

'We've found our spiritual specialism'

Two readers share how they have tailored their gifts to help those they feel most passionate about



'I give cats a voice'

JULIE-ANNE THORNE, 38,

discovered there is so much more to healing animals than a trip to the vet

Sitting on the sofa, with my beloved cat Pickle beside me, one prayer preoccupied my mind.

'Please help me heal her.'

It was 2009 and Pickle had been with me for four years. The poor mite had been plagued with health issues – diabetes and arthritis among them – and it broke my heart to see her suffer.

I placed my hands on her to help comfort her and show my love, and felt them getting warm... and warmer.

I didn't understand what was happening but when my husband Rob and I checked Pickle's glucose levels shortly after, the results were astonishing.

As she was diabetic, we had to check her glucose levels two to three times a day, and adjust her insulin dose accordingly.

Her levels had never been below 10 but now they were reading 5.6, which was great.

'How has this happened? It must be to do with me putting my hands on her and feeling that heat coming from them. I think I was giving her healing!' I told Rob.

The possibility that I could help Pickle with healing energy was amazing, so I signed up to learn reiki.

Over the years we had made so many visits to our vet and she was great, I totally trusted her. But I felt so strongly that a more holistic



I feel so much love and gratitude to Pickle

'I placed my hands on her and felt them getting warm'

approach could help Pickle.

That's why I also took a diploma in using herbs and essential oils for healing with cats.

I felt like my intuition had been massively awakened. Whenever we left the vet, with another prescription of medication, Pickle would 'talk' to me.

'That's not enough. I need something more.'

Pickle had asked – and I was going to deliver. I offered her daily doses of reiki, spirulina to help with the pain from her arthritis, and aromatherapy oils such as wintergreen which is good for pain relief.

I'd intuitively know what essential oil my little Pickle needed on any given day. I just felt it deep in my heart and soul.

Realising my ability

Around the time I was learning about reiki and essential oils for healing cats, Rob and I went to a wildlife park.

When we passed the leopard enclosure, I couldn't see the leopard – she must have been in the bushes – but I suddenly started to cry. I felt like my heart was breaking.

When we finished our walk around the park, I found out that this beautiful creature had lost her mate. The poor leopard was grieving.

'That explains how I was feeling,' I told Rob. 'I could feel her loss and pain.' That was such a lightbulb moment for me, in terms of realising my ability.

Over the next few years, I learned as much as I could about reiki and healing essential oils and herbs for cats, all the while developing my intuition.

At the time I was working as a civil servant, but chronic bouts of ill health meant I was taking long-term sickness leave. I felt like my body just wasn't working as it should.

When our beloved Pickle had to be put to sleep, aged 17, in October 2018, I was so glad I'd



I learned to use reiki to help Pickle

been able to help her all those years in a holistic way. She had inspired me to discover that there is so much more healing and care out there for our animals, than medication from a vet.

We welcomed black rescue cat Leo into our family in May 2019 and three months later he developed a cough.

'My chest feels tight. I think Leo is asthmatic,' I told Rob. I was convinced that I was feeling what Leo was feeling.

Sure enough after a few trips to the vet, she confirmed that yes, Leo is asthmatic. Now I offer him herbal remedies and spirulina to reduce the impact of steroids on his body.

In 2020, I knew what I had to do for myself too. I believed my health was suffering because I wasn't following my purpose.

I increased my meditation practice, connected more to Spirit and felt the need to commit to cats full time, to be their voice, to speak up for them and to help them.

And that's how my business Naturally Cats came about.

My wellbeing and health is so much better and I love the work I do as a holistic cat intuitive and behaviourist.

Using my empathic skills, my intuition, I read the cat's emotional state and energy by connecting with my heart space. By doing that, I know what I can offer them in the way of holistic remedies. So often, a 'problem' behaviour has an emotional root.

Our much-missed Pickle put me on the path to embracing my true purpose. I feel so much love and gratitude to her for that. I light a candle and chat to her every day.

✦ More info You can buy a signed copy of *The Aromatic Cat* by Nayana Morag and Julie-Anne Thorne for £14.99 from naturallycats.co.uk Instagram @naturallycats, #givingcatsavoice



Herbal helpers

Julie-Anne suggests some common herbs and plants that can benefit your feline friends' health and wellbeing

Cats are very subtle, energetic beings and respond to the gentle scent, energy and healing properties of dried herbs and flowers.

♥ Dried St John's wort or arnica flowers may help to reduce pain and inflammation, while angelica root, jasmine and calendula are all very nurturing flowers.

♥ Part of the mission for Naturally Cats is to have herb gardens considered an essential resource for

cats, just as crucial as a litter tray. A little different from a normal herb garden, this is when a selection of dried herbs and flowers are laid out on a small towel or blanket

'Let them rub, roll, sniff or play with the plants'

for the cat to self-select. When a cat is given the opportunity to rub, roll, sniff

or play with the plants it can have an amazing balancing effect on their wellbeing, supporting their physical, mental and emotional state. You can buy a herb garden for cats at naturallycats.co.uk

♥ The website also sells dried herb and flower combinations that can support your cat with a range of issues from pain, inflammation and digestive support, to aggression, anxiety and lack of trust.

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