

Cat Chakras

A complete guide to clearing, cleansing and balancing your cats' core energy centres. **By Julie-Anne Thorne.**

We are deeply connected with our cats, and because they are sensitive creatures, they can feel our energy, just as we can feel theirs.

As a cat guardian, have you ever looked at your cat and known something is wrong? You can't quite put your finger on it, you can't articulate it, but you just know. The reason you can't articulate it is because it's not a logical response; it's an energetic response.

You can feel something is wrong or "off" with your cat. These connections that you share with your cat will help to develop your energy-sensing skills. Trust them.

Cats have been in my life for as long as I can remember, from our first kittens, Sam and Missey, when I was six years old, to my current boys, Leo and Baby Max. Being around cats felt very safe for me; it brought me comfort. I felt I could be myself around them because they didn't expect me to be a certain way. I would naturally gravitate to

"the tools and techniques you can use to help your cat"

cats wherever I went, and when I left education, I couldn't wait to get my own.

After university, I found Pickle, and she turned out to be the cat that would change the course of my life.

She looked grumpy due to her fur markings and was incredibly poorly for many years. Pickle guided me to train in several complementary therapies, and she rocked my world. I'll share our story with you throughout this book.

Pickle was overweight and had white stripes around her eyes that made her look like she was constantly frowning. She would rub her gorgeous, fluffy face along the side of mine when I held her for cuddles. Heaven.

Before she was put to sleep in October 2019, she suffered from diabetes, pancreatitis, arthritis,

gingivitis, obesity and gunky ears. She was very unwell, and I knew she wouldn't get better through conventional, Western medicine alone.

We had a long journey of vet visits, medications and constantly changing symptoms that frustrated us both. Another symptom, another vet visit, another tablet. It wasn't how I wanted to support her, and she wasn't getting any better. I had a nagging feeling that there must be more I could do to help her. But what?

She guided me to my path of animal healing, self-selection, chakra sensing, Reiki and cat communication. I learnt it all to try to help her get better. I had no idea that our journey would put me on a course that created a way to help other cats, too.

Our struggles taught me that I want other cats to heal too, not to suffer the way she did. I need people to know that there are other treatments that can support Western medicine.

In Cat Chakras, I will share with you an overview of my 15+ years' experience working with cats and complementary treatments. I'll give you the tools and techniques you can use to help your cat, to support its health and well-being, so they don't have to suffer the way Pickle did.

I know my journey with Pickle was for a higher purpose, part of that

purpose is this book.

After reading this book, you will be able to offer your cat additional support through healing. If you follow the guidance I have laid out, you will be able to help your cat to heal, as I did Pickle.

CONNECTING WITH YOUR CAT

Cats are more than just their physical bodies. They are sentient, sensitive, unique beings that can guide us through life if we let them. Your cat will guide you to implement the teachings in this book; they will show you how to help them heal. You just need to listen.

You have the capacity to connect with your cat to clear, cleanse and balance their "chakras". Their what? Well, let me explain. The chakra system is essentially a map that helps to identify imbalances in the physical and emotional bodies. Once you understand it, you will see how simple yet powerful it can be.

Energy is the key that you need to understand and harness before you can use the map of your cat's seven chakras to heal him/her. I will show you how energy can be harnessed and used later in this book. Once you are able to sense and feel the Universal energy, you will be able to direct it to your cat to clear energetic blockages and to balance their core energy centres.

Energy healing is a form of medicine that dates back thousands of years. In fact, there is evidence of the early Egyptians using energy healing and colour therapy to heal their sick, the latter of which I'll talk about later.

WHAT IS HARMING OUR CATS TODAY?

Given the alarming rate at which technology is advancing and developing in the world today, is it any wonder that our feline friends are suffering from stress, anxiety and displaying "problem behaviours"?

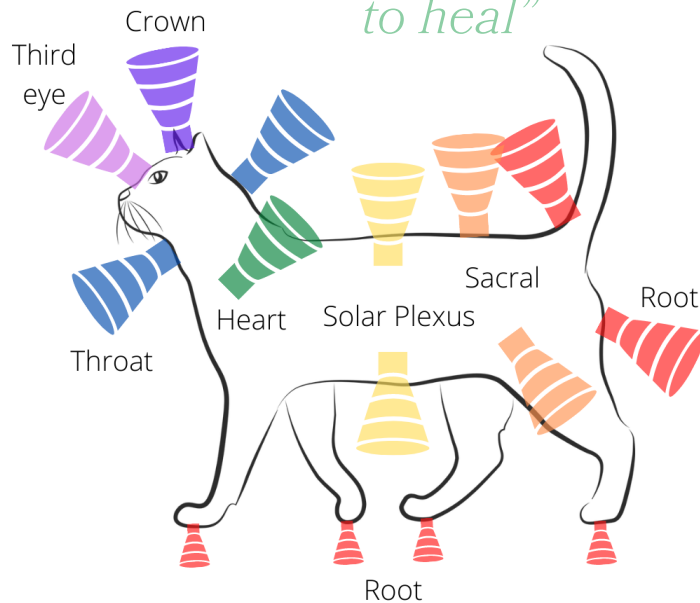
Man has domesticated the cat and now we are asking them to live in our busy, toxic environments. Indeed, our cats are exposed to an untold number of toxins every

day in their environment. These include Wi-Fi, listening devices, cleaning products, scented air products, highly processed foods, our emotions, other animals in the home and so much more.

As their guardians, we owe them the capacity to heal, to enable our cats to take time out, just as humans need to do from time to time. They need rest to help recharge and heal their physical, mental, emotional and spiritual states.

This book will help you to understand each of the main seven chakras in cats. You will

"As their guardians, we owe them the capacity to heal"



understand how an imbalanced chakra will present itself in your cats' behaviour and body language, and I'll share with you a range of tools you can use to create balance and wellness in your feline friend.

The tools and techniques in this book can be used by any cat guardian; you don't need specific qualifications to tap into your inner healing power. You may just need a little practice.

Every human has the capacity to channel, direct and work with the universal healing energy. If I can do it, so can you. I'll guide you through each of the chakras in turn, share with you how to feel their energies and to balance them to support the wellness of your cat, enabling it to thrive. You can't get this wrong; if your intention is to heal your cat, the Universal energy will flow through you.

I started my journey by sitting on the sofa with Pickle, desperate to help her, the mantra, "Help me heal her", running on a loop in my mind as my hand lay on her tummy.

With no training or qualifications other than my Psychology Degree, which definitely didn't cover healing for cats, I helped her. How do I know? Because after our time on the sofa, we checked her blood glucose level (she was diabetic) and she had the lowest reading I had ever seen. My mind was blown, my heart skipped a beat. And our

healing journey began.

Now, let's start yours.

WHAT IS ENERGY?

Everything is made of energy. Energy is moving particles. It might be easy to understand that humans, animals and nature are made up of energy, as we can see things changing. The seasons, our physical body and wounds healing, for example. Yet even static items, such as a bookcase, are made of energy, moving particles. We just can't see them with the naked eye because the matter is so dense.

A fundamental element of energy is vibration – the movement of particles to and fro.

The other is frequency – the measurement of how often the moving particles vibrate every second.

Energy is measured using frequency, and this is determined by vibration.

We can directly impact the vibration and frequency around us. That means we can change and manipulate the moving particles of energy. When we feel the energy by finding its vibration, we can change it. It's like tuning a radio to find a specific signal: when you find the station you want, you can hear the radio show. That's what I will help you do – to find the frequency of your cat's chakras so you can receive the information from them. When you know what state they

are in, you can set about using the tools in this book to clear, cleanse and balance them.

You don't need to have any specific qualifications to feel energy. Anyone can do it, although it might take a little practice.

Everyone will have felt energy at some point in his/her life. Have you ever walked into a room and thought, "You could cut the atmosphere with a knife"? That is energy that you are feeling. Or perhaps you've had a "weird" experience that you can't explain – your hands suddenly getting hot or being near an animal and your feelings change. Energy is all around us; we just need to tune into it.

In traditional healing, energy is referred to as Chi and/or Prana, and is considered the vital life force of any being. It runs through us and around us every minute of every day.

Science can prove, beyond doubt, that the body and mind are made of energy, and they can both create and change it. Energy is used by the cells in our body, the functions of the systems that keep

the body alive.

The physical body is surrounded by an energy field called the "aura", which is influenced by internal and external factors.

The physical body is a compressed version of the spiritual body. Therefore, when we start to shift the energy in the spiritual body, the physical body is impacted. Hence when I was sitting with Pickle on the sofa, holding the intention to heal her, it shifted her spiritual body – her energy – which in turn affected her physical body, her blood glucose level.

Energy is influenced by emotions, intention, environment, behaviour and actions. So, if a cat is scratching the sofa and constantly being shouted at by its guardian, it will impact its energy. It is likely to make the cat afraid and confused. After all, it is behaving like a normal cat and won't understand why it is being shouted at. Repetition of this interaction is likely to cause a "blockage" of energy through trapped emotion as the cat cannot express itself. You will learn more about blockages in the section of that name further on.

On the flip side of this, if a cat has frequent loving interactions with a human, such as a brushing session that it enjoys, it will help to increase the cat's energy by raising its vibration.

Emotions are energy. I like to think of it as E-motion, energy in motion.

Emotions affect a cat's energetic vibration. A cat's emotional state is directly linked to its physical health, mental health, vibration and frequency.

When a cat is angry or frustrated, it will be in a lower, dense vibration. This inhibits the flow of energy and life force through its body and auric field, which is discussed in more detail in "The aura" chapter.

When a cat is happy, it experiences joy, which is a lighter, higher-vibration emotion that will help its energy to flow more consistently.

Each system in a cat's body has its own frequency and vibration. The cat's mental and emotional activities also produce energy. They all work in harmony and contribute to the cat's spiritual well-being, when there are no energetic blockages.

All interactions with our cats impact their energy, and it is really helpful if you can support your cat

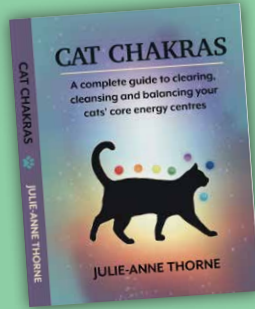
by allowing its energy to flow constantly.

You have the capacity within you to affect your cat's energy with the words you use, your intention towards him/her and even with your own emotional state.

Through this book I will show you how to help, heal and support your cat, enabling it to thrive rather than simply survive.



"All interactions with our cats impact their energy"



READ MORE: Step into the fascinating world of cat chakras, the energy centres within your feline companion. Julie-Anne Thorne, an expert in holistic healing, teaches ways to unlock the secrets to your cat's well-being by balancing and harmonising its chakras, promoting improved health, vitality and emotional balance. Julie-Anne guides you through a variety of approaches to influence and align your cat's energy, leading to a happy, healthy cat.

● Cat Chakras is available on Amazon and other book shops.