

ONENESS WITH YOUR DOG

Embrace the energetic connection with your dog to create unity and harmony in your life together.



Ellen Kohn has been working in the field of subtle energies for more than 20 years. As Spiritual Counselor she is dedicated to helping people and their pets connect to the Spirit realm. She offers a broad spectrum of services, including psychic readings of the auric field, past lives and house clearings. Ellen also performs quantum-healing services, using Reiki, Meridian and Healing Touch modalities to address physical, emotional, mental and spiritual issues for her clients. She blends custom aromatherapy, flower and crystal essences using dowsing methods. Watch for Ellen's forthcoming book, tentatively titled "Chasing Light." Visit her online at enlightenedanimals.com



The universe is presenting humankind with a tremendous opportunity for change. Transformation is taking place on individual, societal and global levels, generating a prodigious shift in consciousness. The quest for collective wholeness is authentic, initiating new pathways for you and your dog to find meaning in an ever-evolving world.

Contemplated by physicists and spiritual seekers for centuries, this innate yearning for coherence is re-emerging. While the terminology varies, the fundamental doctrine of universal consciousness is this: you are all connected in a non-physical locale that exists beyond the mind-body limits into a non-visible realm that contains all of the information for eternity for each and every one of you, including your dog.

INTERCONNECTED ENERGY

In her book *The Field*, award-winning journalist Lynne McTaggart defines the field as a “coalescence of energy, the central engine of our being and our consciousness and the alpha and omega of

our existence.” Using the data from scientific and metaphysical studies, she concludes that the field is “responsible for the mind and the body,” and that life force energy is real and verifiable.

Noted Dutch cardiologist Pim Van Lommel conducted extensive studies on near-death experiences (NDEs). His book, *Consciousness Beyond Life: The Science of the Near-Death Experience*, offers evidential testimonies from NDE patients. The medically documented, clairvoyant and extra-sensory experiences support the theory that our consciousness is non-local, endless, predates our birth and extends beyond our physical death. Contrary to conventional science, the NDE experience supports the Unified Field theory, which posits a continuity of consciousness beyond time and space.

Quantum scientists like David Bohm observed that subatomic particles function in relationship with one another, vibrating when the other vibrates, even when separated – and even if they are at great distances from each other. This interconnected subatomic energy exists within each of us, in the natural world

around us, and in the universe. This means you and your dog are in a constant energetic exchange, or quantum entanglement, even on an atomic level. The quantum field theory explains that the universe is an undivided wholeness.

DUALITY VS NON-DUALITY

Duality is built upon the belief that you have control over your reality. It is an “I and you” supposition, where you perceive yourself as unique and independent from your dog. You see yourself as separate, bearing witness solely to your own thoughts, events, and emotions. You try to control your dog’s behavior or personality. Rather than align with his soul essence, you “train” him to fit into your ideas of what he should be.

Duality brings fragmentation to your conjoined existence. This may be why you feel isolated, separate, or lonely despite sharing your life with him. Duality limits your energetic connection to him, and to the outside world.

In the non-dual view of the universe, each thought, belief, and action affects another, creating a ripple effect that can have either a positive or negative consequence for your dog. Commingled in the field, you and your dog function as one single unit, along with all of the living beings on the planet. A huge concept to grasp ... this philosophy means oneness.

The theory of oneness is energetic. You know that your dog can read your mind, deciphering your emotions as if he was scripting a novel. He is empathetic, compassionate and completely clairvoyant. This is because he feels your vibrational output, translating it into feelings, actions and words.

Mystics describe the non-dual experience in many ways – as loving, expansive, blissful and unitive, lacking any sense of separation. More than just a feeling, the experience is transcendent, conveying deep and liberating insights into the truth of life and death, self and world. When you live and act with the awareness of wholeness, your spirit soars out of the mind-body cage into the field where all possibility exists. Viewing life events through a non-dual lens creates a freer, happier life. It’s the beginning of awakening.

SEEKING ONENESS

Achieving a state of oneness is a desirable goal for everyone. You can discover your way using any of the following tools. Play with them in your own unique fashion, savoring their powerful energy. Blending their dynamics into your lives will result in a greater state of unity for you and your dog.

Cleanse Energetic Programs And Beliefs

Access to the field may begin from the inside out. Cleansing toxic thoughts and beliefs from the past can lead to new perspectives on self and other. Learning to identify when you are judging and criticizing yourself or your dog is a big step forward. Permit him to be himself, knowing he brings innumerable lessons to your soul journey.

Doing your inner work requires you to drop the old masks and pretentious, ego-based attitudes. It means taking full responsibility for your behaviors, even those emerging from your shadow self. Deal with challenges square on, allowing their full manifesta-

tion. These are opportunities for you to shift old belief systems and patterns.

While it might feel uncomfortable, your dog is there to support you, encouraging you to face unknown fears and integrate them into wholeness. Symphonizing and harmonizing your dual selves unveils their deeper meaning and understanding, paving the way for transformation. Unearthing your core issues opens up fresh energy, allowing access to the portal of greater consciousness.

Develop A Daily Prayer Ritual

Prayer is an invitation to connect with divine energy. Its simplicity is appealing. Sitting with your dog while giving daily thanks for your blessings is an easy way to begin. Prayer invites a state of awareness with The Divine. It creates an environment of infinite possibilities, and direct access to the field.

Keep a gratitude journal, writing down your daily thoughts and feelings. Perhaps it’s your dog’s smile, gleeful wiggle or happy attitude. Demonstrating joy, this interaction brings transcendent quality to your relationship, unifying and balancing both of you.

Embrace Stillness

Meditation and mindfulness are two direct means to quiet the ego mind and bring you into a state of spiritual stillness. Through meditation, you communicate with your higher self (your soul), receiving messages from the spirit realm. Meditation brings you into a deep state of divinity, where you find unity with the field.

Mindfulness is an easy way of gaining access to oneness. Mindfulness means paying attention to the present moment. Developing

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an ability to focus on the now enables you to expand your awareness to the energy within and around you.

You Are Never Alone

Pure spirit resides within and around us. Nature herself is sacred, providing an abundance of spiritual nourishment with her plant, animal and crystal kingdoms. In addition to your personal guides, accessing the magic of the archangels, ascended masters and nature spirits is readily available to each of you. Call upon these invaluable resources, trusting completely that their advice and signals will benefit you and your dog as you navigate your spiritual journey.

CONCLUSION

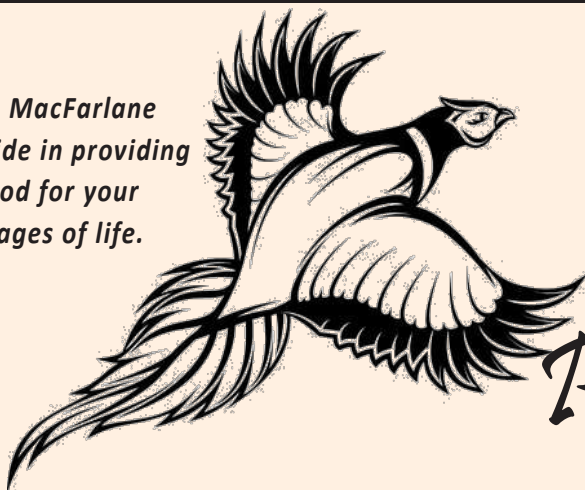
The coalescence of quantum physics, neuroscience and spirituality has verified that we are in fact part of a unified field of energy. All lifetimes from the beginning to eternity take place on one playing ground, including everything encoded in you and your dog's soul divine blueprints. In the current interlude of past and present, the desire to connect to something bigger than ourselves has rekindled these doctrines.

YOU TRY TO CONTROL YOUR DOG'S BEHAVIOR OR PERSONALITY. RATHER THAN ALIGN WITH HIS SOUL ESSENCE, YOU "TRAIN" HIM TO FIT INTO YOUR IDEAS OF WHAT HE SHOULD BE.

Your true nature seeks a deep desire for oneness, where you find congruency with your spirit and the field. Oneness is the secret of everything, where pure spirit resides. Love is the unifying ingredient, activating Divine consciousness and the transcendent experience. Beyond the veil of form and separation, oneness is the one and only non-dual pathway to achieve unity between you and your dog, and universal harmony. 🐾

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