

## **Bibi's Story**

"Weeks into the pandemic, I began fostering a 9-year old rescue beagle that had been dropped off at a shelter in the middle of the night. This little girl was scared, disoriented, and tender, recovering from her spay and lumpectomy surgery. A few days after she came to us, I talked to Donna and shared some of my concerns that Bibi was not adjusting to her new home—eliminating indoors, not wanting to be touched, and generally apprehensive. She also was either afraid of our cat or wanted to eat him! Her ability to cohabitate with the resident cat was critical to her adoption. We knew nothing about Bibi's background and could only imagine that she had a lot to be anxious about.

Listening with compassion, Donna suggested distance Reiki for Bibi. I would never have thought of Reiki for animals, but as a long-time client of Donna's I knew what Reiki could do for me. An hour later Donna called to share session notes. She had felt Bibi's insecurity and helped her to release a lot of stress and anxiety. Donna sent healing energy to her head, heart, and tummy incisions and assured Bibi that she was safe and loved. Donna felt Bibi relax and breathe easier, although Bibi did communicate to Donna that she was still going to keep her eye on the cat! The effects of this and a subsequent Reiki session a few days later were incredible. Bibi stopped prowling around and began growing closer to us. Her elimination schedule got easier, and she soon began to act more settled.

Three months later, I had just a few days to make a final decision about whether to adopt Bibi or release her to another family. It was not easy. While we had overcome quite a lot of hurdles, and she had become something akin to friends with the cat, Bibi was still a lot of work and a major life change for me. (There are dogs and then there are beagles!) Once again, I turned to Donna for guidance and clarity. She performed a remote joint-session with Bibi and me and was able to feel our connectedness. Bibi had been lying at my feet when the session began, but midway through she moved closer and put her head on my chest. She had never done that before. Donna made no recommendations—but she is an intuitive listener and assured me that I would know the answer. When I woke up the next morning I knew: this little beagle girl was a part of my heart and was meant to be a permanent part of our family. Donna was the key to healing and success in happily integrating Bibi into our family. I can whole-heartedly recommend Body and Soul Shepherd for the healing power of Reiki for pets and their humans." – **R.S.**

Later that same year I had the opportunity to meet Bibi ...

