

NEWS LOCAL

Woman helps pets using energy healing



By Michael Lea, Kingston Whig-Standard
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Emily DeVargas, who describes herself as an

Winnie wasn't being a very co-operative customer.

The four-month old puppy was supposed to give Emily DeVargas the chance to display her "energy healing" abilities on a dog but, puppies being puppies, Winnie was more interested in giving DeVargas a slurpy, wet kiss than holding still.

DeVargas, from Mississauga, operates Animal Healing Touch, whereby she uses her own energy to help dogs with whatever ails them.

"Everything is energy and energy is everywhere," she explained.

She was set up this week at the Kingston Sheep Dog Trials at Grass Creek Park.

"I started on humans, actually," she said.

But when she met her husband three years ago, he posed an interesting question.

"He had no idea what energy healing was and he says to me: how come you are not doing it on animals?" DeVargas said.

"I never thought of it. That's a good question," she remembered thinking at the time.

"So I thought I would try it. And I must admit I love it more than working with humans. They are such compassionate souls."

She now joins her husband, Mark Gross, as he puts on his Dog Lovers Days event at dog shows and festivals such as the sheep dog trials. They also have a lure course and a play zone for any canines that want to try them out and be part of the action.

DeVargas has a table set up nearby.

"I specialize in healing touch," she explained.

It's not massage therapy; there is no pressure or manipulation.

"It's just a very subtle placement of the hands on different points on the body and just channeling the energy. It can help with healing from any trauma or surgery."

As well as healing, she said her methods can help dogs deal with anything they fear.

"I work on the physical, mental, emotional and spiritual bodies."

Dogs aren't like humans, who tend to bury their emotions and don't want to deal with their concerns and fears, she said.

"The dog and the cat has it really on the surface, just waiting for someone to come along and do some energy healing to move it on out."

At the festivals and special events she attends, she offers in-person healing but at home she does "distant healing," helping the dog remotely, she said.

That means the dog can be in comfort of their own home with no worries about a stranger getting into their space.

"And I read the pet's energy from a distance and I send the healing that way."

Not all of her four-legged clients are receptive to her in-person methods.

"I do ask for their permission. Some don't want to and I respect that. But most of them -- I would say 95 per cent -- they are pretty cool about it."

She will usually have them walk around for a while until they get comfortable with her. She recalled a big Bernese Mountain Dog at a recent show that was, at first, a little reluctant.

"After a couple of minutes of putting my hands on him, he actually sat on my lap."

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