

DR. ED, THE HEALING VET

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FIND & HEAL YOUR PET'S SILENT PAIN

Learn how to hear
your pet's silent cries
for help. Never again
miss hidden pain,
anxiety, and trauma.



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*This book is dedicated to two
wonderful dogs who touched my
life so deeply with love and joy:*

Tikka and Pearl

TABLE OF CONTENTS

Introduction	6
Part 1	
14	
Chapter 1: Reality Check	15
Chapter 2: Who This Book (and Message) Is For (Your Pets!)	29
Chapter 3: The 4 Problems! (And How To Solve Them By Saving Your Pets From Silent Pain With Your Own Two Hands)	40
Chapter 4: Time Is Of The Essence!	68
Chapter 5: Challenges You Must Overcome To Take Your Pet's Well-Being Into Your Own Hands	82
Part 2	88
Chapter 6: Introducing Your Pets To Therapeutic Touch...	89
Chapter 7.1 The Foundation of the method: your WEBB Somatic Embodiment + Energy Connection Practice	
104	
Chapter 7.2: How You Find And Heal Your Pet's Silent Pain, Anxiety, And Trauma With Loving Therapeutic Touch	111
Chapter 8: Getting To Know Your Inner Pet (Deep Self-Care)	135
Part 3	140
Chapter 9: Making It Easy To Make Time!	141
Chapter 10: WEBB Colourwork (an Energywork skill, and a strong AMPLIFIER of the Method)	146
Conclusion	150
Resources	155
About the author	162

“Until one has loved an animal a part of one’s soul remains un-awakened.” — ANATOLE FRANCE

“Folk will know how large your soul is, by the way you treat a dog.” — CHARLES F. DORAN

“In ancient times cats were worshipped as gods; they have not forgotten this.” — TERRY PRATCHETT

INTRODUCTION

How To Read This Book And Help Your Beloved Pets

“Start right now with whatever you have. Six months from now it will be an absolute game changing move of your life.” — HIRAL NAGDA

I’m writing this book for the hundreds of millions of beloved pets who are suffering from Silent Pain today.

And!

I’m writing this book for the hundreds of millions of devoted pet parents who don’t yet know their beloved pets are living with Silent Pain. This could be you and your pet!

Silent pain is pain that your pets can’t tell you is making their life miserable - physical (soft tissue) pain, emotional pain, and

mental pain. This book will teach you about all of these kinds of pain, so you can make sure your pets are not suffering in silence!

Believe it or not, on average, every other pet you see (including your pets) is living with significant Silent Pain.

That's up to 53% of the pets I see as a vet! (Every second pet I get my hands on has significant soft tissue pain that their humans are unaware of.)

Pain that your pets simply can't tell you is there.

Pain that your pets will often show no signs of that you can see.

This book exists for three reasons:

Reason #1: So that you'll eventually hire me and my team to train you how to quickly, easily, and accurately feel into and work hands-on with your pet's body to discover and heal their Silent Pain, Anxiety + Trauma,

Reason #2: To help you get started understanding, finding, and healing your own pet's Silent Pain, so you'll see the difference in your pets before you get to the end of this book - so then you'll want to get started with Reason #1 as quickly as possible,

Reason #3: To inspire you to join our global movement of people who love and care for all animals, people who will spare no effort until every beloved pet on this earth is free from Silent Pain!

There will be no fluff. I'm going to be as blunt as the back of a meat axe, in the kindest possible way. Your pets need me to

tell you what you need to know so you can help them.

I'll be transparent, totally honest, and hold nothing back. I want you to know, feel, and experience how much you can help your pets as you learn what I have to share with you in this book. I'm going to do that by sharing life-changing skills and information, so you will see results with your pets before you even get to the end of this book.

Basically, **I am here to help you help your pets!**

To do that, I've structured this book as follows.

First, I'll help you get a clear understanding of the very real problem of Silent Pain in pets, and I'll get you started hands-on so you can begin to feel into and discover any hidden Silent Pain in your pet's body.

I want you to get an honest picture of where your pets are today and an idea of what may happen to them in the future when it comes to Silent Pain. That way, I can give you specific guidance and advice throughout this book, based on your pet's needs right now and looking to the future.

You'll be completing several self and pet assessments as you read that will help you understand where your pets are at when it comes to their Silent Pain status, so you can then know how best to help your pets.

Everything you learn and do in this book is based on my 28 years in practice as an Integrative Veterinarian, my direct experience in working hands-on with tens of thousands of pets, and my experience in teaching over 3,500 people just like you (often starting out with no experience at all) how to help their pets with my method. We now have 40+ Certified Practitioners and

7 Certified Teachers around the world.

Then we'll take a deep dive into how Silent Pain, Anxiety, and Trauma affect your pets - body, mind, and soul - while teaching you exactly what you need to know to prevent, find, and heal these issues for your pets with your own two hands - whenever or however they may arise.

Now, it won't all be fairies and pixie dust. It's important to always take a good deep look at yourself, as you are your pet's best and worst influence (much of your worst influence on our pets is subconscious, unknowing - so you can forgive yourself in advance for that!).

We will look at what knowledge, skills, and practices you can learn and easily put into practice to improve your pet's well-being immensely when it comes to Silent Pain, Anxiety, and Trauma.

Most importantly, I'll share with you easy-to-learn and implement skills, steps, and strategies included in the **Whole Energy Body Balance™ (WEBB) Method** - the profoundly healing Neuro-Fascial Bodywork + Energywork modality for pets. I've created this method from what I've learned by working hands-on with tens of thousands of pets.

Not only is this one of the most comprehensive pet healing training programs available on the planet, but I've carefully crafted it all to be easy to learn, and quick to implement with your pets. You will see changes in your pet as you read and learn your way through this book.

I'm sharing with you the exact methods I personally use to find and heal Silent Pain, Anxiety, and trauma in my own pets (and

the pets I care for as a vet). I teach these same skills to people all over the world. You are now my student because you're reading this book; and as you read, learn, and put into practice the skills of my method, you'll be deepening your communication with and your sensitivity to your pets. The WEBB work makes your relationship with your pets even more beautiful, no matter how good it already is.

We will spend a lot of time focusing on how you can find your own beautiful, unique way to work hands-on with your beloved pets. I'll show you how to hit the ground running, easily and joyfully!

By the time you finish this book (or maybe even before you get to the end) you will:

- ➔ Significantly increase your sensitivity to and your understanding of your pet's non-verbal communication (You'll be 'talking dog' and talking cat' on a whole new level)
- ➔ Be confidently feeling into your pet's body and discovering your pet's Silent Pain
- ➔ Be using loving therapeutic touch (WEBB Neuro-Fascial Bodywork) to melt superficial layers of Silent Pain out of your pet's body
- ➔ Seeing noticeable improvements in your pet's well-being - increased happiness and playfulness, better movement, more connection with you
- ➔ All while increasing your presence, grounding, calmness, and resilience to triggers - so you can significantly level up your ability to hold and lead the energy of your furry family!

There's a lot of information in this book. But I'm going to make it easy and simple to digest - and for you to put into practice! I'll be with you every step, on every page, helping you eat this elephant one comfortable mouthful at a time.

In essence, this whole book can be summed up in the following three points:

Point #1: Every second pet you see is suffering significant Silent Pain. 400+ million pets worldwide!

And guess what? There's every chance your furry family members are one of them.

YOU DON'T WANT YOUR BELOVED PETS TO SUFFER WITH UNDIAGNOSED SILENT PAIN!

You need to read this book from beginning to end (maybe several times!) to gain the skills and knowledge you need to be sure that your pets never suffer in silence.

Point #2: What you'll learn in this book will strengthen and deepen your relationship, communication with, and understanding of your pets significantly. I promise you, this is true no matter how good your relationship with your pets already is!

Point #3: The best way to give your pets the best life possible is to learn how to find and melt away their Silent Pain, Trauma, and Anxiety with loving, therapeutic Neuro-Fascial Bodywork. What's more, your pets will be seeking you out, asking for you to bless them with this gentle, healing touch. My pets LOVE it, and yours will too!

The method you're about to discover has radically transformed my life (and my pets' lives) for the better with obvious benefits right across the spectrum - my own pets enjoy increased well-being, higher energy levels, more happiness, and greater comfort.

I have seen a significant reduction in reactivity, over-excitement, and anxiety (thunder phobia) in my own dogs. I kept my old whippet young and vital well beyond what was expected as she thrived through her twilight years.

I have experienced increased well-being, presence, confidence, and joy for myself as a result of doing this work with my beloved animal companions. As will you!

Read this book, act on what you learn, and...

I'll be flat-out shocked if you don't very quickly and easily make the connection for yourself - feeling positive changes in your body and consciousness, all while facilitating beautiful ongoing transformations for the better in your pets (body, mind, and spirit).

Above all, it is my deepest wish and hope that you learn way more than only how to find and heal Silent Pain, Anxiety, and Trauma for your pets.

Wait!

Can you believe I said 'only' in that last sentence?

Because this is beyond huge for your pets. You'll learn about exactly how much of a difference this work can make for your own beloved pets as you read this book (hint - it's a LOT). This book is all about empowering you to make a beautiful differ-

ence in your pet's life!

From my heart to yours - may you enjoy every word, and may your pets transform before your very eyes as you read and learn and put into practice the deep wisdom that fills these pages.

And please, give your beautiful pets a pat for me!



Dr. Edward, The Healing Vet

PART 1

**How To
Discover
What's REALLY
Happening
With Your Pets
When It Comes
To Silent Pain!**

CHAPTER 1

Reality Check

“Better to end this dream before it becomes a nightmare.” — RACHEL COHN

I want to paint you a picture of what using the Whole Energy Body Balance™ method is like for your pets, and for you. But before I can, there’s something I need to be blunt with you about, for your pet’s sake. (Then we’ll paint the picture of what is possible!)

Most pet guardians like to think that they can tell when their pets are in pain.

This mistaken belief is the dream that is causing untold suffering in hundreds of millions of pets who have significant Silent Pain active in their body, mind, or emotions.

For the sake of your beloved pets (and perhaps many others who you can help in the future), I’m going to help you wake up from this dream.

Because in this case, your dream (that you can easily tell when your pets are suffering from chronic pain) is your pet's living nightmare.

Can you imagine living with chronic Silent Pain, and being unable to tell anyone that it's there?

How would it feel to be in grinding, everyday pain but not to be able to ask for help?

The honest truth is that this may be your pet's experience, right now. 50% of pets live with undiagnosed Silent Pain.

Cold Hard Fact Alert #1: Many pets will show no signs or symptoms of significant Silent Pain (primarily soft tissue, neck, and back pain) that you can see - even if you are the most devoted and loving pet parent. Your pets often cannot tell you they are hurting when they have chronic soft tissue pain (you'll learn more about why later in this book).

The good news is that by the time you get to the end of this book, (and watch your free introductory hands-on workshop with me), you'll have made a good start toward never missing your pet's Silent Pain. I'll be showing you how to find your pet's Silent pain (and how to melt it out of your pet's body with loving therapeutic touch) as you read this book.

The purpose of this chapter is for you to understand fully the outcomes your pets (and you) will enjoy when you make this hands-on method a fun, enjoyable everyday practice.

In a nutshell, here's what you can expect:

- You'll quickly see happier, more active, more playful, more vital, grounded, peaceful, more connected, better behaved, more athletic pets...
- And you'll enjoy a deeper understanding of, clearer communication with, and an incredible expansion of your relationship with your pets...
- And you'll gain the peace of mind (and empowerment) of knowing that you'll never miss Silent Pain in your pets ever again
- And you'll be able to ease your pet's anxiety into lasting relaxed peace (and heal their trauma too)...
- And for you: increased presence (the sexiest thing on the planet), peace, sensitivity, groundedness, calm, joy in your body, mind, relationships, life...
- And (if you are inspired to get yourself certified as a professional WEBB practitioner), the opportunity to build a business you love helping pets while making an awesome difference in the world!

However - you might be wondering how I discovered just how easy it is to miss Silent Pain in pets. I learned the hard way! Let me explain, by showing you a glimpse of my journey with my own lovely dog.

A few years ago, I missed agonising neck pain in my own fluffy little guy, Mitzi for three weeks.

He's half Shitzu, half Silky Terrier, and about 150% attitude. There's not a day that goes by when he doesn't make me smile. I love him so much!

Picture this:

I'm sitting on the couch, just home, tired yet buzzing from a long day of sharing my method with 10 pet parents (and their 16 dogs). Then I remembered! Mitzi had been a little more reactive than usual to other dogs coming near to him. Just a bit, but this was out of character.

I called out 'Hey Mitzi! - Come here!'

His little head popped up, and he came running over to the couch and hopped up as if nothing was wrong with him. I popped him on my knee and gently started feeling into the top of his neck with my hands.

As soon as I connected with gentle pressure, his little body instantly went stiff, his eyes shot wide open, and he whimpered. Now I knew, all of a sudden, that Mitzi was in big trouble with an agonisingly painful neck.

I was sitting there, deeply confused. My mind was screaming 'What the heck?'

I turned to my wife, who was in the kitchen, and said 'Hey - This is really strange - Mitzi has a terribly sore neck!' Her face fell as she turned to me and said 'Oh dear...' There was an uncomfortable pause for a moment, then she took a deep breath...

'Mitzi fell on the steps about three weeks ago, but he got up, shook himself off, and seemed to be totally fine, so... I didn't

think to tell you!’

My heart crumpled. Realization hit me like a lightning bolt. I had missed awful neck pain in my own dog for 3 weeks! Of course, I started working hands-on with my Method to heal Mitzi’s Silent Pain straight away, and within a few days he was 80% better.

Missing Mitzi’s awful neck pain was a huge wake-up call for me. Before this happened (maybe like you did before you started reading this book), I thought I could always know when my pets had pain, simply by watching them. *I thought my pets would always ‘tell me’ when they were hurting.*

Turns out even an experienced vet (20+ years in practice at that time) can miss severe pet Silent Pain with only visual observation. (Many vets miss Silent Pain like this. I’ll explain why you can’t trust the majority of vets to find your pet’s Silent Pain further a bit later on in this book.)

After missing severe Silent Pain in my own dog, I got curious about how many people were missing their pet’s Silent Pain too. I did an informal clinical study of 63 new clients’ dogs. And from this, I discovered more than half of the pets I assessed with my method had significant Silent Pain that their humans couldn’t see. A much higher percentage than I expected. This is the reality you must be aware of!

In these pages, you’ll be learning how to gently feel into your pet’s body to discover hidden Silent Pain. There is an answer to this problem, and I’ll be giving it to you. I’m on a mission to inspire you to take action by sharing the positive results you can expect when you implement my method with your pets.

But right now, before I inspire you to step up and take action for your beautiful pets...

I need to show you what will happen to your pets if you just read this book but don't do anything. I have to do this, even though it may be a healthy stretch for you. Your pets need you to know the truth, no matter how uncomfortable that might be. So take a deep breath and stick with me for just a few paragraphs.

Cold Hard Fact Alert #2: You often won't know just how much your pet's Silent Pain has been making their life an ongoing misery until after you've found it and then worked with your own two hands to release and heal it. It's only then you'll see a happier, more playful, more engaged, and more active pet.

The truth is this: (and a bit of a quick review)

- You're very likely to miss Silent Pain in your pets if you only look at or watch them.
- You can't know if your pets have Silent Pain until you learn how to use your hands to feel into your pet's body to discover it (you'll be learning how to do that in this book).
- Any pet can develop Silent Pain quite suddenly at any time (like Mitzi did).
- Silent Pain builds up slowly in the soft tissues of all pets over time. Nearly all pets will be suffering significant Silent Pain by 5-7 years of age.

I can guarantee with 100% certainty that you will miss Silent Pain in your pets sooner or later if you don't take action to

- 1. Eradicate your ignorance when it comes to pet Silent Pain, and**
- 2. Learn the hands-on skills of Neuro-Fascial Bodywork (a specific type of soft tissue massage).**

I'll be honest - I miss Silent Pain in at least one or another of my multiple pets just about every week or two. But I never miss it for long, because I assess all of my pets weekly (I'll explain to you why this is absolutely necessary a little later on in this book). When I get my hands onto my pets, I often find:

- New areas of Silent Pain,
- Or old areas where I have found and relieved Silent Pain previously that have flared up and become painful again,
- Or Silent Pain that I know is there, and that I have been treating (pain that may have either improved or regressed since the last assessment but is still active),
- Or areas in the tissues and structures of the body that may not be painful, but that are stiff, restricted, or not moving freely.

If you don't learn how to find and relieve Silent pain for your pets, you are condemning them to suffer from Silent Pain sooner or later. But the good news is that it's easy and fun to learn how to save your pets from Silent pain!

Right - let's get into the good stuff - the incredible positive

transformations you're going to see in your pets, in yourself, and in your life when you learn and implement my method for your pets!

The majority of our students see noticeable improvements in their pets within a matter of weeks of starting the online training (I'll be surprised if you are not noticing positive changes in your own pets by the time you get to the end of this book and practice everything you learn!).

I've lost count of the dogs and cats who have passed under my hands. I still remember the first few animals whose Silent Pain I found and relieved. Even when I was starting out, hardly knowing what I was doing with therapeutic touch, we saw dramatic improvements in painful pets, and surprisingly quickly.

I'll share with you exactly how to do this for your pets, so you'll see improvements in them - but with the added wisdom of my 25 years of working hands-on with tens of thousands of animals all at your fingertips. There's no holding back in what I'm about to share.

My method is easy to learn, and you'll see amazing results very quickly - but don't be fooled. This work is something you'll be growing into, increasing your sensitivity and expression of skills, for the rest of your life. It's deceptively simple but as deep and rich as the starry night sky.

There is always more for you to learn and express with WEBB. More sensitivity, more responsiveness to the animals you work with, deeper connection, continuing evolution, and more powerful therapeutic impacts for your pets.

If you commit only 1 hour each week of reading, learning, and

practicing with me in this book, you'll be practically guaranteed to see visible improvements in your animals within 4-6 weeks. That gives you an idea of how powerfully what I'm sharing with you helps your pets!

This book is where the rubber meets the road for you and your pets when it comes to you learning how to find and heal pet Silent Pain. Right now I'm going to give you a brief overview of the method. Then I'll walk you through how to learn and apply the hands-on skills of finding and relieving your pet's Silent Pain step by step, in detail, in Part Two of this book.

Learning how to work hands-on (and with energy) with your animals to transform their lives for the better is the deepest intention and expression of this book. Let's take a look at some success stories created with this method - happy owners AND happy, pain-free furry family members who showed incredible changes in personality and in behaviour after they enjoyed receiving the method to find and heal their Silent Pain, Anxiety, or Trauma.

Jager (Gina Squires): Undiagnosed Silent Pain, Behavioural issues, Skin issues, and Gut issues

Jager had a very difficult, traumatic, abusive start to life - he was rescued by Gina at about 9 months of age with severe skin, gut, and behavioural issues - hyperactive, climbing the walls, and could not switch off. He was extremely reactive to the environment, lunging and doing backflips in total panic attacks if taken out on the lead. Gina had extensive veterinary support and tried prescription behavioural drugs, but they didn't help at all with his anxiety and panic. Euthanasia was a

real possibility.

While there had been some improvement in the gut and skin issues with veterinary treatment, Gina was desperate regarding Jager's behaviour problems when she started learning the WEBB method. It took a week or two of gentle persistence until Jager accepted the touch fully. He quickly learned that he liked this, and would come looking for it, asking for it. Gina discovered a lot of hidden pain and tension in his body once she could really sink in hands-on with him with the method.

Gina put in 30-60 minutes hands-on each day releasing Jager's pain and tension and supporting relaxation with the therapeutic touch of WEBB, spread out into short sessions, so as not to overwhelm him.

Over 6-8 weeks of regular hands-on work with the method, Jager went from:

- An anxious, reactive, hyperactive, stressed dog with red, cracked, inflamed skin who wouldn't eat, and who was experiencing regular bouts of diarrhea (four times a week) and vomiting (every day), and who couldn't even go out for a walk without experiencing panic attacks,
- To a happy, healthy dog who was relaxed, happy, calm, and settled at home, and able to go out for walks with no troubles at all.

Additionally, about 6 weeks after Gina first started working hands-on, Jager's skin started clearing up - at this point, while there was reddening, there was no more cracked, bleeding skin! His appetite picked up, and his regular bouts of diarrhea

and vomiting started to fade away. His vomiting and diarrhea were much reduced within 3-4 months and totally cleared by 6 months after starting with WEBB. His skin issues are now 95% cleared up, no ear infections for years (he used to have chronic problems), and he is happy, calm, and able to self-regulate.

It's worth noting that veterinary treatment didn't make any meaningful difference to the skin or gut issues (including Cyto-point injections and desensitisation/immunotherapy for the skin/allergy issues). It's likely these issues were secondary to anxiety and trauma, which the method healed. Jager is now a happy, settled, well-loved dog. He is a totally different dog, and everybody loves him.

As Gina says: 'learning the WEBB method has been a life-changing journey not only for Jager but for me too. It's made me look at my dogs totally differently. I can now see how many dogs out and about on lead are anxious, stressed, or not walking properly due to pain and stress in their bodies. This work has taught me how to regulate and relax myself way better. I work hands-on with my dogs all the time, and they love it! Give this method a go - at the end of the day you have nothing to lose, and you'll be totally amazed by the transformations in your pets as you work with them with WEBB. This method will take you to places with your dogs, into connection with your dogs that you didn't ever know you could have.'

The case of Benny, the retired racing greyhound.

Picture this: I'm sitting at the kitchen table, asking Lisa, Benny's human, to tell me the story of his life, and how he needs help.

'Well, he has a terrible thunder phobia, that's the main reason

we've asked you to come for a visit. Apart from that, Benny is 12 years old, he's a retired racing greyhound. He had a long career on the track and won big stacks of money. Apart from that, he's just a grumpy old man. He spends most of his time on his bed, and he grumbles and complains at us if we watch TV past eight o'clock at night...'

When I felt gently all through his body, I very quickly found that Benny was a screaming bundle of severe Silent Pain. He is in the top ten most painful dogs I have ever worked with (out of tens of thousands).

Lisa was shocked and upset to find that he was so painful, as he'd been showing no signs that she could see. We decided to give Benny a series of bodywork treatments with my method. I did one then and there on the day, and then came back each week for a total of four sessions. Benny showed small but good improvement after the first two sessions.

Then, when I came back to give him his fourth treatment, Lisa was grinning from ear to ear. As soon as I came through the door, she was chewing my ear off, words pouring out through an excited smile.

'You won't believe this! Benny is like a completely different dog! Could this work have given him a personality transplant? He's doing all sorts of things we've never seen him do before - stealing soft toys from our daughter's bed, taking them back to his bed to cuddle up with, and he's started playing with toys...

'TOYS! He's never shown any interest in toys in all the years we've had him. And he's doing zoomies for the first time in years, and at night, instead of grumbling at us from his bed,

he's up and about, happy, smiling, coming around to all of us in the family again and again, asking for pats and cuddles and attention!

Eventually, I managed to get a word or two in. Once we found Benny's Silent Pain, and then set him free from that pain with bodywork from my method, we found out who he really was. All of that pain was a massive burden, leaving him withdrawn, disengaged, and depressed.

Benny also became the world's naughtiest puppy at the ripe old age of twelve. There were a whole lot of other totally new behaviours, like getting into bins, shredding packets of toilet rolls, and even chewing the bottom out of a handbag to get to some Easter eggs.

How I've helped my own beautiful pets

This book is all about your pets. Because they must come first. And they need your help as your first priority. !

My pets chase me around for this work. They come up to me, nudge me, and demand that I lay my hands on their bodies - because they have learned how much better they feel after I give them therapeutic touch. And I'm so happy every time I find and relieve their hidden pain.

Here are some times I have helped my pets in the past.

Parvati, my little black panther-moggie, got out a few days after we moved to Melbourne. She came home all beaten up, with catfight wounds. I gave her antibiotics, but I also felt through her body to see if anything else was wrong. I discovered a very severe, incredibly painful back injury (that I would never have

found with my regular veterinary skill set before I learned all the hands-on skills I'm sharing with you in this book). After a week or so of regular hands-on work with my method, her back injury was healed. This was a soft tissue, not a bony injury.

I helped Pearl, my lovely old whippet, not only with the Silent Pain I found in her body throughout her life (she needed a lot more bodywork when she was very old) but also with her terrible thunder phobia. I took her from a dribbling, shaking, panting, pacing mess, to being able to lie on the bed with just a hand on her over several years of regular hands-on support.

I continue to help my pets week in, and week out. Last week Fred, my cat, had body pain I eased with Loving Touch. This week Mitzi hurt his neck, and I turned that around for him in a matter of days by applying the method I'm sharing with you in these pages.

CHAPTER 2

Who This Book (and Message) Is For (Your Pets!)

‘The animal world shows us the potentials we can unfold. But to learn from them, we must first learn to speak with them.’ — TED ANDREWS

The method you are learning as you read this book is the result of my life - dark moments, light moments, challenges, the tangled beauty of my human experience - but above all, it's the result of my deepest passion and purpose: *helping animals heal by finding and healing their suffering, naturally and holistically.*

The WEBB Method is, among many other things, a healing response to growing up (and being traumatised) on a cattle property where animals were treated brutally.

Old-school training methods, using force, pain, and fear to make the horses and dogs do what the humans wanted. Whips, spurs, tie downs, and not uncommonly, men ‘giving the animals a good hiding’ to teach them a lesson, or to ‘break’ them in.

I loved animals. But it wasn't until I found the book *The Man Who Listens To Horses* by Monty Roberts that I started finding a way to work with animals; speaking their language and inspiring them to want to work with me. A gentle, kind, respectful way to form a deep, mutually beneficial relationship began to blossom, little by little. I started learning to treat animals as furry people; as thinking, feeling, and intelligent beings.

I went to vet school - because deep down inside, I always wanted to help animals. I wanted to make a difference. Vet school was fun. My first vet job was awful - stressful, with no support, and thrown in at the deep end. It nearly broke me! I left after 18 months, stressed, exhausted, disillusioned, and bitter. I hated being a vet at that time.

Then, an angel blessed my life at a temporary vet job. Dr. Tom Ahern, a horse vet, came to town to work with horses' necks. He would take a horse with forelimb lameness that other vets could not find a reason for with x-rays, nerve blocks, work to mobilise the vertebrae, and the lameness would go away.

Dr. Tom explained to me that this kind of lameness was due to a nerve root compression, caused by a subtle misalignment in the bones of the neck. I was fascinated, as I had learned nothing about this at vet school. Dr. Tom sat down and taught me so much in just a couple of hours.

Suddenly I was inspired and excited about being a vet again. I thought 'Dogs and cats have a spine too, and I wonder how many of them have neck and back pain?' I started feeling deeper into the bodies of the pets I cared for as a vet and very soon I started discovering more and more hidden pain, tension, and restrictions from healthy movement.

When I found pain, I wanted to help these pets, but there were no trainings or modalities for any kind of hands-on work for pets way back in 1997. So I started playing around, gently applying pressure and movement where I found pain - and very quickly, my clients started seeing beautiful improvements in their pets.

Then, life threw me a major curve ball. I came down hard and crash-landed with Chronic Fatigue Syndrome, had to go home to the family farm, and couldn't work at all for a couple of years.

I experienced a LOT of soft tissue, neck and back pain, stiffness, and fatigue. The pain was intense, chronic, every day, and because I looked ok from the outside, most people could not understand or see how much I was suffering. I even had a doctor tell me that the CFS was 'all in my head' at one point. It was terrible to be living with real, severe pain, invisible pain, while my family, friends, and medical professionals thought that I must be okay, because there were no outward symptoms.

This is what it's like for hundreds of millions of pets who are suffering every day with chronic, silent soft tissue pain (or anxiety or trauma). Your pets may seem okay. But their life may well be full of hidden pain and suffering (that you can't see). I understand this better than most because I've experienced it. And this is why I'm writing to you, dear pet-parent. Because you need to understand and act on what you are learning in this book. For your pet's sake!

Western medicine ran out of answers very quickly. In desperation, I started exploring bodywork and energy healing for myself and quickly found it helped me more than anything else.

Energy healing was a surprise to me, to be honest. My massage therapist was also an energy healer, and his sessions gave me so much relief. Then I trained in energy healing, which helped me even more. The clincher was my little Staffy, Tikka - every time I would practice, within a minute or two, she would be sitting at my feet. After more than 50 times, it was clear that she could feel what I was doing, and liked it. As soon as I started experimenting with giving my animal patients energy healing, the positive response was undeniable!

Eventually, I got back to part-time work in vet hospitals, but my bosses thought what I was doing with bodywork and energy healing was a load of hooie. I needed to make my own way, so I started my first home visit vet practice in Townsville in around 2006.

This gave me the opportunity to really get my hands on every animal I saw. I spread my wings and made therapeutic touch the cornerstone of my practice. Every dog and cat I touched taught me so much more.

My method evolved rapidly as a process to find and relieve Silent Pain focused around the spine - neck and back pain. While working with the spine remained the core of the method, over time as I learned more and more I started moving into connecting with all of the connective and soft tissues in the body. I very quickly found more and more Silent Pain and learned how to heal it.

I had a lot of anxious animals come to me who also had Silent Pain. As I worked to heal their pain issues, I discovered specific qualities of therapeutic touch that have a profound effect on

the animal's nervous system, causing a profound body-level relaxation response. I started seeing dogs (and cats) with anxiety and trauma showing rapid and large improvements - reductions in their symptoms, and problem behaviours. Anxious and traumatised pets showed unexpected, rapid, strong improvements. This is when I realised that therapeutic touch can be powerful medicine for anxiety and trauma issues.

In 2013 I created and formalised the modality (the method I am sharing with you in these pages) and started teaching others how to save their pets from Silent Pain in face-to-face workshops. More and more neuro-fascial bodywork skills were born as I taught more people.

Fast forward to 2017. I thought I was pretty good, I have to tell you. Then it happened - I missed agonising neck pain in my own dog, Mitzi. That was the moment when I realised that the only way I can always know when my own pets have pain is to feel into their body regularly. The undeniable lesson I learned is that watching is not enough to find your pet's Silent Pain, most of the time.

The more I helped pets with this work, the more people I taught, and especially after we took the WEBB training programs online in 2019, the happier I got. More and more stories poured in from students who were seeing their pets transform for the better before their very eyes as they practiced with them. Now (2023 at the time that I write) my method is a mature modality. I've been teaching this work for many years, to thousands of people.

This book is for every single human who loves their little furry critters to the moon and back, and who wants to do everything

they can to give their beloved pets the best, happiest, most comfortable life possible. This book is for people who always wanted to help animals (maybe even dreamed of being a vet!) but who never had the chance to learn how to use their own hands to heal their pets. This book is for anyone and everyone who wants to make a difference for their pets.

This book is for you, dear reader.

If you have two hands, a loving heart, and a willingness to devote time and energy to this work, you can't fail. We have had a number of differently able students complete the training and get great results, including a totally blind woman and several others with significant physical handicaps (like severe arthritis in their hands, traumatic brain injury, etc). This work can be adapted so you can help your pets despite almost any restrictions you may be living with.

It is my deepest wish that by taking time to read this short book, and by putting into practice what I'm sharing with you, you will see a path forward to not only transforming your open pet's lives for the better, but also to become an active part of our movement, helping to save hundreds of millions of pets around the world from Silent Pain.

But let's be serious! The most important thing here is your pets.

They are your family. Regardless of whether you want to only help your own pets, or maybe someday start a side hustle, build a full-time career, or perhaps teach the method to others - your pets need to come first. That's why this book is dedicated to teaching you how to help your own pets first, and every day.

You are ready to take your pet's well-being into your own hands in a whole new way, a way that is kind and honours your animals, a way that is easy to learn, yet powerfully effective, a way that will be a beautiful gift from you for your pets.

In essence, this method is for everyone who wants to help their pets have the best life possible!

This book is for...

- ➔ Pet parents who want to make sure that they never miss their beloved pet's Silent Pain - and who want to heal any pain that they find in their pets.
- ➔ People who always wanted to help animals (maybe you wanted to be a vet, but couldn't or didn't do that) but never quite knew how to.
- ➔ People who want to learn how to heal their pet's anxiety or trauma.
- ➔ People who want to understand and communicate with their pets better.
- ➔ People who want to be calmer, more relaxed, and more present with their pets.
- ➔ EVERYONE who wants to make their pet's life a happier, more relaxed, more comfortable experience.
- ➔ Anyone who wants to become a stronger benevolent leader.
- ➔ Pet professionals who want to become 'Silent Pain Aware', and increase their abilities to help the animals

whom they work with.

- Vets or vet techs/nurses who want to learn how to connect with and support the animals whom they work with in more empowering, kinder, healthier, holistic ways.

PET SILENT PAIN AWARENESS SELF-ASSESSMENT EXERCISE

Before we get stuck into the rest of the book, and you learn a whole heap of super-cool stuff that your pets are gonna LOVE...

Let's first check in with where you are at with your pets when it comes to Silent Pain.

Below, on a scale of 1-5 on how accurate the statements are - 1 means "not accurate at all", and 5 means "most accurate".

Once you've rated yourself for each statement, total up your scores, then use the Answer Key to determine your next steps.

Self-Assessment Statement + Self-Rating

1. I think that my pets will always 'tell me' if they are suffering with pain of any kind.
2. I think that I can always know when my pets are suffering from silent pain .
3. I think that my pets will cry out or make some kind of

vocal noise if they have silent pain.

4. I think that my normal patting touch will always show me if my pets have pain in their body.
5. I think that my pets will have obvious, easy to see signs if they have significant soft tissue pain active in their bodies.
6. I think that it's normal for older pets to slow down and get stiffer.
7. I don't know how to feel into my pet's body to discover their soft tissue pain.
8. I don't think that pets need regular bodywork to relieve and prevent the inevitable build-up of Silent Pain (soft tissue pain) in their bodies.

Answer Key

Score 24+

The Fundamentals Of Understanding Of Silent Pain In Pets Are Missing.

You have a significant knowledge gap when it comes to Silent Pain in your pets, and it's highly likely that you are missing your pet's Silent Pain.

I'll be blunt and honest with you, for the sake of your pets. With a score in this your pets may well be in significant suffering that you don't know is there, and that you can't see. Your Silent Pain knowledge is severely lacking.

That's bad news for your pets, BUT the fact that you now *know* that you have a knowledge gap when it comes to Silent Pain in your pets is the best possible news, because you can fill your knowledge and skill gaps by reading this book! Meaning, you've already taken the first step for your furry family member(s).

Score 16-24

Some Knowledge and Simple Hands-On Skills Will Vastly Increase Your Ability To Find And Address Your Pet's Silent Pain.

If your score landed here, it means that you have a reasonably good understanding of Silent Pain in pets, but there are still some important gaps in your knowledge, and that means that there's a fair chance that you'll miss Silent Pain in your pets at least some of the time. And of course, nobody ever wants to miss any pain in their pets!

Learning all about Silent Pain, and the simple, easy-to-learn hands-on skills (like the Silent Pain Assessment process, and the Fascia Stretching Circles skill I'll be sharing with you in this book) will rapidly get you to the point where you never miss your pet's Silent Pain - and you'll have your pets lining up for you to give them loving touch all the time too.

Not to mention that you'll be able to soothe your pet's anxiety, and release old traumas from their body, and their life.

Score 0-16

You're Ready To Take Your Pet's Comfort Levels, Vitality, And Longevity Next Level!

You've got good awareness of the problem of Silent Pain in

your pets, and you know that pets often will show no visible signs when they are suffering even significant Silent Pain. You know that it's important for every pet guardian to have at least basic hands-on skills so that they can find and relieve their pet's Silent Pain.

And...

You are ripe to take your awareness, sensitivity, hands-on skills, and ability to make your pet's life (and your relationship with them) better to a much higher level than you expect with what you're about to learn in this book.

In other words, this book will turbo-charge your ability to understand and meet your pet's needs and find and relieve your pet's Silent Pain, Anxiety, and Trauma.

CHAPTER 3

The 4 Problems! (And How To Solve Them By Saving Your Pets From Silent Pain With Your Own Two Hands)

'Animals can inspire us to be less busy, more present, less worried, more joyful, and more passionate about life.' — KRISTEN MOELLER

After 40 years of working with animals, I've learned a thing or two. Things you can only learn by trying, failing, and trying, again and again. (Or by reading this book!)

I want to share with you the four hard lessons I've learned in my work with animals for two reasons:

1. So that you can learn from my mistakes, and never have to repeat them (this will be a HUGE win for your beloved pets)
2. And to inspire you to read, to learn, to practice, and to get your hands onto your pets so you can find and heal their hidden pain, anxiety, and trauma.

VET/PET SILENT PAIN AWARENESS SELF-ASSESSMENT EXERCISE

Before you actually read about 'Hard Lesson #1', I want to do a quick check-in with you. This will help you understand any gaps in your awareness and knowledge before I tell you some important information that might change how you'd answer - and it's really important that you get these answers accurate!

Before we proceed with the rest of this chapter, let's check in with where you are at when it comes to understanding how likely it is that your vet will (or won't) find your pet's Silent Pain if you take them in for a checkup/examination.

Below, on a scale of 1-5 on how accurate the statements are - 1 means "not accurate at all", and 5 means "most accurate".

Once you've rated yourself for each statement, total up your scores, then use the Answer Key to determine your next steps.

Self-Assessment Statement + Self-Rating

1. I believe that all vets are educated to a high level about Silent Pain (soft tissue pain) in pets at university.
2. I believe that diagnostic imaging like X-Rays, Ultrasound, C-T Scans, and MRI scans, are effective at 'seeing' my pet's soft tissue pain if there is any present.
3. I trust my vet to always find any pain in my pet's body when I take them in for a consultation.
4. I believe that all vets are trained to examine my pet's

body and discover any hidden, Silent Pain (soft tissue pain) that might be present.

5. I trust that any medication my vets give my pet for soft tissue pain is all that is needed, and will cure the cause of the problem.
6. I believe that all vets will refer my pet to appropriate complementary or physical therapists when they are suffering from soft tissue pain.
7. My vets understand the value of asking me for yearly videos of my pet performing everyday movements (walking, lying down, standing up, jumping on the couch, going up and down steps) to help assess for pain over time.
8. I believe my vet is thoroughly aware that the stress of vet visits can strongly mask any pain that my pet may be suffering.

Answer Key

Score 24+

You Have A Dangerously False Confidence In Your Vet's Ability To Find Your Pet's Silent Pain.

I have discovered that there is a huge knowledge and skills gap in veterinary training when it comes to Silent (soft tissue) Pain. (Most Silent Pain is soft tissue pain. Soft tissue is everything that is not bone, and especially your pet's muscles, connective tissues, and nervous tissues - but the main soft tissue that holds Silent Pain is the Neuro-Fascial Network.) Of course, you think your vets have all the training they need, but in this

case, sadly, that's just not true. (I'll explain more about why in the following pages.)

With a score in this range, you may have a misplaced trust in your vet, even though they may well be missing your pet's silent pain (and this doesn't mean that they are a bad vet). A high score here should be a strong motivator for you to devour everything I share in this book, so you can always find your pet's Silent Pain, and then quickly melt that pain right out of your pet's body and life with your own two hands, using the skills I share with you in this book.

Score 16-24

You Know Your Vet Has A Knowledge And Skill Gap When It Comes To Silent Pain, But You Might Not Know What To Do About This.

With a score in this range, you know that your vet may be missing Silent Pain in your pets when they examine them. Now - some vets will have these skills (even though most don't). But how can you tell? Not so easy!

So what do you do? Read this book. Increase your knowledge, learn the skills you need to take your pet's well being when it comes to Silent Pain into your own two hands. This is the whole point of what I'm sharing with you in these pages, especially the assessment and stretching fascia circles skills that are coming up for you to learn in Part 2!

Score 0-16

You Know You Can't Trust Your Vet To Always Find Your Pet's Soft Tissue Pain!

Awesome news - you know full well that you can't trust many

vets to have the knowledge and skills to find your pet's Silent Pain. This is such good news for your beloved pets. Because you know that you have to step up for them, and you know that every pet parent must learn about what Silent Pain is, and how to feel into your pet's body to always find it!

You're in the right place. The knowledge your pet needs you to learn is in the pages of this book. And if you already have some (or even great) hands-on skills, what I'm sharing with you on these pages will help you help your pets even better. You'll rapidly take your ability to find and heal your pet's Silent Pain to a high level.

Hard Lesson #1. If you can't trust your vets to find your pet's Silent Pain, how can you trust yourself?

'Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake.' — MARTIN LUTHER KING JR.

It took me a loooooooooooooong time to work out just how easy it is to miss Silent Pain in pets. It started off with me beginning to search for neck and back pain. I found heaps! Then I realised that I needed to look at (or rather, to be accurate, to *feel into* the rest of the pet's body).

It took me another loooooooooooooong time to realise that soft tissue pain (specifically neuro-fascial pain) is equally important, just as common, and also needs to be *felt* for throughout the body with your hands, while being extremely sensitive to the animal's responses to your questioning touch.

It took me an additional loooooooooooooong time to work out that the majority of vets miss Silent Pain most of the time. I should know, I was one of them as recently as 7 years ago when I missed awful neck pain in my own dog!

Then it took me yet another loooooooooooooong time to realise how the pet's body stores trauma in the neuro-fascial network, and how you can use therapeutic touch to integrate, assimilate and heal anxiety and trauma in pets.

It took me (can you guess?) a loooooooooooooong time to work out how to be sensitive to the subtle (early) signs of anxiety in animals, and how to use therapeutic touch to move anxious animals into robust, resilient states of calm and relaxation (this also turns out to be an optimal learning state, which super-charges your ability to teach and train your dogs).

It took me even more of a loooooooooooooong time to work out how to understand and talk 'Dog', 'Cat', and 'Horse' - i.e. non-verbal communication, or what I call WEBB Animalspeak. I then found that when you talk an animal's language, all sorts of magic starts happening, and grows.

It took me (yep that's right) a loooooooooooooong time to realise how incredibly helpful it is to awaken and use my intuitive perception, and to use Energywork to help pets heal at deeper and deeper levels (as well as helping me feel and sense when there are hidden problems).

Are you kind of catching the vague idea that there might be some kind of a theme here?

Even with all of my experience, the advantages of working with animals from a very early age, training as a vet, having a pas-

sionate interest in hands-on therapies and energy healing for decades, and working hands-on with tens of thousands of animals...

I missed a hell of a lot of things in my own pets, and a hell of a lot of these things in my clients' pets over the many years of working out what Silent Pain in pets is, and what it takes to find and heal it. (You're going to benefit from, and avoid all of my mistakes as you read and learn in this book.)

I missed and didn't understand the development of severe anxiety in Tikka, my Staffy, and Beau, my Black Lab. I know I missed silent pain in all my pets, and often (I know this because these days I regularly pick up new pain or flare-ups of old pain in the regular hands-on checks I do for my own pets).

I often have pets come to me who have been recently examined by other vets who have missed significant Silent Pain, Anxiety, or Trauma issues. The most glaring case of this was Percy, who was a screaming bundle of Silent Pain. Three (three!!!) other vets had examined Percy within the month before I saw him, and they all missed his pain completely!

Sadly, vets are generally still not taught about what Silent Pain (soft tissue pain) is, how common it is (about 53% of pets), or how to feel into a pet's body to discover where it is, and how severe it is in their training at university. In addition to this, the fact that soft tissue pain is invisible to veterinary diagnostic imaging technologies gives the vets a false sense that nothing is wrong, even in animals with severe soft tissue pain. They look at the X-rays, and it seems like nothing is wrong.

The bottom line is that you have, and so has your vet (most likely) missed these problems in your pets. With the skills you'll

learn and put into practice as you read this book - this will no longer be true. This book is specifically designed to fill your pet Silent Pain knowledge and skills gap. Now that you understand that many vets will miss your pet's Silent Pain, you'll be happy to know that you can trust this book to fill up your pet Silent Pain knowledge, so you can get hands-on and help your pets be Silent Pain free!

Silent pain is nearly always chronic pain. Let's talk briefly about the difference between acute pain and chronic pain. It's an incredibly important distinction to understand, because acute pain is nearly always very obvious, easy to pick up, and easy to see. Chronic pain (especially soft tissue pain) is often invisible to even the most devoted and caring humans.

Acute pain is from a sudden injury or illness. Because there is a sudden increase in pain, there is nearly always a sudden and obvious change in behaviour, or other clear symptoms like an obvious limp. Your pets will nearly always be able to tell you when they have acute pain.

Chronic pain is hard to see because it often builds up very slowly (this means your pets have time to mask and compensate effectively, and you sometimes can't see any slow changes that may result). In addition to this, chronic pain is often distributed evenly throughout your pet's whole body (this means that there are no obvious symptoms).

Animals hardly ever make any kind of noise (crying out, groaning, yelping, etc) when they have pain. We humans are very verbal, and we tend to assume that our animals will behave in the same kinds of ways that we do.

In essence, your pets will not be able to tell you when they have chronic, Silent Pain until you feel into their body and bring pressure into the painful areas - then your pet's non-verbal responses will show you exactly where, and how much it hurts. This is one of the many things you'll soon be learning how to do, as you read this book.

The two most common causes of undiagnosed (missed) Silent physical Pain in pets are:

- **Soft Tissue Pain:** Specifically, Neuro-Fascial Pain (I'll explain exactly what this is for you very soon). This kind of pain may occur anywhere throughout the body.
- **And Neck or Back Pain:** Specifically, soft tissue-related Neck or Back pain such as nerve root compression, muscle spasm, or spinal-specific Neuro-Fascial Pain.

We touched on these two topics earlier in the book. The reason why we are revisiting them is because they are really, really important. They are really important, which is why we are revisiting and reinforcing them. The two most common causes of undiagnosed (missed) Silent mental/emotional Pain in pets are:

- **Anxiety:** There are four faces of anxiety - Fight, Flight, Freeze, and Fidget - the last two are not well understood, and often missed or misinterpreted.
- **Trauma:** Trauma often leaves a legacy of a dysregulated nervous system, dogs who tend to be more fearful, anxious, or shut down (suppressed), lack of social connection, lack of confidence, and lack of healthy resilience.

All chronic pain causes physical, mental, and emotional distress and suffering for your pets. By far the most common cause of undiagnosed (missed) Silent Pain is soft tissue pain - specifically neuro-fascial pain. A close second is neck and back pain caused by nerve root compression - though this is simply a more specific kind of soft tissue pain. This book is designed to empower you to make your pets Silent Pain free.

Now that you understand the magnitude of the knowledge and skills gap across the board when it comes to pet Silent Pain, you might view the results of your answers from the assessment you completed just before this section in a different light. You might even want to take a moment to go back and review that assessment, and your answers...

Hard Lesson #2. If You Don't Think You Can Do It... YOU WON'T Do It! But If You Think You Can Do It... Then Magic Happens All Over The Place!

“Courage is being scared to death ... and saddling up anyway.” — JOHN WAYNE

I've had a LOT of people tell me that they can't possibly be successful with the WEBB Method.

Or that they have no talent for doing this kind of hands-on work.

Or that anyone else but them can have success with this kind of approach.

These people are at the mercy of their own limiting beliefs. They need a mindset adjustment.

Because guess what? If you simply read this book, and consistently put into practice the simple, highly effective skills that are going to practically jump off the page and into your hands, you'll be seeing positive changes in your pets in no time. You'll never 'just pat your pet' again after reading this book - your every touch will be empowered to find and heal your pet's Silent Pain, and be deeply therapeutic for your pet.

Of course, learning anything new takes time, and it takes effort. As you begin to learn, you'll likely feel all kinds of awkward. Remember when you first tried to tie your shoelaces, rode a bicycle, or drove a car? This feeling is normal whenever you learn something new and different!

If you decide you can't learn this new thing because of this awkward (normal) beginning-to-learn-how-to-do-something-new *feeling*. Well - you'll become a self-fulfilling prophecy because you'll stop doing what it takes to learn anything new.

What it takes is to keep on doing the thing again and again (perhaps while feeling varying degrees of frustration, or other uncomfortable feelings that you should not take too much notice of) until suddenly, it all makes sense under your hands; as you feel exactly how to connect, and your pets melt into puddles of bliss under your hands. And that'll happen sooner than you expect!

There's a time and a place for healthy entitlement. A time and place for believing that you are totally awesome, and that you can learn anything with the right support, and the right teacher. A Time and place for a healthy dose of determination, and an

unshakeable belief that you can absolutely empower yourself to make an incredible difference for your beloved pets.

Here and now is that time and place!

You stand on the threshold of so much possibility. But first, let's take an honest look at where you are when it comes to self-belief, commitment, and taking action (consistently) in your life. Be brutally honest with yourself! No matter where you are at, no matter what limitations or barriers you may have, I will help you transcend them as you read this book, so you can do what it takes to help your pets!

SELF-BELIEF, COMMITMENT, AND TAKING ACTION SELF-ASSESSMENT

Right now let's check in with where you are at when it comes showing up for your pets - learning and implementing skills and changes that make a positive impact in their lives.

Below, on a scale of 1-5 on how accurate the statements are - 1 means "not accurate at all", and 5 means "most accurate".

Once you've rated yourself for each statement, total up your scores, then use the Answer Key to determine your next steps.

Self Assessment Statement + Self-Rating

1. I'd love to learn how to find and heal my pet's Silent Pain, but I haven't taken any active steps to do that just yet.

2. I'm good at planning to take steps to learn how to help my pets, but I'm bad at committing to doing anything, to putting the needed changes into practice.
3. I don't believe that I can learn how to find and heal my pets Silent Pain - I think you need to be a special person with special gifts or skills to do that sort of thing.
4. I'm good at starting to learn and implement new things, but it only lasts for a few weeks or a month or so, and I can't keep it going.
5. I invest in lots of courses and training programs, but I never actually do them.
6. I'm not good at making time for necessary study and practice, even when I know my pets need me to.
7. I'm wishy-washy and have trouble making decisions to do things, even when I know they are important.
8. I find it hard to take action with learning and implementing new things - I procrastinate and never seem to get anywhere.

Answer Key

Score 24+

We have a problem, Houston! You are poor at making decisions, believing in yourself, and taking action. And this is a big problem for your pets!

The first part of the good news in this is that once you own the problem, you can start fixing it! The other good news is that you have so much room for improvement. And it's going to be

way easier than you think to turn yourself around, to become motivated, and to not only get started learning how to find your pet's Silent Pain, but also to become consistently strong in showing up for your pets forever more.

All you need to do is to use your love and care for your pets as your motivator. Every time you look at your pets, knowing that they could have Silent Pain that is invisible to you, you'll naturally feel an overwhelming sense of motivation, and it'll suddenly become incredibly easy for you to show up.

Keep on reading, that's all you need to do. I'll show you exactly how to find and heal your pet's Silent Pain in simple, easy to implement steps that are so fun and enjoyable that your pets will soon be nudging you, reminding you that they want more loving touch, thank you very much. Your love for your pets will activate your will, keep you reading, and help you put into regular practice all I share with you in these pages.

Score 16-24

You are ok at taking action, but you are most likely inconsistent and often don't form the long-term habits that your pets are crying out for.

Firstly - a pat on the back for your will, for taking action, even if you haven't managed to get to the level that your pets need you to reach, so you can truly help them and make a massive difference for them.

If you're reading this book, that tells me that you are ready to level up, to take your ability to act to a whole new level, and then to get consistent with that so you give your pets regular hands-on assessment and care at least weekly. Because, honestly, that is what is needed. Anything less than this opens the

door for your pets to be suffering in silence.

This book is designed to be easy to read, and to make it easy for you to start finding and healing your pet's Silent Pain quickly. Then, when you see how much happier your pets become, you'll be inspired to become consistent!

Score 0-16

You have got this learning, putting things into action, and creating solid beneficial habits gig going on here!

You know what it takes, and not only that, you are well practiced in doing it! This makes me incredibly excited, because I know that with what you are learning in the pages of this book, you'll make an incredible, lasting, ongoing positive impact for your pets.

You'll be discovering your pet's hidden Silent Pain all over the place, rapidly becoming more than proficient with your hands-on skills, melting pain out of your pet's soft tissues, soothing anxiety, and releasing old trauma.

This book will help you take your ability to learn, act, and be incredibly consistent in the practices that best support your pet's health, comfort, vitality, and longevity to an even higher level. So keep on turning these pages!

Hard Lesson #3. Taking Your Pet's Well-Being Into Your Own Two Hands Is NECESSARY!

'It always seems impossible until it's done.'

— NELSON MANDELA

I know what my face must have looked like in that terrible moment when I realised that I'd missed agonising neck pain in my own dog, Mitzi. Shocked. Upset. Ashamed. Angry with myself! Horrified that my best little mate was in terrible pain, and I clean missed it.

I didn't have a mirror to look into that day, but I've looked into hundreds of mirrors since - the faces of the humans who belong to every second pet I've seen, to this day.

I feel into their pet's body, their pet shows us all undeniably where it hurts, and how much it hurts by the changes in their expressions, tensing of the body, a sudden look around to the part of the body I'm feeling into.

I explain what their pet's responses mean, as I map out where there is Silent Pain, and how severe it is, throughout the pet's body.

Realisation crashes in - sometimes quickly, sometimes slowly, but inevitably. The faces of these beautiful humans, people who love their pets so much, crumple with understanding, with sadness, with heartbreak that their beloved pets were in pain, and showed no signs of this.

I talk them through to a gentle acceptance (often sharing the story of me missing Mitzi's awful neck pain) - defusing inappropriate guilt, inviting them to forgive themselves in the best possible way - by taking action to help their pets with WEBB hands-on sessions, and learning how to help their pets with their own two loving hands.

Every one of these conversations, these assessments of the pets, is a beautiful turning point in the lives of humans and an-

imals both. As this book is, for you and your beautiful pets.

Hundreds of millions of pets are suffering in silence as you read these words. This is the terrible price of ignorance, and of apathy. The undeniable truth is that your pets will pay that terrible price sooner or later, in one way or another, if you don't step up and empower yourself with knowledge and skills. Knowledge and skills that I'm sharing with you in this book.

(Please forgive yourself in advance for any Silent Pain you may have missed, or be missing, in your pets. Beating yourself up, running guilt, won't help the situation, in fact, it will tend to make things even worse. Be as kind to yourself as you are to your pets as you read and learn!)

You know your pets better than anyone else. You care for them deeply. You want to learn everything you can to give your pets the best life possible. This means you are already uniquely placed to tell what your pet's needs are. You're going to take that to a whole new level simply by reading this book from beginning to end - and if you go on to learn the Whole Energy Body Balance™ Method in depth with our online Home or Professional Practitioner trainings, you'll be able to help your pets better than the majority of vets when it comes to Silent Pain.

But! (And it's a big, hairy, ugly, about to jump all over you with muddy paws 'but'.)

It's likely that you surrender your power when it comes to your pets' well-being (mostly unconsciously, of course). Let's be honest! We all have these unconscious blind spots when it comes to how we show up in the world. I invite you to be gently, kindly curious about your unconscious blind spots, your weaknesses, and your strengths. Because you have so many

strengths, and they will help you meet your weaknesses, so you can do what you need to do to overcome them.

I promise you - by the end of these pages, you will know how to use your strong, capable, caring hands to find your pet's Silent (soft tissue) Pain, and how to melt that pain out of your pet's body, and out of their life. You'll also be able to soothe anxiety, and gently release and heal trauma.

The alternative doesn't bear considering. If you don't read this book and put into practice what you learn, you're virtually guaranteeing your pets will suffer from Silent Pain that you won't know is there.

Simply read this book, practice what I share by laying your hands on your pet's body, and you'll see positive changes!

TAKING RESPONSIBILITY FOR YOUR PET SELF-ASSESSMENT

Before we proceed with the rest of the book, let's check in with where you are at when it comes showing up and taking responsibility for your pet's well-being.

Below, on a scale of 1-5 on how accurate the statements are - 1 means "not accurate at all", and 5 means "most accurate".

Once you've rated yourself for each statement, total up your scores, then use the Answer Key to determine your next steps.

Self-Assessment Statement + Self-Rating

1. I don't question my pet's vet when perhaps I should.
2. I have allowed vets to pressure me into interventions that didn't sit comfortably with me.
3. I regret having missed problems in my pet's health at some time in the past, problems that I might have picked up with more knowledge and awareness.
4. I assume that whatever the vet tells me to do will always be in the best interest of my pets.
5. I am so busy and stressed that I find it hard to make time to erase my ignorance and enhance my skills so I can care better for my pets.
6. I think that I am not capable of stepping up to take a more active role in managing and optimising my pet's well-being, for whatever reasons.
7. I have 'let things slide' with my pets with little things in the past in the hope that they would just get better.
8. Sometimes it can all be 'too hard', and I hand over all responsibility for my pets to an authority figure like a vet or other pet professional, without questioning what's going on, or exploring other options.

Answer Key

Score 24+

You have major challenges with taking responsibility and with challenging authority figures when it's necessary to do so.

Maybe you had overbearing, bullying parents, so you learned to buckle down and be small and quiet to be safe. Maybe things didn't go so well when you were little - perhaps you got thrust into a position of responsibility that was beyond you, and there was a disaster. The reasons don't really matter.

What does matter is understanding that the more you show up, skill up, and gain knowledge about how to understand and support your pet's well-being, the better you'll be able to care for them, and the less likely you'll make choices that you end up being really unhappy with after the fact,

This book is filling your knowledge and skills gaps when it comes to your pet's Silent Pain. And success breeds success! When you get to the end of these pages, and feel the confidence and sureness of your hands as your pets melt into relaxation while you work with them - well!

You'll be inspired to learn more and gain more skills, and your pets will be cheering you on every step of the way.

Score 16-24

You have some strengths when it comes to stepping up and taking responsibility for caring for your pets, but you have some weaknesses too.

Play to your strengths to fill up your gaps and bolster any weak spots. You know how to stand up for your pets, and you're probably pretty good at questioning authority when it's needed. But sometimes you probably get ambushed, and uncertain, and default to 'my Vet must know best' or other behaviours that may let your pets down to some extent.

It's likely that you're pretty good when there's no pressure, but that you tend to crumble more in high-pressure, time-sensitive, have-to-make-a-decision right now types of circumstances. Again, honour your strengths, take stock of your weaknesses, and inspire yourself to learn more, so you can help your pets better and better over time.

This book will take you to the level where you know more about Silent Pain, and how to find it in your pet's body, than many vets. And this will then give you the confidence to get better and better at taking responsibility for your pets in a healthy and sustainable way.

Score 0-16

You probably annoy the heck out of your vet in the best possible way! You are willing to research, learn, and gain the skills needed to care for your pets better and better over time.

This book is a sterling opportunity for you to expand your already high capacity of knowledge and skill when it comes to caring for your pets. You'll be even better informed in an area (Silent Pain) which you may have been unaware of, or lacking in knowledge in.

Keep on turning the pages. Who knows, you might soon be showing your vet where they missed soft tissue pain in your

pet's body (in a kind, loving and respectful way, of course!).

You'll certainly be finding any Silent Pain that does develop in your pet's body over time as soon as it's there, under your questioning hands. So read on, because very soon, we will be getting all kinds of practical and hands-on!

Hard Lesson #4. You Must (And You Can) MAKE Time To Help Your Pets!

'I don't like food that's too carefully arranged; it makes me think that the chef is spending too much time arranging and not enough time cooking. If I wanted a picture I'd buy a painting.'

— ANDY ROONEY

Time. More precious than gold. How do you care for and spend your time? More importantly, where do you waste time? Because once it's gone, you'll never, ever get it back again!

Here's the thing. If something is important enough to you, you will find a way to make time to do it, no matter what.

It might take getting up half an hour earlier in the mornings.

It might take reprioritising your schedule, becoming more efficient with the time that you have.

It might take eliminating time-wasting activities from your life.

It will take whatever it takes.

Hell - it might take actually creating a consistent schedule of how you invest your precious time - day to day, week to week,

month to month. (That's what it took for me!)

But what it will take before anything else...

Is deciding that you must make the time. And you **MUST!** Reading this book actually saves you time. Because what I'm sharing with you here is quick and easy to learn. And it saves your pets from the endless suffering of Silent Pain - which gives them more life to share with you.

Because your pets, your fur kids, your more hairy-than-not family members need you to make the time to eradicate your ignorance (which you are doing with every page of this book that you read) and upskill your ability to find and melt away your pet's Silent Pain, Tension, Anxiety, and Trauma with loving, therapeutic touch.

If I ever hear people say these two things, I know they probably won't be actually doing what they are talking about doing any time soon, or perhaps ever.

'I'm going to 'try' to...'

Or

'I'll 'find' the time to...'

Both statements are a living lack of commitment and determination. Trying's dying, and finding time is like trying to find the odd sock that your laundry ate three years ago. Yes, I'm being gloriously blunt here. Because there's no use in beating around the bush here. That won't help you help your pets one little bit!

Devotion. Commitment. Consistency. No matter what! This

method makes this easy for you because your love and devotion for your beloved pets inspires you to read, learn, and practice. Once you are committed, everything else follows. And because this work is simple and enjoyable for you and your pets, consistency almost happens by itself - especially because your every touch becomes therapeutic. And you always want to pat your pets, right?

This is what it takes to make time, so you can then make a massive difference for your pets. Hard now, easy later. This is the only way your pets are going to be saved from Silent Pain, by you. Imagine the sense of accomplishment that doing this will bring into your life, let alone the beauty of seeing your dogs melt into puddles of bliss and relaxation under your skillful, loving touch! Any time you waste may be a time that your pets are in pain and need help!

And now, it's time for you to take an honest look at how to make time, commit to doing what you need to do, and show up for your beautiful pets - by having a whole stack of fun while reading this book!

And consider the cost if you don't read this book...

A better than 50% chance that each of your pets are suffering from undiagnosed, invisible Silent Pain that you are missing right now - plus a 100% guarantee from me that you will miss Silent Pain in your pets sooner or later if you don't put the knowledge and skills I share with you in this book into practice in a consistent way with your pets.

Not only that, the cost may be increased vet bills over time, less vitality, and a pet who doesn't live as long and a happy life as is possible!

HOW GOOD ARE YOU AT MAKING THE TIME TO BE SURE YOUR PETS ARE SILENT PAIN FREE? (SELF-ASSESSMENT)

Before we proceed with the rest of the book, let's check in with where you are at when it comes to your ability to do what it takes to create the time and space you need to gain the pet Silent Pain knowledge and skills (and maintain them) so you can make sure that your pets are never left suffering in silence.

Below, answer the question with a 'yes', 'maybe', or a 'no'.

Once you've rated yourself for each statement, total up your score then use the Answer Key to determine your next steps. I'll explain the scoring for each answer on the next page (don't you dare peek!).

Self-Assessment Statement + Self-Rating

1. I could (and am willing to) make changes in my life to free up 15-30 minutes five days out of every week to work hands-on with my pets.
2. I understand that it is my responsibility to make time to assess my pets hands-on for Silent Pain at least weekly.
3. I can think of 3 ways to be more efficient with my time daily to allow me to lay my hands on my pets regularly.
4. I am willing to get up 15 or 30 minutes earlier each morning so I can give my pets the time they need for therapeutic touch.

5. I will never use 'being too busy' as a reason to avoid making the time needed to get my hands onto my pets for their Silent Pain assessments and therapeutic touch.
6. I understand that I will get much, MUCH better results working hands-on with my pets if I devote time to working hands-on with them several times each week ongoing.

Answer Key

'Yes' = 10 points

'Maybe' = 2 points

'No' = 1 point

Score 0-12

Your pets **NEED** you to show up way, waaaaay better when it comes to making the time needed to keep them Silent Pain free.

I'll let you in on a secret. Not so many years ago, I would have answered 'No' or at best (for some of them 'Maybe' to all of these questions. And now, I'm really good at making time for my pets. Anyone can get better at this! So be lovely to yourself right now.

This is a low score, and I'm not going to sugar-coat the fact that you're going to need to make creating time to do this method with your beautiful, beloved pets a real priority. It's incredibly important that you do so!

Making this change might be a little uncomfortable in the beginning. But! All the motivation you need to overcome any dis-

comfort and make this special, important time with your pets (which they will love SO MUCH) will come from your love for your pets. (Go on, have a look at your pets right now, or think of them if they are out of sight.) While you're looking at them (or thinking about them), imagine that your pet has Silent Pain that you can't see - and know that the only way you'll ever find this hidden pain is if you make the time to read this book, learn my method, and then keep on practicing hands-on every week.

Score 13-49

You are reasonably good at making the time, (and then making sure that you keep on making the time) that your pets need for you to keep them Silent Pain free.

I'm impressed! You have obviously worked hard at managing your time and your life so that you're willing to do what it takes to adjust your reschedule, re-prioritise things, and become more efficient when needed. I know just how much dedication this takes, so I salute you.

And... You have room for improvement. The good news is that once you have a solid foundation here, it just gets easier and easier to get even better at consistently making the time your pets need! So keep up the good work, and you'll keep on getting better at this oh-so-important life skill. Your pets will thank you, as they'll reap incredible benefits. The more you get your hands on your pets, the happier they will be!

Score 50-60

You are hitting this 'making time' gig out of the ballpark! Nothing will stop you from doing what you need to do to keep your pest Silent Pain free.

You know how to make time, you know why it's important to structure your schedule, and you enjoy the paradoxical freedom that this structure gives you to learn and grow your knowledge and skills base to give your pets the best possible evolving care. You have no doubt put in a lot of time and effort to get to this point, so congratulations. Now it's all about maintaining consistency, motivation, and momentum.

Because you're at this level when it comes to making time, you'll devour this book in good time, learn what I'm sharing quickly, and efficiently implement the skills into an ongoing program of regular assessment and therapeutic touch. (And you'll upgrade your already impressive time-management skills!)

Your pets will laughing all the way to the bank, because they'll never be left to suffer in silence. Keep on reading, and keep on making time for this work, so you can enjoy seeing the shifts and changes as you work with them to keep them in peak comfort, ease, and vitality!

And now, in the next chapter, I'll be showing you the most important thing, the most urgent thing, the reason why your pets need you to keep on reading these pages, so you can save them from Silent Pain!

CHAPTER 4

Time Is Of The Essence!

*“Today is the first day of the rest of your life.
Make it matter, as if it is your last.”*

— ANTHON ST. MAARTEN

Take a look at your dog (or cat, or any other kind of pet) right now. Aren't they cute? They bring SO much joy into your life, right? You love them to bits. It would break your heart if your beloved pet was in pain, and you didn't know they were suffering.

Here's the truth - you need to move from:

“I love my pets, and I would never miss their pain - because I'm confident they will always let me know when they are hurting”

to:

“I'm really worried that my pets might have Silent Pain that I don't know is there, I want to help them, but I don't know how!”

and then all the way to:

“Wow, I can now easily and quickly feel into my pet’s body, always find when they have hidden pain, and quickly melt that pain out of their body with loving therapeutic touch.”

But what’s more, you need to make this shift quickly - because your pets may be silently crying out for help, and you will never know until you fill up your pet Silent Pain knowledge and skill gaps. *Your secret key to find and unlock your pet’s hidden suffering, so you can transform it into joy with your loving touch is simply to read this book as quickly as you can (because time is of the essence for your pet)!* I share with you everything you need to know, and the skills you need to put into practice with your pets in these pages.

Best of all, no prior education, no knowledge of anatomy and physiology, and no university degree in veterinary science are required for you to quickly excel in using my method to help your pets. Read these words, and do what I explain, get your hands on your pets, and you will learn this work very, very quickly. Your pets will also be your teachers as you learn!

Time is of the essence, because every second pet you lay your eyes on is suffering from invisible Silent Pain - and the sooner you act, the sooner you’ll find, relieve, and prevent your pet’s Silent Pain! And the happier your pets will be.

Once you understand what I’m sharing with you in this chapter, there is no force on earth that will prevent you from taking the next steps to take your dog’s well-being into your own two hands. You’ll be on fire to learn because you’ll understand how much this work will help your beloved pets. And you’ll know that reading this book is URGENT, a strong priority for you to

get your pets Silent Pain free!

Let's explore the 5 Major Questions you'll need to ask yourself before you join our global movement of pet parents who are taking their pet's well-being into their own two hands in a whole new way.

Question #1. Is the WEBB method a good fit for my pets (and me)?

I know that what I'm sharing with you is exactly what your pets need. I know that you'll see visible improvements in your pets within weeks when you read, learn, and put the skills into practice.

And I know that for you, however, it may not be that simple. It's normal to have a certain amount of anxiety or fear about investing in and learning anything new. This may manifest for you as doubt, trepidation, second-guessing yourself all over the place, lack of belief that you can do this new thing, dragging your feet, or severe procrastination!

You might have made bad choices in the past, invested in on-line training programs that promised the world, but delivered nothing worthwhile. You might doubt what I'm talking about, and the method I've developed, because you don't understand it well enough (yet).

It's natural for you to doubt that what I'm offering is all I say it is, because there are a lot of unscrupulous and shonky operators out there in the marketplace (I know, because I've made my fair share of bad investments in dodgy teachers, books, and online programs over the years).

My mission in this book is to empower you to make a real difference for your pets.

The stories of transformation in pets that I've seen, the changes in all of the animals I have treated, and the changes our students consistently see in their animals as they learn and practice the skills you're learning in this book, show you the value of what I'm sharing with you here.

I can't wait for you to email me, telling me about the hidden Silent Pain you found in your pets after reading this book. As you practice what I'm sharing with your pets, very soon you'll be *seeing* the difference in them. Of course, this will make you want to get your hands onto your pets more often, and that'll help them even more!

Right now, I want to talk about the very small number of pets (and people) that this method is not suitable for. There are two categories of animals that you may not be able to work hands-on with.

The first category is the rare few who cannot tolerate touch. In my experience, I've found that around about one in a thousand dogs and a somewhat higher proportion of cats can not tolerate touch. I've seen a very small handful of pets like this in all the years I've been working hands-on with pets. (I can count them on the fingers of my hands.)

I believe that these pets are autistic (or something very like it) and have an extreme hypersensitivity to touch. This can happen, but it's vanishingly rare - so this is definitely not a reason to stop reading this book.

The second category are animals who are aggressive. Again,

it's rare for any dog to be so aggressive that you can't work with them safely, especially if you use a muzzle (as I do on occasion if need be). However, some dogs are seriously dangerous, and you should not work with them. With your own pets, safety is not such a big issue, as you know and trust each other so well. If you have rescue animals, it may take a little time and patience to teach them to accept therapeutic touch. But if you go slowly, gently, and consistently, nearly all rescue animals will learn to accept this work within a matter of weeks.

In this book, you'll learn how to position your pets, how to calibrate your depth of touch according to their non-verbal communication, how to work with your pets in a way that respects them as the thinking, feeling, and intelligent beings that they are. If you have a more challenging dog, or if you have a calling to become a certified practitioner of the method, we cover how to work safely and effectively with more challenging animals in depth in our online training programs.

A greater number of cats are less tolerant to touch and being handled. And all cats have FIVE sharp ends (dogs only have one). If you have a cat who is from a more feral or wild background - or a cat who was not well socialised to being touched and handled as a kitten, then it can take more time, care, and patience to help them learn to accept therapeutic touch. With patience, most cats will accept this method over time.

We have had a number of people applying my method with rescue cats who have seen great results. In a nutshell, you can often get great results even with quite challenging cats!

When it comes to the human side of things, there are two possible reasons why this method may not be a great fit for you.

If you are not open to the concept of 'energy', 'Chi', 'Prana', etc, then this method of training may not be a good fit for you spiritually. I have found that some kinds of religions believe that working with energy in any way is not acceptable, so if you share these kinds of beliefs, this method probably won't be the best fit for you.

And...

If you are not willing to gently persist with your pets, to ease them through the unavoidable 'healthy discomfort' they must experience when you engage with the hidden pain and tension in the soft tissues of their body, then you'll never be able to find or heal your pet's Silent Pain. But don't worry, I'll explain how to 'gently persist' so that your pets can enjoy the incredible benefits of the 'touch medicine' you are learning in this book.

I have helped SO many pets with the WEBB Method. But the most important ones (at least to me) are my own beautiful pets. This book is laser-focused on helping you to help your beloved pets above and beyond anything else. Your pets need to come first, always!

Pearl, my lovely whippet. She made it to nearly sixteen and was able to jump on the couch right through until the end. This was because the hands-on work she received from me kept her body comfortable and strong.

My fluffy friend, Mitzi is a reactive little guy - but so much less than he was. I could never let him greet any other dog on a walk, but now he is fine with most dogs, and so much better at self-regulating. This is because of the long-term relaxing effects of the method. Of course, I also found and healed terri-

ble silent neck pain, and I check him every week. Now that he is older (about 12), I often find that he has aches and pains that he loves me to ease with therapeutic touch (he simply melts into a puddle of bliss under my loving hands).

I've helped both my cats with neck, back, and soft tissue pain over the years. Fred, even though he is relatively young, has occasional niggly lower back pain. Because I assess him regularly, I can always tell when he needs some therapeutic touch to melt that pain away.

And here's just a smattering from all of the thousands I have helped in my veterinary work.

- Emma-Bella the Samoyed who was trying to kill her housemate. We found she had an incredibly painful neck, and did a long series of WEBB treatments to heal that pain. Now she is wrestling and playing, having fun with the dog she used to try to kill!
- Klyde the Staffie with severe separation anxiety (literally eating the house when left alone) - 2 weeks of all the family giving him lots of WEBB Somatic Relaxation Bodywork, and the destructive behaviour was totally gone (and he was so relaxed that he wasn't even getting off his bed some nights when his Mum came home from work). He had some body pain his mum didn't know was there too.
- Ninja is a small fluffy dog with extreme anxiety. WEBB bodywork helped her mum calm and settle her to the point where she was happy and a pleasure to live with.

If you think this method might be beyond you because of physical constraints, we have one certified WEBB practitioner with severe rheumatoid arthritis - her hands are weak and painful, but she can still adapt the skills and use my method to help her own and clients' pets.

We have another student/practitioner of the method who is almost completely blind. She could still learn the material and is an amazing practitioner with a high degree of skill and excellence. And we have another practitioner who has cerebral Palsy, with one side of her body very weak and less functional, and yet still creates wonders in her pets and her clients' fur babies using my method.

Even if you have physical challenges in your body, you can still make a massive difference for your beloved pets with the method. All you need to do is to keep on reading this book!

Question #2. Will this method work for my beloved pets?

In a nutshell, yes, around about 99% of the time.

In this book I shine a light into your blind spot when it comes to Silent Pain in Pets. I reveal a knowledge and skills gap in the veterinary industry, and in the pet owner community at large. I describe to you an area of ignorance that condemns hundreds of millions of beloved pets around the world to lives of silent suffering, every day. Imagine what life must be like for these pets living with chronic soft tissue pain, feeling miserable, depressed, yet unable to tell their humans they need help!

I didn't get taught diddly-squat about Silent Pain (chronic soft tissue pain or neuro-fascial pain) in my 5 years of study in vet-

erinary school. And vet schools are still not aware of how serious and widespread the problem of Silent Pain in pets is. They are still not teaching graduating vets what you'll be learning in these pages.

Soft tissue pain awareness is growing in human medicine - aided by the ability of humans to tell their doctors and practitioners where the pain in their body is. Therapeutic touch is rapidly growing as an intervention to help people with these problems, but the veterinary industry tends to lag behind. Yes, there has been growth in vets and pet care professionals offering rehab, physio, massage, and a range of other touch-based therapies over the last 5-10 years, but most vet hospitals still don't offer these therapies. Many vets are not open to the benefits of these types of interventions.

You would hate to miss Silent Pain in your pets. And any time your pets develop Silent Pain, you want to quickly and easily find their pain, then do something about it. That's why you're reading this book, after all. This method helps you make an incredible, visible difference in your pets, rapidly.

Remember - time is of the essence here - especially if your pet is one of the unlucky ones who are suffering in silence right now, without you knowing.

Here are some real-life examples of how I've used the WEBB Method to help pets.

The knowledge and skills I'm sharing with you in these pages are a living body of work. Work that I use in my practice every week, and with my own pets every day. Let me share with you some stories that will touch your heart.

Tinker was a lovely little Jack Russell who gimped and limped his way into my consult room maybe 22 years ago.

Happy, waggy tail, excited to see me, but with a very definite limp on his Right front leg. Not only that, all the muscles on one side of the shoulder-blade on that side were completely atrophied. 'Your lovely little dog has a limp!' I said.

'Yes doctor,' came back a cheery reply. 'He's had a limp all his life long. We X-rayed it and all, but they couldn't find any cause, so we just reckon that it's part of how he is.'

I examined him gently, and when I eased my fingers into the little fellow's neck, I found a big tight, locked up, painful knot down low and deep on the Right-hand side of his neck, right where the nerve roots from the spine that feed out to the leg are.

I explained what I'd found (they were surprised at what I'd found, because no other vet had), and offered to try some hands-on work to see if I could unlock this bundle of pain and tension. I did a session then, and another two sessions after that, a week apart. When he came in for a checkup two weeks after the last hands-on session, the limp was totally gone, and the muscles had grown back over his shoulder blade. His humans also told me that Tinker was a lot happier, more playful, and seeking more interaction with them.

Then, more recently, I went to see Percy - a lovely fluffy medium/small dog who was 'off colour' and just 'not his normal self'. As soon as I started to feel into his body, he told me very clearly that he was incredibly painful from head to tail. We did a series of WEBB sessions, and within weeks he was happier, more playful, more engaged with his humans.

Even when I go on holiday, I just can't keep my hands off any animal who needs help. Recently I was staying at an Airbnb - the hosts had an older boxer who was suffering from gastrointestinal issues, had lost her spark, stopped playing with her friend, and was kind of miserable. As soon as I saw her when we arrived, I knew she was off-colour - so I gave up a few hours on one afternoon to give her some hands-on love and attention with my method.

It was only when I started feeling into her body that I found significant Silent Pain - not only physical pain, but also emotional pain from the trauma of losing another dog in the family in recent years. I spent 90 minutes gently releasing, mobilising, integrating, melting pain and trauma out of her body. Her humans told me that she started playing with her dog-friend again that very same night, and was suddenly back to her old self.

I get my hands on my own pets every day. They come up to me and nudge me, asking for the deep pleasure of therapeutic touch. And after you've read this book and put into practice what I share with you in these pages, you'll never just pat your pet ever again. Every touch will become deeply therapeutic and connecting...

Question #3. Are the benefits of this method for my pets (and me) clear enough to inspire me to read this book and put the work into practice with my pets?

These are the benefits you'll enjoy for your pets (and for you) when you learn and practice my method.

- ➔ A deeper connection, a stronger bond, and more beautiful relationship with your pets, and with yourself.
- ➔ Life-long ability to consistently, quickly, and easily find hidden soft tissue, neck, and back for your pets, so they'll never be left to suffer in silence!
- ➔ Life-long ability to release pain, tension, and restrictions from healthy movement from the tissues and structures of your pet's body with loving, therapeutic touch.
- ➔ A greater ability to communicate with and understand your pets.
- ➔ Life-long ability to move the nervous system and mind of anxious pets from wired, aroused, and actively anxious to resilient, healthy relaxation.
- ➔ A significantly upgraded capacity to be a benevolent, loving, kind leader for your pets (and much healthier boundaries with your pets as a result).
- ➔ Life-long ability to heal your pet's trauma: to release the patterns of trauma (physical, mental, emotional, energetic) with loving, therapeutic touch.
- ➔ A life-long ability to help your pet enter peak learning states with a range of relaxing therapeutic touch skills.
- ➔ An increased capacity within yourself to be present, relaxed, calm, and happy.

In essence, you'll have happier, more comfortable, more athletic, more playful, more engaged, more connected, more sensible, calmer, Silent Pain free pets for the rest of your life.

You'll always be able to tell when your pets have Silent Pain, and you'll be able to relieve any pain you find, with your loving heart and your own two hands.

You'll be able to help anxious and traumatised animals learn how to relax, feel safe, and be calm and happy.

You'll be able to support competition dogs to perform at their best.

You'll be able to prevent and treat Silent Pain throughout your pet's lifetime.

Question #4. Do I need to have special skills or advanced knowledge to help my pets with this method?

No. I have taken great care to teach this work in a way that anyone can learn. It doesn't matter if you've never studied any kind of touch-based therapy before. You don't need to know anything at all about the anatomy and physiology of your pets. You don't need to be a vet nurse or veterinarian to quickly learn and put this work into practice with your beloved pets.

All you need is two hands, a loving heart, and the willingness to read this book, do exactly what I teach you to do, and then keep on doing this regularly, day-by-day, week-by-week, month-by-month, and year-by-year with your beloved pets.

I have found that many people think that they need to have some kind of special 'gift', or have studied advanced anatomy, science, physiology, etc, before they can make a meaningful difference for their pets.

I'm here to tell you that all humans have an innate gift when it

comes to using touch to find and heal their pet's Silent Pain. Yes, it may take some work, time, and practice to bring that gift to its full expression - but every touch you already give to your pets has healing qualities. This book empowers you to expand your natural ability massively.

Keep on reading, my friend. But not only reading these words! Acting upon and implementing what you learn with your pets is the only way you'll make a difference.

Time is of the utmost essence for your pets.

Your beloved pets may well be experiencing significant Silent Pain right now that you can't see, and that what you're learning in this book will quickly help you discover and melt away with loving touch, with your own two hands. So keep on turning the pages, and make sure that you do ALL of the quizzes, exercises, and skills that I'm teaching you in these pages.

Your pets need you to read this book, and to put everything you learn in this book into practice as rapidly and as consistently as you can! Only then can you discover and relieve their hidden, Silent Pain, and do something about it!

Because time really is of the essence.

CHAPTER 5

Challenges You Must Overcome To Take Your Pet's Well-Being Into Your Own Hands

"You can always tell about somebody by the way they put their hands on an animal."

— BETTY WHITE

Challenge #1 – You might think that taking your pet's well-being into your own hands is all too hard, for a range of reasons (and some of them might seem to be very good reasons!).

But is that 'you' thinking this? Or is this your super-sneaky, stealthy, 'hidden saboteur'? 'Cause we all have one. And you should NEVER let it drive the bus...

To succeed in helping your pets, you must ignore your inner saboteur's lies. Read this book, do what I share, and then make my method a daily or weekly practice with your pets ongoing. You'll naturally overcome your inner saboteur by doing.

I invite you to decide right now that you will do whatever it

takes to make sure that your pets are not left to suffer in silence, and then get stuck into getting hands-on with your pets consistently, day by day, week by week, month by month, year by year. This book is all you need to do this!

That monkey on your shoulder? That unhelpful, destructive inner voice? It will use the early stages of learning - of awkwardness, of not knowing what the hell you are doing against you. Your inner saboteur will say things like 'See, I told you you're hopeless, you'll never learn how to do this properly!', or 'See - it's too hard for you, just like I told you!'.

Here's the truth. There are NO good reasons for you NOT to empower yourself, and to take your pet's well-being into your own two hands. No matter what's going on in your life, you can make an hour a week available. And with that hour, over weeks and months, you can make a massive difference for your pets!

Your love for your pets will help you overcome this challenge! Any time your inner saboteur gets active, look at your beautiful pets, remember how much you love them, and simply keep on reading and practicing what you learn as you turn these pages.

Challenge #2 - You may have tried to gain skills like this to help your pets in the past, but it hasn't worked out well!

There are a lot of shoddy programs out there, with poor content, awful teaching, no support, or even misleading information. Getting tangled up in that sort of this can waste your money and leave you with ineffective skills, and not being able to help your pets in the way they need.

I know this potential trap pretty well myself. I bought a lot of

expensive, poorly constructed, information-poor, badly taught online training programs over a lot of years before I finally worked out how to find the right ones - the ones that really delivered, the ones that made a measurable difference in my skills and abilities.

When it comes to Bodywork and Energy Healing for pets, there are shonky operators offering courses that are light on for just about everything, that will give you no depth of understanding, that will leave you with a tiny toolbag of shallow skills. And some of these will still cost you a significant chunk of cash!

There are courses out there taught by well-meaning people, but without deep, lived experience of what they are teaching you. That means that your depth, width, flexibility, and adaptability in the skillset you are investing in will be lacking.

There are teachers who inflate your sense of capability beyond what they can actually teach (sometimes because they think they are way more capable than they are), and make you think that you can do more than is realistic for your pets. This is risky for your pets because it might mean that you delay or decline the veterinary attention or other higher level care that your pets truly need.

There are courses taught by people who are experienced, who have great skills, who are good teachers, who have great material and knowledge - but they only give it to you in dribs and drabs, with twenty levels or more of training - so you end up paying far, far more than you should for all of the skills and knowledge that you gain, and you end up taking way too long to gain the skills that your pets need now.

There are courses taught by people with deep, lived experience, and heaps of wisdom, but who are crap at transforming their wisdom into easily learned, repeatable, and adaptable skills. In other words, they might be awesome, innovative, experienced practitioners, but they can't teach worth a tin penny.

There are great courses taught by people who just don't live in the sweet spot of philosophy, of ethics, of how you vibe and choose to live your life - so even though the content and skills might be great, you'll feel like a square peg in a round hole, and you'll never get the most out of your learning experience.

You'll find teachers who have deep, lived wisdom in hands-on work, in bodywork, in therapeutic touch, but who don't have the slightest connection with their intuitive abilities, and who have no knowledge or skills at all when it comes to Energy-work, Energy Healing.

I'm one of the few leaders and teachers in the holistic veterinary and pet wellness world who owns deep, lived experience in physical therapies, energy therapies, intuitive perception, and intuitive development, and who makes it easy and quick for you to learn. (I also have the embodied wisdom of having healed from CFS + Lyme.)

I'll make you this promise. Read this book! Do what I share! You will see the positive changes blossom in your beloved pets!

Challenge #3 - A great way to fail your pets is by not committing fully to learning and implementing the skills into your everyday life - or in other words, only doing half a job of learning, and then being disappointed with the lackluster results that inevitably follow.

I've been guilty of this in the past. And when I didn't show up, when I didn't commit fully, when I was wishy-washy and flakey, guess what? My lack of results reflected that very, very clearly.

This can show up in a few different ways:

- Engaging with the training, doing all the videos, learning the skills, etc, but doing them in a half-hearted way - not giving it your all.
- Starting strong, but then dropping off and not making the work a consistent, day-to-day, week-to-week practice.
- Not continuing to grow and practice your skills, once you have learned them. The stagnancy trap!
- Being inconsistent - doing bits and bobs, learning and practicing for a while, then letting it drop away, and then having to start at the beginning every time you re-engage
- Not making and scheduling a regular block of time every week to learn study, practice, polish, and evolve your skills.

The antidote to this problem is that you get super-clear about why you are doing this. Which is, of course, your pets. You want to make sure your pets don't suffer from Silent Pain, you want to relieve and treat any Silent pain you do find, you want to melt trauma out of your pet's body and life, and you want to soothe anxiety, supporting deep, healthy, resilient relaxation in your pets.

Focusing on the benefits for your pets will naturally give you a

ton of motivation. All you need to do then is to engage that motivation into action. Doing this requires some structure - making time, scheduling it into your weekly pattern, and then making it just as important as cooking and eating your dinner (or feeding your pets).

Consistency is the next piece of this puzzle. It can be easy to drop off after a few weeks or months - but if you know this is likely to happen, you'll be alert to the first signs of you unconsciously slacking off. Then you can regroup, refocus, and keep this show on the road!

Of course, I'll inspire you all the way as you read this book. I am in your corner, and I will help you to keep on showing up for your pets!

PART 2

**Putting The
Whole Energy
Body Balance™
Method Into
Practice: How To
Find And Heal
Your Pet's Silent
Pain, Anxiety +
Trauma With
Loving
Therapeutic
Touch.**

CHAPTER 6

Introducing Your Pets To Therapeutic Touch...

“I believe in animal rights, and high among them is the right to the gentle stroke of a human hand.” — ROBERT BREAUULT

How To Introduce Your Pets To The Healthy Discomfort Of Healing (Or... How To Help Your Pets LOVE Their Touch Medicine)

Let’s face it. Nine times out of ten, our pets are probably better at training us than we are at training them. And I can guarantee that your pets have trained you up very well, ‘thank you very much, good human!’ to pat them just the way they like the most. How on earth can anyone resist the look on your dog’s face as they melt when you rub their ears, or the purr from your cat as you give them a head scratch?

You’re already doing a whole lot of loving touch with your pets, and they already enjoy this. When you start applying intentional touch, therapeutic touch, touch with a slower hand speed than your pets are used to, and especially when you

start to use touch to engage with pain, tension, and trauma in your pet's body, they are going to give you '*THE LOOK*'.

'The look' will speak eloquently of how stupid you are, and of how you've forgotten all of your good 'pet patting' training that they have given you. You will be roundly told off in no uncertain terms, and be told firmly to immediately get back to giving them the kinds of pats that they like the best, and nothing else, thank you very much!

I kid you not, you have to be ready for this, and prepared to overcome it, because if you don't, your pets will train you right out of being able to find and heal their Silent Pain, Trauma, and Anxiety.

Here's the key to success with my method: You must be able to engage with your pet's Silent Pain, Trauma, and Anxiety to find and heal it! Or in other words: if you don't press into the 'sore spots', you'll never find them, or be able to heal them. No matter how your pets react to this pressure, you need to gently persist with your therapeutic touch...

Thing is, when you first start to feel into tender, vulnerable areas in your pet's body for the first time, they most probably are going to say 'HEY! That hurts there, yes, that bit, and that other spot, and I don't want you to touch it!'. Your pet will express themselves in a range of ways: maybe by wanting to move away, or by pawing or mouthing at your hand, and if it's really painful (or if perhaps they are not used to touch at all), you may experience warning 'air snaps', or waving paws with claws extended from cats.

This communication from your pets may escalate to aggression, attempts to bite etc, if you don't respect it and respond

to it in the right way!

But never fear - I'll be teaching you how to go about all of this in a way that builds trust and connection with your pets, and keeps you both safe. You will be able to slowly and gently introduce this work even to very painful and traumatised pets in almost all cases. And I'm available to help you personally if you need that.

In fact, you will use the kinds of touch that your pets already love, the sort of hands-on connections that they have trained you to give them (just the way they like it) as a bridge to helping your beloved pets understand and accept the **healthy discomfort** of healing, therapeutic touch.

If you've ever had a massage for yourself, and had that point where the person is sinking into a tight painful spot, and it's uncomfortable, a little bit painful, and feels so damned good at the same time, then you know what I mean about healthy discomfort. This is what you'll be learning to do with your pets: how to calibrate the pressure as you assess and work hands-on to the point that is a little uncomfortable, but feels so good, and that your pets can relax into and enjoy.

Because of this, we need to talk a little about **healthy discomfort** and **gentle persistence** - and why they are both critically important when it comes to you saving your beloved pets from Silent Pain.

Healthy discomfort

What is healthy discomfort? It's a level of discomfort that causes no harm, but allows you to use pressure to engage with

Silent Pain (pain, tension, restriction, anxiety, trauma) to a degree that your pets can stay regulated, present, and steadily relax with. So your pets can easily tolerate what you're doing, and you'll be working at a depth that allows you to release and heal the pain in your pet's body.

When you engage with (bring pressure and movement into) your pet's Silent Pain at the optimal therapeutic depth and intensity, they will inevitably experience some level of healthy discomfort. That 'it feels so good, and it's uncomfortable at the same time' feeling. I'll show you how to calibrate the amount of force you use dynamically by being sensitive and responsive to your pet's non-verbal communication as you move into assessing for and releasing your pet's Silent Pain. It's easy - your pet will show you very clearly. You want a response from them, without a reaction. And then you'll see gradual relaxation in your pet as you melt pain out of the specific area you're working on.

As your pet works through the healthy discomfort of you engaging with and melting away their Silent Pain, they may experience some frustration with you. And they'll look at you with big, sad, poor-me puppy dog eyes until you feel sorry for them and stop. This is the worst thing you could possibly do, because without *engaging* with your pet's Silent Pain, you'll never be able to heal it.

This means that you and your pet will often need to experience mild emotional discomfort while you are working hands-on. Or at least - your pet will, and then this often causes you to experience mild emotional discomfort in sympathy with your pet. If you can become strong enough to gently persist, and to ride through this healthy discomfort with your pet, that's how you

support and create deep healing, wonderful benefits, and big improvements in your pets.

Gentle persistence

As you learn my method, you'll be engaging with your pet's body with therapeutic touch, bringing pressure and connection (sensitively and carefully, of course) deep into the tissues and structures of their body with your hands.

When you start finding and relieving your pet's pain, tension, restrictions, anxiety, and trauma, there will inevitably be some degree of discomfort for your pets (healthy discomfort, here we come!). The problem here is that if you can't engage with pain and tension in your pet's body, you can't find where the pain is, how bad the pain is, and you can't release and heal that pain for your pets.

Many pets, when I first start working with them hands-on, are not at ALL interested in me touching their sore bits. The look on their faces says 'What the heck do you think you're doing! You badly trained human! You don't even know how to pat a dog properly! I think you should get back to doing what humans are best at - belly rubs, ear massages, gentle pats - none of this touching my sore bits!!!'.

Because of this, at first your pets may be confused, avoidant (try to move away), or resistant to you feeling into and working through the painful areas in their bodies. However, you must find a way to do so, or you'll never find and heal their suffering!

This is where the principle of **gentle persistence** is critically important. You have to keep your pet with you- if it's a dog,

hold onto them gently by the collar, put a lead on them. Don't allow your dog to leave. Remember - the WEBB method is **touch medicine!** It's incredibly beneficial, but sometimes it can 'taste bad' for your pets in the beginning.

Most pets, even if they are at first trying every trick in the book to stop me from sinking gently into painful, traumatised, or restricted areas, are lining up for me to give them bodywork after a few treatments. Just today, I had a little dog come in for her second hands-on session. She practically dragged her human in the door, tail wagging like mad. Her mum told me she normally never pulls on the lead.

With gentle persistence, your pets will learn very quickly that this work makes them feel better, and then they will want more and more. (Before you know it, they'll be following you around and *asking* for more and more therapeutic touch!) What's more, gently persisting with your pets will strengthen and deepen the bond, trust, and relationship between you and them. I'll explain exactly how you go about this as you read further.

When practicing gentle persistence with your pets, you can take a Yin (gentle) or a Yang (firm) approach. A Yin approach might look like doing short sessions of less than five minutes often, giving your pets time to get used to the work. You'll get the best results if you do at least 20-30 minutes in total each day. Be opportunistic! Wait until your pet settles, then go and get hands-on. Don't let them move away the first time they try to leave, keep them there just a little longer, then set them free. Rinse and repeat.

A Yang approach might look like putting your dog on a lead, so they can't run off, and setting a timer for 10 minutes of more

intensive practice. Or putting your cat up on a blanket on the table, and gently demanding they stay with you. Then, when your pet tries to leave, you say, no, it's touch medicine time, and the timer is still running. Bring them back, or gently restrain them and prevent them from walking off. You'll need to be more determined than your pet, in a gentle, kind way, but at the same time without bullying or dominating.

This can be a delicate balance, and you'll likely need to experiment to find the best way to gently persist with your pets. Some pets may become wriggly and avoidant even with the hands-on energy connection skill that you've just learned and practiced with your pets. Some animals may feel old uncomfortable emotional content activate even with this, the gentlest of all the skills.

What does this mean? Old trauma is stored in the body - and often there is an emotional charge locked in there as well - the feelings from the traumatic event. When you engage with the physical pain and tension, the old emotional feelings surface to be re-experienced and healed. This may be a little uncomfortable for your pet, and they may then want to move away, or become fidgety. To help them heal, you have to gently insist they stay with you until all the uncomfortable feelings are released and healed.

Mostly this won't become such an issue until you get to the Silent Pain Assessment and Stretching Fascia Circles skills, the ones that really sink into deeper pain in your pet's body (that are coming up very soon for you to learn). Many pets will accept therapeutic touch (in fact, lap it up!) right from the beginning. I share all of this with you just to let you know that it's normal for pets to find intentional touch a bit strange, or uncomfortable - and at the same time, nearly all animals will very

quickly learn that they feel better afterwards, and be asking for more.

The key message for you here is that in order to find and heal your pet's Silent Pain, you're going to have to gently walk them through accepting healthy discomfort. And you'll do that by gently persisting. I'll explain how to do this in an easy way that builds trust and connection between you and your pets as you work your way through the next chapter - in which you're going to spend a LOT of time hands-on with your pets!

But in a nutshell, you simply must be more determined than your pets, in a kind and supportive way. And as you are working with your pets, the better you understand their communication, the more you'll be able to work with them and inspire them to want to work with you. The next section covers relaxation signs, which is the kind of communication for your pets that tells you when you're hitting the sweet spot!

Understanding and tracking your pet's relaxation signs

Your pet's relaxation signs show you that your touch is causing body-level relaxation. Being sensitive to this communication from your pets helps you calibrate the depth of pressure you're applying when you start sinking into your pet's body to discover hidden Silent Pain. This is important with the Assessment process, and when working to release any pain you find with the more Yang, firmer, releasing touch of Stretching Fascia Circles. Both those skills are coming up for you to learn in these pages very soon.

One of the profound impacts of the method is that all of the

therapeutic touch interactions you are learning and practicing with your pets cause a **body-level** (somatic) **relaxation response**. Even the strong, penetrating, releasing skills, though your pet will arouse because of you engaging with pain and discomfort, simultaneously cause the body to relax.

The Yin hands-on skills, the gentler integrative ones (like Loving Touch, which you have already learned and should be putting into practice with your beautiful pets every day) cause a very strong body-level relaxation response in your pets.

However, you need to remember that even though therapeutic touch is incredibly good for your pet's body and nervous system (as I've already discussed) - your pets may be avoidant when you first practice with them. This can be because of several very good reasons (just ask your pets, they will agree with me!).

- ➔ Your pets may have trauma stored in their body-mind system, which causes the nervous system to be biased towards arousal. Arousal then becomes their normal, and relaxation may feel strange, unsafe, or uncomfortable at first.
- ➔ The same thing happens with pets experiencing active anxiety. They get hard-wired to be anxious all the time, and anxiety becomes a normal, 'safe' feeling for them.
- ➔ This relaxing, healing quality of touch may cause the feelings and sensations of old traumas or anxiety to be re-experienced by your pet as they access and process this old, stuck, stagnant, and harmful energy. This may be emotionally uncomfortable for your pets.

- ➔ If your pets have high levels of Silent Pain, even this gentle touch may be uncomfortable enough to make them want to move away from it. Even gentle touch can be painful in some cases.
- ➔ It can take time (weeks, months) for the mind to catch up with the body's response to relaxing touch and learn that it can be safe to relax and let go.

This is where putting the practice of the principle of **gentle persistence** into active use with your pets becomes incredibly important. You could think of this as 'touch medicine' - medicine that is incredibly beneficial over time, but 'tastes bad' to your pets in the beginning.

When you practice my method, you'll learn more and more about how and where to touch your pets in the exact way they most need to heal their Silent Pain, Anxiety, and Trauma. As they respond to your touch, you will sooner or later see **positive relaxation signs** being expressed in your pet's non-verbal communication. At first, they may be subtle and fleeting, but the more often you practice with your pets, the stronger these signs will become. Even the shortest-lived, most subtle relaxation signs displayed by your pets are a strong indicator that you're causing a therapeutic impact, and that your pets are responding well.

These are the signs to watch for. Even a very short glimpse of any of these signs is telling you that what you are doing is really working, and making a difference for your pets. Please be aware that it's normal for your pets to relax a little bit, and then go back into a more aroused, active state, then to relax again, then to arouse again, when you work hands-on with them, especially in the beginning. This Relaxation/Arousal cycle will

shift the longer you work, with the relaxation periods getting deeper and longer over time.

As you work hands-on with your pets, especially with the Yin skills, you will sooner or later, to varying degrees (they'll get stronger the more you practice with your pets) see the following Relaxation Signs:

- ➔ Softening of your pet's eyes - eyelids becoming heavy and sleepy, to the point (sometimes) where they are completely closed. Even a slight heaviness is an important sign that your hands-on work is working!
- ➔ Softening in your pet's body – their muscles will relax, their posture will soften and curve, and their head (and or legs & paws) will sink to the table. They may move from standing or sitting to lying down, and may eventually lie flat out on their side.
- ➔ Your pet's ears will soften and slide down the sides of their head.
- ➔ Your pet's breathing will slow and deepen, and flow right down to the bottom of their belly.
- ➔ Your pet's heart rate will slow.
- ➔ Your pets may make gentle suckling motions with their mouth.
- ➔ Your pets may yawn (in this context, a release of tension).
- ➔ Your pets may stretch spontaneously, rearranging their body.
- ➔ Your pet's facial expressions may obviously soften, so they look happier and more relaxed.

- ➔ Your pets may have some clear watery fluid drip from their nose. This is tears from increased secretions, another hallmark of parasympathetic activation (body level relaxation)
- ➔ You may hear Your pet's tummy gurgle.
- ➔ Your pet may burp or fart. If your pet drops a stinker, you know that there is very strong parasympathetic activation and body-level relaxation. It's like a gold star to let you know you're doing especially well with your hands-on work!
- ➔ Your pet may take a spontaneous deep, sighing breath, much deeper than their normal breath.
- ➔ Your pet may seem to go to sleep, entering a very deep trance state with closed eyes and dream-like eye movements.
- ➔ Your pets may randomly twitch when they are in a deep state of trancey, dream-like relaxation.

An anxious, aroused pet will show the opposite of all of these signs. And if your pet is relaxing a little, then cycling back to arousal, the secret is to gently persist. The longer you work hands-on, the more your pets will learn how to relax more and more. Of course, if you have a pet with a strong history of anxiety or trauma, or a pet with naturally high drive and alertness, who is 'switched on' more strongly, it may take days, weeks, or months until they learn how to get into a nice, deep, resilient, relaxed state. Your consistency and patience will be your pet's best friend here!

There's one more thing I need to share with you before I get you started feeling into, assessing your pets for Silent Pain,

hidden soft tissue, neck or back pain.

Defining the range of pressure we use hands-on

To engage with your dog, cat or other companion animals in a way that is most therapeutic you need to use all of the spectrum of intensity or depth of touch – from gentle (Yin) to deep, firm (Yang) connection. How each animal will respond is unique.

- **Hands off:** Your dog's nervous system, fascia, and behaviour will start responding to your presence long before you physically touch them.
- **Feather light touch:** This touch is enough to move your pet's hair, but without touching their skin. It's very, very subtle – some dogs may not like this sort of touch because it can be tickly. Feather light touch will only be painful if there is some sort of injury or illness, and even then only rarely.
- **Light touch:** Now you'll engage with the skin – when connected with a light touch, you'll be able to slide the skin a little way over the surface of the underlying structures before your skin slides over your animal's skin. How far will depend on the mobility of the skin in the particular area you're working with (and the relative mobility of this dog's 'body glove' compared to other dogs). Your finger can then slip over the hair and skin surface when you reach the end of this range of movement.
- **Medium touch:** Here is where you'll begin to engage

more strongly with superficial structures that are just under the skin where you are working (the muscles, fascial tissues, bones etc.). Here you can start to explore moving into resistance in different vectors under your hands, noticing the directions of ease and/or restriction. You can move within the range of movement of the tissues, or you can use strokes with this pressure, where you slide along over the skin and hair with this depth or intensity of hands-on connection (Sliding over the stretch).

- ➔ **Firm touch:** Here is where you'll begin to engage with deeper structures – the Tissues surrounding your pet's spine, for instance, often require a firm touch while assessing, because it's a deep, core structure. Be gentle with your firmness. You'll also be engaging more strongly with any pain or tension in the body at this depth (this requires sensitive care).
- ➔ **Deep touch:** You'll need to build quite a bit of trust with most animals before you can go to this level. You'll be diving deep into your animal's body now! This depth of touch will almost always be somewhat uncomfortable for your Pet! The trick here is to stay in a level of discomfort your pet can relax into.
- ➔ **Too deep touch:** You've gone past discomfort, and you're hurting your dog. This is where you'll see a **reaction**. They'll let you know! Turning around quickly, grabbing your hand with their mouth, hard wide eyes, a yelp, warning snaps, or biting you (hard) are all possible reactions. If this happens, you've come to a point of eroding, rather than building trust with your dog. Back off immediately, and do some very gentle work with this area, or

another area (and then come back to it). Apologise with WEBB Loving Touch, rebuild trust for a while before sinking in deeper again.

Make sure you come back and review this chapter after each skill you learn with me in the next chapter. You'll see exactly why this is all so important as you get hands-on with your pets.

KEY CHAPTER TAKEAWAYS:

- ➔ You'll need to gently introduce your pets to therapeutic touch, so they can learn how good it feels for you to find and heal their Silent Pain, Anxiety, and Trauma
- ➔ You must increase your pet's tolerance for discomfort (and your's too) to get the best results
- ➔ Gentle persistence is how you do this. You must take the lead, and not allow your pets to move away while you give them touch medicine
- ➔ Your pet's relaxation signs guide how you touch them. So be careful to watch for them!
- ➔ Be aware of the scale of pressure you are applying. You want to work as deeply as you can while your pet can 'stay with you'

CHAPTER 7.1

The Foundation of the method: your WEBB Somatic Embodiment + Energy Connection Practice

“Perhaps the greatest gift an animal has to offer is a permanent reminder of who we really are.” — NICK TROUT

The Foundation Of The WEBB Method

I need to give you some important, foundational information and concepts before I help you dive into the ‘doing’ of it. Well - there will be some ‘doing’, but it’ll start off with helping you get your inner game in the right place to meet your pets needs in the most powerful way possible.

Your SE + EC practice is the true foundation of the method, the golden cradle that supports, informs, and empowers the loving therapeutic touch that is the ‘doing’ of my method. This brings beautiful you, in all of your magnificent human fragility, power, and love.

This means that your first step in my method is getting present, heart connected, and overflowing your ‘energy cup’ to your beloved pets with The WEBB Somatic Embodiment + Energy Connection Practice. This is an internal posture, awareness, and energy-based process for you, the human, that amplifies your therapeutic impact when you get hands-on in a BIG way.

This practice is a powerful AMPLIFIER of your therapeutic touch as you work hands-on.

When you practice SE + EC, you become:

- Truly, totally present,
- Heart-connected even more strongly than you already are with your pets (yes, this is gonna happen!),
- And you learn how to connect with the natural energies moving through your body so you draw on them to fill your ‘energy cup’ to overflowing...

When you have this active, you’ll be in the most empowered state possible to have a therapeutic impact on your pets when you get hands-on, down and dirty, and intensely practical. Which will be happening in the next chapter! Whatever you do, don’t skip ahead, because what you’re about to learn and put into practice is unique to the method, and a powerful amplifier when it comes to healing impact for your pets.

Your first core skill: Assessment - feeling for and discovering your pet's Silent Pain, and the second core skill set: healing your pet's Silent Pain, Anxiety, and Trauma by laying your hands on your pet's body is just around the corner. Only a few more pages to read! But before I show you how to get hands-on I need to help you get into the best possible state of being to work hands-on with your pets. If you don't master this foundation of the work, you'll never be able to unlock the full healing potential of the method.

The bottom line is this! The more often you lay your hands on your pets and use this method, the more therapeutic impact your pets will receive. The less Silent Pain they will suffer. The more relaxed, happy, and connected they will be! And (I am jumping up and down here with excitement to bring a sense of how incredibly important these next words are): *The more you practice and strengthen your SE + EC practice, the more you'll amplify the positive impact (and the beautiful changes) that your pets will enjoy.*

Now you know why the foundation is incredibly important - and I'll be showing you exactly how to do the SE + EC practice right now! So let's not dilly-dally.

The WEBB Somatic Embodiment + Energy Connection (SE + EC) process is simple, and easy to learn - you can do it anywhere, any time. *When you practice this process in the company of your animals, you'll likely notice them respond with relaxation signs even though you're not touching them, or interacting with them. I see this happen again and again in my work!*

Your WEBB Somatic Embodiment + Energy Connection Practice

This practice helps you become a strong regulation, presence, and relaxation anchor for your pets. It also has an actively relaxing influence on all beings nearby you, when you practice. Practicing SE + EC regularly will amplify your ability to heal your painful, anxious, and traumatised pets exponentially! And it'll help you become calmer too.

Step 1: Align your posture. All you need to do is bring awareness to how you are holding your body, and you'll naturally straighten up. Then, consciously relax your shoulders completely. Then, maintain and refresh your aligned posture as well as you can all the while you're working hands-on with your pets.

When you are upright, with a relaxed, aligned posture, you'll notice that you are more alert, more present, and more awake in your sensory awareness, all of which amplifies your ability to connect with and heal your pets.

Step 2: Somatic (body) awareness. Gently and continually bring all of your awareness into and throughout your physical body, and simply be present with all that you are experiencing. No need to understand anything, no need to try to change anything. Simply be present with yourself as much as you can be at this moment. Then, maintain and refresh both your aligned posture, and your somatic awareness as well as you can all the while you are working hands-on with your pets.

The more you come home into your body, the more present you are. You may experience suppressed discomfort as you

do so, but you'll also notice that your body will naturally relax after a little while, and any discomfort will ease over time. Somatic awareness increases your presence, awareness, and sensitivity to your pets even more.

Step 3: Energy connection. (In this step you'll be bringing awareness to natural vital energies that have been flowing through your body all of your life. If at first you don't have a lot of sensory awareness, simply imagine the flows. This works just as well!) Bring your awareness to the flow of Yin Chi from the earth, rising up through your body, out through your head. You could think of or imagine this as being like a cool, pure clear spring of water-like energy rising up through your body. At the same time, bring awareness to the flow of Yang Chi from the sun down through your body, out through your feet. You could think of or imagine this as a warm, penetrating sun-like beam of energy pouring down through your body. With your intention and imagination, drink in generous amounts of Yin + Yang Chi into your heart center (in the middle of your chest), until they combine and overflow, filling your chest, shoulders, arms, and flowing freely out through your hands.

Place your hands on your shoulders for a minute or two, and notice what it feels like to receive this overflow of natural healing energies.

How do you feel? I always feel more alert, more connected, more present, and more relaxed when I do this practice (and I do it many times, every day). Your animals will relax when you do this practice, even when you're not touching them. You'll be running this process as the foundation that informs every

touch that you learn in the rest of this book.

Your SE + EC practice is a powerful amplifier of the healing impact you'll have for your pets as you work hands-on, and it's unique to the method. Why am I say this again and again? Because it's IMPORTANT! You will get results applying the hands-on skills without this. But you'll get the best, strongest results possible for your pets by making your SE + EC strong. In fact, with time, you'll be able to calm your pets simply by doing this practice and nothing else.

One more thing before we get to the hands-on work in the next chapter, I want to emphasise the values that inform my method. You'll know exactly what they are, and you're probably already totally on board with them! The more you can be aware of and consciously express these values as you learn and practice the hands-on skills, the better results you will see.

As you learn and practice this method, be **kind**. **Respect** your pets for the thinking, feeling, intelligent, loving beings they are. Be **sensitive** to your pets as deeply as you possibly can. Listen to your pet's communication, and always respond so they feel heard and understood. Give your pets all the **freedom** that you possibly can as you work with them, while knowing that you may at times have to gently insist that they have their 'touch medicine'.

Kindness, Respect, Sensitivity, Listening, and Freedom. I don't need to go into depth about these, because you absolutely know what they are, and how to use them to inform the method as you learn and practice.

I have put an extended, in-depth set of instructions for the SE + EC practice in your resources section at the end of this book.

What you've just learned is all you need, but the deeper instruction will give you stronger results.

I want to tell you a story that will inspire you to make your SE + EC practice something that you give time and attention to every day.

Picture this. It's the start of the first day of a weekend workshop. 10 people and their 15 dogs have all just settled themselves in to learn my method. The dogs are all on high alert - wide eyed, upright, keeping an eye on everyone and everything.

The first thing I always teach my students is the WEBB SE + EC process. It's also the thing that we repeat and practice together more than anything else.

I'm leading all of the humans through this internal process. And as I do, in the space of fifteen minutes or so, and I can visibly see all of the dogs start to soften, to relax, moving from standing to sitting, sitting to lying, and displaying the relaxation signs I've taught you. The humans have their eyes closed. There is absolutely no interaction with the dogs going on, but, magically, they relax profoundly!

Every time you activate, refresh, or strengthen your SE + EC practice, all the beings near you will have a sympathetic relaxation response. I see this often while I am working with a client's dog. I'll internally refresh and strengthen my SE + EC practice - and the dog (and the human) will show a relaxation sign - softening of the face or body, a spontaneous deeper breath, a yawn, or some other sign.

That's one reason why it's an amplifier or the impact of my

method - the other reason is that your hands are overflowing with natural healing energies, and this increases the therapeutic impact of the touch skills significantly!

I invite you to practice this as many times each day as you can remember.

CHAPTER 7.2

How You Find And Heal Your Pet's Silent Pain, Anxiety, And Trauma With Loving Therapeutic Touch

"We only do what our level of awareness allows us." — MARINO BACCARINI

Your three steps to incredible success with my method are:

1. Your Somatic Embodiment + Energy Connection practice
2. Laying your hands on your pet's body as often as you

can, and consistently

3. And then learning and practicing the manual skills - Loving Touch, Assessment, and Stretching Fascia Spirals - often, consistently, so you can grow into an ever more refined and powerful expression of them.

Here's where the rubber really hits the road. In the next pages, you'll be getting into the nitty-gritty as I share with you some of the most important hands-on skills from my method. Before we go there, there are a few really important principles that will help you get the strongest results possible with your pets.

I want to remind you of the two primary qualities of touch that you will be using. **Yin** - which is gentle, relaxing, integrative, and profoundly relaxing, and **Yang** - which is firm, releasing, and penetrating. Yin touch is fantastic for helping your pets learn to accept deeper and deeper, more releasing, Yang touch.

Now, let's get into what you've been waiting for the specific hands-on skills of my method:

WEBB Loving Touch - a Yin skill, gentle, connection and trust-building, relaxing, and very gently releasing superficial layers of pain and tension. This is the type of touch that nearly all pets will love, and it'll be your bridge to deeper touch and engaging with healthy discomfort with your pets. The reason why we start with this one is that almost all pets will immediately love it. Loving Touch is your bridge to help your pets learn to love the deeper therapeutic touch they so desperately need as quickly as possible.

Then (drum roll!) I walk you through how to *feel* into your pet's

body to discover their hidden, Silent Pain, with the **WEBB Silent Pain Assessment process**.

After that, you'll be learning **WEBB Stretching Fascia Circles**, which is the yang skill that releases and melts away any hidden pain that you find. All the way through, I'll be reminding you to reactivate and strengthen the true foundation of this work, your SE + EC practice, again and again.

I'll be sharing with you how to alternate the stronger 'release' work (sinking in firmly while assessing to find your pet's Silent Pain, and stretching spiral fascia circles to release pain and tension) with the gentle, relaxing, integrating skills (hands-on energy connection and loving touch) so that you'll be able to inspire your pets to embrace the healthy discomfort that sets them free from silent suffering and help anxious, traumatised animals learn how to relax and be calm (anxiety antidote). The Yin/integrative skills also help the therapeutic impact where you are working with specific areas to then ripple throughout the whole body.

Let's get started! (How excited are you???)

This is where you start 'doing the doing' of the method. So let's start talking about the manual skills that you'll be using with your pets to find and heal their Silent Pain, Trauma, and Anxiety.

Whole Energy Body Balance (WEBB)™ Loving Touch

I'll start by running you through the 'how'.

Step one (as with every time you lay your hands on your pets) is to activate and strengthen your SE + EC practice. It's an in-

credible AMPLIFIER of the therapeutic impact of the physical touch work!

Here's your reminder.

- ➔ Bring awareness to and align your posture.
- ➔ Gently and continually bring all of your awareness into your body and be present.
- ➔ Open awareness to the flow of Yin chi up through your body from the earth, and Yang chi down through your body from the sun.
- ➔ With your heart drink in and combine these natural healing energies until they overflow from your heart, filling your chest, shoulders, arms, and out through your hands.

Step two is to get your pets positioned so you can easily get your hands on their body safely and comfortably for both of you. Practice positioning your pet's side onto you, or with their head pointed away from you. (This is important for both safety and accessibility.) There's a good chance your pets will want to be positioned head right into the middle of your space. You'll need to be more determined than them, and gently insist that they assume the position that you can most help them in.

Remember that if your animals are new to intentional touch, you may need a lead on them, or to hold them by the collar and not allow them to simply scarper off any time they want to. The touch medicine of my method can only help if you can lay your hands on your pets! If you are going with a more Yin gentle assistance approach, still keep your pet with you for at least a little while when they try to leave. Don't let them just run off.

Step three is to bring all of the love you have for your pets (and I bet it's a LOT) into your hands. Loving touch is intended to be a gentle, pleasurable expression of love, through the medium of touch. You'll be using light or medium touch for this skill. Tending towards lighter.

Step four is to lay your hand (or hands) on your pet, and then stroke your pet in any pattern (emphasising their favourite kinds of touch) with beautifully slow hand movement. *The slower the better, as long as you don't hitch or pause in your movement.* If your pet is showing any signs of wanting to move away, you'll need to gently restrain them with one hand while you touch them with the other hand (having a lead on can help!). If your pet is relaxed and melting, you can touch them with both hands.

Please note - right now, exactly how or where you touch your pet is not important. The important thing is to touch them as often as you can, because every time you do, your hands learn how to touch them better the next time you get hands-on. You'll naturally realise how to more easily find pain, and connect to heal it more and more effectively the more you practice. Eventually, you'll work all over your pet's body.

Make sure to maintain and refresh your SE + EC practice as best you can while you learn and practice. And at the same time don't worry if that slips while all of your focus is tied up in the new things you are learning and practicing. In time you'll be able to do both at the same time. The more you practice, the more you'll amplify your hands-on impact.

Loving touch, while powerful, is incredibly simple and easy. Your touch is gentle, but not so gentle that it's ticklish (and it's

okay to be a bit firmer if that's what your pets like the most). You can use any 'shape' of movement, as long as you are stroking from head to tail, or from the body out along the limbs. It's recommended to use the kind of pats or strokes that your pet has trained you to give them - the kind of touch they most love and enjoy!

Here's the biggest secret! *Slow your touch right down.* The slower your hand movement as you touch your pets, the more it will cause them to relax. Most humans habitually use quite a fast hand speed when it comes to patting their pets, especially dogs. Start with your normal hand speed. Then try slowing that to half speed, then after a little while, to half speed again, and then after a little while, slow to half speed again.

You want to be moving your hands so slowly that they are nearly stopped, but still gliding evenly over your pet's body. This may take a little practice, and you'll be likely to have your hand speed accelerate if you are doing this for a while. If you notice your hand speed gets faster, just slow it down again as you need to.

Please be aware that the slower you make your hand movements, the stranger your touch is going to feel to your pets at first. You might notice when you get to a slower hand speed that your pets give you 'that look'. Or maybe when you make your hand speed very slow, your pets become restless, avoidant, and start trying out doggy tricks on you to get you to stop this unusual quality of touch.

Slower touch causes a stronger body-level relaxation response in your pets. And relaxation can feel strange, uncomfortable, or even dangerous for anxious or traumatised pets at

first.

If your pets react in this way, you must gently persist as we talked about before. Either keep them with you for 2 or three more strokes and then let them go for a short rest (Yin approach), or gently restrain them and keep on with the touch work until your timer finishes. Giving your pet a little rest now and then can help them accept this more easily. The relaxation caused by this quality of touch will win over the agitation of the pet's mind over time, though it may take weeks or months of regular practice to see the full effects and benefits of this.

That's essentially it for WEBB Loving Touch.

Your job now is to PRACTICE. I strongly recommend a minimum of at least 10-15 minutes each day - This can be broken into 3 or 4 shorter sessions if that works better for your pet, but put a stopwatch on every time you're hands-on to make sure you're doing the full amount of time in total. Extended sessions will be more effective and take your pets into deeper relaxation states. And - if you're gently persisting in a Yin way, it's also okay to do shorter sessions, more often.

You can't do too much of Loving Touch with your pets, and more is definitely better! With all of the skills you are learning in this book, the more consistently and regularly you practice them with your pets, the more you'll help them!

As you practice Loving Touch with your pets, sooner or later you'll see relaxation signs from your pet. We have already covered them, so you know what they are- but make sure you are on the lookout for them. You'll notice sympathetic relaxation in yourself as you work with your pets - if not at first, in time this will happen. You are likely to see a reduction in symptoms of

anxiety and increased resilience to triggers if you do this work consistently with your pets.

There are benefits to doing this work at home - while your pets are relaxed. Here you'll help your pets learn how to relax more deeply, and you'll be conditioning them to relax with this kind of touch, which means it will be more effective when used in the face of anxiety triggers. You can give your pets loving touch any time they are triggered into anxiety - ideally, keep going until you see them soften and relax. This helps your anxious pet regulate into relaxation in the face of the fearful triggers, and often, over time, learn that the triggers are not dangerous or fearful.

Loving Touch is not only great for helping anxious pets learn how to relax and be calm. Over time, it will gently begin to unwind old trauma. This quality of touch, though it's gentle and slow, also releases superficial layers of Silent Pain from your pet's body. And (perhaps one of the most important things), Loving Touch deepens trust, connection, and your relationship with your beloved pets.

Before you get started assessing to discover your pet's Silent Pain, (our next topic and step for you), let's review your key takeaways from this section:

- ➔ Your three keys to success with the method are:
 - Your SE + EC practice
 - Laying your hands on your pets as often as you can
 - And learning, practicing, and reviewing the

manual skills of the method

- The three core manual skills you're learning in this book are:
 - WEBB Loving Touch
 - WEBB Silent Pain Assessment
 - And WEBB stretching Fascia Circles
- WEBB Loving Touch is relaxing, Teaches your pets to accept therapeutic touch, and build trust and connection between you and your pets. The key steps are to:
 - Activate your SE + EC practice
 - Position your pet
 - Bring all of your love into your hands
 - And gently stroke your pets very slowly with gentle firm pressure in any pattern, but especially using the kind of touch thy love the most

The WEBB Silent Pain Assessment Process

The hands-on assessment skill that you're about to dive into is naturally going to be a little bit uncomfortable. If you feel like it's getting too much for your pet at any point, simply go back to Loving Touch until they settle and relax - then back to assessment, and back to Loving Touch as needed for your pets to happily accept what you're doing with them hands-on.

This is the key to discovering your pet's hidden, silent, soft tissue, and neck and back pain. You'll need to bring to the table everything that I've shared with you so far in this book. Because now you'll be really sinking in, engaging with your pet's pain, tension, and discomfort.

You'll be using at least medium touch, preferably firm touch, and moving into deep touch as much as you possibly can. When you get to this stage, the how, the doing, the actual hands-on skills are simple, yet powerful. It took me decades of experimentation and practice to refine this work to be so easy to learn, and yet so powerfully healing for your pets.

You're going to start off by practicing on yourself - sinking in and assessing your own forearms. Place your thumb as an anchor just out towards your wrist from your elbow, and then sink in and glide your fingers slowly right across the top of your forearm with firm/deep pressure. Then repeat, until you've felt across the whole length of the top of your forearm. I bet you discovered some pain and tension you didn't know was there! Do that whole process with your other arm.

In the same way, the assessment process with your pets is simple, and you can apply it all over your pet's body. When you find an area that holds pain and tension, you can then work into that area specifically for a little while to heal what you've found.

Right now, you'll begin with assessing along the most important area, the topline from head to tail, right along both sides of your pet's spine. If your pet shows resistance, that's a sign that the area you're sinking into is painful. Go back to Loving Touch until your pet relaxes, and then re-engage more gently.

And take note, because this is an area that will need more focused release work (which you'll learn soon).

Let's quickly review and reinforce the steps you always need to take to prepare before you get hands-on.

Awaken and strengthen your SE + EC practice.

- *Posture,*
- *Somatic Awareness,*
- *Yin + Yang energy connection, Fill and overflow your cup.*

Get your pet ready!

- *Call in your pet,*
 - *Get them positioned safely (side onto you or head away) so you can contain and gently restrain them to keep them in position as you work.*
 - *Make sure you hold your pet gently to keep them with you.*
-

Now you'll sink and glide pressure (as firmly as you can without triggering a reaction from your pet), with the angle of pressure directed right into the middle of your pet's body, from an inch or two out to the side of your pet's spine, towards the middle of the spine. You do this from head to tail on both sides of your pet's spine.

Be sensitive, and watch for non-verbal communication from

your pet. You should see a *response*, but you don't want to apply so much pressure that you see a reaction. If you do get a reaction, that tells you the spot you are working over has significant pain. Your pet will be able to easily accept firm and deep pressure over areas without silent pain.

Go slowly, go gently, and if your pet tells you there is pain with a sudden flinch, head turn, or stronger reactions, instantly release your pressure, and go back to Loving Touch until your pet completely relaxes. Then you'll be able to re-connect with them to assess, but with less pressure, so you can see a response but don't trigger a *reaction*.

If you feel like your pet needs a rest from the more confronting, deeper pressure of assessing, go back to Loving touch until they relax. You can then apply this same skill by feeling into the soft tissues all over your pet's body. It's a careful, sensitive exploration.

The act of this deeper 'sink and glide' movement does release the pain and tension you are engaging with to some extent. It does have a therapeutic impact and will help you begin to release and heal the pain you are finding, even as you are finding it.

Things to be aware of and sensitive to as you assess your pets!

- ➔ If your pet flinches, looks around suddenly to where you are assessing, suddenly wants to move away, licks, mouths or paws at your hand - if their eyes suddenly open wider, their ears tense, their breathing pauses or gets faster, if they shake or tremor, if they try to drop away from your hands, dipping their body, or especially

if they air snap, attempt to nip or scratch you, or vocalise (whimper, cry out) - congratulations - you have discovered your pet's hidden, Silent Pain!

- Remember that engaging with pain and tension in your pet's body as you discover it is going to be at least somewhat uncomfortable. So make sure that you always, ALWAYS go back to Loving Touch as often as you need to, and for as long as you need to, for your pet to relax and soften - any time you find pain that makes them tense up and activate.
- While assessing, always adjust and calibrate the pressure you are using so that you stay in the sweet spot of healthy discomfort. You'll see a response from your pets, but they'll be able to stay present, reasonably relaxed, and allow you to continue to work with them
- You can think of this as a beautiful interactive dance between gentle touch (like the Loving Touch skill), and firmer touch - with assessing and releasing work, you always want to get into the firmest touch your animal can stay reasonably relaxed with (while showing a nice clear response). All the while, you are adjusting and calibrating the amount of pressure you are replying, according to your pet's non-verbal communication
- This is why it's always a great idea to give your beautiful pet some Loving Touch after assessment (or release work). This is a beautiful way to apologise for bringing pressure into tender, painful areas. It helps your pet relax after the stimulation of the healthy discomfort of engaging with hidden pain and tension in the soft tissues.

It integrates the releasing effects of the firmer touch. And it strengthens the bond of trust and connection between you and your pet. I suggest doing more Loving Touch than any other kind of touch you are learning in this book.

At this point, you've either found some (or a lot) of Silent pain in your pet's body, or you haven't. If you haven't that may be because you're not sinking in deeply enough just yet. I find that a lot of people, when starting out with assessing, are afraid to really sink in in case they 'break' their pet. A lot of my students kind of skate around on top with only gentle pressure. So I want to remind you of the scale of pressure we covered earlier in this book.

To effectively discover your pet's hidden Silent Pain, you need to be using at least firm pressure, and preferably deep pressure. At the same time, you need to apply pressure gradually, because if you have a very painful animal, even gentle pressure may be all you are able to apply without getting a reaction. If you're not seeing some level of response from your pets while assessing or releasing, then you may need to gently sink in more deeply.

If you did discover hidden pain in your pet's body, then you need to work gently (yet as firmly as your pets can comfortably tolerate) to release the pain and tension you've found. And if you didn't find any pain, the release work will prevent Silent Pain developing in your pet's body (you need to practice as preventative- whether you find pain or not!).

This brings us to the final hands-on skill that you'll be learning in these pages.

The WEBB Stretching Fascia Circles (Releasing Pain and Tension) Skill

This skill is active, Yang, and actively releases and melts any pain and tension you discover while assessing the tissues and structures of your pet's body. While working to release, you need to have the firmest connection you can (with your pets showing a clear response but being able to 'stay with you') without being too firm (with your pet's showing a reaction or strongly avoidant behaviour).

Or in other words, your touch while assessing and releasing your pet's Silent Pain needs to be in a sweet spot where it's both a bit uncomfortable and it feels really good at the same time. If you've ever had a really good massage for yourself, you'll know exactly what I mean.

When you hit this sweet spot of deeper, releasing therapeutic pressure with your pets, you'll see a lovely response in their body language, but your pet will at the same time be able to stay right with you and relax into the inevitable healthy discomfort of your touch releasing while you work hands-on with them.

This skill is magically simple. And highly effective. You're once again going to start off with practicing with yourself before you do this with your animals. I'll explain exactly how and where to touch your pet with this skill in a little while.

WEBB Stretching Fascia Circles

The basic principle of **Stretching Fascia Circles** is to sink into the body with pressure, and then stretch that pressure in cir-

cles, but without sliding your fingers over the skin. You are moving the skin in circles over the underlying tissues and structures, ideally with firm or deep pressure. If your animal has higher levels of pain, you may need to start with gentle or medium pressure, and then work up to firmer touch over time.

When doing release work, you need to sink into and through the range of pressure slowly and carefully! If you get to gentle pressure and you get a nice clear response in your pet's communication, don't sink in more deeply - at least at first! You always want to aim to sink into the sweet spot of pressure for this place on this animal's body. The actual amount of force needed will vary from animal to animal overall, and then from place to place on your animal's body on the day.

Then, from day-to-day, week-to-week, and month-to-month, even the same places on your pet's body will require a different depth of pressure to hit the sweet spot. That's why I'm reinforcing the ongoing need to always be calibrating the amount of pressure you're using according to the communication from your pets, moment to moment as you're hands-on with them. You have to stay alert and sensitive - which your SE + EC practice helps you do more and more over time!

It's time for you to Stretch Fascia Circles for the first time (with yourself)!

Remember the first step that needs to be taken every time you work hands-on with my method - which is to refresh or activate your SE + EC practice.

- ➔ **Posture** (gently straighten up into healthy alignment),
- ➔ **Somatic Awareness** (gently bring all of your awareness

into your body, and be present), and,

- **Energy Connection** (Bring awareness to the flow of Yin Chi from the earth up through your body, and the flow of Yang Chi from the sun down through your body, and drink in generous amount of both with your heart until the combined natural healing energy overflows out through your hands freely).

Place your left hand palm down on a surface - a tabletop or the top of your thigh will do just fine, but any old surface will do, as long as it's sturdy and still. With the pads of your first three fingers on your right hand press into the middle of the back of your left hand.

Begin with a medium pressure. Sink in until you can feel the tissues and structures under the skin. Now slowly stretch the skin that your finger pads are connected with in circles. Apply pressure downwards into the back of your hand, and at the same time, stretch the skin evenly outwards from the middle of the circle that you are moving the skin in. Make several circles in one direction, and then gently reverse the direction and circle back in the other direction.

Notice what you are experiencing at the point of connection (where you are circling pressure), and throughout the whole of your body, while you practice!

Now increase the pressure to a firm or deep level (but make sure you only increase the pressure to a point that you can stay relaxed with - that sweet spot of healthy discomfort) and continue to circle one way, and then the other, several times. Reduce the pressure to medium and circle in each direction several times. Then increase the pressure to firm (deep if pos-

sible) and circle in each direction several times.

Over time, you'll notice some important things:

- The skin under the point of connection will stretch further, and become softer, so your circles will become a little bigger with the same amount of pressure and stretch.
- You'll gradually be able to bring firmer and firmer pressure into that point of connection with less discomfort - so you'll then be able to work deeper into the body, and be more effective in releasing any pain and tension in that part of the body
- And the whole of your body will start to show relaxation signs!

After you've spent a minute or two practicing on the back of your left hand, repeat this whole process on the back of your right hand. There are good reasons why I'm asking you to begin with yourself. Your touch when you get hands-on with your pets will be more confident - so they will feel safer and accept it better. And you'll already have experienced what you're about to ask your pets to receive. This helps you connect more gently and kindly.

After you've practiced on the back of your hand, have a go of Stretching Fascia Circles on the top of your thighs. Because there's a whole lot more soft tissue in that part of your body, you'll find that you have to be more sensitive with sinking in. You can use this hands-on skill to help relieve pain and tension anywhere in your own body, too.

And now, it's time for you to start Stretching Fascia Circles

with your beloved pets!

You know the drill by now to prepare yourself to get active and hands-on: SE + EC, Position, Loving Touch until your pet relaxes, and then follow the steps below...

Step 1: Connect with all four fingers of one hand, using the flats of your fingers, but not the palm. Pick the easiest spot to reach - for now, it doesn't matter exactly where on the body. Make sure you are comfortable.

Step 2: Sink into your pet's body with medium pressure. Watch your pet carefully now, and all the way through as you practice. (In the unlikely event that you get a reaction with such light pressure, instantly relax the pressure, but stay connected, and then go back to gentle Loving Touch until your pet relaxes again.) Then start stretching the skin under your fingers in circles, making sure that you don't use so much pressure stretching out from the center of the circle that your fingers slide over the skin. Only the skin should be sliding over the underlying tissues and structures where you are touching.

(You may get a nice, obvious response from your pet with only medium pressure. If so, don't try to work any deeper just yet.)

Step 3: If you are not seeing any response from your pet with medium pressure, gently increase the pressure into the firm or deep range until you see a nice response (remember, your pet will be able to relax and be present with this). When you see a response, you know you are getting into the right range of therapeutic pressure and connection.

Step 4: Circle in one direction for a little while, and then gently reverse and circle in the other direction. Over time, you'll no-

tice that the tissues and structures under your point of connection will soften, and the circle will stretch a little bigger and bigger, without you needing to apply any more force.

Step 5: Play with sinking into deeper pressure, and then then floating off into lighter pressure as you stretch circles in one direction, and then the other. This is a great way to gently sink into deeper, stronger connections that are more effective at releasing your pet's Silent Pain and tension.

Always be sensitive to your pet's non-verbal communication. You want to always be seeking a nice, obvious *response* without applying so much pressure that you trigger a *reaction* from your pet. When you inhabit the sweet spot of therapeutic pressure, you will see relaxation signs from your pets as you work.

You can play with expressing slightly slower or faster speeds as you stretch circles. Always look for the hand speed that causes the strongest relaxation signs in your pet. Generally, the slower the speed, the more effective the release, and the deeper the relaxation effects.

Step 6: There will come a time when you feel like this particular spot is completed, cooked, and finished. Slowly stop the movement, and then gently lift your hand away. Then do some Loving Touch for a little while to help integrate all of that release work you've just done.

The hands-on neuro-fascial bodywork skill of Stretching Fascia Circles is very flexible and adaptable. You can use one hand, or both hands. You can use a large connection like the whole hand, palms, and fingers. Or you can get more specific, with

maybe three fingertips, or even the tip of only one finger if you want to get into smaller areas of your pet's body. The more you experiment, the more you'll be able to heal your pet's soft tissue pain.

Now, I'm going to show you a more advanced way to apply Stretching Fascia Circles with your pets. You'll learn how to work along your pet's spine. The spine is the core of good health, and should always be an area you give regular loving attention to!

Stretching Fascia Circles along both sides of your pet's spine. This is a great practice to do every day (or at least once a week). It's exactly the same process, but you'll be using both hands at the same time, stretching circles along both sides of your pet's spine at the same time. (If you need to hold your pet so they don't scarper, simply do one side at a time while gently restraining them with your other hand.)

Step 1: You'll start on the sides of your pet's neck, just behind the skull, so that you are stretching small circles on the sides (not over the middle of the spine). Connect with the finger tips of your first three fingers (you can use your thumb as an anchor or support) with both hands (or one if you need to gently restrain your pet) - one to either side of the middle of the spine. Sink in until you see a response from your pet.

If your pet is still getting used to intentional touch, you can stretch circles with gentle pressure to begin with, not worrying about seeking a response, and then gradually increase to medium, firm, or deep pressure over weeks and months. Gentle pressure will still be incredibly therapeutic if you do this every day!

Step 2: Gently stretch circles rotating in one direction and then in the other for a little while.

Step 3: Move your point of connection about half the width of the circles you were making toward your pet's tail. Then repeat steps 1 + 2.

Simply repeat the process until you have stretched circles on both sides of your pet's spine from head to tail. If your pet is still getting used to this wired and wonderful new way of touching them, you could do this in sections, practicing in short sessions, but still making sure you stretch right along the spine over the whole day. (Yin gentle persistence.)

How to make the WEBB Method an everyday healing practice for your pets

I'm going to repeat myself a little bit here. Because I really, really want you not only to understand what I'm saying, but also to act on it in a consistent way.

- ➔ Your pets (all pets) will inevitably develop Silent Pain over time.
- ➔ The only effective way to find your pet's Silent Pain, and to truly heal it at the root cause, is to lay your hands on your pets often.
- ➔ You must assess your pets all over at least once a week, or they will be left to suffer in silence. I assess my pets regularly, and I often find that I'm missing pain - either a new spot, or an old spot that has flared up. But it's because I check regularly that I don't miss my pet's pain

for very long, ever!

- You need to get your hands on your pets and apply therapeutic touch for at least a little while every day.

With the skills you've learned in this book, you can make most of your touch interactions with your pets deeply healing (if not all, because when you activate your SE + EC practice, ordinary patting becomes profoundly therapeutic).

It takes hardly any time - because you already spend a good deal of time touching your pets! If you repurpose that time, then you'll be making a massive difference for your pets in no time. Of course, the more you do this work, the more your pets benefit.

You'll get the best results if you also give your pets a longer WEBB session at least once a week. I recommend at least 20-30 minutes of cycling through all of the skills you've learned in this book, working with as much of your pet's body as possible, and getting as deeply as you can into the tissues and structures as your pet will allow you to.

Here's the rub (pun intended) - if you've read this book and done what I've told you to do, you'll never be able to only pat any animal ever again. You'll be finding pain, soothing anxiety, healing trauma, and melting Silent Pain out of the body and life of every pet you meet from now on! What a blessing for all of those animals, and for you too.

Some people underestimate this method because it is so simple. Don't do that! What I've shown you is so simple because I've spent 27+ years discovering what works best. All you need to do is do this. Your pets will thank you by showing you how

much better they feel! - And by actively asking you to lay your hands on them.

KEY CHAPTER TAKEAWAYS:

- You need to be gentle and sensitive as you assess, and always be very responsive to your pet's communication so you can adjust and calibrate as needed
- Always go back to Loving Touch any time you feel like connecting with discomfort is too much for your pet
- When you find painful areas, use Stretching Fascia Circles to gently melt that pain out of your pet's body
- You must assess your pets at least weekly, or you'll likely miss their Silent Pain
- Lay your hands on your pets and practice every day!

I hereby officially give you a big fat GOLD STAR. You've made it through the foundations of the WEBB method. You now have core skills that will help you find and heal your pet's Silent Pain, Anxiety, and Trauma to a great degree.

And...

To exponentially increase your ability to heal your pets, please read on through chapters eight, nine, and ten, where I'll be taking a side step and sharing with you some wisdom that will make it practically impossible for you to not make this method a joyful, deep, everyday practice with your pets.

Right now, your beautiful, powerful self-care 'Inner Pet' practice is waiting for you in the next chapter (this will uplevel your ability to help your beloved pets...)

CHAPTER 8

Getting To Know Your Inner Pet (Deep Self-Care)

"Pets reflect you like mirrors. When you are happy, you can see your dog smiling and when you are sad, your cat cries."

— MUNIA KHAN

Here's an important question for you - are you as kind and lovely to yourself as you are to your pets?

Nearly every time, when I ask people this question in person, they immediately pull 'a face'. They scrunch up, and look uncomfortable. The answer that follows, at least 19 times out of twenty, is 'No - not even close!'. So... I can be practically certain that you are not as kind and lovely to yourself as you are to your beloved pets.

All self-care is driven by self-love and a healthy sense of self-worth. The practice I'm about to teach you utterly transformed my life in the most beautiful way, and it will do the same for you. What I'm about to teach you is fun, easy, and incredibly powerful. And, like everything you've learned in this book, it won't make a blind bit of difference unless you do it!

Your 'Inner Pet' self-care practice

I'll let you in on a secret - this exercise will seriously enhance your success when it comes to finding and healing your pet's Silent Pain, Anxiety, and Trauma.

Step 1: Take a moment to awaken or reactivate your SE + EC practice. You know the drill by now! **Posture + Somatic Awareness + Energy Connection.** Then take an extra moment to connect as strongly as you can with your physical body. Sink as deeply into all of the sensations and experiences of your body, and relax as much as you can.

For the next steps, I invite you to stop thinking. I'm about to ask you some questions - but I don't want a rational answer. Allow whatever answer that bubbles up out of your subconscious to

pop into your awareness. It doesn't matter if the answer is unexpected, or even a bit ridiculous! In fact, it's probably better if it is.

There's every chance that this process will trigger emotions for you. They may be quite powerful. I invite you to simply allow whatever feelings that come up to be as they are, without withdrawing from them or suppressing them.

Step 2: Answer this question - write it down, because you'll need to remember it. *'If your physical body was a pet, what kind of animal would it be?'* You'll want an answer which is the breed of whatever companion animal you love the most. Could be a dog, could be a cat - or any other type of pet. Also ask yourself what colour they are. Then write down - *'My inner pet is a (colour) (sex) (breed) (species).'*

My answer is: *'My inner pet is a black male labrador dog'*

Step 3: Now answer this question - *'What is your inner pet's name?'* Just let whatever name pops in be the one. Often it might seem silly. Simply accept whatever arrives. Then write *'My inner pet is (name) - a (colour) (sex) (breed) (species).'*

My answer is: *'My inner pet is Beau, a black male labrador dog'*.

Step 4: Take one of your hands, imagine how loving and kind you are when you pat your pets, and then give your inner dog some pats and strokes on the front of your shoulder. Or in other words, touch your physical body as you would touch your pet. Don't be too surprised if you burst into tears. Because it's about now that every second person I talk through this process does!

Step 5: Give your beautiful inner pet (aka your physical body) a few minutes of Loving Touch just like I've described to you every day.

Your 'Inner Pet' practice increases your capacity for self-love, grows your self-worth, and in doing so, builds an incredible foundation for you to begin or expand on self-care. Remember - all self-care you do for yourself is really caring for your pets too. You can use your love for your pets as a very powerful motivator to help you get consistent and active when it comes to your self-care.

This practice is your stepping stone towards more active self-care - so what might that look like?

Eat healthy (fresh whole foods). Exercise - resistance exercise at least three days a week, and aerobic exercise at least 2 days a week. Meditation/relaxation - at least something every day. Stretching - at least some gentle stretching every day. Movement - something like yoga, Pilates, Tai Chi, Chi Gong or dance at least once a week.

If you're just getting started, do just a little bit, and then slowly make it more over weeks and months. The secret is to make your self-care non-negotiable, and not to allow how you feel to dictate if you do it or not. In other words, you do it no matter how you feel (unless you're so unwell you can't get out of bed, of course).

I won't sugarcoat this. You'll have to embrace healthy discomfort. You'll get sore muscles, and food cravings, and at times doing this will be challenging. But - if you get active with self-care as I've described at least 5 days a week, within three to six months, you won't know yourself in the best possible way.

This is how I healed from Chronic Fatigue and Lyme. This is how I am continually getting fitter and stronger, and this gives me more and more energy to create the life of my dreams and to give my pets more and more joy, love, and happiness. IT WORKS!!!

Your Inner Pet practice will help you build the strong foundations of self-love and self-worth that are absolutely required to give you the inspiration and determination that it takes to show up for yourself (which is really showing up for your pets) and make your on-going self-care practices happen. Doing this practice was a massive turning point for me personally.

And it'll be incredibly important for you because the more you give yourself self-care, the more capable you'll be of giving more to your beautiful pets. You simply must continually fill your cup, or your pets miss out!

Everything I've shared in this book, I do consistently, and every day. So I know it works and it'll work for you too.

PART 3

**Making A
Difference For
Your Pets Every
Day With Loving
Touch**

CHAPTER 9

Making It Easy To Make Time!

“Petting, scratching, and cuddling a dog could be as soothing to the mind and heart as deep meditation, and almost as good for the soul as prayer.” — DEAN KOONTZ

Simply by reading and your first few attempts at the skills you’ve learned in this book, you’ve already had a serious therapeutic impact on your pets. This is a great beginning, but you need to treat this as a lifelong, joyful marathon.

In these final few chapters, I’m going to inspire you to not only learn everything in this book, but to then consistently put into practice with your pets day-to-day, week-to-week, forever. (I can hear your pets cheering me on as I write this - because they really, really want you to do what I’m saying here!

In this chapter, I’ll show you how it’s practically impossible for you not to consistently lay your hands on your pets for at least 15 minutes each day. Which you must - because time is of the essence for your pets!

I’m going to repeat myself a little bit here to motivate you to

act. Here are some uncomfortable truths that I want you to face head-on!

Your pets may have Silent Pain that you can't see at any time.

The only way to always find your pet's Silent Pain is to feel into their body with your hands.

Your pet's Silent Pain can sometimes develop quickly (or old areas affected can flare up).

Silent Pain inevitably builds up in the bodies of your pets over months and years, even if there are no major accidents or traumas.

Rescue pets nearly always carry significant trauma and anxiety.

The only effective preventative and treatment for your pet's Silent Pain (soft tissue/neuro-fascial pain) is hands-on work.

Which means creating the time to do it!

Knowing these things gives you the first ingredient to making this method an everyday blessing for your pets. You'll be naturally inspired to make this happen for your beloved pets. Your inspiration then leads to an irresistible commitment to do whatever it takes to make time to lay your hands on your pets.

It's way easier than you might think to make the time needed. Let's go through all of the options when it comes to making this as easy as falling off a log for you.

I'm going to help you make at least 15 minutes of hands-on connection every day with your pets so it becomes an effortless, sustainable habit. You'll make a visible difference with

this amount of time alone - and the more you do beyond this, the more your pets will benefit.

Option #1: Repurposing time you already spend with your beloved pets

How much time each day do you already spend touching and patting your pets? Or just hanging out with them?

I'm willing to bet that there's an easy 15 minutes already available for you to simply repurpose to apply the hands-on skills you've learned in this book. You can now make every touch more loving than ever before, and deeply therapeutic to boot!

Every time you are spending time with your pets, simply awaken or refresh your SE+ EC practice, and then practice the three core skills you've learned from this method in any order you like, with any part of your pet's body, until you feel like that hands-on connection is 'cooked'.

Then move to another hands-on connection. And then another. (Remember that it's generally a good idea to start with a Yin skill, then a Yang skill, and alternate between them as you work. It's also fine to only do Yin for a session, and not do Yang work every time you lay your hands on.)

Option #2: The 'little-by-little' approach

Take just a minute or two to lay your hands on your pets as often as you can each day. Every intentional touch you give to your pets has a therapeutic impact. Every time you lay your hands on your pets, you are finding, healing, or preventing their Silent Pain, Anxiety, or Trauma.

Option #3: Multitasking – adding bodywork alongside existing activities

Here's another question - How much time do you spend in your life sitting on the couch, watching TV? How much time do you spend hanging out with friends or family while your pets are there too?

You can easily multitask and get hands-on with your pets any time they are with you and you're hanging out socially, or watching anything on the screen. Even at a cafe, you can be racking up many minutes of hands-on connection while enjoying social connection with other humans.

This approach can open up a lot of time. TV time can be hours every week, and if you multitask with this even only some of the time you are watching, your pets are going to be receiving so much more therapeutic impact from your loving hands!

Option #4: Make a plan

If you write down how and when you intend to lay your hands on your pets, you'll be two to three times more likely to be successful. And if you then share your plan with friends or on social media, you'll double your chances of success again!

Option #5: Track and measure how much time you spend hands-on with your pets each day

Whatever you measure improves. Guaranteed! If you get a notebook (or use the notes app on your phone) and write down how many minutes you are hands-on with your pets every time you work with them, the amount of time you are

hands-on with your beloved pets will naturally increase.

By the way - I've just blown any excuses you might have for not laying your hands on your pets every day right out of the water! Picking only one or two of these options and acting on them will guarantee you are hands-on at least 15 minutes each day. If you act on all of them, your pets will be the happiest pets on the planet.

Mitzi, my little dog, had a sore neck last week... He suddenly started limping, and when I assessed him, I found that he had a sore neck causing the limp. I spent maybe ten minutes working hands-on with him. The next day he was much better. I did a couple of short, one to three-minute sessions with him over the next three days, by which time he was completely recovered, and back to his bouncy self.

In addition to that, any time he hops up beside me on the couch for a cuddle, I do a minute or two of bodywork. When he sits on his bed beside me at my work desk, every now and then I'll do just a little bit of hands-on work. If I'm hanging out with my partner, I'll often grab one of my cats and give them five or ten minutes of therapeutic touch. This is how I never miss any Silent Pain, prevent Silent Pain from developing, keep any old injuries in their bodies under control, prevent and heal anxiety, and heal trauma for my pets, all the time.

There's one other thing you can do that will help keep you inspired, making hands-on time happen every day, and then make doing this a strong and consistent habit.

Read this book again and again. You'll learn more each time. You'll be reminded why your pets need you to lay your hands on them every day.

CHAPTER 10

WEBB Colourwork (an Energywork skill, and a strong AMPLIFIER of the Method)

“A healer’s power stems not from any special ability, but from maintaining the courage and awareness to embody and express the universal healing power that every human being naturally possesses.”

— ERIC MICHA’EL LEVENTHAL

Energywork amplifies the healing effects of therapeutic touch significantly. Every human has the potential to be a powerful energy healer, and in this chapter, I’m going to help you wake up your energy healing powers in a way that your pets are going to enjoy immensely!

In fact, I’ll let you in on a little secret. You’ve been doing a simple form of WEBB Energywork every time you’ve practiced SE +EC. And you’ve been applying hands-on energy healing every time you’ve been hands-on as you’ve learned and practiced with your pets while you’ve moved through this book.

That's the other reason why your SE + EC practice is a massive amplifier of the therapeutic impact of your hands-on work with your pets.

We have a whole WEBB program devoted to Intuitive development and Energywork - and the next book like this I'll be writing will be all about that. I'll let you know when it's ready!

But today, I'm going to teach you a simple, profound WEBB Energywork skill that you can use in parallel with everything you've learned about therapeutic touch in these pages. You'll even be able to use this skill at a distance, so you can support your pet's well-being even while you're at work, or while they are at the vet hospital, or while you are on holiday and they are in kennels or with a house sitter, etc.

You'll be using your intention and imagination. It's fun and easy to learn. Colour is a vibration of energy. When you imagine or intend a colour with your pets, then you are causing that vibration of energy to sing throughout their being. This supports your pets into deeper states of relaxation and harmonises any distress in their energy systems.

WEBB Colourwork

Let's get started. But before we move into the 'how', I invite you to pretend that you're a little child, playing in the sandpit, imagining cities or forests or some kind of wonderful adventure with your toys, and perhaps a friend or friends. This playful, imaginative state of mind is the best way to 'do' Energywork.

Step 1: Awaken or refresh your SE + EC practice. You know

exactly how to do this by now!

Step 2: Ask for your pet's first colour. You'll need to stop thinking for this step. Simply ask for the colour that your pet most needs in this moment to come to you in whatever way works best. You might 'see' the colour, you might 'know', you might 'feel', you might 'hear' or you might have it come to you in some other way. It can be any colour whatsoever.

Step 3: Imagine or intend for your pet's being to be filled with that colour. Here's where you need to trust that when you imagine or intend, the song of this colour will then be singing throughout your pet's being. That vibration and energy will then be affecting all of your pet's energy systems, and their consciousness, just like your physical touch does when you are working hands-on with them.

Step 4: When that colour is 'cooked' or complete, ask for your pet's next colour, and then fill their being with that. At some point, you'll get a sense of some kind that the colour you have been imagining or intending to fill your pet's being is finished, cooked, or completed. Again, you may get this sense in whatever way works for you - a knowing sense, a visual sense, a hearing sense, a feeling sense, or some other kind of sense.

Step 5: Repeat the process for as much time as you have, or until you feel that it's time to stop. You can cycle through as many colours as you like with your pets, any time that you wish. You can also do this in parallel with your hands-on work, so that you are using Colourwork at the same time that you are assessing, using Loving Touch, or Stretching Fascia Circles.

Please note that you can practice WEBB Colourwork at a distance. If you suddenly think of your pet while you are at work,

you can ask, imagine, and intend colours for a while. Likewise, if your pet has to stay in hospital. Colourwork will help a pet who is unwell enough to have to be in veterinary care, or even critical care, to be more relaxed, and to some extent it may help on the physical level too.

Working at a distance is exactly the same process. You might want to use a photo of your pet to give you something to help you focus your attention, intention, and imagination. You can practice this when you are at home, from across the room, too. You'll often see your pets show relaxation signs as you cycle through colours with them.

In some cases, working with energy like this will cause old emotional content to 'wake up' and be re-experienced in your pet's system so that it can be integrated and healed. If this happens, you may see your pet suddenly show signs of agitation, becoming restless, fidgety, or aroused. If this happens, you can gently continue cycling through new colours until your pet settles and relaxes.

I encourage you to use Colourwork while you are working hands-on, as it will amplify the therapeutic impact that you have on your pets! I use intuitive and Energywork skills all the time with all animals whom I work with because it makes a real difference!

CONCLUSION

Making Your Pets' Lives Better and Better With the WEBB Method, Forever

"Dogs are the leaders of the planet. If you see two life forms, one of them's making a poop, the other one's carrying it for him, who would you assume is in charge?"

— JERRY SEINFELD

Our time together in these pages is ending. Or at least for this reading of the book. But I encourage you to use this book as a continuing reference guide until the pages are all worn, with notes written all over them, and it becomes a dear old friend for you. Every time you re-read these pages, you'll increase your skills and feel more inspired!

But - this is the first day of the rest of your life with your pets - with the pets you share your life with today, and with all your future pets to come. What you've learned and put into practice in this book empowers you to find and heal your pets' Silent Pain, Anxiety, and Trauma in the most beautiful way. The more

you lay your hands on your pets, the happier, healthier, and more vital they will be.

Let's review what we have covered so far:

In the **Introduction**, you learned that Silent Pain is a problem that most pet parents and many vets don't know about, and often miss.

In **Chapter 1**, I might well have upset you a bit with some brutal honesty - a thorough reality check that your pets needed you to hear. I shared my story of missing Mitzi's pain. You learned that many pets will show no signs of even severe Silent Pain. And I shared some case studies with you - Jager, Benny, and how I've helped my own pets.

In **Chapter 2**, you discovered that this book, even though you are the reader, is entirely written for your pets. I shared my journey of creating the method, and then you checked in to your level of awareness of the problem with a self-assessment quiz.

In **Chapter 3**, we walked together through the 4 problems, or hard lessons that I've learned over the years, and more self-assessments to help you understand where your knowledge gaps were. The possible problems were - lack of awareness and skill in many vets, lack of belief in yourself, lack of taking responsibility for your pets, and lack of making the time your pets need for you to help them in.

In **Chapter 4**, You learned how incredibly important it is that 'Time is of the Essence' when it comes to finding and healing your pets' Silent Pain, Anxiety, and Trauma. You learned about the few cases in which my method might not be a good fit for

you and your pets. I explained what kinds of pets my method help (in a nutshell, nearly all of them!).

I shared the stories of other animals I've helped over the years. Covered the benefits of the method, and you learned that you don't need any kinds of special skills or previous education to help your pets with the method.

In **Chapter 5**, I shared with you potential challenges that might get in the way of you learning and putting into practice the skills in this book. And I showed you how to transcend them! You realised that this is not hard to do, that just because things might not have worked in the past, there is no reason that this method won't work for you now, and that if you commit, you'll get great results!

In **Chapter 6**, you learned how to introduce your pets to therapeutic touch, the importance of healthy discomfort and gentle persistence, how to read your pet's relaxation signs, and the WEBB depth of pressure scale.

In **Chapter 7.1**, you learned the foundation and core practice of my method- the WEBB Somatic Embodiment and Energy Connection Practice. (Come on- refresh or awaken yours again with me now, because the more you do this, the more your pets, and you, benefit!) Align your posture. Somatic awareness (bringing all of your awareness into your body). And Energy Connection - Yin, Yang, drinking in with your heart and overflowing these natural healing energies out through your hands.

In **Chapter 7.2**, you learned the three core hands-on skills of my method - Loving Touch, Silent Pain Assessment, and Stretching Fascia Circles.

In **Chapter 8**, I showed you the incredibly powerful self-care process - your Inner Pet practice (have you given your inner pet a lovely pat today?).

In **Chapter 9**, you learned how easy it is to consistently make time to get hands-on with your pets for at least 15 minutes each day, with 5 different options to put into practice.

In **Chapter 10**, you learned WEBB Colourwork - a simply, powerful Energywork skill from the intuitive development and energy healing side of the WEBB method that amplifies the therapeutic impact of your touch work.

And here we are in the conclusion, where I'm getting quite emotional and a bit sad about our journey together in this book coming to an end. I have poured my heart into this. I have given you the simplest, most effective skills from my method, no-holds-barred.

You now have everything you need to make a beautiful, ongoing difference for your pets. You'll be able to find and heal a lot of their Silent Pain. You'll be able to soothe and heal your pet's anxiety and trauma. You'll deepen your relationship week-by-week, month-by-month. You'll become more present, more relaxed, and more resilient to the challenges of this life.

But! - I can only teach the tip of the WEBB Method 'iceberg' in these pages.

There is SO MUCH more you'll be able to do to help your pets when you learn the 20 plus additional therapeutic touch skills we teach in the online WEBB Home or Professional Practitioner training programs. And that's before you learn how to awaken your intuition, and learn the high-level Energywork

skills, which takes you to yet another level.

Me and my team would love to help you learn more. You can [click on this link](#) to book a free discovery call with me and my team - where we hang out, have fun, and answer all of your questions about the advanced programs, and how to get started.

Please check out the resources section where you can claim the awesome free training program that I have thrown in to help you help your pets even better. (That's in the next chapter.)

In the resources section, you'll also see the 'Other Ways To Work With Dr. Ed' section, where I give you a heads-up on our advanced home and professional practitioner online training programs where you'll learn a broad range of additional skills that will empower you to make even more positive impact in your pet's life!

Yes, you've learned an incredible amount in this book. Yes, if you apply what you've learned by laying your hands on your pets every day, you'll make an incredible difference for them. And there is SO MUCH MORE that I have to share with you.

A lifelong journey of growing your hands-on skills with your pets awaits! If you have any questions, please [book a call](#). We would love to support you in a lifelong journey of empowering yourself to heal your pets in every way possible!

For now, farewell (but not goodbye) - and please, give your beautiful pets a pat from me every day.

Big love from Dr. Ed, Mitzi, Gem, and Fred

Resources, Free Bonuses + Other Ways To Work With Dr Ed, The Healing Vet

*"I want to work like a dog, doing what I was
born to do with joy and purpose. I want to
play like a dog, with total, jolly abandon."*

— OPRAH WINFREY

Before I share with you other ways you can work with me to transform your pet's life (and your life) for the better, I want to give you a special gift. As a big fat thank you for reading all the way through my book, I have a special free bonus package for you.

When you purchased this book, you will have received access to a members area, where you can enroll in a special free WEBB online training program bundle which includes:

- **The WEBB Tactile Training online course** - a new, innovative way to get your dogs into a peak learning state (healthy relaxation) using therapeutic touch and WEBB Animalspeak (understanding and speaking your dog's silent body-talk).

- **Dr. Ed's Pet Physical + Emotional Pet Silent Pain fundamentals** - this is an online training program where I take you deep into everything you need to know about Pet Silent Pain in more detail than this book has space for - and I show you on video how to do the WEBB Loving Touch, assessment skills, and stretching fascia circles skills that you've learned from this book.
- **An audio download of the WEBB SE + EC process** - allow my voice to guide you through an extended deep dive of this essential practice, and a short version that helps you refresh your practice anywhere, anytime.
- **Exclusive membership to Dr Ed's private online community** - join the conversation and gain access to a vibrant, friendly, worldwide community of people who will do anything and everything for their beloved pets!
- **Free subscription to Dr. Ed's Email Newsletter** - every week, except for holidays, Dr Ed shares his life, his animals, his work, and useful holistic pet health tips. Informative, fun, and engaging!

WEBB Method Online Training Programs

Here at Whole Energy Body Balance, we help you help your pets more and more with a broad range of training programs for home practitioners and professionals.

Here are some testimonials from our students:

- 'WEBB has been amazing. Dr. Edward has put his heart and soul into this modality and you can see this by the care he has for every one of his students. The results

you achieve are unbelievable.' C.G.

- ➔ 'I am studying WEBB Bodywork. Today I practiced on my 14.5-year-old staffy and he had me in tears - tears of joy. He started doing zoomies. I can't even remember the last time he did this. I love this work!' K.A.
- ➔ 'As a veterinary nurse, I can't imagine doing my job without the skills I've learnt from doing the WEBB Bodywork course. If you are a vet tech, a kennel hand or a groomer, I strongly recommend enrolling in the WEBB courses available.' T.W.
- ➔ 'Dr. Edward's "Silent Pain" remedy (WEBB) is a 'game changer' for my girl, Jessie! She is an Egyptian Mao/Barncat; 19 years old. Ever since using his method, I've noticed that her strides are more fluid with no stiffness. I highly recommend WEBB!' M.C.
- ➔ 'This work is amazing. I've started the first module recently and noticed a big shift in my pups already just using healing touch on them and basic spiral facial release. Same with the horses. I love the WEBB work, Thank you so much for sharing this work with the world, Dr Edward!' A.D.

I'll now give you a brief summary of the training programs we offer.

You can learn as a Home practitioner to help your own pets or create the best job in the world by becoming a Certified WEBB Professional Practitioner. If you want to get started with any of them, please book a free discovery call at this [link](#).

WEBB Bodywork for Pets

This is where it all started, more than 10 years ago. No prior learning is required, suitable for all levels of experience, from 'never touched a pet' right through to veterinarians or experienced therapeutic touch practitioners. A flexible, intuitively guided toolbox of more than 25 profoundly healing hands-on neuro-fascial Bodywork skills that empower you to easily:

- Assess for and find Silent Pain, tension, and restrictions throughout your pet's body, (including the Spine, Atlas and Sacrum).
- Use WEBB relaxing touch to support relaxation, heal trauma, and shift anxiety into lasting peace and resilient relaxation. Awesome for anxious and rescue pets.
- Work deeply and strongly (yet gently) to release and heal pain, tension and restriction throughout your pet's body.
- Communicate clear, healthy boundaries that make your pets feel safe and secure.

Learn how to work with your pets, so they guide you to give them the tailored touch that their bodies most need. You'll never give the same pattern of treatment twice, because your pet's body is always changing. This program gives you the broadest, deepest, most adaptable and flexible skill-set of therapeutic touch skills available.

Feel a calling for this? Book your free discovery call with me at this [link](#).

WEBB Energywork for Animals

This program covers all the non-physical aspects of healing your pets. You'll enjoy an impactful, powerful intuitive/empathic awakening and development program, and learn a comprehensive tool kit of high-vibration energy healing skills that you can use in person, or at a distance. You'll experience very significant personal growth and evolution as you work through this program

There's a whole new layer of connection with Source energy that you'll add to your SE + EC practice, which amplifies and lifts the vibration and healing impact of the natural healing energies that then overflow from you to your pets. Suitable for all levels of experience, from absolute beginners right through to professional intuitives.

You can study either Bodywork or Energywork alone, but you will always get the best results if you learn and practice both in parallel. They are deeply, deeply complementary and synergistic.

Want to learn more? Book your free discovery call with me at this [link](#).

WEBB for Horses

This is an advanced program - it includes all of the skills from both of the programs I've just shown you and then takes you into exploring mastery through working with horses, who are pure prey animals, and exquisitely sensitive and responsive compared to dogs and cats.

You'll learn how to apply all of the skills in the unique way that horses need, and expand into layering multiple skills, expanding your empathic horsemanship skills, and a whole lot more.

Into horses? Book your free discovery call at this [link](#).

WEBB for Humans

In this program, you can study as a home practitioner for your benefit, and to share with family or friends for free. Or you can become a professional practitioner. In WEBB for Humans, you'll learn how to:

- Take your somatic awareness to an incredibly high level
- Build a strong, non-negotiable, ongoing self-care practice
- Apply high-level neuro-fascial Bodywork to the human system (all Bodywork is performed fully clothed) to relieve and heal pain, tension, and restriction
- Awaken and use your intuitive and empathic perceptual capacity, sensitivity, and speed to remarkable levels to support profound healing in yourself and others using a broad range of energy-healing skills and processes

If healing your life or working professionally with humans is more up your alley, please book your free discovery call at this [link](#).

Holistic Veterinary Appointments with The Healing Vet (online and in-person)

I am available for one-on-one intuitive/integrative veterinary mentoring appointments where I help you heal your pets in the most natural, safe way possible.

If you'd like to book an appointment (can be online or in person), you can learn more and book a discovery call at

www.thehealingvet.com

Socials and websites

You can find The Healing Vet and WEBB at:

- www.thehealingvet.com
- www.wholeenergybodybalance.com
- Check out loads of testimonials on our [Wall Of Love](#)
- <https://www.facebook.com/TheHealingVet>
- <https://www.youtube.com/c/DrEdwardTheHealingVet>
- https://www.instagram.com/the_healing_vet/

ABOUT THE AUTHOR

When I'm not working as a vet or teaching WEBB, I'm having all sorts of fun and growing as a human being. I am what you might call 'multi-passionate' and have a broad range of hobbies and interests that I actively pursue.

My greatest passion is music. I have been playing guitar, singing, writing, and performing as a singer/songwriter for over 25 years as TreeBrother. We make 'medicine music' that is accessible to anyone - contemporary folk, conscious roots, fun, and funky sacred music with meaningful lyrics that touch your soul and open your heart.

You can check out my music at www.treebrother.net - where you'll find some free tunes and videos to enjoy (and you can buy my songs and albums).

I also love gardening, growing food, and cooking yummy meals. You'll find my recipes in my weekly newsletter from time to time (a few of my lovely team are foodies too - one has even written and published a cookbook - so you'll find recipes from them some weeks too).

Writing is another great joy in my life - in my weekly newsletter, which is so lovely and long that it's almost a magazine - I share

stories of my veterinary work and inspire myself (and you, my readers) to grow, heal, and evolve into all of who you can be. You can sign up for my weekly email newsletter at this [link](#) if you're not already getting it.

I often have a stack of fun doing what I call 'mud pies for grown-ups' where I create visionary abstract art with plaster and pigments on board. And I love getting out in nature, bush-walking, kayaking, Chi Gong, ecstatic dance, and eating more organic chocolate than is probably good for me!

All in all, I am in love with my life, and have so much fun, as well as keeping myself beautifully busy. I live in Taradale, Victoria, Australia, with my beloved human, Anthea, and a lovely lot of animals - chooks, two dogs (Gem and Mitzi), one cat (Fred), and two horses (Medallion and Star).