I trust that some or all of this information I am sending below brings comfort in some way when needed. If this doesn't feel right for you then no offence taken, I just wanted to share it with you as a simple thing you can do.

Please know, there is nothing wrong you can do with this. It is something created from the absolute intention of love and wanting the best for your animal friend and it will be this that guides you.

In my experience I find that either an animal transitions unexpectedly and suddenly, or gives a guardian time to process this by moving through almost an ebb and flow. I feel this occurs depending on what is best for the guardian and how their journey of grief will be impacted - our animal friends are always considering us even in this part of their cycle. I have even had dogs not want to share that their transition is imminent because it would be too much for the human. From my own experience one of my dogs, Tunkasila, prepared me for her transition about 6 months before she passed. She at times was distant and chose to lay in other rooms that she wouldn't usually lay in when I was in the home. She shared with me that she was getting me used to her not being with me so that my physical body would get used to it. We went through a beautiful time of preparing ourselves. So, some animals can be really upfront in sharing when they are ready. From my experience, our animal friends are very accepting of veterinary assistance even if they initially ask to simply transition naturally. One of our dogs, Charlie, transitioned in December 2022 and she did say she was happy to simply fall asleep one day and not wake up, as in she was happy to slowly die. She was not in any discomfort or pain but was in heart failure. However, my husband was finding this too much and she shared that she is also accepting that she can have assistance because she is not going to get better and did not want the heart of another to hurt in this way.

Please know that in all the connections I have done through my soul sessions, every animal's soul has shared with me that they are at peace when this passing has come, that they are at peace when they return to spirit and that they are at peace and accepting for when this time comes. They go in to their own ceremony and preparation for this - they are "knowing" that what they came for has been done on some level.

After losing my own heart dog, Tunkasila, on 17th March 2022 and being in a deep ceremony with her to prepare myself and her, I am creating something where I can guide others to do something similar. It has brought so much peace, comfort and reassurance that I wish for all to feel. This will take some time to create but, for now, I can offer you the below.

I am attaching a link to a FB Live that I did for our dog Kola when he transitioned in 2020.

<https://www.facebook.com/kachinacanine/videos/2293845027575754>

Also, in two recent ceremonies I did for two dogs that had already transitioned, both wanted to share with me a book that is about grief. I hadn't heard of these books before and I have bought them myself. They are both very beautiful and perhaps will support you through your grief and sadness too.

The books are:

~ Inside the soul of the Tornado by Lisanne D'andrea-Winslow

~ White Eagles little book of comfort for the bereaved

If it helps, Tunkasila shared with me to play a song by Orbital called "one perfect sunrise." She asks me to share this with others who can prepare in this way. I danced for quite a while to this song and had it on repeat. Each time I played it I had an intention of opening portals, spaces, strength and support. I danced in this order - for the East, for the South, for the West, for the North, for above, for below, for power animals, for spirit guides, for soul ancestors, for myself, for Tunkasila (here you can dance for your dog's soul), for Great Spirit, for any more tears that I had left to release. You can call on any and all support and be guided by what feels right for you – there is no right or wrong.

Before I did the dancing, I set up an altar that Tunkasila showed me what she would like to have on and around this altar and I smudged the room. Whilst I danced I also kept repeating for Tunkasila to go to the light and to meet who was waiting for her. During this dancing I cried when I needed and danced with deep intention and power. After I did the 13 rounds of dancing, I then danced four times to a Pow Wow called Grand Entry

([https://music.apple.com/gb/album/grand-entry-you-look-beautiful-as-youre-entering/277451066?i=277451104](https://l.facebook.com/l.php?u=https%3A%2F%2Fmusic.apple.com%2Fgb%2Falbum%2Fgrand-entry-you-look-beautiful-as-youre-entering%2F277451066%3Fi%3D277451104&h=AT3CmkNEOHbNr9IkG20VMKNQ_jbjqywraK88zrGpyss5od6A-O3tnHMRRAPix-Rp2zXcQBpJO-1LNU_Jxtb4GSt0Ekbo0P0u4V249XMvgFGX_lay1fy7hcijtTuDwTOyJUQbi4PxwH0" \t "_blank))

After I danced, until I felt this part was complete, I then drummed and went in to a deep still meditation. I sat in silence and deep awareness of how I was feeling in my body and my emotions and if there was anything else to release.

There is a shamanic technique I use called a psychopomp. This connects with the spirit of the animal to explore if they require any assistance in their soul crossing over to the land of spirit. I usually find that non human animals reach this place quickly and don't need much spirit assistance. This is what I use the drumming for and you can also simply sit with intention at your dog's altar, staring at a candle and focus on his spirit going back to original state and place.

You can also listen to this drumming track if you need a recommendation: [https://www.youtube.com/watch?v=4rlqYGQ5mgQ&t=962s](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D4rlqYGQ5mgQ%26t%3D962s%26fbclid%3DIwAR28cVmhIeCWRtEpXbuyIcZdNOAyV0120yem_PEauw2uHeziueeu798TFlY&h=AT3CmkNEOHbNr9IkG20VMKNQ_jbjqywraK88zrGpyss5od6A-O3tnHMRRAPix-Rp2zXcQBpJO-1LNU_Jxtb4GSt0Ekbo0P0u4V249XMvgFGX_lay1fy7hcijtTuDwTOyJUQbi4PxwH0" \t "_blank)

When it feels like your dog is close to transitioning, you can begin to share with her/him what will be happening, especially if vet assistance is required. Will s/he transition at home or will you be taking her/him to the vets? Tell her/him that you are preparing for their passing and that when they leave their body to look for those waiting for them, to meet them and for them to take your dog’s soul to the spirit land. Tell your dog that they are loved and to go to the light; that they can see the light and go to it and to those that are waiting for her/him.

Ask for all support for yourself and for your dog. Ask for your own spirit helpers and spirit team to support you and for your dog's spirit helpers and spirit team to support them. When your dog has transitioned, I invite you to set up an altar for the next 40 days. You want to place a candle in the middle of your altar that is sat in a small bowl or plate. This can be a very basic and makeshift altar. For example, it can be a blanket that your dog used to lie on, a t-shirt that you would wear when you were walking them, other item of clothing or cloth or an altar/ceremonial cloth etc. Place this cloth/material on a table top and place the candle in the middle. If it is possible, please keep this candle lit 24 hours for four days. If it is not possible then light the candle when you can. On this altar also place a small bowl of water and another small bowl of food that your dog would like to eat. This can be their regular meal or something they love but do not have often or maybe are not able/allowed to have but know your dog would love to have it. Change the water daily and the food only if it looks a bit rotten or if it needs changing (you might notice it look like some has been eaten, but not always). The water is to help cleanse the soul and the food is to help nourish/feed the soul as it transitions back to spirit. You can place flowers and objects that hold sentimental value or meaning to you and your dog. All of this may come intuitively for you, or you can call upon your dog's soul, imaginal helper etc to advise you. Do this for the first four days and then again on day 40. Then you can take down the altar.

As you light the candle and throughout the 40 days, sit at the altar and speak to the spirit of your dog, tell them you love them and to go to the light.

During the four days when the candle is burning as it is sat on your altar, every now and again, look at the flame of the candle, bring your dog to your awareness and say "go to the light." With this, you can sit at the altar, stare at the candle and listen to (and sing along) to this song:

[https://www.youtube.com/watch?v=HiwAMHLCJUc](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DHiwAMHLCJUc%26fbclid%3DIwAR3fpEyV9MMHFJB5ROsbEsS15goG7-Ft-mq9_uflB4gxDxWkWq3Cc5GfTvI&h=AT3CmkNEOHbNr9IkG20VMKNQ_jbjqywraK88zrGpyss5od6A-O3tnHMRRAPix-Rp2zXcQBpJO-1LNU_Jxtb4GSt0Ekbo0P0u4V249XMvgFGX_lay1fy7hcijtTuDwTOyJUQbi4PxwH0" \t "_blank)

It is a song that I sing when I have done a soul retrieval for an animal but this song can also support in guiding the soul home. You can sing it for as long as you feel you need each time. You may also wish to listen to and sing this song:

[https://www.youtube.com/watch?v=DgN1R\_63WEc](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DDgN1R_63WEc%26fbclid%3DIwAR0X5x1RnXTvcqOM385glIbiEdEhIFaAADJjin3OZ_21shKB4OSpXfCgQIo&h=AT3CmkNEOHbNr9IkG20VMKNQ_jbjqywraK88zrGpyss5od6A-O3tnHMRRAPix-Rp2zXcQBpJO-1LNU_Jxtb4GSt0Ekbo0P0u4V249XMvgFGX_lay1fy7hcijtTuDwTOyJUQbi4PxwH0" \t "_blank)

It was shared with me in a sacred soul journey I did for a dog that was soon to transition.

Akaal means "deathless" and this mantra can help with grief/loss as well as assisting the soul to transition. You can use the song above as well as the short chant I sing about 32 minutes in to the FB live link that I have sent in this email, that can be supporting enough.

To help you with your pain, I invite you to listen to and sing this song every morning for as long as is needed:

[https://www.youtube.com/watch?v=-pXC3FFvPG0](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D-pXC3FFvPG0%26fbclid%3DIwAR3ApA_MsfBATUXoxUKcS85LxflQgZnZSVaCrUF2nzQlAFFgCb0pTf7Kltw&h=AT3CmkNEOHbNr9IkG20VMKNQ_jbjqywraK88zrGpyss5od6A-O3tnHMRRAPix-Rp2zXcQBpJO-1LNU_Jxtb4GSt0Ekbo0P0u4V249XMvgFGX_lay1fy7hcijtTuDwTOyJUQbi4PxwH0" \t "_blank)

Once your canine friend has transitioned it may be that you require healing for yourself. This may be way of soul retrieval, creating an energetic close down and disconnect between you and your dog now they are in spirit (but where you will always be able to connect with their spirit), releasing to nature, shamanic healing or other energetic healing modality that feels good and right for you. I invite you to be guided by your intuition of how you feel, how different you feel and if it feels good and right for you that additional healing is required.

If you have other animals in the home, it may also be that they require soul and emotional healing. In my experience, I would allow 5-7 days for your animal friends to fully process in all the ways they need to do so and to simply give them the space, as in the acceptance and invitation, to do this. If challenges for them continue it may be that a healing modality can be called upon to support them in any blockages or release as they also grieve and move through this. I am able to offer my own ways of support for both you and your animal friends if this is needed.

The soul is usually very close to the physical body for the first four days of passing, so you may feel and hear your dog in your home and can speak to them once they have transitioned.

As hard as it is, it is helpful to allow our dogs to go to the light, to have acceptance that they are to move back to full spirit and that they are to be fully out their body. If we ask the dog to not leave us, that we are not ready etc, it can interfere with the smooth transition of her soul to spirit.

I am sharing a photo of the altar that I created for Tunkasila, which she shared with me what she would like. If it helps, I am also sharing words that Tunkasila's soul shared with me when I asked her what she had to say about death.

Here are her words:

“Nothing. Death does not exist. Now, transformation on the other hand, that is something very different. Death is so final when there is nothing final in passing over, passing on. To be, to become to only be again. It is a cycle that you see for some of the time, but is not always seen in the way you know. I do not want to speak of death, this is not a word that I would use. This is not a word that holds the power, the ceremony, the sacredness and celebration that it once did of a being leaving their physical body. Death is a pain of the fear of forgetting and being forgotten. Death is the suffocation that ends the significance of dying. I am not to die and be no more; no one is. I am not to die and to not exist; no one is. I am to die when my spirit brings me my death song, which we all have, and I know I am to immerse myself in it. I am to immerse myself in it like a warrior going home. When this is time, and it is not now, I will have already made peace with this and I am at peace with this. I do not sit and wait. I do not sit and wonder when this will be. It is programmed in to me as it is programmed in to all of us. Seek this programming – it was whispered in to our soul, in to you long, long ago. It was a teaching, a training of a mission you accepted, knowing when the mission is to end there will be a homecoming. I do not care of knowing, of waiting, of wondering when my homecoming is to be. When it is to be will be in that exact moment; it will be my mother calling me, my father drumming for me, my grandmother bathing me, my grandfather singing for me and my brothers and sisters running up to me rejoicing and welcoming me home. I want you to know of the warmth that is waiting when this time comes for me, for you, for us all. Yes, when my time comes it will not be warm for you immediately but it is my homecoming and I nod my head with what awaits. You will hold me in song, in ceremony, in a deep heart calling, crying and know I echo your call in the flame of the light, the fire, the candle, the sun, the dusk and the dawn. We are to have an incredible journey in this way where I can provide more for you, where I guide you as spirit grandmother in your own quest. There will be songs to be sung, stories to tell and much sharing and celebration. It will be a legacy just as Tunkasila holds in the great mystery. I will return to be part of it. So, lets not speak of this death as it is considered today, for death is nothing, it does not exist but in only the word. Let us share, celebrate and announce the homecoming and that there is nothing to fear – it will be the most beautiful homecoming that you could not even imagine until you also see it. This is what I want you to know, this is what I want you to be at peace with. This is what I want you to sing from your heart when my time comes and when your time comes. We are simply reflections of love, warriors of the heart, soldiers of light and when our duty is done, we hear the call of our song within us and all around us – in everything that we have existed with at that time; the plants, the wind, the waters, the animals, the stars. We hear the call of our song and, whilst singing, we return home. There is no fear. There is nothing to fear. Be at peace, be at peace for I already am. Simply, when that time comes, stand present, join in with all, join in with me and sing my death song with me."

All my love, holding and blessing to you as you navigate this journey of transition, be in ceremony with it and enter a new way of being with your canine friend from the seen and the unseen

Isla xx

