

Help to heal after the loss of a pet

After doing many, many afterlife sessions, the animals have taught me important lessons that I want to share with you to help you move through the grief of losing one of the most important beings in your life.



By far the most asked question that I get is “are they ok”? The answer to this question is always yes. Regardless of how they passed, whether you were with them or not at the time of their departure, if their crossing was expected or sudden, they always tell me that they are ok. They always show me that they are happy, healthy and pain free.



Where are they? Most of the time, they say that they are right there with their person. They stay with us to help us heal and make sure that we are ok. Once we move through our grief, they may go off and do other things, but they are always available for us when we need them. Even if they reincarnate into another body, part of their spirit is always there and available for their person. You are not stopping them from progressing or doing things that they need to do.



Sometimes we think that if we allow ourselves to be happy after our companion passes, we are doing something wrong, or not honoring their memory. They want us to be happy, they do not want us to be sad over their passing, and nothing makes them happier than to see us happy. They know how much you love and miss them, you never have to feel guilt over being happy after the loss of a pet.



We hold onto guilt over what we think we could have or should have done differently. The animals typically tell me that their human did exactly what they wanted them to do. Whether you realize it or not, you are receiving messages from your animal, and they do let you what they want.



Many times I’m told that they can hear their humans talking to them, and they want us to know that they hear us. They like it when we talk to them, and in many cases they try to communicate back to us, even if it is just sending you a feeling of love. The next time that you talk to them, pay attention to what thought pops into your head or what you feel in your body. Don’t just assume that you are making up that “I love you too” that pops into your thoughts after you tell your companion that you love them.



Animals send us signs. Signs can be anything, but most importantly if you feel like it is a sign, it typically is. You can always ask for a sign if you aren’t recognizing them, just be prepared for the sign to come in a different way than you might expect. Asking for a cardinal may show up as an actual cardinal at your window, or it could show up as a drawing of a cardinal on a product that you use, or even a tattoo of a cardinal on a person that is standing in front of you.



Our animals in spirit want us to have another animal in our lives. They do not feel jealousy or want us to be alone. They want us to find another companion to take our minds off of the loss of them. Many times they will even send you a new animal.

My Gordon (in the picture below) passed a couple of years ago at the age of 15. The day I went to pick up his ashes, I walked out of the vet's office and was trying to make it to my car before I burst into tears. About halfway to the car, I clearly heard "You know that's not me right?" I was caught totally off guard, and said out loud, yes. He then said "so why are you crying, I'm right here". He actually made me laugh. I thanked him for his wisdom and went on to enjoy the rest of my day, knowing that he was, and always will be right here with me.

