

# Disease Reflection Exercise

Animal's  
Name

Date:

1. Ground your energy and establish connection with the earth.
2. Bring your awareness into your body and start to feel the sensations.
3. Become aware of your breath and take 3 deep cleansing breaths.
4. Drop your awareness down into your heart space and stay there for a minute or two.
5. Reflect on different areas of your pet's life and whether any areas could be improved to better support their unique nature.
6. Reflect on your pet's current illness or struggle at this time (or to a past problem if they are currently healthy) with the wider perspective you now have.

**Write down anything that you feel or discover during this reflection exercise.**

