



WELCOME

Welcome to 'An Introduction to Animal Kinesiology'. We are so excited to have you on this ground-breaking course and look forward to sharing the skills and knowledge you will need to use Kinesiology to help you and your animal. Outlined below is the background to Animal Energy Therapies and how Claire Oats adapted this modality to her work with animals. You will also find some Frequently Asked Questions as it is completely normal to have lots of questions *before* you start the learning process, especially when the subject matter is completely new to you. You will also find the course outline that will let you know what to expect in each consecutive module.

The most important thing is to enjoy the process and ask for help when you need it.

The Purpose of this Course

Why am I here?

Well, you have probably chosen to access this course because you care deeply about your animal companion and you are excited to learn how energy work can help resolve any issues you may be having. You may also be on a journey of self-discovery and wish to learn more about what your animal is here to teach you. Make no mistake though, whatever your reason for being here, you will learn more about yourself than you ever imagined, and will view your relationship with your animal from a place of expanded awareness. If you are completely new to the world of energy work, let me assure you, you are in for the most jaw-dropping experience! If you already have an interest in energy work then this introduction to using animal kinesiology will begin to show you the endless possibilities for applying this in all areas of physical, emotional and energetic wellbeing.

The most important thing is that you *are* here. Have complete trust that this course has turned up at the exact time it was meant to for *you*. Trust that the other people undertaking this journey of self-discovery alongside you are the ones who are meant to share your journey and support your learnings. Finally, I want you to trust that *you* have all the answers and information you need within yourself to resolve all issues and move you to a place of deep understanding and connection with your animal. It is my job to show you how to tap into that knowledge and confidently use it.

This course is designed to provide you with introductory skills in Animal Kinesiology that you can apply to your own animal whilst simultaneously accessing and clearing your own emotions. It is not a practitioner level course and the skills learned should not be applied on a professional basis.

My Journey - Claire Oats

Watch Video 1 to hear more about how Animal Energy Therapies was founded.

The Core Beliefs at Animal Energy Therapies

The field of Kinesiology is vast. As a modality it is increasing in popularity every day with each kinesiologist finding their area of expertise and taking their place in the world of energy medicine. I have always been very specific about my intention when establishing Animal Energy Therapies and was led to the space where I could make the biggest difference, have the biggest impact, and help the most animals.

It is my unequivocal belief that our animals are here to teach us life lessons, and the way they do this is by mirroring our emotions back at us.

I often deal with people who are struggling emotionally but who don't take the time to address their issues for whatever reason. It is interesting that those same people immediately reach out for help when their animal is stressed on an emotional level. Of course by working with our animals we learn so much about ourselves, but we often fail to have the unconditional love for ourselves necessary to address things for our own benefit. Step forward our animal companions to help us!

Frequently Asked Questions

You will undoubtedly have lots of questions about kinesiology and how your animal relates to you emotionally, therefore I have answered some of the most common questions below:

What if I can't 'feel' the energy?

Very few people can 'feel' energy straight away - and this is perfectly fine! The beauty of kinesiology is that you are going to be testing muscles. All you will need to focus on is if the muscle you are testing feels stronger or weaker as you bring up certain emotions, organs, meridians or chakras.

Am I causing my animal's problems?

It is very common to assume that if your animal is your emotional mirror then you must in some way be the root cause of all his/her problem behaviour or anxiety. This just simply isn't the case. It will take one of two forms:

The Law of Attraction:

In these instances you have attracted an energy very similar to your own with similar emotional issues or personality traits. This is often the way with animals obtained from shelters. They may have come to you with behavioural problems that you had absolutely no involvement in creating. The most important thing when choosing your animal is how connected you feel energetically to them. As energetic beings we will always be drawn to things of a similar vibration to ourselves. If we feel insecure about ourselves we will be drawn to vulnerability in an animal. The animal may be expressing behaviours such as anxiety or aggression, but the root cause will be vulnerability, and this is the common factor that our energy is congruent with. In these situations where we attract similar energies and issues to ourselves we have the greatest opportunity to learn at the most about ourselves.

Secondary Stress:

This is a kinesiology term and relates to the energetic and physical body being able to re-balance itself naturally and without assistance.

In an ideal world, when we become stressed, the stress will be short-term and emotionally we will be able to re-centre ourselves fairly quickly. Our body will release hormones to bring our physiology back into balance without any issues. If however, another stress (secondary stress) is present from another source, then this secondary stress will mean it takes longer us to rebalance. Let me give you an example:

You are out one day enjoying a walk with your dog, when out of the blue, another dog runs up and attacks your dog. The injuries may be superficial, but the shock of the incident remains with you longer term. This is partly because neither you nor your dog saw the threat coming and were therefore unprepared. On your next walk your dog may be slightly anxious, but under normal circumstances would simply calm down after realising the threat no longer remained i.e. the emotions and physiology rebalance perfectly.

The secondary stress, however, is you - the owner. You have not forgotten the incident and are still on edge. Your fight/flight responses have kicked in on this subsequent walk and you scout the park looking for any signs of a potentially aggressive dog.

You cannot get the pictures of the attack out of your mind as well as the horrific sound of your dog screaming. Your dog picks up on your anxiety and as a result also experiences a rise in anxiety levels and begins to fear something, but doesn't know what. Your dog cannot rebalance the anxiety as it doesn't belong to him and he can't identify the source. Your emotions become an obstacle to him rebalancing emotionally, therefore his anxiety levels stay higher than normal.

Whilst in this reactive state your dog is more likely to overreact to another dog approaching, even a friendly one, and may even become startled by sounds that previously were not a trigger.

The above is an example of **emotional reactivity**. In kinesiology we ask the body 'What is the emotion being held by the owner that prevents the dog being able to rebalance itself?'

As you can see, the owner was not responsible for the dog being attacked, but the owners anxiety around this incident impacts the emotional stability of the dog moving forward.

As owners, we are very rarely the root cause of our animals problems, but instead we either hold the same imbalance or hold a reactive emotions that prevents the dog being able to rebalance naturally.

Course Planner

Module 1	Muscle Monitoring
	Pre-checking Bio-Feedback
	Testing for Stress
Module 2	The Cause of Stress
	Identifying Stress
	Scanning Emotions
Module 3	Age Regression
	Testing for Reactivity
	Chakras and Flower Essences
Module 4	Emotional Stress Diffusion
	Clearing Chakras
	Clearing Meridians
Module 5	Complete Kinesiology Balance
	Integrating Modalities

