

Therapaws



Giving your dog a bone or a pat is not nearly enough therapies to get their tails wagging, writes Liane Oldham

Jumping for joy at The Dog Barn

*"Fiona Stewart lives in rural countryside covering Sussex/Hampshire. Charges: £20 initial consultation visit, £10/half hour (hands on or distant healing), £5 quickie at show consultation + Petrol travel expenses unless free local. 1-3 sessions can be enough as gives owners tips too."*  
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OUR lives are often very busy and stressful and this can have an impact on our pets. Fiona Stewart is a former cognitive research psychologist and a fully-qualified Reiki Master who has used her healing touch to help calm many breeds of dogs from collies, labradors and retrievers to Jack Russells and terriers.

"It can be used on any dog provided they are happy to be touched. Often I can be at a show and dogs will actually seek me out for treatment. They will run up to me and brush themselves against me," says Fiona.

She says Reiki can help dogs with many conditions including irritable bowel syndrome, anxiety separation, behavioural problems and food absorption.

It works by hands being placed gently on the six main zones of the dog's body. The more a dog needs attention in one area the longer they will let you lay the hands on that area.

"The eyes and jaw represent the sixth-sense area which may often indicate a need for higher training or stimulus," says Fiona. "The throat area is for emotional communication. The heart area indicates the ability to show and receive love. Rescue dogs often exhibit a blockage in this area. The solar plexus concentrates on levels of confidence and security.

"If there is an imbalance here it can result in aggression or behavioural problems. The lower abdomen and hips represent emotional attachment, and the base or tail indicates how stable the animal

feels in relation to their home and owner."

Fiona practices Reiki on her own border collie Rouse, who had been traumatised by being left in kennels for months on end before being fostered at Scally Wags dog school and bought by Fiona.

"We bonded straight away and through reiki his confidence has returned and he is a much happier dog," she says.

• Canine Reiki Touch. Contact caninereiktouch@aol.com

## Reiki Touch

Fiona Stewart with Rouse



*"Fiona Stewart comes from a family competing agility, flyball for a decade. She started agility with a few trial 1:1 sessions Scallywags, then 8 fun jumping sessions at Therapaws. Past year moved into competitive agility, practices regularly at The Dog Barn; attending agility coaching sessions at Scallywags Dog School, achieving 32 rosettes from 16 shows KC/UKA in her first competition season with Satorius Rouse."*

## Who LET THE DOGS OUT



YOUR dog doesn't have to miss out now when getting out and about.

There are many venues - from caravan parks to dog rooms - which are advertising themselves as 'dog friendly'.

And for more on dog-friendly resorts, restaurants, hotels, holiday parks and beaches - and on how to wait for it, join the Wet Nose Society, send a dog card or for holistic natural doggie treats, and then visit [www.dogfriendlybritain.co.uk](http://www.dogfriendlybritain.co.uk)

The Dog Barn



Observer Magazine "It's a dog's life" extracts of A1 editorial feature/cover

The Observer Magazine March 5