

## Ask Louise Hay

Continued from Page 13

affirmations); however, it might not work for you. Everyone's body is different. Nutrition is a huge part of any type of healing regimen. I highly recommend that you find a nutritionist immediately and get a thorough checkup. A stomach condition can emotionally mean prolonged uncertainty about how things are going to come out, along with an inability to say no to demands due to a fear of rejection and abandonment. It sounds like this may be what is going on with you.

I also highly recommend a wonderful book called *Healthy Healing — An Alternative Healing Reference*, by Linda G. Rector Page, N.D., Ph.D. It is a great source for alternative healing techniques. You can probably find it in your local health food store. In the book on page 310, Dr. Page recommends an alkaline diet for gastritis that includes plenty of soluble-fiber foods, whole grains, brown rice, fresh fruits, and vegetables among other alternatives.

Some affirmations for you to use are: I trust the process of

life. Nothing in the past or present interferes with the divine right flow of my life. I am healthy and happy right here and now!

*Louise L. Hay is a metaphysical teacher and the bestselling author of numerous books. For the past 25 years, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. For a free premier issue or her newsletter call 800-654-5126.*

*If you have a question for Louise, write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity).*

*Visit Louise and Hay House at: [www.LouiseHay.com](http://www.LouiseHay.com) or [www.hayhouse.com](http://www.hayhouse.com), and tune in to [HayHouseRadio.com](http://HayHouseRadio.com) for the best in inspirational talk radio featuring top Hay House authors.*

## Our Animal Friends

by Martha Norwalk



### What Cats Need, Part 4

As I began last month, when I was growing up, all of our cats were indoor/outdoor models. They were free to go outside whenever they wanted. It never occurred to us to try to restrict their freedom and keep them as indoor-only cats. Of course, there were risks involved with this practice, and occasionally tragedy did strike in the form of loss, injury, or even death. Even so, I continued to allow my cats to be indoor/outdoor models throughout most of my life.

But, life changes. In my case, I moved to the country onto about 15

acres with forest land all around. I made that move with two cats. Immediately they were allowed to come and go from the house as they pleased and now as I look back, I realize we were very lucky that neither of their lives ended tragically.

That wasn't the case for other cats that lived on my property or in the neighborhood. Some were taken by coyotes, cougars, owls or eagles. Some were hit by cars or shot by neighbors and some just disappeared.

Nowadays, these things don't just happen in the

country anymore. They happen in the city as well.

As we humans continue to develop wildlife habitat, the wild animals are adapting and learning to live among us in the city. Coyotes are everywhere. Most recently, they were sighted in a local neighborhood next to Discovery Park. There are often coyotes in the backyards of neighbors of mine in the residential area where I now live. Just in the last year or so there was a black bear in the University District of Seattle and a cat, sleeping on its front porch, was brutally shot in Shoreline.

And, as I have recently reported on my radio show, there is a pair of bald eagles nesting less than a block away from my house!

The good news now is that none of these things is a threat to any of my beloved cats and I am free to enjoy the wildlife so close to my house. (Note to self: how humans can live successfully alongside wildlife is a great subject for future columns!) The reason for this is now my cats are no longer indoor/outdoor models, at least, not in the previously referred to sense. This change for me happened back at the farm.

When I moved to the farm, one of my cats, Buzzie, was my first abyssinian. After 15 years of living with this incredible being I was hooked, and my life was not the same after his passing. I searched for a good breeder and ordered my next abby.

Scoutie (formally known as Boot Scootin Boogie) joined me at the farm at five months of age. I had to sign a contract when I purchased him and part of the deal was that I had to agree to keep him as an indoor-only

See page 15

## DIRECTORY OF SERVICES

### HELP FOR ANIMALS



Martha Norwalk

Martha Norwalk is an animal behavior therapist with over 35 years of professional experience and service. She also hosts her own radio show, Martha Norwalk's Animal World, Sunday mornings on Alternative Talk AM 1150. She is available for private sessions, either in your home or over the phone. With her holistic approach, Martha can help you understand your animal friends and solve any behavior, training or healing issues that they might be having. Martha's rates are surprisingly affordable and in most cases she will only need to see you once.

**Martha's Canine, Feline and All Creature Counseling**

(206) 525-2016  
[www.marthanorwalk.com](http://www.marthanorwalk.com)  
[marthalight@aol.com](mailto:marthalight@aol.com)

### LIGHT TRANCE CHANNEL MEDIUM · REIKI



### Psychic Readings Healings Channeled Conversations

Free Healings  
at the Crystal Voyage  
in Tacoma,  
Tuesday evenings,  
6:30 to 8:30 p.m.

**George Phelps**  
503-440-3118

[georgephelps@reachone.com](mailto:georgephelps@reachone.com)  
[www.georgephelps.com](http://www.georgephelps.com)

### MANIFEST YOUR DREAM LIFE

## Feel great and be uplifted. Radiant!

Energy healing works on the body/mind/spirit as a whole, offering a high vibration of light and using Universal Intelligence and your Higher Self as the director of your process. You are Co-Creator.

Experience a session with Starfeather. Be uplifted and supported fully as you walk in joy on your life's path. Radiant on all levels.



*Starfeather*

Edmonds, WA  
425-670-3778  
Classes, Workshops,  
Private Sessions  
[www.shimmeringpath.com](http://www.shimmeringpath.com)

### MEDIUM AND ANIMAL INTUITIVE

Kim has always been able to "know" things that other people could not, although it wasn't until the death of her mother that Kim discovered the depth of her unique talent. Because of the deep grief that



Kim Miller

she felt for the loss of her mom, Kim has dedicated her life to providing a way to help others overcome the grief caused by the death of a loved one. She has proven time and again that death is only a doorway to another world and that life indeed does continue after what we call death. Kim is a gifted medium, grief counselor and animal communicator. She has discovered the unique ability to feel and sense what the animal is feeling and is able to translate it into words. Kim has appeared on "Northwest Afternoon," "Martha Norwalk's Animal World," and "Kevin McDonald Presents" and has received rave reviews about her work.

**Kim Miller**  
(206) 353-5600  
[www.kimmillermedium.com](http://www.kimmillermedium.com)  
[kimmillermedium@comcastnet](mailto:kimmillermedium@comcastnet)