

# ENERGETIC HARMONY

*A Healing Kit for  
You and Your Sensitive Dog*



*For the sensitive woman  
who feels it all...  
And the animal who feels  
it with her.*

# Welcome

Hi friend,

You're holding a little bundle of energetic care for both you and your sensitive animal. Whether you found your way here feeling a little overwhelmed, disconnected, or just wanting to support your dog more naturally, this guide will meet you right where you are.



*These five rituals are simple, body-based practices to calm your nervous system and gently shift your energy field.*

*As you regulate yourself, your animal feels that shift. **You become a tuning fork for calm.***

Take your time. Don't rush. Choose one or two practices to start with, or try them all and return to your favorites.

This is sacred work. Quiet, powerful, and deeply connecting.

With love,

**Cymry**

*Energy Therapist for Sensitives*



## Ritual 1: Grounding Together

*Come back into your body. Drop into presence with your dog.*

- Sit or stand barefoot on the earth if you can.
- Place one hand on your heart and one on your belly.
- Invite your dog to be nearby, touching you or beside you.
- Imagine roots growing down from both of your bodies into the earth.
- Feel the weight of your body.
- Inhale deeply... exhale slowly.
- Stay here for a few moments in stillness.

“Whisper to your dog: *“We are safe. We are here.”*”



## Ritual 2: Energy Brushing

*A calming reset for their field...  
and yours.*

- Use your hands like you're gently brushing energy off their body.
- Start at the head, moving down the spine toward the tail.
- Sweep down the legs and off the paws.
- Then sweep your own energy field, across your head, chest, arms, and legs.
- Imagine you're dusting off static, tension, and stress.
- Shake out your hands between sweeps.

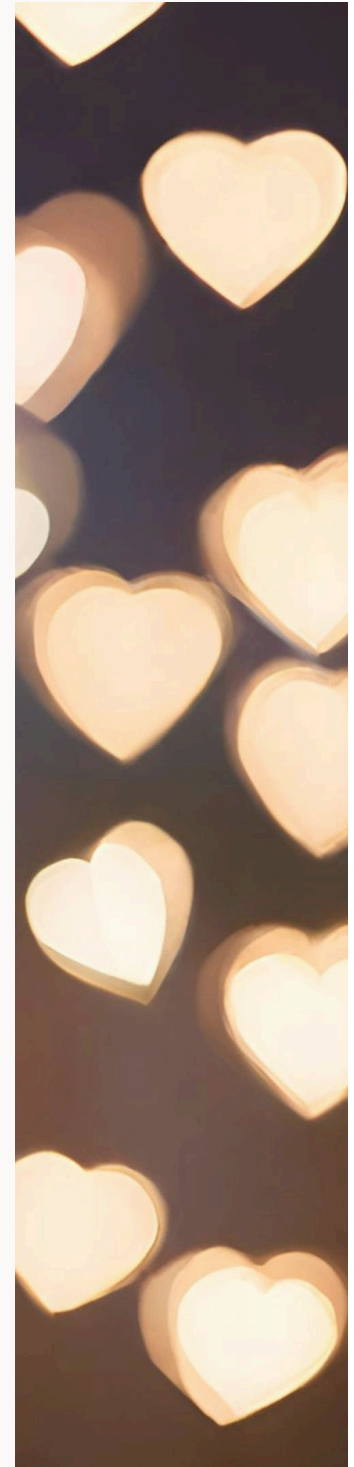
*Tip: If your dog does not like direct touch, sweep a few inches above their body and imagine the energy clearing.*

## Ritual 3: Heart-to-Heart Coherence

*Synchronize your heart rhythms.*

- Place your hand on your heart and rest your other hand on your dog.
- Breathe into your heart space.
- Imagine a gentle light or color glowing there.
- Match your breathing with your dog's. Slow and steady.
- Stay here until you feel warmth, stillness, or peace.

“ Say silently or aloud, “We’re connected. I’m here with you.”

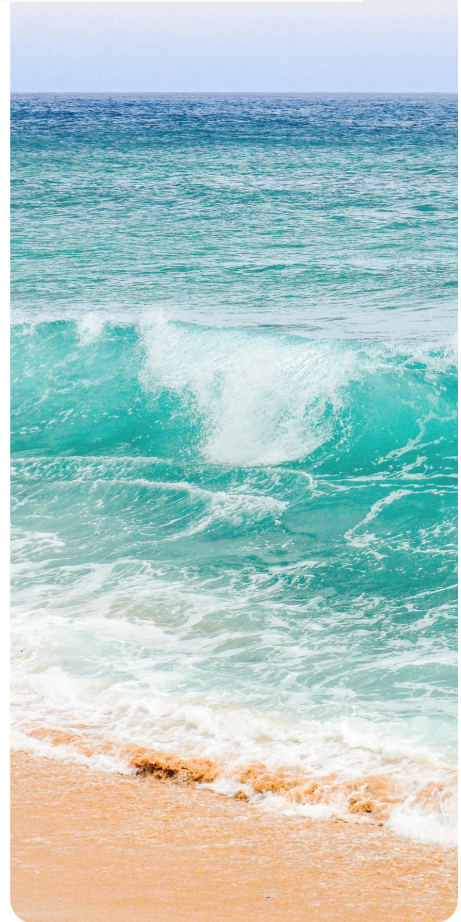


## Ritual 4: Ocean Wave Release

*Let the wave wash it all away.*

*Waves carry away heavy energy.  
This ritual is especially good after  
a busy or stressful day.*

- Take a quiet moment with your dog nearby, even if it's just a few minutes.
- Close your eyes, breathe deeply, and imagine a gentle ocean wave washing over both of you.
- Let the wave carry away stress, tension, or any heavy feelings, leaving calm and light behind.
- Even one wave is enough to feel lighter and more connected with your dog.



## Ritual 5: The Humming Ritual

*Rebalance your vagus nerve...  
and soothe your dog through sound.*



- Sit comfortably with your dog nearby.
- Take a few deep belly breaths.
- Hum gently for 3–5 breaths, choosing a note that feels natural.
- Pause between hums.
- Sit in silence for 3–5 minutes.
- Let your body settle before getting up.

*Option: Lightly rest a hand on your chest or throat as you hum.*

There is no wrong way to hum. It's not about sounding good... it's about vibrating gently and letting your system reset. Your dog may lie down or sigh when they feel you drop into calm.

## Gentle Next Steps

These rituals are just the beginning. If you're ready for deeper support, I'd be honored to walk alongside you.

This is gentle, energetic work that helps both you and your dog return to a calm, connected state.

 **Book Your First Session**

If you're feeling the shift and want deeper support, I'd be honored to guide you.

 Visit [CymryMongan.com](https://CymryMongan.com) or Email <[hello@cymrymongan.com](mailto:hello@cymrymongan.com)>



*Thank you!*

*Wishing calm for you both.*

*With love,*

*Cymry*

Helping Sensitive Dogs and  
Women Find Calm Together

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