

**Dr. Ruth:** Hey, I'm Dr. Ruth Roberts, America's best love Pet Health Coach and with me today is Anya Gore of Connected Souls. Anya and I've known each other now for several years. She's been a tremendous help for Ohio, for Pepe, when they've had difficulties and let's see if I can do this correctly on my brains but this is her website. She's been working in a lot of different realms, obviously, including sort of team training, if you will, or, more creating you as the guide for your pet, but Connected Souls is what her business is that helps pet parents understand what it is that pets need from us while they're still on the planet. More importantly, if they've gone on, to help us sort of reconcile with our loss.

So Anya, I'm so delighted to see you today because what you are able to do to help so many people with their pets is just amazing. When my mother died, and Ohio was my mom's dog, you really helped us help her understand what her new life was going to be about and sort of how to acclimate to that. So thank you so much for coming.

**Anya:** Well, thank you. You're most welcome and it's lovely to see you again.

**Dr. Ruth:** So if you would talk a little bit about what you're doing currently, how you're able to help folks?

**Anya:** Well, my work is always quite varied through animal communication. So whatever people need will be what I'll be doing to some extent but my focus recently has been very, very much on how we can be with our animals who aren't well, who are sick or languishing, or have problems with their health, and especially as they're reaching the end of their life because maybe this is serendipitous or whatever the word is or just how the universe works. But as you know, I recently went through the death of my beloved dog Zoe, and that was just over three months ago. While we were going through that time together, she and I were in constant conversation and communication. She helped me to clarify a lot of the stuff that I already knew and felt about how we can best accompany our animals when they're ill and when their lives are ending specifically.

She really helped me focus that better. We went through what was an anguished, but blessed time together. As it so happens since she passed over, since she transitioned, whatever word we want to use. First of all, not only has she been with me constantly and we continue our conversation and she's with me all the time. If I ask her to come, she's here and so she's guiding me a lot these days. We are in fact working on something together at the moment, but also what's happened is that I've actually had a great number of clients who are going through something similar. So it's just been my

focus recently because what I wanted to talk about with you today was kind of focused on that simply because it's something that I think we all will go through at some time, whether we like it or not. We have to, you as a vet will know this better than anyone, and when we have a pet, the likelihood is we will lose them at some point. Actually to me, that's a slightly less awful scenario than losing them, that was

One of my great fears during COVID when it started was that I would die before my cats really would happen. I do have an extreme sense of connection responsibility with my animals, but I was very worried.

So let's say that the likelihood is we will, at some point, have to go through our animals' death transition. We can call it what we want is my belief in my, my own experience is that it is a transition that we don't end, that the essence remains. , it's just this physical form that, that isn't isn't

, we slow, but we'll be able to sign up for that, you know, after, after the call. Right. So, , so it's, it's a kind of, , What I put together are common themes that I have come across again and again, and, , you know, some thoughts and, and, and ideas. So, , it's, it's only a starting point.

It's something that will give people, perhaps some ideas which might be slightly different from what they'd thought of up to now expected. Yes. And I hope essentially that it will be some kind of comfort to people and reassurance and. You know, these are general themes that have come up. And then of course there's always, and this is key.

, the, the specific desires of each specific animal. So that's where my work really comes in as an animal communicator, because I can, , help people to understand very specifically what their animal would like. We can't always give it, but we can try. And if we can't, we can always discuss it with them and come to a compromise it's.

So I think what I'm passionate about is that animals, you know, we, we animal communicators always talk about giving animals, a voice and so on. Well, animals have a voice, they have a voice, they have an opinion, they have a purpose. And, , I see my role, not so much as giving them a voice, but as. Helping them transmit that voice.

it's, it's not me. It's not mine to give you. See what I mean? It's their voice, right? You're you're just the, , the translator and that's often what I felt like I was doing for pets was translating their desires to their people. That's right. That a fair, yeah. That feels more, that feels more like a translator, an interpreter or whatever.

Yes. And being, trying to be as, , you know, as true, obviously to what they. Yeah, what they're wanting to express. , so does that give you a bit of an answer to your question? It does. It does. So what, and you mentioned, and, and this is wonderful that you've put this booklet together because I think it's a great starting point for so many people, but what do you find are some of the general themes that you've, you've been hearing from animals over the, over the years, what they want to tell their people?

Hmm. For me, the kind of baseline. And I think I put this on practically on the first page of the booklet is if they had to choose one thing, our animals would choose simply to be with us. So that underlies all the rest of what I wrote and well, what I believe, and that is. so hard for us often, isn't it, you know, this world we live in, ah, which is so full of business and responsibilities and, and things we have to do and tasks and distractions and, and, and all of that is they adapt our animals, but it is to a degree painful to them.

That's my experience. It was my experience with Zoe. certainly in our later years together, she would be constantly nagging me to get off the computer to get off my phone. and yes, she was right. But you know, our world is, is made that way these days. And in a sense, thank goodness, because I wouldn't be able to do my work without my computer.

So I'm not, yes, I'm not pooing it or anything, but I'm just saying that it's. sometimes out of balance. And I think when we have these, these moments, these months or weeks with an animal who's reaching the end of their life, or even, you know, is just unwell for a time. That is a cool to non action, not a call to action, a call to be a cool, to just stop.

and it doesn't have to be 24 hours a day because we couldn't do that, but it can just be for a few moments. And in those few moments have absolute presence. As far as we can manage it. It's not so easy for us. But as I suggest in the book, the booklet, it's not really a book, a booklet is perhaps you can decide that it isn't difficult after all and just do it.

You know, we've got this idea that it's difficult to be present, but actually I'm wondering if it really is. All it takes is a bit of breathing. You know, I love breathing a bit of just grounding, a bit of noticing the details. And so that's something I became extremely attuned to with, with Zoe was the.

Preciousness of each of each little detail of whatever she was doing or not doing or whatever with that kind of

piercing, heart rendering knowledge, that it might be the last time she's doing that. And yet using that reality. not to make life even heavier, but to make it more precious. So it's using that knowledge of grief to come or possibly grief that's already there because of the loss of certain capabilities in your animal or things you used to do together, it's using it in a positive way so that it helps you.

Really treasure, what is here and now, does that make sense? Absolutely. I spent some time with my aunt and uncle that are in their late eighties, and I think that's sort of what we get stuck on is the, what used to be that we don't have anymore instead of. Where we are at the moment and being in the present moment and yes, they can't walk and do the things they want to do, but you know, there, they are very much in love.

They married much later in life after my uncle lost my, his first wife, my aunt, , and go.

That that's the one thing they can get back to that they're so grateful to be with each other. , but I think that's, that's very telling and with our pets and what I've seen with clients is there's get so caught up in the fact that the pet has this horrible disease that is going to take them away, that they forget to enjoy the time that is still remaining.

And yes. Yeah, maybe they can't take that mile, walk with us anymore, but they can walk outside and we can sit at the end of the sidewalk and just enjoy what, what is there in front of us? Yes. Yes. But you're right. I mean, our world does not want us to be present in that way. It wants us to be stuck at the box all of the time.

Hmm. So that's. So it's their essence, their essence is still there. However little they're able to do physically and their essence remains when they pass over. For sure. Yes. Their essence becomes very powerful indeed. And I must just say that all of these things I chat about, , are obviously on top of, or as a background to all the necessary care that they need, the pH, the veter re and, you know, Complimentary.

So I'm not saying that we just sit there looking lovingly into our dog's eyes and do nothing to help them. No, I'm not saying that this is just as a, a background to what, what is kind of taken as red, which is all the care that we have as responsible guardians. So, yes. So I think absolutely. Yeah. And I, I think a question people are very concerned about understandably is when is it the right time to let their, , go and you know, myself, I went through that whole questioning.

, it's an it's agonizing that response, isn't it? That responsibility that, and I, my feeling is. , having gone through it recently, but having gone through it, of course, several times in

my life before is that we mustn't be in a state of judgment of how anybody chooses to do this. , generally my experiences that are animals, if they're asked their preference is to die naturally, they don't choose to be euthanized generally.

For a start. They need to have it explained to them what it actually means. I Al if it, if it's going to be that I always explain in detail what it would entail for them. So they're not surprised and all this, , their choice would be to die naturally because death is a natural process. , so. It's not always possible.

sometimes. Yeah. You know, well, sometimes an animal might die. Suddenly. Of course, we, we are talking here about a disease that we are seeing happening. That's progressing and we're not talking about an accident or some drama that was unexpected. , but , but I think. it's a, it's a choice. And I do feel it's important not to judge ourselves or anyone else for which way they choose to go.

So if I can, if I can talk about Zoe for a minute, I don't want to, and you talk about, yeah, please do example that I was as close to me. I, she had a preference to go on her and she had a very, very clear preference that she wanted to be at home. Well, I agreed with that. It was actually. Took quite a bit of organizing for that to be possible because we don't have here where I live, where we live, the service that for Ave to come to the.

So I managed to find someone who worked. So we, we managed that in the end, because at the end she did need a helping hand at the very, very end. She may have, she may have faded away without it. I'm not sure, but the time was right. She told me, and I really felt it. But even up to the moment it was due to happen.

I had dance. I didn't know if it was really right. Should I be letting her just fade? It. And, and we don't know if we got it right. And as far as our animals are concerned, there is no right or wrong. All they care about is that they know we are doing whatever we are doing from love and from the greatest awareness that we have access to.

And they are mostly at that stage already. I know this was, so this was her case in and out of their bodies a lot and actually out of their bodies, more than they're in them, they're practicing the. Process of, of moving on. And it's almost a little detail what matters to them much more than whether it's with a final injection or whether it's just fading away in their sleep or whatever.

, what matters to them is our presence. Our love. And being there if we possibly can. And I know it's not always possible. And the last thing I would want in bringing this

whole thing up or in writing my, my booklet would be that anyone should feel bad. I feel that if you can take away one or two ideas from that, that will already be absolutely amazing.

And, you know, I doubt I've been perfect in how I've handled it, but I've done the best I can. And I'm sure we all, we all try that we, we all do the best we can and that's at the end of the day, that's all you can do. I mean, yeah, just do you make your, you make your choices. Based on what you're seeing, what you think will be the best to serve your pet.

And also what you can handle in terms, sorry, Ruth to interrupt was what you can handle. If you are accompanying an animal who's really sick and ill and it takes, you know, 24 7 care. The last weeks of her life, I was next to her and you know, didn't move from there really at all. So it depends. Your life permits you to do it really allows you to do yes.

So I should. And that was always such an interesting, and I hate to say it that way. It sounds very clinically clinical, but it was always such an interesting thing to me to see how people wrestled with that choice and how they decided. And, you know, and thankfully, I mean, there in the us anyway, there are more hospice, , practicing veterinarians available and what we really need is palliative care.

And that's what I found I was doing in my last years in my brick and mortar practice was how can we provide as much comfort as possible for this animal, for this dog, for our beloved cat without. or removing them from consciousness. Totally. , but keeping them comfortable at the same time. Mm-hmm until either they can, and it felt like they had to have a certain amount of energy to be able to actually transition, , for lack of a better word on their own.

or to get to the point where they're like, yeah, I need a, I need a little help. And it got, it became abundantly clear that you know, what they were okay with and what they were not okay with. Yes. And I think it's true, isn't it? That when, if an animal has had a lot of medication, it was Zoe his case that actually sometimes it's very hard for them to die on their own.

Yes. The medication makes sort of complicates it. It does. It does. And I think, you know, when, when my mother was ill and in her last several days of dying and it, the way we do hospice in the us is, , with a lot of em morphine, which isn't necessarily a bad thing, but with a lot of anxiety anti-anxiety medications as well.

And so I think that is part of what can make it difficult for people. Move forward because they are, it almost felt like they, my mom got sort of stuck outside of her body at times. And so she, she had, and I feel that happens with pets. We tend to be a little heavy handed with, , sedatives like Trazodone and things of this nature.

Mm-hmm , so it's, it's a very. Very strange. , sometimes it's, it's a, it's, it's such a, almost an artificial situation of power over in another's life. , isn't it, I mean, it's obviously power with, with love and consciousness, but it it's it's it's. It's one of these, I think essential moments in life. It's one of the things where things get immediately put into perspective of what really matters and that will be different for all of us.

, yeah, I'd have to agree. Yeah. And I think, I think that animals, the ones I've talked to all have, , when that question is asked, you know, when is it the right time? And they really clearly will let, will let the person know if they've still got something, they need to do things aren't quite finished for them.

And if they want, you know, and often they, they have a job they're still wanting to do in their life. Yes. To do with their purpose, to do with why they're here and to help their person as well. And I, I had. Dog Arnold many years ago. And that was, that was his thing. He was not ready to go until I was okay.

And they are, he was such a Valiant or Valiant dog, , and such a sweet, sweet pop, but that was his thing. He was not going until, until I was prepared to lose him. Yeah. And that is so courageous and so selfless. , but I think many of our pets do that with us. Yes it's but it is really hard. And I think that people don't give their pet pets credit to know that.

Yeah, I'm good. , I'm ready to, to roll or no, I'm really not ready. , and because so much of our medical care, even the birth of our children has been scheduled. To the convenience of the doctor, that that's part of what the, the loss of translation is for, for euthanasias. And, , and for end of life care, it's sort of on our schedule and not, not that individuals.

That's right. That's right. It's, , I mean, it's a vast, it's a vast subject and I think it's, I think it is useful to address it before. the moment comes, you know, just, just knowing that the moment will probably come one day without being morbid, without being morbid, but just to, to see what options might exist and, and to think about some of, you know, perhaps some of the ideas I, I put forward there, because to be honest, I believe they're they're good ideas.

For living anyway, it's not just while our pets are sick and while they're dying, I think there's value in, in some of these ideas just as a way to live. Yeah. I mean, if, if I think the world would be a much happier place, if we, all of us spent at least three minutes of each day just being present. And in fact, it's, it's very funny because that's the new.

Darling of the biohackers is 30 minutes of white space every day, because it has to be programmed in. Right. , but, but that's the truth. And, and what that means literally is just go sit outside, , go play with your children, go play with your pets and feel free to take your mind off of everything. And, and I think that is just so critical.

So critical. P and so distracted. I know complete madness. And, and I think connecting with nature is absolutely key for me, certainly, but I think we can, we all need it. Even if we live in the middle of a city, we can find something, we can find a tree, we can find a patch of grass, something we can look at the sky.

Hopefully we might see a bird, you know, any small. Connection to nature is, is vital for just rebalancing us and re-energizing us and getting things back into perspective again. Absolutely. I mean, and that's why the, all of these things like forest bathing and, , grounding and things of this nature are becoming so such a big deal because people are realizing that with disconnection, from the planet that we've sort.

We really lost our way and I apologize. I'm a failed to charge my computer ly before we got on. So I've gotta go back to a power source, but this, but, but this is absolutely critical. I think for such, all of us is to reconnect with nature, make sure that we are in touch with the. Because we're all magnetic beings, if you will.

, and without that connection, I think we really get sidetracked and totally we, I mean, difficulties. Yeah. Yeah. You know, and nature is not something outside of us. That's what we also forget. We are part of nature. It's in our spirit in it. We are one, we are one, we are all hope. We are all one han family.

We are all one with the. Hmm, we are all one with the, all of the creatures and the plants and everything. And that sounds, that may sound wacky and crazy, but I know it does not to you, but I, I firmly believe that , that's what we've. Yeah, that was the gift of, for me, of, of actually getting mold and being able to travel was to reconnect to nature and be outside.

So it's just so critical. Yeah. Absolut, pep, you know, pep. Absolutely demands. It he's like it's, you know, really I'm stuck in this place for another missing it at the moment. yeah,



hopefully soon. Will he be able to go out? Yeah. Well, and actually we'll so that's kind of what I do. He's so he gets so unhappy about it, that we there's a really lovely lawn out, , in this, in where we're staying.

And so that's what I'll do is take him outside and get to sort of a protected area where he can. Hidden, , and be his cat self and be sheltered, but he'll get some outside time and he'll be able to be on the ground and look at birds and things of this nature. So that will help him tremendously. And then HYA will come to and she'll be sort of woo.

Okay. Yeah. Well, Kelly, so Onya , this is, I'm gonna put the link or the, , page back up, but this booklet is. You know, as you said, the goal here is to give people a set of general understandings about what you've heard from other animals and including Zoe mm-hmm , , so that people can begin to sort of think their way through this because that's sort of that's the other difficulty is that in our society, we have so much.

Fear about death, , that we kind, we don't know what to do with that. So I think this will be wonderful for so many pet parents that know that their pet is quite elderly or their pet is sick to have a baseline of where to start. Does that make sense? Yeah. Yes, completely. I think it, I think, well, I hope it, people will find it helpful.

I know that for my clients individually, certainly finding out what their own animal needs and having the conversation has been a great help. And yeah, it, we, we, we are afraid of death. It, it is taboo in our society. Of course it is. And, you know, as I always say, it's my physical me, that misses Zoe's physical me.

You know, I still really miss that physicality. , you know, cuddling her and hearing her how at the world born, all the things, all the things. And yet, and yet she's so very much with me in spirit. Her being is with me in a, obviously in a vast way, in a more expansive way, but she is here. , but we are still, we are still physical beings.

We still. Other physical beings or that, or the physical part of them, that's han. That's normal. , yes. And we just, we just have to accept it and, and, and allow also the pain when it comes. That's one thing she taught me very clearly when I was desperately grieving, , straight after she passed. And it was just not to resist it, just to go with it.

Just to move through that pain to move through it. It's it is an opening of the heart, which is important, I believe. And, , it's just not to, not to block it, not to fear it. Remember it's an expression or, or a, not a expression. So much a reflection of how much we've loved is how greatly we feel the loss.

And yet beyond that, beyond that, that anguish there is, , something huge and even more amazing. Yes. That makes sense. That's and that's sort of one of the other difficulties of our society. We're taught to ignore the emotions, you know, Painful ones because we've somehow convinced ourselves that they're bad, but they are indeed a pathway to a different understanding.

Totally. And, and also, oh, and sorry. Yes. Also, please go. One thing that, , is very, very clear with our animals. I found this again and again is how they know what's going on with us anyway. And so we want to be genuine. and if we are sad, I think we should just be sad with them. I, I cried into Zoe's side many a time and just let her know.

She, I didn't even need to let her know, but I expressed it honestly, instead of pretending, because we can't pretend with them. , you know, , Certainly a lot of, often in my work, the animals will come up with something for their person, which is extremely astute that I, I didn't know. , and so, you know, they, they, they know, they know what's going on.

They know us better than anyone. Probably they see us with all our war and difficulties and everything and, and they love us. Through all of that. And so I think it's important to be genuine to say, look, I'm really, really anxious about this. I don't. I dunno, which is the best way to go. I don't know whether we should do this or that.

And I'm so sad at losing you and I can't be the thought of it just open and, and that's also part of their role often that they choose is to, is to comfort. so that is, they're amazing. They are amazing with that. Mm-hmm in their, and that's the difficulty, isn't it in their own. Physical process of dying, , of leaving the shell of leaving the body, that they are still able to bring us comfort if we're extraordinary paying enough attention to receive it.

Yeah. Yeah. If exactly, if we've stopped long enough to notice. Really. Wow. Yeah, that's just, was it, so calling, , I'm not sure which channel folks are on. If you're on YouTube, unfortunately on Facebook, it doesn't, , bring the comments through, but if you've got questions for Ona, please post them up. , please do go to the link and, and get her booklet.

Ona has a,

a knack for sort of getting. to, to what the pet is trying to express express to us and interpreting the images sounds, things of that nature that they send to in a way that we can understand what they're asking. And, and so I cannot recommend strongly enough

if you're in a position where you are struggling with an elderly pet, , or a pet, that's got some sort of.

you know, chronic disease process. That's beginning to look like it may be the end, or even if it's not, sometimes they can tell us what they're okay with. And what they're not okay with. And also many times what they actually need. Mm-hmm , instead of us putting our brains in there and thinking, well, we'll just do this program.

And sometimes it's not what they need. , but they need, they, they can often often tell us what plants, what foods will be the medicine, , rather than, rather than what we think it should be. So having said all that. any, any last parting words of wisdom on you that, that you can offer? I mean, you've given so much already,

I think, , through all of these challenges, remember to be kind to yourselves and don't expect some idea of perfection. Just keep your hearts open and listen to your animals. In whatever way you can and know that it's not the end, even when they do leave their bodies. Amen. Thank you so much for joining today.

And I look forward to, , to seeing where you go in the future. But, , if, again, if you're not familiar with Anya's work, do you go check out the, , the link I put in which. , we will let you sign up for her, , her booklet about the information she has received from animals over the years. And then you can learn a bit more about how she works as well.

So