



Animal Connections™

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MAY 2006

E-NEWSLETTER

The website is live!

Set an appointment or learn more about animal communication at shannongross.com

Contact Information

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Animal Communicator
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"Kenny had food aggression and just aggression issues in general ... After 35 minutes of speaking with Shannon and her showing Kenny how to calm himself, he was a totally different dog. He is the love of my life even more. I don't know if we could have ever helped him out of his terrors but with Shannon's help we did.

What Is Animal Communication?

Animal communication is a unique opportunity to speak with your animal friends and hear their responses - right from the dog's (or cat's or horse's or whale's) mouth.

I simply serve as a translator, helping humans and their animal friends share the wonder of connection. Animal communication can also help you and your animal companions work through behavioral challenges, transitions, and emotional issues. Your animal friends don't even have to be present to participate. In fact, other than in-person events such as those listed below, most consultations take place over the phone.

[Learn more](#)

Upcoming Events

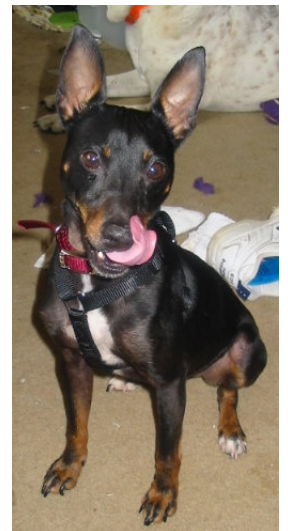
Please stop by for an animal communication session at the following fundraisers. A portion of the earnings from each event will help these organizations further their missions.

- [IndyFeral's annual yard sale](#) on Saturday, May 27 from 8 a.m. to noon at 5457 Julian Ave (Irvington) in Indianapolis, IN.
- [Pet Day with the Animal Welfare League of Kosciusko County](#) on Saturday, June 24 from 11 a.m. to 4 p.m. in Warsaw, IN

My Hero Is A Dog: Kenny Moves Through Trauma by Opening His Heart

Sometimes when humans or animals go through a traumatic experience, their systems seem to get stuck on the trauma setting. Every moment thereafter becomes about survival. *Is this a safe environment or not? Are these safe people or not?* Survival-oriented messages constantly circulate throughout their systems like troops scouting for danger and, before long, these fears become stored in the body. This was the case with Kenny, a rescued Manchester Terrier, who I met this month at Kentuckiana Pug Rescue's [PugPalooza](#).

Although he had been part of a loving home for seven months, Kenny's system was still set to "danger." In fact, when I asked Kenny if it would be alright to talk with him, he said he wasn't sure. The reason? He didn't know if it was safe to do so. When, with Kenny's permission, I tuned in to



Thank you Shannon.

Kenny is the calmest dog

I have ever seen."

Nicole Hahn,

Kenny's mom

his body I immediately became aware of his system's hyper-vigilance. It felt as if all of his nerves were working furiously, at the same moment and without any coordination. This was how Kenny felt all the time. It was easy to understand why he might feel anxious and aggressive.

Learning To Let Go

I began by showing Kenny and his "mom," Nicole, how he could release some of these feelings by letting them go down and out his spine, and then filling in the spaces with divine love. Kenny was delighted with this new experience and, after a few moments, indicated he was ready to continue. He also showed his appreciation by approaching me for the first time. Where earlier he had stood a few feet away from me, he now came and touched his nose to the palm of my hand.

Now that Kenny was feeling more secure, it was relatively simple to help him understand that Nicole and David were indeed his forever family. This wasn't the first time Kenny had *heard* he had a forever home, but it was the first time his heart was open enough to *feel* it and *believe* it. As we continued our session, Kenny was also able to receive Nicole's assurances that he would always have enough to eat. Thus he could release his fear of starving and the accompanying need to be aggressive when it came to food.

My Hero

If you've ever had a traumatic experience, you may understand how difficult it can be to let go of the need to guard against future attacks. As I pointed out to Kenny, there are many beings who go through their entire lives feeling stuck over something that happened years ago. They are afraid of the emotions and even the process of moving through the trauma.

Having been in Kenny's shoes myself (paws, rather) I could appreciate the courage it took to open his heart and trust. I was deeply encouraged and moved by Kenny's bravery, and I was quick to tell him so.

Relaxed and It Shows

Just as Kenny's body had previously shown the results of holding on to fear and anxiety, it now showed the calm that came to him as we continued to release his previous trauma. His nervous gait changed from constricted tippy-toe steps to full, long strides. His body lengthened and relaxed and he began to breathe into his belly. Nicole gleefully noted that Kenny's ears had dropped to a relaxed position for the first time since he had come to live with her. And where Kenny had once preferred to keep his distance from me, by the end of our time together he was asking for and appreciating a through rub-down.

When I asked Kenny recently if it would be alright to share his story, he generously gave his permission, "Maybe you could help other dogs learn to open their hearts too."

One Big Happy Family

My heart turned over when I received this message from Kenny's mom and dad a few days after our session. It's a wonderful testimony to the courage of a little dog with a big heart.

"I just wanted to say THANK YOU. I have to admit that at first I was a little leery. Not sure exactly what I would learn and if I wanted to or not. Once you told me some things that only Kenny would have told you, I knew that he

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really wanted you to help me help him. He is a totally different dog. He is the most calm and relaxed dog in our house. He is no longer food aggressive and is just so laid back and content. I didn't think I would love him any more than I already did but since he has become so calm, he is a better dog. Thank you for helping him to open his heart up and to learn how to be content.

"He makes our house calmer. I just look at him with that calm look on his face and he just makes me calm. We still have a few issues with possession, mainly when another dog is around me, but I just tell him to release the energy down his back and out his tail and he calms immediately. THANK YOU THANK YOU THANK YOU. I can never thank you enough. Kenny is a great dog and I love him and my family loves you for helping us.

THANK YOU.

David & Nicole Hahn

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Please note: While I can assist you and your veterinarian by sharing the information, including symptoms, your animal describes, I am not a veterinarian and cannot diagnose your animal companion.

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