



Bulletin photo by Tiffany Bertsch

Kris Miller begins a general wellness assessment on a dog last week to demonstrate some of the Healing Touch for Animals techniques. By placing her hand on the back of the animal's neck and over its heart, Miller said a bridge between those two energy centers is created and they become balanced.

Healing the world one animal at a time

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BY TIFFANY BERTSCH

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Kris Miller kneels on the floor and runs her hands through the fur of the white dog in front of her. Speaking in a quiet, calming voice she smiles and says, "You're a good dog," then places one hand on the back of his neck and the other over his heart. She closes her eyes and waits silently. The only sound heard in the room is the light panting of the dog and the clink of his collar as he lays his head down to rest.

Miller, of Buffalo, is a level-two Healing Touch for Animals practitioner after taking courses on the procedures in Sheridan. As a practitioner, she says, she uses hands-on, holistic techniques to help animals with a variety of issues including injury, illness, grief, trauma, stress, assessing general wellness and preparing for competitions. She said the techniques involve focusing on the energy centers of the body and working with them to help the body heal itself.

Miller originally became interested in the organization, Healing Touch for Animals, after seeing an advertisement in the newspaper.

"It just seemed like something I needed to do," she said. "Once I saw some of the cool things that happened, I had to keep going with it."

Miller took her first Healing Touch for Animals course last June. Then she completed a second course, which she said earned her the level-two practitioner status. She has used the techniques on dogs, cats and horses and said it is beneficial for all animals.

"I haven't done it, but it can even be done on reptiles," she said.

According to Miller, Healing Touch for Animals includes techniques for bad joints, focusing issues, trauma release, behavior modification, back problems and more. Miller also conducts animal wellness assessments.

Miller said a typical overall wellness check begins with an assessment of the seven energy

centers in the animal's body with a pendulum.

"You assess whether they are open or closed," she said.

The second step, Miller said, is a whole body technique called bridging. During this part of the assessment, Miller places one hand on the back of the animal's neck and the other over the animal's heart.

"This allows the unconditional love of his heart and allows his true expression – his voice," Miller said during a wellness check last week.

She said by placing hands on the neck and heart, a bridge is created between those two energy centers.

"When those two balance, it affects the rest," Miller said.

Miller said the third step, also a whole body technique, is known as magnetic clearing. She said this part of the assessment is not about whether energy is good or bad, but rather what energy is needed and not needed.

"I was taking what he didn't need and leaving what he did," Miller said during the assessment

last week.

Finally, Miller ends this particular assessment with a closing.

"It allows the unconditional love of his heart," Miller said. "They give out so much love, it allows them to feel some back."

According to Miller, the goal of the Healing Touch for Animals techniques is to open and balance the energy centers in the body.

"When these are balanced, the glands related to them are balanced and it increases your immune system," she said. "When everything is balanced you feel better overall. It's a sense of well-being."

Miller said each assessment and treatment she performs is specific to the individual animal and its needs. Treatment done on one animal may not be the same treatment needed for another.

For Miller, the Healing Touch work is *not about her, but the benefit that the animals she works on receive.*

"When this work is done, the world is a better place," she said.