



Newsletter

Healing Animals Organisation
www.healinganimals.org

Principal Elizabeth Whiter

January 2013

Dear Friends - Happy New Year!

Welcome to our latest newsletter. What an incredibly busy and productive year it has been for the Healing Animals Organisation helping animals and their carers, rescue work, fund raising, community outreach projects abroad, teaching and an international conference on animal welfare.

The Healing Animals Organisation is reaching out to all parts of the globe with graduate animal healer representatives in South Africa, Italy, Ireland, Portugal, France, Sweden, USA, Japan, England, Wales, Scotland and Northern Ireland.

ACE EGYPT ANIMAL HEALING TRIP



January 2012 kicked off to a cracking start when Brian and I went to work at Animal Care Egypt in Luxor. We took vital supplies of bandages, head collars and my nutritious macerated food oils from www.animalchoices.co.uk and topical treatments to work with local Egyptian and UK vets offering healing and complementary health to donkeys and horses and care workers.

Side by side we treated many animals and a good working relationship has developed between our organisations, So much so that ACE and HAO are embarking on a number of projects in 2013. We are going to be helping ACE set up a small animal project for neutering and spaying at their head quarters in Luxor; to date there is nowhere for the stray, sick, dogs and cats to go to. While I was there in the space of one week, two dozen cats and dogs had been dumped at the main ACE gates: malnourished, some pregnant, a number of seniors and many in need of spaying and four that had to be euthanized. In between giving healing to horses and donkeys and some comfort to the abandoned small animals, it highlighted to me the need to help fundraise and offer our HAO services in rehabilitation skills and aftercare and assist the wonderful vets already grappling with a heavy workload.

Fortunately within the grounds of the ACE compound the equine clinic have a working clinic with two consultation rooms to accommodate small animals, however they do not have sufficient manpower such as vets and volunteers to accommodate this new project. HAO will be supporting ACE to raise funds for spaying and neutering and rehoming strays:

- A series of fund raising events throughout 2013 (see events page [here](#)) you may wish to join in and help support this vital cause.
- You may wish to offer your services as a professional HAO healer and volunteer at the clinic in Luxor. If you are interested in joining us in Egypt later in the year please email me at elizabeth@healinganimals.org for further details.

I am taking a working party of HAO healer members to ACE Egypt in January 2013. Primarily we will be working at the equine and donkey hospital and some HAO healer members joining us have been assigned to help develop the new small animal project. This trip is fully booked. Please email me at the above address for the next working trip dates which will be in the latter half of 2013.

MONGOLIA



Graduate HAO members Jeannie, Barbara, Ella and myself went on a once in a life time trip to Mongolia to meet one of the smallest Nomadic tribes left in the world. This was not for the faint hearted as we trekked for miles by horseback, and endured all sorts of weathers and the most spectacular terrain. Leading a nomadic life ourselves with our new found friends eating what we could find and provisions we brought with us, drinking water from the crystal clear streams and rivers and learning about the day to day activities of making reindeer cheese and milk and tending to the herd of Mongolian horses and reindeer. It was such a privilege to be able to give healing and offer my plant food oils and herbage we had foraged from the forest to the animals, many of the locals observed our animal healing sessions with great interest and a mutual respect and bond was formed between our combined knowledge of animal husbandry skills. We were then invited to extend our healing services to the local community and I was so proud of my "HAO sisters" as the local tribesmen were keen to receive spiritual healing for themselves. The girls set up chair healing sessions next to the camp fire and a queue of locals were quick to take advantage of the benefits of a relaxing healing session, we received excellent feedback from the healing sessions. Not only was this an incredible experience to learn from our Mongolian friends about their way of life; for we also found the Shaman within ourselves and the wonderful friendships we have created with each other.

HAO FUND RAISING FOR ANIMALS IN NEED



HAO Diploma students and graduates have made an impressive start to the fundraising sponsored walks we have introduced this year. We were blessed to have a beautiful sunny morning, with Frankie (my beautiful rescue Bull Mastiff X Boxer) who came to live with Brian

and myself just a few months previously and our pups Lily and Morris joining us on the sponsored walk. We left Oliver our beautiful cream long haired cat (originally rescued by RSPCA Patcham and re homed with us) snoozing in the office!

Accompanied by two of Susan's ferrets in beautiful open air travelling carriers we set off through the Sussex countryside and walked up the South Downs and back down again, over £1000 was raised. It was fantastic exercise and the camaraderie amongst the group was second to none! [read more](#)

HEALING ANIMALS ORGANISATION AND RSPCA PATCHAM



The RSPCA Patcham fun day in July was a resounding success. The HAO tent looked mighty impressive with students from the Diploma course offering healing to dogs and their carers for a £5 donation. With over 40 animal healings undertaken and hundreds of pounds raised for the RSPCA students loved the opportunity to gain more healing experience and liaise with the public over the benefits of healing and brush up on their face to face communication skills. I felt very privileged to represent the Healing Animals Organisation when I was asked by the RSPCA to judge the best bull breed.

Ruth from the RSPCA had this to say *"The RSPCA would like to thank Elizabeth and her students from the Healing Animals Organisation for the fund raising and the healing given to the animals in our shelter throughout the year."*

HEALING ANIMALS ORGANISATION AND RSPCA GODSTONE



The Healing Animals Organisation attended the RSPCA Godstone Summer Fun day for the first time this year. [Read more](#)

HOLLY HEDGE ANIMAL SANCTUARY FUN DAY BRISTOL



Susie Whiter reporting from Ashton Court - Alison HAO Healer, Sue, Julia and myself took the HAO Marquee to the Holly Hedge Fun Day/ Dog show in September. 20 minute healing sessions were offered for a donation, Animal Healer books and Animal Whispers CD were on sale. We had all sorts of doggies coming to visit us and they thoroughly enjoyed their healing sessions. We raised £50 for Holly Hedge.

This is a fantastic opportunity for HAO healers to establish themselves and promote their healing work to prospective clients and Rescue Centres.

If you would like to borrow the HAO Marquee for 2013 please email elizabeth@healinganimals.org

HEALING ANIMALS IN JAPAN WITH ELIZABETH WHITER



The Healing Animals Organisation has forged a wonderful working relationship with the animal charity ARK based in Japan. Every year I teach animal healing, nutrition and communication in Japan and for the last four years I have been travelling to Tokyo to offer healing to dogs, cats, horses, reptiles and tortoises. [Read More](#)

SOUTH AFRICA DIPLOMA IN ANIMAL HEALING IS BORN!



We offer a warm welcome to the Healing Animal Organisation students in South Africa

The professional one year Diploma in Animal Healing was established in 2005 and has since seen over 300 students graduate to professional animal healers from our UK head quarters, nestled in the beautiful surroundings of the National Park, Sussex.

I had the pleasure of working in South Africa in 2011 at Highveld Horse Care, the Primate Centre, Second Chance Rescue and facilitate animal healing workshops in JoBurg. I was assisted by one of our most loved graduates Alison MHAO, assistant teacher and seasoned explorer of this magnificent country. The response was so wonderful to the Healing Animals

Organisation work we recruited Helena MHAO who travelled all the way from Cape Town to complete the four Diploma modules in the UK and is our first graduate representative for South Africa. Many students from the workshops asked if we would consider facilitating the Diploma in South Africa. After much consultation South Africa is the first country and continent outside the UK to hold the Healing Animals Organisation one year Diploma in Animal Healing.

After interviewing candidates from all over South Africa from JoBurg to Cape Town to Durban and Kruger I had my magic 12 students. All amazing ladies committed to studying with me with the sole intention of dedication and love for all life.

It is the best job in the world working side by side with you all whether it is in the UK or South Africa. The compassion, dedication, maturity, and grace you extol is truly amazing. I feel very humbled and immensely proud to help facilitate every student's learning and experience with this wonderful training based Diploma.

Our first module in September lasted six days starting sharp at 9.30am until 6pm + each day. The camaraderie amongst our group was fantastic. Every day we had animal clients and their guardians, from dogs to cats to reptiles, pet rats and visiting Animals in Distress an amazing rescue hospital where we gave healing to dogs and horses. Carers and volunteers at Animals in Distress were so welcoming and impressed with our relaxation techniques and how our animal friends responded.

All of my students past and present I am incredibly proud of YOU! And now I am privileged to work with these amazing women who like you have taken this animal healing work to another level. I was assisted by my South Africa graduate, Helena MHAO who flew from Cape Town to Joburg where we are holding the course.

Top South African vet Gin Watson will be teaching the next module, and the students will be learning about the physiology and anatomy of dogs and cats and first aid and continuing in depth consultation, animal husbandry skills and knowledge of environmental factors to promote wellness and enhance the bonds of love and trust between animal and carer.

I am back for module three in April 2013, another six days of intensive training coupled with a lot of laughter and joy with my extended family of animal healing students.

Remember this Diploma is a qualification in guardian healing

This Diploma is also a qualification in guardian healing as you are training to give healing to the carer. Animals can sense our own anxieties and worries and sometimes it's appropriate for HAO healers to give support and help guardians relax in the healing too! During the modules many carers and guardians feel a huge relief when they can talk to us about their own feelings. One lady called Helen had just recently lost her beautiful companion dog Bertie. He had died a few month's previously and she was bereft. One of the students gave Helen a beautiful healing and afterwards she explained she felt more grounded and nurtured and able to cope better with her grief as she started to heal from Bertie's passing over.

Human healing consultation form available. I am delighted so many of you are offering a healing session to the carer and have requested a basic consult form please email me at elizabeth@healinganimals.org for your copy

Professional Certificate in Natural Food Remedies practitioner level with insurance. Only available to current students and graduates of the Diploma in Animal Healing. **Spaces available** for 2013

PROFESSIONAL CERTIFICATE IN NATURAL FOOD REMEDIES

www.AnimalChoices.co.uk and Practitioner Course

We know that nature provides all the medicine we need, if we only know where to look. Elizabeth has been using natural plant material infused in food oil for years to enhance the health of many animals in her practice. This year she developed **AnimalChoices**, a range

of natural food oils which can be used by healers and guardians alike. The oils are available online, together with simple instructions. While consulting a professional animal healer is always beneficial, the responsibility is ours to provide healthy nutrition to the animals in our care. **AnimalChoices** oils are designed to be easy to use, and because they are food substances there is no concern about prescriptions or contraindications. In fact, the animals make the choice. Check out www.animalchoices.co.uk to order your macerated oils and for information on the Practitioner's Course.



AnimalChoices students at the Practitioner's Course 2011



Morris self-selecting Marigold Oil

**HEALING ANIMALS ORGANISATION AT THE INTERNATIONAL
CONFERENCE OF ANIMAL WELFARE GREECE**



I felt very privileged to be asked to be a guest speaker at the International Conference of Animal Welfare. Organised by the Dogs Trust this event is in it's fourteenth year, and was held in Athens. My one hour lecture was about who is healing the animal carer and techniques how to maintain health. It was wonderful to share with the delegates how The Healing Animals Organisation is helping animal charities all over the world with rehabilitation and healing techniques for animals and their carers.

I met animal charities delegates from Romania, Poland, India, Greece, Austria, UK, Russia, and all parts of the globe. From chief executives, to centre managers and animal care staff. It was an honour to share the stage with speakers such as TV Vet Luke Gamble, Carolyn Menteith and Steve Goward behaviourists, Sarah Fisher Tellington Touch, Dr Guest who has pioneered a way in which dogs can detect cancer by sniffing a patient's body. Trevor Cooper, a solicitor from the Dogs Trust who facilitated a wonderful workshop entitled Can Model Laws Work where we worked in discussion groups on how we could improve current Animal Welfare Acts through the world. Another workshop was entitled - Fundraising in a competitive world. A total of ten vets were present at the conference including Jeff Young from the USA who was a key speaker on alternatives to opening a shelter. He's a remarkable vet investing his own money in neutering and spay clinics in poorer parts of Mexico. Jeff has invited the Healing Animals Organisation to work with his team of vets in Mexico. I will email you when we have some dates in place.

MANDI AYRIS HAO GRADUATE EQUINE ARTICLE



Mandi Ayris is a small animal and equine Healing Animals Organisation graduate. She works under Purple Paws and Claws for the smallies, or Purple Hoof for the equine, and now works at Seven Acre Horse Sanctuary as their Healer, Communicator and Horse Whisperer, evaluating all new arrivals and offering advice on all aspects of care, including support for making those difficult decisions that are sadly a large part of the Sanctuary's reason for being. [Read more](#)

Diploma in Equine 2013 spaces are available [email](#) for a prospectus

BAT FUNDRAISING



The HAO Bat fundraising evening for the Bat hospital was most enjoyable and much needed. Amanda our bat expert has never seen so many young bats left for dead due to the changing weather patterns, and so much wet weather drowning the youngsters. At one stage Amanda had 26 baby bats which she was feeding morning, noon and night and giving them round the clock care. Amanda gets through over a £1000 worth of mite worms every year. Bats are crucial to the ecosystem and are very vulnerable at this time due to; lose of habitat, prey to other animals and changing weather patterns.

Amanda brought pips, long eared and Serotine bats and gave a slide show presentation and talk of their habitat, eating habits and echolocation. After giving the bats some healing I ended the evening with a relaxing guided meditation with music, with all the bats hung upside down asleep on the tea towels in their travelling compartments! We raised £200. Amanda later said *"Thank you HAO for this wonderful contribution, we need more fundraising projects for bats so the public can be aware of the challenges this species are facing."*

MEDITATION DATES SUSSEX



As in previous years, the monthly meditation evenings at Chealsfied will not be held in January as we all gather our energies for the New Year. The monthly evenings will commence again on Tuesday 5th February 2013.

All invited for monthly Meditation and Animal Healing with Elizabeth Whiter.

The first Tuesday of every month, Sussex, Sussex 7pm to 9pm, cost £10

The first Tuesday evening of every month is a monthly healing circle at Sussex. Everyone is very welcome to join us. This is a self-development class where you can perfect your meditation and creative visualisation skills in a safe and magical location and share experiences with like-minded people. Included are practical healing sessions with animals and people. A support group to learn, share, and grow and make the very best of who we are, what we are and where we are right now. It will be fun and exciting. Only you can make it happen so put these dates in your diary:

2013:

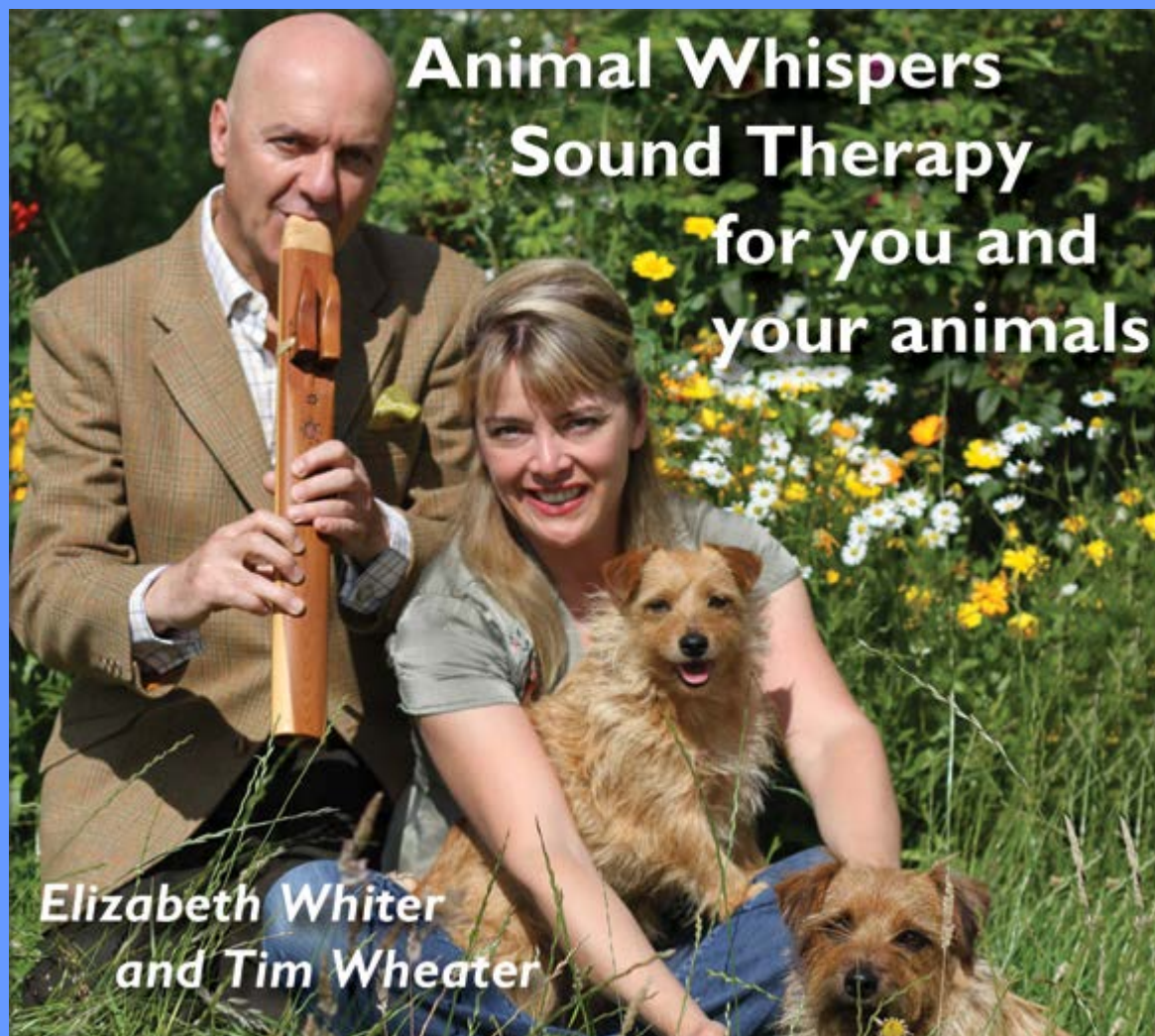
5 Feb, 5 March, 2 April, 7 May, 4 June, 2 July, 6 Aug, 3 Sept, 1 Oct, 5 Nov, 3 Dec

THE POWER OF SOUND AS TOLD BY ELIZABETH

For many years I have been very interested how sound can heal ALL LIFE. Over the years I have developed a range of meditation music with professional musicians, recording organic sounds from the countryside, birds, the elements and individual instruments. I love how some pieces of music make my heart soar, and I notice when I am in this state of bliss, joy and happiness my own animal companions join me in this state of being!

Energy follows thought. All life forms resonate with sound. Harmonious tones can have a profound healing effect on the body and spirit, reducing stress, calming the heart, aiding digestion and appetite and encouraging overall wellbeing. Rather like sonic vitamins! I have collaborated with Tim Wheater, A.G.S.M world renowned flautist and healing sound therapist to create a unique piece of healing music for you, your animals and loved ones. Animal Whispers has been created with the intention that both humans and their animals can share this healing experience.

To listen to **Animal Whispers - Sound Therapy** for you and your animals with Tim Wheater and Elizabeth Whiter, please click onto my [AnimalChoices website](#)



It was important for Tim to spend time with my animal companions in my animal clinic. Oliver, Lily and Morris joined us in the sound healing sessions as Tim played a variety of instruments and native wooden flutes. With these beautiful sounds vibrating around the room I felt a wonderful heart connection to all life and invited my gang to receive healing. As Tim was playing one of the flutes it was interesting to see their reactions: Oliver stretching out on the treatment couch, completely relaxed and snoring. Lily and Morris cuddled up together in their dog bed and enjoying this precious quiet time with me, basking in the delightful melodies and lullabies surrounding them. They have been fantastic mentors and teachers and we gained invaluable insights and feedback from them. I will never forget towards the end of the healing session when Oliver joined Lily and Morris in their bed,

curling up together and falling asleep to the soulful sounds of another native wooden flute complete with a carving of a polar bear on the front of the flute. Quite apt as Animal Whispers has evolved into a passionate piece of music and somewhat of a quest for "mindful" conservation of our fragile planet as the polar bear is one of those species of animal that is in danger of becoming extinct.

It was also important to receive feedback from my horses so Tim and I left the indoors and we went to visit Betty, Dancer and Iris, grazing happily in the field. Tim began playing a soft lullaby and all three horses walked over to join us. They were curious and relaxed with the sounds. Dancer was so intrigued he sniffed the flute and as he exhaled he actually played a couple of notes! The horses were relaxed and they invited us to join them, complete with our entourage of sound instruments in tow. Tim and I gave thanks for this wonderful opportunity to share in this healing and we connected to the Heart of the Earth, wave upon wave of unconditional love spread between us. In that moment in time we were at ONE and very CONNECTED to all of nature. I felt like Tim was the pied piper as he gently moved around the horses, weaving between Iris and Dancer as Betty stood very still transfixed and bemused, her eyes soft and dewy as she rested a back leg, listening to the sounds and receiving healing from myself.



After about thirty minutes the herd quietly moved off to munch some grass, Dancer stopped in his tracks and looked back at us as if to say 'thank you', and then proceeded to groom Betty who then joined up to Iris and proceeded to groom her. A contented herd of horses I'd say.

Once Tim and I had established which instruments we were going to use for the Animal Whispers CD, we fixed up another weekend in which to record it all. Our professional production crew were in place and the following weekend we recorded the CD. Back into the studio and into production and the layout of the composition. After several weeks of production and several animal audiences, Animal Whispers has been born. With section one the instrumental version complete, I then concentrated on section two a narrated version to the instrumental music.

Section one Animal Whispers - Instrumental Healing music - 29:29

Section two Animal Whispers Animal healing - Guided Visualisation with Elizabeth - 29:29

Once you are familiar with the animal healing session you have the option to immerse yourself and your animal friends in the wonderful natural organic instrumental version complete with native wooden flutes, Tibetan bowls, soft 528 Hz tubular bells and the Wah Wah bar. The fundamental frequency of the Universe is 528 Hz. The music on this recording is tuned to this frequency. 528 Hz is the centre of the rainbow and heart energies. It vibrates with the frequency of love and nature. 528 Hz and the other frequencies which comprise what is known as the Ancient Solfeggio are what the masters Plato, Pythagoras, DaVinci and Tesla used. 528 Hz is used by scientists to repair DNA. The DNA spiral flows with the vibration and unifies with other genetic segments. 528 Hz is the ultimate sonic vitamin, feeding all the cells, aiding heartbeat, blood pressure, digestion and bringing balance to the brain for optimal well-being.

Tried and tested in my animal clinic cats, dogs, horses and their guardians become relaxed after absorbing these healing sounds.

My Amazon parrot Okeydokey has been listening to the Liz's CD and has completely chilled out, he bent his head to one side to focus on the music, and at one stage puffed his whole body up as he relaxed even deeper to the sounds of the flutes. – Ruth

HEALING ANIMALS ORGANISATION MERCHANDISE

Healing Animals Organisation Merchandise: Two branded pens and a pack of 10 HAO cards (full explanation of what the HAO represents and what we do) £5.00 inc p&p. The Animal Healer Book £9.99 inc p&p. Animal Whispers CD how to heal your animals with beautiful instrumental music with renowned musician Tim Wheater. £10 inc p&p. To order please email elizabeth@healinganimals.org



www.animalchoices.co.uk a range of delicious macerated oils for your animal friends



'WOW'
1987 – 2010
My Mentor –Teacher- Best Friend
Our Silent Bond is Eternal

Stallion Heart

By Martina Carey, Oct 12

Stand amid the stillness and feel the calm of slow
Sometimes it's nice to stop, while all around you continues to flow

The quickening is upon us, time is moving at the speed of light
But we are not meant to keep up with it, just keep it in our sight

Come with me when you're weary, I'll carry you on my back
You cannot heal yourself you see while trying to pick up all the slack

Have faith in me as I have faith in you, I would never steer you wrong
Sometimes our biggest weakness is believing we're always strong

Listen to your mortal shell when it calls to your Higher Self
There is no harm in letting things go instead of keeping them on a shelf

I am every bone in your body and the blood inside your veins
It is I who lead you onwards as I take you by the reins

Please listen coz I Love You and I know your stubborn Stallion Heart
For it is with me you share it, and have done from the start

I know you better than you know yourself for I also share your Soul
You and I are more than just a great team, we make each other whole.

*WOW photo art work by Oephebia HAO graduate. pawsandwingsart.com

Stop Press: To keep in touch can all Graduates and Students make sure we have your updated email addresses and telephone numbers please for office and healer map. Thank you. Please email elizabeth@healinganimals.org

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For latest information on Workshops and Events please [click here](#)

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