



An Intuitive Offers Help and Healing for Pets and People

By Dina Takouris

All of us who have adopted our pets from an animal shelter or rescue know that the four-legged or feathered friends we welcomed into our homes are unlike those adopted as babies; they come with already-formed personalities from a past, about which we know nothing. We have no record of their health history, their exact age or, most importantly, how they have been treated, and we're often eager to understand what has shaped our newest family member's particular disposition.

"One thing is for certain," says Sandra Smith, a fourth generation psychic, medium and healer of both people and pets, "adult animals sense that you have saved them and will be uncommonly grateful and devoted to you."

Having a very difficult week with the loss of my dear little Maltese, Gracie, on Monday and then on Wednesday my little Dutch rabbit, Petie (I call him Pete-heart) fell ill, I asked Sandy for help with my rescued sweeties.

"He has digestive problems," Sandy offered, stroking Petie. "He was fed unsuitable table-food where he was before. And he has an under-developed digestive system, which will always be sensitive." After some quiet thought she added, "he still misses his mother."

In fact, Petie was left at the ani-

mal shelter indeed too small to be away from his mother. I noticed signs of digestive problems in this tiny bunny and pulled him, only to rush him to the vet hospital three weeks later with an intestinal issue that nearly took his life.

She gave me some dietary fiber recommendations (also supported by my vet) and mused, "He says he wants wheat."

Although this isn't something I normally give my rabbits, I purchased some 100% Natural Wheat Cereal on my way home and placed a water-soaked bowl in front of my extraordinarily picky-eater. At first, Two-Food Pete did what he always does with new offerings: he ignored it. Later, I returned to clear away a surprisingly empty bowl!

When a beloved pet dies, mixed with the grief we find guilt over what we might not have observed, what we might have done to prolong her life or ease her pain. Such was the case with my beloved dog, Gracie, whom I had the privilege of knowing and loving for only the last third of her life.

Sandy correctly indicated that Gracie died of congestive heart failure, but most of her pain in the last year was from her tired, arthritic joints. "She was ready to go," Sandy said, adding that my tiny toy dog had "made herself bigger, in Spirit, but was concerned that I wasn't eating."

"Grace's early life was very difficult," she indicated. "She was abused by a man, causing fear and stress that later took a toll on her health.



Nothing you could've done would have changed that."

We know this to be true. When certain men approached, our ordinarily quiet and very friendly dog would stiffen and bark agitatedly. Although most of our creatures enjoy being petted with a bare foot, raising a foot around Gracie would cause her to

cover and cry. I pray that our family gave this precious little girl the safety and security she deserved.

Sandy, who first became aware of her psychic and healing gifts back in 1976, chooses to use her abilities to enhance the quality of life for both humans and animals and "bridge the gap between the physical world and the

spirit world." She offers these tips for adopting a rescued or shelter animal:

1. Provide a peaceful environment when you bring your new pet home. Understand that an animal shelter is a noisy, fearful, stressful environment, and now you are another strange person and a new household. Give your new friend a quiet place of his own in your home for the first few days, so (s)he has time to feel secure. Then slowly introduce children and other pets.

2. Put your new pet's needs ahead of your own. If you try to exert too much control at this point, the animal is likely to be more frightened and more standoffish. For a smooth transition, allow the animal to come to you on their terms, to communicate what (s)he needs from you.

In closing, Sandy gave a very contented Petie a healing treatment. "Don't worry so much, Mom," she relayed. "I'm going to be fine."

Now, if she can just get Petie and Pepper to stop fighting, Sandy, can you tell my two Dutch boys that Mom needs peace in the Lagomorph Lounge??

Sandra Smith works from her offices in Pasadena and Encino, and is available for healing work, readings and consultations on criminal and civil investigations throughout Southern California. For more information, or to book a session, you can reach her by phone at 800.579.4622, or check out her website: www.sandy-smith.info. You can also e-mail Sandy at: sandrasmithcis@sbcglobal.net.



Geena Davis, in association with the Hollywood Foreign Press Association, will announce the recipient for the 2006 Cecil B. DeMille Award, an award recognizing "outstanding contribution to the entertainment field," on Wednesday, November 16th at the Beverly Hilton Hotel. There will also be an announcement for the title of Miss Golden Globes, an award typically given to the daughter of a known performer. The 63rd Annual Golden Globe Awards will take place on January 16, 2006, airing on NBC.

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