they've taken on for us, illness and shorter life spans can be the cost. Consider a clearing of your furry sponges akin to a daily brushing. It shines up their energy fields, removing dirty energy and stubborn energy mats. There are many holistic products and treatments available that can help.

We frequently share energy with those we love through our environment and etheric cords connecting our energy fields. Some cords strengthen our psychic connections with healthy exchanges of love. Other fear-based connections allow unhealthy energy transfers. Because of these exchanges, energy healers often see correlations between the well-being of humans and their animal companions, especially those with close emotional bonds and/or similar personalities.

Our animal companions' illnesses are not always caused by the sponged emotions of their human families. If and where disease manifests depends upon many physical, emotional, mental, environmental and genetic factors. Yet regardless of the species, the links between stress and well-being and unprocessed emotions and illness are undeniable.

Through energy work, I've noticed a lack of joy can contribute to the development of physical conditions such as diabetes, heart, or respiratory disease. Prolonged periods of fear, grief, or anger can trigger repetitive urinary, digestive, or liver problems. Longstanding resentments often co-exist with arthritis and cancer. The book "Heal Yourself", by Louise Hay, is a good starter for exploring the link between emotions, thoughts, and disease.

When completing healing treatments, I often feel emotions being released. With my own feline spongers, I sense the emotions they've sponged from me and their internal reactions to stressful events. If spongers disguise their energetic struggles for long periods of time, some experience serious health crises.

My cats used to hide brewing digestive and urinary disturbances for months after stressful losses and moves. I had to become better at seeing behind their masks and encouraging them to communicate their struggles before they caused full-blown illnesses. Diligent observation helps to determine if sponging has occurred.

Watch your spongers when they are happy and healthy and when stressed or ill. Subtle patterns will emerge. You'll quickly discover how long it takes for your sponger to become saturated and unable to cope physically. If overloaded, my cat Tiggles becomes quieter during the day but restless at night. When I had Cuddles, his eyes changed color and lost their shine, Angel and Ezzie become restless, while Tawnsi, my dog, used to become itchy, snappy and needed more Reiki. Smooches retreats and loses his interest in his zoom-zoom playtime.

Everything provides clues: changes in activity levels, movement patterns, appetite, and sleep preferences, along with emotional withdrawals and outbursts such as vocalizing, scratching and biting. Overload behaviors signal potential troubles ahead. If these behaviors appear after stressful events have occurred, sponging may be the cause. Understanding their unique personality, preferences and past medical histories will help fill out this picture. A good holistic vet, animal communicator, and/or energy healer can help you understand the stress cycle and determine if the behaviors are caused by sponging, illness, or both. Another way to identify and deal with sponging is through communication.



In addition to speaking their own language, our fur family communicates telepathically, often using visual images and emotions. Many animal companions understand and even speak some human words. Biting and scratching are sign language to express emotions and needs, including a desire for personal space. I once told Tiggles I wasn't sure how I would be able to take care of us when I felt too sick to work. He sent me an image of him bringing a bird home for supper. I felt better after venting and Tiggles felt empowered. Share your thoughts and feelings, ask them how they're doing, and listen with all your physical and psychic senses. Instead of trying to silence vocalizing, search for the meaning. No one talks without a reason.

You need to experiment to determine which de-sponging approaches work best. Trust your intuition and their instincts. The more you know about your spongers, the easier it is to select the right tools. If applied early and consistently, you'll be amazed at the impact upon their well-being and your relationship with them. By also applying stress-reduction strategies to yourself, you reduce the need for sponging. Energetically clear your home regularly. Open windows and deep clean. Rebalance your home with crystals, energy work, Angelic assistance, and/or burn smudge or mist space-clearing essences. In the sidebar, you will find some good information for clearing homes and de-stressing regardless of the species you belong to.

A little reading, experimentation, and/or consultation with a holistic vet, flower essence practitioner, or homeopath can help. Some holistic products can cause healing crises as deeply held emotions are released. Give your spongers love, space, and time to release. Clearing old sponged energy can be difficult, especially if complicated by a history of abuse or trauma. My Angel and Ezzie are especially challenged by sponging because they both came from past abusive environments. Be patient but persistent when working with a sponger who has this type of energetic and emotional damage. Start slow and simple.



A healthy foundation of filtered, fresh water; high quality, preservative-free food; a toxin-free home; plenty of time outside, and loads of love are essential. Confinement to small or unnatural spaces makes discharging energies more difficult. A breath of fresh air, a roll in the dirt, or a romp in the field are natural stress relievers that Angel

and Ezzie wholeheartedly embrace. No one is meant to live on the Earth without being able to touch their feet to the ground. Imagine being unable to understand why everyone is upset and unable to clear the emotions you're picking up. Gentle massages, brushing, and specialty body work like Tellington TTouch require little training but bring great results. Smooches loves to get and give a good massage. Hugs, play, laughter, and attention are also powerful healing forces. LOVE, LOVE, and more LOVE is always a heartbeat away and so easy to apply. Since Tiggles is just love manifested as fur, the energy of love is his favorite healing tool.

Flower essences and homeopathics are inexpensive, fast-acting energetic products helpful in the prevention and treatment of sponged stress and emotional imbalances. They have little to no side effects. Bach's Rescue Flower Remedy© can be mixed in drinking water, rubbed on the ears or pads, or misted in the aura to help cope with stress. I find FES Yarrow essence works well for clearing auras and rebuilding boundaries. There are also other flower and gem essences that gently release specific emotions. Many essence lines such as Alaskan Flower Essences also carry space-clearing products.



(Image: Star of Bethlehem)

If you know a challenging event is coming or you're in the midst of one, apply products immediately to the entire family. If I'm processing intense emotions, I often give myself and my animal companions similar homeopathics to release and also address sponging as it occurs. My favorites include: Aconitum for fear, Ignatia for new loss and upset, Natrum Muriaticum for old loss, Staphisagria for anger, and Gelsemium for anxiety. Consult a homeopath if you are new to these products. Or, if you have a gifted cat like my Ezzie, let them help you find the right homeopathic. She knows which to slurp off the spoon and which to politely decline. Ezzie is a master at sensing frequencies.

I often add crystals, color, and sound therapy. Two great crystals are black tourmaline for clearing negativity and rose quartz for calming. I let my spongers help me choose the right crystals and decide when the treatments should end. Color therapy in the form of crystals, gem essences, bedding, lights, and color homeopathics also work. Sometimes I use music, bells, tuning forks, chanting, singing, or sound frequency homeopathics. But my favorite de-sponging tool is energy work such as Reiki or other healing systems and prayer. I frequently ask for Angelic assistance to remove unhealthy energy cords and to clear, heal, and protect my fur family.



Sometimes a de-sponging process is preventative or works the first time but needs to be adjusted the next. Other times you

are clearing years of sponged energy deeply held in their bodies. My cat Cuddles used to develop digestive problems when sponging grief in our home. I had to use different combinations of yogurt, hugs, energy work, and Ignatia each time. Developing a large de-sponging toolbox will help you better respond to your fur family's changing needs especially if you adopted them late in life and don't know much about their past, like I did with Angel and Ezzie in spirit.

Furry spongers are teachers. They remind us how important it is to process our own emotions, by showing us the impact our stress can have on them. Keep yourself and your environment clean and sparkly and your spongers will have a better chance of mirroring that shine back to you through their own well-being.

Every moment spent decreasing their sponged load will extend the time you have with your companions. Your efforts will be rewarded with a happier and healthier family and a closer spiritual bond with them. It's time well spent, because the time we have with them is never long enough.

## **De-sponging Resources**

*Here are few "old and new" resources and sites to get you started on your de-sponging journey:*

### **Books:**

Creating Sacred Space with Feng Shui. K. Kingston, London: Judy Piatkus (Publishers) Ltd., 1996.

Crystal Healing for Animals. M.J. Scott, G. Mariani, Findhorn: Findhorn Press, 2002.

Flower Essence Repertory: A Comprehensive Guide to North American and English Flower Essences for Emotional and Spiritual Well-Being. P. Kaminski, R. Katz., Nevada City: Earth-Spirit, Inc., 1994.

Flower Remedies Handbook: Emotional Healing & Growth with Bach & Other Flower Essences. D. Cunningham, New York: Sterling Publishing Co., Inc., 1992.

Four Paws Five Directions: A Guide to Chinese Medicine for Cats and Dogs. C. Schwartz, Berkeley: Celestial Arts Publishing, 1996.

Heal Your Body. L.L. Hay, Carson: Hay House, Inc., 1984.

Healing with the Angels. D. Virtue, Carlsbad: Hay House, Inc., 1999.

Homeopathic Care for Cats and Dogs: Small Doses for Small Animals. D. Hamilton, Berkeley: North Atlantic Books, 1999.

Homeopathic Color & Sound Remedies. A. Wauters, Berkeley: Crossing Press, 2007.

Natural Healing for Dogs & Cats. D. Stein, Freedom: The Crossing Press, 1993.

Quantum Touch: The Power to Heal. R. Gordon, Berkeley: North Atlantic Books, 2006.

The Healing Miracles of Archangel Raphael. D. Virtue, Carlsbad: Hay House, Inc., 2010.

The Tellington TTouch: A Revolutionary Natural Method to Train and Care for Your Favorite Animal. L. Tellington-Jones, S. Taylor, Penguin, 1995.

Through a Dog's Ear: Using Sound to Improve the Health and Behavior of Your Canine Companion. J. Leeds, S. Wagner, Sounds True, Incorporated, 2008 (includes sample CD). A number of different volumes are now available, including the new Through a Cat's Ear: Music to Calm Your Feline.

**Music CDs:**

Animal Healing, The Mind Body Soul Series  
Chakra Healing Chants, Sophia  
Medicine Buddha, J. Goldman

**Websites:**

Animal Distance Healing Network:  
[www.the-dhn.com](http://www.the-dhn.com)

Bach Flower Essences & Rescue Remedy:  
[www.bachflower.com](http://www.bachflower.com)

Flower & Gem Essence Directory:  
[www.dmoz.org/Shopping/Health/Alternative/Flower Essences](http://www.dmoz.org/Shopping/Health/Alternative/Flower_Essences)

Reiki Information:  
[www.reiki.org](http://www.reiki.org)

The Holistic Animal Association  
[www.holisticanimalassociation.com](http://www.holisticanimalassociation.com)

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Lorna Rozak is a writer, and 'just for fun' artist and poet, in Calgary, Alberta, Canada. Her work path has included nursing, career development, volunteer/fund development and administration.

But her true passions are spirituality, animal rights, wholistic/energy healing and writing.

Her remarkable interspecies family of four cats (Tiggles, Smooches, Angel and Ezzie) guide, inspire and share her journey.

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