

*What I've learned from the overall process of ABT training.*

*My growth through out the process.*

*What does Animal Bowen Therapy mean to you.*

*What are your plans for using ABT.*

*Your overall experience with your Instructor.*

I find it difficult to put my answer(s) into words as there are so many interconnecting/interweaving thoughts and connections.... so, I am going to give one answer that I hope touches on all of the above.

I am at a point in this life, where I am learning to trust divine guidance. My work is to, through various practices, be the truest, clearest, most authentic version of me; to "listen" with all of my senses for guidance on my path; and to courageously move forward step-by-step on my path... not necessarily needing to know the destination.

I believe I was guided to this course and the experiences/people/animals associated with it. Even though I had very minor success in my case studies in terms of observable improvements in the dogs' health, I still feel that what I have learned here – and what I continue to learn – is important to the bigger picture. But at this point, I do not know how or why.

I do still feel drawn to working with seniors to help with reducing their discomfort in their earth bodies as they draw near the end of their lives. I still have a sense that I may at some point work with dogs and their people to offer support as the dogs transition from this life. So, I am trusting that Bowen (or something I have learned... someone I have met...) may be a part of this.

I have observed that through this course my observation/assessment/connection skills with the dog have improved – not just through a different way of touching the animal (at the level of the fascia) but also through the different methods you have taught us. And through the case studies and the practical application of these methods... which I feel helped me connect with each dog. I sense that the dogs know we are trying to help them and want to communicate. Although, I continue to feel that we don't need to ask them to divulge their past histories if they don't wish to. But to give them the space and permission to release what they are ready to.

I do still have a frustration that my hands aren't more sensitive in an assessing way (discerning heat, tension, etc.) but again am trusting this will come in time. Or perhaps I have strength in other senses that will help guide my work.

I asked for guidance this morning in answering your questions. A video appeared in my Facebook newsfeed of a young male vet who earlier in his life was torn between his love and gift for music and a lifelong desire to be a vet – feeling he had to choose one or the other. He has now learned how to combine both of his gifts in a family vet practice (along with his Dad and brother). He plays his guitar and sings to the animals to help soothe and heal. I am feeling that sound/vibration healing may be incorporated into my practice through the speaking of light language.

I also was led to a book called *Sundial* by Barbara Bryden. "*Sundial* is an interdisciplinary work about cognition and health that encompasses the disciplines of psychology, medicine/complimentary healthcare, and spirituality... Sundial is set up like the history of contemporary Western medicine and psychology, moving from a sequentially ordered, science-based, analytical dissection of the ills of the body to a more holistic, integrative approach to the whole of the person (mind, body, heart, and soul). Sundial makes the case that cognition and behavior associated with psychological type may be related to certain kinds of disease, but may also provide clues to disease prevention and health management."

I appreciate the balance in the way you taught this course between a very scientific approach and a more holistic approach that acknowledges the interconnection of everything and that this is but a part of something much larger.

Thank you!