

CASES: THREE MESSY CATS

To illustrate the importance of individualized assessment and treatment, I'm going to present three cats here, all with the same symptom - urinating on the floor, outside the litter box. But each one had the problem for different reasons, and therefore required very different essences.

Let's start with the easy one:

CASE 1: "SCOTTY"

Problem: Scotty was adopted as a young cat, and became Daisy's only much-loved pet. She kept him indoors, and he seemed to be happy. Though he used his litter box, he also sometimes urinated in various places on the carpet. Daisy tried using several litter boxes, cleaning them daily, before calling me for help.

Essence Solution: The essence solution to this problem was indicated by one fact from Scotty's history. Prior to his adoption, Daisy was told that Scotty had been treated for a severe urinary tract infection. When I tuned in to Scotty, the **FES essence Arnica** was indicated. Apparently, the urinary infection had been so painful that Scotty had left his body. Though he appeared to recover from the infection with treatment, the part of his "life force" which occupied the traumatized portion of his body had never returned. The Arnica essence brought him back within a day, and he never had another "accident".

And now let's look at a couple of more complicated cases.

CASE 2: "ATHENA"¹

Athena, a 5 year old female Persian mix, had been an abandoned kitten. She was adopted by Kathy at 6 weeks old, and lived happily with Mary and a male cat, Jack.. They lived in a modest apartment. All was peaceful until Mary introduced another rescued female cat - Justine. Justine was quite aggressive to the more submissive Athena. Athena reacted to the stress by urinating regularly on a small rug in Mary's apartment.

Analysis: Besides being a "sweet and loving" cat, Mary described Athena as submissive, reactive, nervous, sensitive, and very demanding of attention. I felt that she needed to be able to stand up for herself directly, rather than passively expressing her displeasure through marking the rug. In our first session, Athena tested for the following two essences:

Harebell (Alaskan): for "looking for love outside of oneself; believing that there is not enough love to go around"³

Desert Marigold (Desert Alchemy⁴): "When our perception is that someone else has power over us...for owning our own power, taking responsibility and transforming victim consciousness."

¹ In this case of conflict in a multi-cat household, I gave essences to all three cats in order to attain peace and harmony in the household. Athena probably would not have stopped peeing on the rug without Nyx changing her aggressive behavior. For the purpose of simplification, however, I am describing only Athena's course of essences.

³ All quotations of Alaskan essences come from [The Essence of Healing](#) by Steve Johnson.

⁴ All quotations of Desert Alchemy essences come from the Desert Flower Essence Catalog by Cynthia Kemp Scherer.

Athena was on the above formula for two weeks. She evidenced some improvement, but the rug-peeing had not completely stopped. She then tested for the following three essences:

Penstemon (FES): for "feeling persecuted, sorry for oneself ; unable to bear life's difficult circumstances"⁵

Mountain Pride(FES): for "lack of assertiveness; vascillation and withdrawal in the face of challenge; inability to take a stand for one's convictions.

Quaking Grass (FES): "dysfunctional in group settings; unable to balance individual sense of Self with higher needs of a group".

Another two-week follow-up revealed a big improvement between Athena and Justine. Athena was now standing up for herself, and the two cats had actually begun to lie near each other. Most importantly, Athena was no longer urinating on the rug.

The peeing problem did not show itself again for another nine months. Mary called me and reported that Athena seemed to be competing with Justine for attention. Kathy remarked, "She (Athena) seems very childish to me". Athena tested for the following:

Tiger Lily(FES):"Overly aggressive, competitive..."

Fairy Lantern (FES): "Immaturity, childish dependency, neediness". This essence, I believe, addressed Athena's disturbed early development , since she had been separated from her mother prematurely.

A month later, a fourth round of essences was needed, as Mary reported "The girls have been fighting a short spat every night." At this point, I felt that most of Athena's "content" issues had already been addressed. Thus, I looked for a "process" essence - one which would address the *process* of her backsliding and not making a permanent shift forward. I found that essence in the Alaskan collection:

Spirea (Alaskan): ..."resistance to growth and expansion; stubbornness; attachment to the way things are, even if they are not to one's liking".

In addition, Athena tested for a repeat of **Desert Marigold**. In my experience, it is unusual for an animal to need a second round of the same essence - but in this case, it did the job. Peace reigned between the two girls, and they - and Mary - lived happily ever after, with clean rugs.

CASE 3: "ANNIE"

Annie was a seven-year old female Russian Blue cat. Two factors made her case more complex - she had a sensitive nature, and she had suffered several traumas.

At the time of treatment, Annie had landed in a very loving home with Eileen. Annie developed an immediate attachment to Eileen often climbing in her lap and sucking her ears. This was Annie's third home, and even though it seemed an ideal place for her, she was urinating frequently outside the litter box. She had reportedly been doing this in her previous home for the past year. Further, when Annie did use the box, she would paw at the litter *and outside the litter box for a long time*. Eileen described Annie

⁵ All quotations of FES essences come from [the Flower Essence Repertory](#) by Patricia Kaminski and Richard Katz.

as sensitive, excessively demanding, obsessive-compulsive, and neurotic. Annie's history gave me many clues as to what was going on.

History: Annie's previous home (her second) was with Eileen's mother-in-law. Annie had been very attached to Annie's father-in-law, but he died. Then, the mother-in-law had Annie declawed. That's when the peeing problem started. Annie suffered even more as the mother-in-law's health deteriorated and she became increasingly erratic and hostile. Then the mother-in-law died, and Annie was put on a plane to California.

Analysis: Annie's history and Eileen's description of Annie's personality alerted me to several issues that I felt needed addressing in order for Annie to express her normal, best self. These issues were:

- **Mental confusion and weak psychic boundaries**
- **Unresolved trauma**
- **Overly needy and dependent.**

In addition, though Annie had formed a real bond with Eileen and was now clearly in a healthy environment, Eileen travelled for short periods rather regularly. These trips tended to exacerbate Annie's peeing symptom, and suggested **essences for issues of abandonment, resentment, and mental inflexibility.**

In all, Annie required four rounds of essences, approximately two weeks apart. Each essence formula was made up of three to four individual essences, which I arrived at through my intuitive/energetic testing process. Annie's complete formulas and entire course of treatment is described in **Figure 1**.

With these essences, Annie is now one relaxed and happy kitty. And Eileen is a happy owner, for Annie is now peeing where she should, clinging less and playing more.

FIGURE 1: ANNIE'S COURSE OF ESSENCES

Session	Company	Essences	For what purpose
1.	Hummingbird	Viscaria	Mental confusion/mental illness
	Findhorn	Harebell	Looking for love outside oneself; feeling there's not enough love to go around
	Master's	Grape	Heal old abandonment issues
2.	Hummingbird	Viscaria	Mental confusion
	Alaskan	River Beauty	Releasing old trauma
	S. African	Wild Sage	Auric protection; to stop absorbing negative energies from others
	S. African	Oak	Healing shock/trauma, feelings of being uprooted; stabilizing and grounding

Following the first two sessions, Annie had no further accidents - until Eileen went on a short trip. She then reverted back to her confused state, but also tested for essences for resentment.

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| 3. | Hummingbird | Viscaria | Mental confusion |
| | Living Essences | Pixie Mops | Shifting dependency/resentment cycles |
| | F.E.S. | Bleeding Heart | Forming relationships based on fear or possessiveness; emotional co-dependency |
| | Living Essences | Black Kangaroo Paw | Forgiveness |

The above essences once again stopped Annie's peeing problem. However, Eileen worried that it would return, since she was again going to travel. I tuned in to Annie, and felt that Eileen was correct - Annie believed that Eileen should never leave her alone. Accordingly, Annie tested for the following essences:

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| 4. | S. African | Rhododendron | Rigidity; obstinacy; control; for the belief that there is only one way of doing things |
| | Living Essences | Dampiera | Rigidity; for "releasing the need that life and people should conform to one perspective" |

Following this last round of essences on August 28th 2002, Annie has had no further "accidents" and does fine with a pet sitter. She is playful and relaxed.