



Holistic Emergency Care
And Trauma Recovery
for
Humans and Animals Alike
A Holistic Guide for Earth's Changing Times

Emphasis on Prevention and Vibrational Healing Modalities
Homeopathy, Herbology, Flower Essences, Essential Oils and
Asking for/Receiving Divine Assistance

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Author's Note

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In these changing times, it becomes increasingly important for each of us to have either a working knowledge of basic healing techniques or on-hand references to provide access to such knowledge during emergencies when others of greater knowledge or expertise are unavailable. This book is written with the intent to be both interesting and empowering in helping you and your companion animals through emergency and acute illness situations by introducing the tools that are readily available in local health stores, your own yard, a community garden, and in your heart link-up with Mother/Father/God (Creator of All That Is). Energy medicine tools, such as herbs, homeopathy, flower essences, and oils are gifted to us by the Earth Mother to assist us in bringing our bodies back into balance and wellness. We also have our direct link-up with Mother/Father/God, which provides us with the incredible healing power of unconditional love.

As part of my life journey, I experienced great pleasure over the years in remembering the wisdoms I learned through direct experiential teachings. The nature realms¹, my companion animals, and formal education classes facilitated my remembering, spurred on by my own need and desire for self-healing and love of helping others. Beginning my own healing through the allopathic medical model, I studied first aid and other healing modalities while undergoing treatment for a variety of chronic illnesses. As my life progressed I found that this information did not hold the solutions to complete the deep healing and wellness that I was seeking and needing.

During this time I was guided to a variety of healing and balancing methods from physical training to macro-nutrition, and eventually to herbology, homeopathy, and other forms of vibrational healing. In addition, my love for the outdoors brought me into the study of mountaineering first aid and other advanced levels of emergency and acute

¹ Nature Realms refers to all of the kingdoms of nature including plant/tree, crystal/stone, animal, deva, faerie, and more.

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healing techniques. For a time I taught these modalities along with other natural studies. This led me to combine the holistic/natural healing modalities with the emergency/acute care modalities.

My own direct experiences, along with the wonderful teachings that my companion animals facilitated, brought me to a greater awareness of the power of natural healing in emergency situations. The nature realms and indigenous people of earth have long known these wisdoms, and it is a great pleasure to make them available for others through this book.

The material in this book is written for humans as well as companion and wild animals. If a particular part has greater focus for one group than another, I have noted this through direct comment or graphics. Utilizing my skill as an interspecies communicator, I have included basic information to assist you in developing a deeper understanding of communication with animals, humans, and other species in stress situations where telepathic communication can become of vital importance.

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Author's Note

Introduction

In these changing times upon Mother Earth, the statements “*expect the unexpected,*” and “*be prepared for anything,*” are causing us all to take a deeper look at our lives and lifestyles. We are being called to renew our connection with the old and powerful wisdom of healing and living in harmony with Mother Earth and all of Creation. When the human population was sparse, the knowledge of earth wisdom and healing was used in day-to-day life, both out of necessity and the knowingness of its power and effectiveness.

In more recent times our companion animals and we have become more dependent upon allopathic medicine, which is based on treating only the physical symptoms rather than the whole being. The ways of earth medicine slipped away from the mainstream of life as a greater dependence upon doctors and veterinarians developed. Any little sniffle or injury sent us dashing to medical professionals, often at great inconvenience and financial expense. But now that changing times are at hand, we are being called back to the earth ways, and the wisdom, empowerment, and freedom that they provide.

Earth changes, high gas prices, and busy schedules are some of the reasons to have both the tools on hand and the necessary knowledge to handle injuries and acute illnesses without professional medical assistance. Happily, many of life's emergencies and acute challenges can be dealt with from the comfort of your home with a little know how and some practical tools, compliments of Mother Earth, the Heavenly Host, and the wise ones who have retained their knowingness. It is the intention of this book to provide the reader with both.

Disclaimer: The author works with many veterinarians and holistic health practitioners as part of her healing practice. If you have any situation that is beyond your care level, contact a professional caregiver immediately for assistance