

### Dear Friends,

I hope you have been enjoying this lush Spring season. I'm a bit late with this quarterly newsletter but the article about my sweet dog, Syra, will explain why. This is a rather long newsletter in comparison to previous ones. However, it deals with



death, grief and my own recent experience and I felt compelled to share the information. I trust that those who will benefit from it will be okay with the length.

Wishing you many blessings, Rain

## When An Animal Dies

The passing of a beloved animal is a painful and sometimes very difficult situation for people. It is something that I have experienced with many of my clients, as well as with my own animals. I have



been wanting to write about this for some time. Earlier this spring, I decided this would be the topic of my next newsletter. And then, my sweet dog, Syra, passed away in April and it has taken me several weeks to be able to write this newsletter.

Animals are such loving teachers. I saw a book title once: Everything I Ever Needed to Know About Life

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## Cremation Urns

Shine On Brightly offers an exquisite collection of handmade cremation urns as well as memorial art, paintings, books and jewelry. The quality and beauty can not fully be captured in the photos. The urns are truly exceptional. They're also great people. For more information click on:

www.shineonbrightly.com

I Learned From My Dog (of course this would apply to cats, horses, or any other animal). There's a lot of truth in that statement for me. I share some of the wisdom that Syra taught me below.

When an animal dies, people often want to know if their animal will come back to them / reincarnate; or whether there was anything they could have done differently for their animal; or if there is some message their beloved animal has for them from the spiritual realm. In each case, the answer is different. However the one thing that I have consistently seen with animals who have passed is that their spirit is in a complete state of peace. It is an incredible feeling that no words could begin to describe. Regardless of the circumstances of the passing of the animal, once their spirit is in the spiritual realm, it is blissful. If you have experienced the death of an animal companion, I hope you find comfort in knowing that their spirit is at peace.

There is a lovely poem, called Rainbow Bridge, that was shared with me recently. It's at the bottom of this page. I hope you enjoy it.

## Caring For Yourself During Grief

When you experience the loss of an animal, I invite you to be very gentle with yourself and honor your



grief. We each grieve in our own way, in our own time and it can be very different with the loss of one animal or another. Allowing yourself to have your feelings and releasing them in a healthy way is beneficial. I also encourage you to do whatever feels supportive and loving. Take time to nurture yourself during the healing process. Consider checking in with yourself periodically. We can get busy with day-to-day responsibilities. Pause and ask yourself: How do I feel? What do I need?

If the grief feels overwhelming, consider getting some help. If feelings of guilt arise, I suggest being very compassionate with yourself. Release those thoughts and trust that whatever happened was meant to be for a reason. Animals are so in tune with us. They know how much you loved them.

Feeling gratitude for the love you shared and the time you had together is an important part of the healing. Know that both of your lives were enriched





Stamps to the Rescue
The USPS recently released
Animal Rescue: Adopt A
Shelter Pet commemorative
postage stamps in hopes of
raising awareness about
sheltered animals. Every
year, 6-8 million animals go
to shelters. Of those, about
half are euthanized. The key
to the solution is adopting a
shelter animal. Get your
stamps at your local post
office.



## Cocoa Mulch Toxic to Dogs

Cocoa mulch used in gardens sure looks pretty and smells divine, but it can be fatal to dogs. It contains a lethal ingredient called "theobromine", which is found in all chocolate. The cocoa mulch smells like chocolate and attracts dogs. If they consume too much,

by the connection you shared with one another. Most importantly, love yourself. Love yourself the way your beloved animal companion loved you.

# The Joy of Sweet Syra

This photo was taken a couple of years ago and it captures a moment of sweetness that was ever present with my sweet Syra. She passed away on Earth Day.



Syra was a very joyful

being and she spread joy to the hearts of many in her lifetime. She came to me in April, 1998. She was about five months old, wild and full of spunk. Although she slowed down a bit in her older years, she always had an untamable wild streak that I so adored about her, even though it occassionally drove me nuts. One of the things that I treasured so much about Syra is how she was always in the present moment. She taught me many things about how to live life fully. I loved how she would plop down on the earth, rolling on her back groaning in delight enjoying the bliss of the moment. Syra was so loving; she loved everyone. She made friends easily and she was a master at making people laugh and feel joyful. She was also a great comfort to anyone who was feeling sad. Just petting her velvet ears was powerful medicine. Syra was also very clever. She was a master at convincing everyone who visited her that she really did "need" one more cookie.

Syra was one of the great teachers of love in my life. She always loved me, no matter what. She helped me to practice that with others, and myself. Although her body is no longer here, and I miss her terribly, I feel her so close to me and she continues to teach me about love, compassion and acceptance.

I have a tremendous amount of gratitude for our time together. My life has felt truly blessed because of Syra. I love her with my whole heart and soul and Syra lives on in my heart.

Rainbow Bridge Poem

the results can be fatal. Hershey's claims 98% of dogs won't eat it; but several emails circulating the internet from folks whose dogs have died from cocoa mulch poisoning say otherwise. Either way, I wouldn't risk it. Please let your gardening friends know about this. Even if they don't have dogs, their neighbors might.



Animal Rescue Site
The Animal Rescue Site
provides money to rescued
animals. The sponsors of the
website pay for food and
care and 100% goes to
charity. You can help by
visiting their site. It's FREE
and it only takes 5 seconds.
Please consider clicking on
this link to help animlas in
need. Thank you.

www.theanimalrescuesite.com



Contact & Services
Animal Communication:
Have you ever wondered
what your animal companion
was trying to tell you? A
consultation can help you
understand your animal and
enhance your relationship.

**Soul Journey:** Receive insights, guidance and healing directly from your



Just this side of heaven is a place called Rainbow Bridge.

When an animal dies,
that has been especially close to someone here,
that pet goes to Rainbow Bridge.
There are meadows and hills
for all of our special friends
so they can run and play together.
There is plent of food, water and sunshine,
and our friends are warm and comfortable.

All the animals who had been ill and old are restored to health and vigor; those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by.

The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance.

His bright eyes are intent;
his eager body quivers.

Suddenly, he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You have been spotted,
and when you and your special friend finally meet,
you cling together in joyous reunion,
never to be parted again.
The happy kisses rain upon your face;
your hands again caress the beloved head,
and you look once more
into the trusting eyes of your pet,
so long gone from your life
but never absent from your heart.

Then you cross Rainbow Bridge together...

**Author Unknown** 

Spiritual Guides in a Soul Journey....like a bridge that connects you more deeply with your Divine Essence.

**Reiki:** Experience the powerful and gentle healing energy of Reiki for yourself or your animal companion.

For more information, please go to my website: www.RainHummingbird.com, call me at (828)337-4684, or send an email to Rain@RainHummingbird.com



Share With A Friend
If you find this quarterly newsletter helpful, please feel free to pass it along.
Just click on "Send to a Friend".

Please let me know what you think. I welcome your comments and suggestions. Rain@RainHummingbird.com



I recently joined facebook and will be posting periodic information about animal communication, Reiki, soul journeys and other inspirational messages.

If you'd like to connect with me here, please click on the link above and become a fan.



#### Lotus in the Mud

"There is the mud, and there is the lotus that grows out of the mud. We need the mud in order to make the lotus. You can only recognize your happiness against the background of suffering. If you have not suffered hunger, you do not appreciate having something to eat. If you have not gone through a war, you don't know the value of peace. That is why we should not try to run away from one thing after another thing. Holding our suffering, looking deeply into it, we find a way to happiness." Thich Nhat Hanh