
Give Your Pet a Purpose

CREATE HARMONY IN YOUR HOME BY FINDING THE RIGHT ROLE FOR YOUR PET



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Introduction: Why Your Pet Needs a Purpose

As an animal communicator, I'm often called in when times are, uh -- challenging. Maybe the cat is peeing in the closet, or the dogs are fighting, or a new pet has thrown the household into turmoil.

When I tune and talk with one of these pets in trouble, they often tell me -- in their own way -- that they don't have a sense of purpose. They don't know their role in the household or they don't have the right role. Their "bad" behavior is a reaction to not knowing what is expected of them, or fearing they can't meet their owner's expectations.

"Bad" behavior is a sign your pet doesn't know what's expected.

If you're having issues with your pets, this book will give you the chance to reflect on your pet's current role in your home and help you find the right one. When your pet has the correct purpose, both for his personality and for your home situation, he can better contribute to the harmony of your home, and create a stronger bond with you. Isn't that why we bring pets into our lives in the first place?

1.

Finding the Right Role

Here's the thing: you can't just arbitrarily assign a role to your pet. A young border collie is unlikely to thrive in the role of lap dog, just as an elderly basset hound won't make a good hiking buddy. But it's not just about what your animal is bred for. You've got to take a look at your pet as an individual.

What do they *love* doing?

When your pet is happiest, what is he doing?

What is she really good at?

It's crucial to understand that each animal is as different as each human being. As important as it is to give them a purpose to serve in your home, it is just as important that that role plays to his or her strengths.

Your pet's purpose should compliment her personality.

This is especially true for a pet who lacks confidence. Does this mean a shy dog will always be shy? No. But start small, with something he is great at doing, like World's Best Snuggler, to build confidence.

Almost the opposite can occur with a dog or cat who is naturally bold or extroverted. This leads me to a tangent related to purposes: appropriate naming. Say you get a little three-pound puppy that snarls at all strangers. You think it is *soooo* cute, and name him Cujo. Ha ha! But, the joke is on you when that dog is a terror at 3-years-old and you have been reinforcing his negative qualities by name since birth.

With a pet prone to shows of power, names like King, Conan, Cujo, Queen, or Hecate are not conducive to bringing out his or her malleable side. Sometimes, we have to not only give them names that are less bold, but give them gentler purposes than they would take on if left to choose themselves.

Let's look at a few examples of choosing a purpose based on personality.

Liberty and Sylvan: A Tale of Two Leaders

A few years ago, I introduced a fourth dog, named Liberty (she's the red dog I am holding in the back of this book), to my pack. Sylvan, my 10-year-old Sheltie, was the existing pack's true leader. In barges Liberty: young, hyper and a little bossy. She was a natural leader in a pack with an existing leader. They immediately had some snarling. To avoid conflict, I

strongly corrected the growly behavior and gave Liberty the role of Leader Apprentice. For three weeks, I told her she needed to sleep on my young son's bed until he fell asleep. Sylvan was a bigger dog and had always slept in the hallway between both of my boys' rooms since they were babies. After three weeks, I realized I no longer had to tell Liberty what to do. She just did her job and did not challenge Sylvan. At nine o'clock p.m. on the dot, she jumped off the bed and followed me to my room. Sylvan, for her part, enjoyed a break from her duties. At nine every night, she sauntered to her place in the hallway.

Jake and Harry: Peace, Interrupted

Miranda, a client of mine, had two cats who had lived peaceably together for five years. Jake, a beautiful tiger cat, was indoor/outdoor, while Harry, a ginger tabby, stayed indoors. There had never been trouble between them. However, that changed when Jake was attacked by a raccoon, and Miranda decided to keep him indoors.

A few months later, both cats were peeing *everywhere* but the box.

When I talked to the cats, quiet Jake showed me Harry's need to be the center of attention. A natural introvert, Jake had lost his role as hunter after the attack. He showed me his blanket on the master bed. He had felt special while convalescing, but indicated he wasn't in the master bedroom much now. For his part, Harry wanted no encroachment on his kitchen territory or the children he made laugh.

Miranda confirmed that she had moved Jake out of the bedroom, assuming he'd need more space. Harry was always in the kitchen with the kids.

I suggested we formally make Jake the Bed Cat and Confidant and assign Harry the role of Comedian. Miranda had pillow talk on the bed with Jake every day (but he kept free rein of the house). Meanwhile, Harry did his comedy routines in the kitchen. We also used the emotional freedom technique (EFT), or tapping, to tap away Miranda's concerns and fears that they would keep peeing. We then tapped on each cat, to stop the peeing and reinforce their purposes.

Happily, all inappropriate peeing stopped due to this simple role adjustment.

Pixie Won't Participate

Pixie was a tiny Papillon adopted from a high-kill shelter. Her new people, Danica and Jim, have had many dogs, including an agility star. Because Pixie was so young, they thought they could easily heal her broken heart and make her a confident obedience dog.

Not so. She screamed and cried and shook every time she had to do a class. The shaking was starting to impact home life as well.

When I talked to Pixie, she said she really didn't want to be the center of attention. She felt she was a disappointment to her new people and was afraid they would give her away.

Here, changing the expectations of the human was necessary to make the animal feel more calm. Through a series of EFT sessions, Danica was able to appreciate Pixie for who she is, a warm cuddle bug homebody. This also helped the other two dogs in the home like Pixie more. They got to keep their roles as agility stars.

Remember that almost every pet issue is entwined with a human one. Work on your own energy and expectations and watch your relationship with your pet shift dramatically.

2.

Appropriate Purposes in a Multi-pet Household

People mistakenly believe because they love one animal so much, adding another will be easy. Adding another cat to your household just means there's more love, right? What could go wrong?

Unfortunately, *so much* can go wrong. Like marking, aggression and peeing outside the litter box.

Snow and Theodore...and Gremlin

Recently, I did a session with sister and brother cats named Snow and Theodore. They got along well ... until a stray entered their fold. Suddenly, someone was spraying. But who? Was it Gremlin, the new resident with a mysterious past?

Give each pet a distinct purpose, so they each feel important.

Although Gremlin had sprayed once or twice, I discovered that the major culprit was Theodore. Theodore saw himself as a brawny guy not too keen on Gremlin. This caused friction. Gremlin hid and cowered.

When adding another pet turns out to be difficult, often someone goes to the pound, and usually dies there! So I urge you to stick to one pet, or truly commit to sensible integration techniques and assign each pet proper and distinct reasons for being in your home, so they each feel important.

For Snow, Theo and Gremlin, at an energetic level, we gave each a new role. We demoted the arrogant Snow from Queen to Gentle Mother. Pushy Theo became Town Crier for Food, which reduced his brawler instinct. Gremlin was assigned the role of The Healer, and was promised quiet time with the owner. I talked with them at an energetic level and showed them pictures of the group of them all seated peacefully together.

One month later, Snow, Theo and Gremlin were living peacefully and happily together.

Ruby the Rescue

Ruby had been rescued several months before I was called in to help. She came home to live with a couple and their adorable Pomeranian, Rosie. Her people loved her, but felt she was aloof and shy, and was getting worse at going on walks.

Ruby told me that she felt the woman was fearful when they went on walks and wanted Ruby to be more forceful. But this scared Ruby. She also pointed out that Rosie the Pomeranian liked to be bossy and was the center of attention. Ruby showed me a refrigerator with a huge picture of Rosie on it and asked why her own picture wasn't on the fridge? Was she not staying permanently?

I asked the owners to verify this info, and indeed, Rosie was the more extroverted dog and did have a picture on the fridge. They immediately printed a picture of Ruby, assured her she was staying forever, gave her the job of Heart Healer, which she felt suited her, and relieved her of guard duties on walks. She now knew her place in the house, and when her owner acted more confidently on walks, Ruby was able to hold her own.

3.

Two Deadly Purposes to Never Give Your Pet

You can give your pet many purposes: Jokester, Healer, Friend, Cuddle Pal, or Wise Professor. But two dangerous roles that I see too often are Protector and Emotional Sponge.

Some people get dogs for protection, or they unwittingly get a leaderly dog and are uber-gentle and avoid confrontation themselves, so the dog decides the person can't handle the running of the house. If you are not the true leader of your household, that dog can quickly get out of control and bite. Such dogs often meet sad endings, like forced euthanasia.

Assigning the wrong purpose has deadly consequences.

In my early days as a working animal communicator, I watched a panel at the Conscious Life Expo in Los Angeles. To my horror, the lead panelist told a woman in the audience that it was perfectly okay for her to weep all over her dog all day because she was so sad. This speaker then said, "My dog died in my arms of cancer after my divorce. She took that pain from me. That's how they help us." A few of her fellow panelists agreed with her, while my jaw hit the floor.

Every fiber in my body was screaming "No!" In my opinion, this is *exactly* what we should *not* do to our pets. I was so angry I walked out of that session, and remained upset for the whole rest of the night.

The next day I attended a session by Dr. Linda Bender, a wonderful veterinarian who has written a book called *Animal Wisdom*. I was still unsettled, especially when I saw a few of those same panelists in Dr. Bender's audience. At the end of the session, Dr. Bender said, "I was awoken in the middle of the night with a message for someone here, from the animals. I was awoken from a deep sleep and they insisted someone here needed to hear this. They say, 'We are not your emotional dumping ground. Don't lay on every burden on us. It is not fair and it is unhealthy.'"

This is absolutely correct. Animals can come to help us, listen to us and guide us on our paths. But, they are also often physical mirrors for the emotional health -- or chaos -- of our households.

Some of you may be reading this with abject sadness, thinking you may have sent a pet over the rainbow bridge because of your illness, fear or worry. Let that go.

There are plenty of times that a dog, cat, bird or horse is exercising his or her own karmic path. But there are steps you can take to ensure they are not absorbing your negative emotional experiences.

First and simplest, make sure to tell your pet often that although you are thankful for his friendship, he cannot take on your emotional or health burdens. Since they can't clear negative energy quite like we can, and also to give yourself a visual signal that you are removing negativity from your pet, it is a great idea to sweep her energy, by moving your hand above a few inches above her head all the way to the end of the tail and shaking the energy into the ground while telling your pet to be healthy.

Finally, although many of us get pets to combat loneliness and depression, because they are all too willing to try to help us, it is important to know that it is fine to have a good cry now and then while stroking Fido, but if you are in deep sadness or stress, it is important to give your pet a break. Cry alone, seek outside human counsel if necessary, and then make an effort to go have FUN. Even if you do not feel like it, our companion animals need fun and joy every day.

4.

Your Role as the Human: Be the True Leader

Do any of these problems sound familiar?

“My kitten won’t let me sit on the couch.”

“My dog barks incessantly at the window.”

“My dog has fear, aggression and he is starting to bite.”

*We owe it to our
pets to be in
control of our
household.*

In a large majority of the cases of poor animal behavior, the humans involved fail to emanate gentle strength consistently. Notice that I said, "gentle." We share morphic energy fields with our pets and they pick up on how “in charge” of our life we feel. They follow our lead.

And, trust me, if you are not leading, the boldest personalities amongst our animal friends will decide to lead *you*.

Time for some self examination.

Who are you? What stories do you like to tell about yourself and your pets?

People call me all the time with anxious dogs. They often attribute this to Callie being a rescue dog. I can certainly help alleviate anxiety in a newly adopted dog after the scary shelter. But it is also true some of these owners are anxious, worried people, or have become so based on seeing their pets unhappy. Is it any wonder we would draw pets into our lives who help us choose to grow?

If this resonates, work hard at uncovering and healing your insecurities, meditate with your dog, and start picturing the *best* thing that could happen for both of you. And if it is a dog who is anxious, invest wisely in great dog training. A shift *will* occur. Imagine Lady not skulking on her walk, and send her mental pictures of that, instead of picturing the opposite. Stand a little straighter, use a calm but firm voice with your dog and with others, and watch your lives improve.

Also, many of us pet lovers endured physical or emotional trauma as children or young people, which is truly terrible. However, too many of us do one of two things: either we bury that sadness, never processing it, and it comes out in other ways, or we keep on telling that story—which keeps us permanently stuck in a “woe is me” rut.

The same goes for your pet. All good animal communicators will ask you to stop calling your pet a “rescue.” *Yesterday*, if you would. Why remind him? And stop whining to everyone about his bad behavior. What you focus upon increases, so stop watering the weeds. Create opportunities for your pet to succeed. Praise her little victories, like not hiding under the couch for even two minutes.

Is there anything about this current struggle with a pet that reminds you of patterns in your life with real people?

Oftentimes a pushy cat, dog or bird enters our lives, and all of a sudden, we feel like we are tiptoeing around this huge personality. Ask yourself if your dad or mom was a little loud or scary, or always got her way. Subconsciously, it can feel comforting to find a pet that replays the challenging relationships in your life. Break the pattern. Your dog or cat is not the leader of your home. It’s not fair to them to force them into the role and it’s not likely to work well for you, either.

Jasper, the Big Yowling Black Persian

Jasper loved to hear himself talk, and talk, and talk. He loved the sound of his own voice. He also liked to beat up another cat in his home. His human, Crystal, and her roommate, would find themselves awake at all hours and keeping cats separated. In one conversation with Jasper it became clear he considered himself King Jasper, ruling over both the people and the two other cats in the home.

I asked Crystal how she felt about the situation. The answer? Irritated, angry, tired and always wondering what would set him off. I asked if it reminded her of anyone or anything else in her life where she felt out of control. It turned out that her father had been a big personality and people tiptoed around him as well.

Sometimes, animals can help us work out an old pattern in our past, and resolve it. For Crystal and Jasper, working with energetic therapies to break old thought patterns and telling Jasper he could be a Prince, but Crystal would be Queen of her castle changed the dynamic quickly, and let everyone get some much needed rest.

Do rules feel constricting to you?

A large majority of dogs are dumped at shelters simply because their owners thought they were “bad” dogs, but had never tried to establish training or give rules to that dog.

I get it. I am the type of person who hates rules. My parents were very easygoing and therefore I’m a go-with-the-flow person in my free time. But my animals deserve better than to live in chaos. So, even though I hate structure, I give it to them. I train them, I expect good behavior of them, and they see the images in my brain projecting to them that I expect calm in my house. Any time I get lazy, they get a little crazy, and we have to be more rigid again.

So, it's time to take a look at the role you've assigned your pet — whether consciously or unconsciously. Make sure the role fits your pet's personality and your vision for your home. If it doesn't, it time to choose a new one.

With some animals, choosing a role can be tricky. Help is available! As an animal communicator, I can find out what your animal is thinking and help you choose and reinforce the right purpose for your pet.

All this personal self-work and animal training can be a lot of effort, I know. But it's the responsible, loving thing to do for your pets. It shows them that you are in control, which ultimately leads to a harmonious home.

And a harmonious home is what we all want.

About the Author

Kara Udziela is an animal communicator, a graduate of Communication with All Life University, and the owner of Pet's Eye View. Her mission is to help pets and their people form stronger bonds through telepathy and energy work.

Need help creating harmony in your home?

Reach out to Kara via email at kara@petseyeview.com or on Facebook at <http://facebook.com/petseyeview> or at <http://petseyeview.com>.

