



From Healing Touch Recipient to Healing Touch for Animals[®] Provider

Juli Mahr, DVM, Ph.D.

My name is Juli Maher, I am 47 years old and have been a veterinarian for 23 years. I knew I wanted to be a veterinarian when I was six years old, and am lucky enough to have achieved that goal with lots of help from my family. As a child, I wanted to heal animals who were sick and to stop the pain of animals injured by hunters. I also felt accepted and at home around animals, large or small, and preferred their company to humans. Subsequently, I graduated with a degree in Veterinary Medicine and Surgery from the University of Illinois in 1988.

I currently work as the permitting veterinarian for the Chula Vista Animal Care Facility, a municipal shelter south of San Diego, and as an associate veterinarian at Lake Murray Village Veterinary Clinic in La Mesa, California. My interests are shelter medicine, care of the aging pet, arthritis and rehabilitation, and Healing Touch for Animals® (HTA). My goal has always been to make the lives of animals healthier using traditional Western medicine, until I met Kermit and tried an unconventional technique that saved his life and changed mine. In this story, I will tell you about an energy-based therapy called HTA that restored his will to live.

Kermit (named by Chula Vista staff) was a typical poodle mix from Mexico. I have treated hundreds of dogs like him in my years of practicing at the Mexico/San Diego border. They begin life as starving, worm and flea-infested puppies, sold out of trucks in parking lots and flea markets at three to four weeks of age, and smuggled across the border inside dashboards. Kermit came to my attention because he suffered complications after his neuter surgery. He began chewing at his incision the day after surgery, so I repaired it with surgical staples and prescribed antibiotics and pain medications. I expected him to recover quickly. However, he deteriorated over the following week, becoming incontinent, urinating blood and losing a large amount of weight.

Reluctantly, I took him to surgery again, thinking that damage to the neuter site was causing the bleeding and urinary incontinence. I was surprised NOT to find the answer for which I was looking. When surgery

failed to yield the source of bleeding, my technician, Arlene, suggested that we x-ray his abdomen. We found the culprit - a huge bladder stone! Surgery was clearly not over for the day. I went back into his abdomen and removed the stone from his bladder. We also found middle ear infections in both his ears due to embedded foxtails. Now that his underlying medical problems were corrected, I expected him to rebound quickly. I was saddened when instead, every day, I saw him cringe as he helplessly tolerated more 'doctoring' for his ear and bladder infections. I sensed he felt trapped and lost in a nightmare of medically-related pain, not knowing when it would be over and losing hope of ever feeling normal again. I was afraid he was losing his will to live.

That is when I turned to HTA techniques that I had been learning, largely out of curiosity, to treat him. HTA is an energy based therapy that relaxes the physical body, clears energetic blockages in the physical and energy body, and allows self-healing to occur.

So I reviewed Trauma Release™ in my HTA Level 2 book, thinking that the weeks of medical trauma were blocking his will to live and reasoning that if he released it, he would get better. I concentrated on Kermit and took the time to do the techniques, which were **Bridging™**, **Grounding and Focus™**, and **Trauma Release™**. When I finished, I saw a tentative, tiny spark of hope in his brown eyes. Over the next days and weeks, I watched his attitude brighten, his appetite grow and his will to live return. He gained over one pound in a week, which is a lot for a 7 pound dog. I was beaming inside and felt a wave of emotion - I believe it is a phenomenon called elation - whenever I looked at him. That's when I became determined to use HTA techniques whenever I could.

Kermit was lucky. He was lucky to encounter me when he needed me most - and I was lucky to know him. His recovery opened my mind to the potential good that non-traditional therapies could do for my patients. He was lucky enough to have other HTA practitioners, who are dedicated volunteers, treat him at our monthly volunteer practice sessions. I recently had a chance to recheck him before he was placed with a rescue group on the East Coast. He blossomed



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into a fluffy 14 pound dog with no ear problems and no urinary tract infections!

My interest in Healing Touch for Animals® and becoming a practitioner occurred because of my own experience of receiving Healing Touch for humans. This is how it came about. I asked my friend, Maura, for the name of her acupuncturist because I was having severe menopausal symptoms. I was hoping that acupuncture would be a drug-free way to treat my symptoms of irritability, hot flashes, constant fatigue, no interest in sex, mental dullness and a bad attitude. I sought help when I nearly threw a brand new coffee maker on the kitchen floor the day after Christmas, 2010, because it was taking up too much counter space.

I made an appointment to see Amielle Moyer, MS, LAc, HTCP, a licensed acupuncturist who also does Healing Touch (HT), intrigued by how it might feel. From the first time I received HT from her, I could see energy patterns and colors in my mind when the energy was flowing to me from her hands. When energy was not flowing, the patterns, which looked like fine lines, waves or ovals, stopped. I began seeing Amielle for acupuncture and Healing Touch every week because it improved my mood and energy so much. Over the last several months, I see patterns less and symbolic images more. The last time I went, I had a vision of my body, covered by grass, plants and flowers. My skin had become the carpet of plants. As my chakras (my energy centers) filled with energy, they lit up. One by one, I saw all the images that represented that chakra to me over-layed on my green skin.

From the start, I did not need any convincing that HT was real, because I directly experienced it. But after I watched a video about HT for humans, on the www.healingtouchprogram.com website, I was inspired to become a practitioner. The part of the video that moved me most was the interview with a doctor expressing his heartfelt desire to help kids with cancer experience less pain and fear by using HT techniques. Since I am terrified of hospitals (hence my awareness of medical trauma), his earnest desire to relieve pain touched me. Although I may never be fortunate enough to meet a doctor who believes in

Healing Touch, as a veterinarian, I want to learn HT techniques for animals for the same reasons. Especially since I work with shelter pets, with unknown histories that may include trauma and neglect, I want to use energy medicine and energetic detective work to complement my physical diagnoses. I took my first HTA® class in March of 2011. Over the past year, I have completed levels 2, 3 and 4.

The Healing Touch practitioner uses his or her intention to allow energy from the Universal Energy Field, or Source Energy, to flow into the patient/client using specific techniques designed to clear energetic congestion from the **physical body** (such as joint pain) or energy body (such as fears, phobias, and traumatic experiences), to balance and charge the energy centers that reside in both the physical and energy bodies.

There is a chart in our books (see chart on right) that illustrates how the body responds to healing through energy medicine. When energy, fueled by the intention and compassion of the practitioner, flows into the body, the brain and nervous system release endorphins. One effect of this is relaxation of the muscles. As muscles all over the body relax, including the intestines, the blood vessels supplying them open up, too. The increased blood flow elevates oxygen levels in the tissues. These tissues then absorb nutrients more efficiently and release toxins. Healthy cells begin to grow and produce enzymes, growth factors and hormones. As hormones and growth factors are produced, the immune system regulates itself toward physical health.

As a veterinarian, my goals for incorporating Healing Touch for Animals® in practice are twofold. First, I propose to make HTA techniques part of the treatment plan for every ill patient, and administer it the way I would medication. Second, I am using HTA in the shelter medicine setting to determine if treatment can have a positive effect on lowering the recurrence rate of some common infectious diseases. 