

## Rosie's Candles

By: Grace Waymire



Rosie, a German shorthaired pointer, joined our family, Meg, Molly, and I in the spring of 1992 at the age of 4 years. We were Rosie's third home. She had been passed around for reasons that had little to do with her. Rosie was a wonderful and sweet girl, afraid to get too attached, as her past experience with those "two-legged creatures" had been less than positive.

She had a history of neglect and abuse. Rosie came to us with, emotional and behavior issues, hypothyroid (low thyroid), a dry brittle, thin coat, and a weight issue. Unfortunately, her coat and weight problems did not improve much after thyroid replacement therapy was started. Despite, a rather lonely, sad beginning, Rosie's story, became one of love, hope, and transformation.

In 1997 our lives changed dramatically as I began to learn about and started feeding a fresh food diet to both Molly and Rosie. Both girls made the transition from processed food to raw meat and bones very easily. Within six months Rosie's thyroid had normalized, her coat became fuller losing its dry, brittle; texture, and she began to lose weight. Up to this time Rosie's behavior and health issues were spiraling downward. However, she began to settle with this diet change and I began to notice positive changes. As I gathered information about this new diet I also began to explore alternative forms of health care and realized there was more to be done to help Rosie restore balance to her life. So, in addition to a change in diet, Rosie received regular acupuncture treatments, and we began work with an animal communicator. I added special flower essence blends to her water, to help Rosie release deeply imbedded fears and promote bonding within the family. With Rosie, I began to consider and develop a treatment plan that included not just her body, but her mind and spirit, to create and maintain a state of health. Transitioning from a primarily western approach to medicine and healing to a more alternative approach, and ultimately, finding a balance between the two. Rosie showed me that her health and wellbeing was not entirely in my control. There was only so much I could do and the rest was up to her. In the spring of 2000, Rosie developed spondylolysis and gradually began to lose control of her rear legs. Regular acupuncture treatments helped Rosie to maintain function of her hind legs and bowels over the last year of her life. The flower essences she received helped her to understand and accept the changes in her body, as well as, prepare her for the next transition. She was very strong and as this disease process progressed she literally willed her hind legs to move. Rosie ultimately developed a brain tumor and died on April 9, 2001.

I loved my Rosie dearly and learned so much during our time together. I have never had a dog, which could manage to completely push all my buttons. She could be a total aggravation and at other times a complete joy. Rosie showed me

there are many approaches to health and wellness. I learned to appreciate the times when Rosie felt good. I learned enjoy our journey together and not focus on the outcome. I have come to value the lessons I learned as we made our way along life's path, together. My favorite memories are of Rosie as she sailed across sandy beaches. She could take your breath away as you watched her fly through the waves and over the sand. The night before she died, I dreamed of her once again chasing birds on an endless beach.

Rosie was transformed as she passed from her physical body back to spirit. I knew this had not been an end for Rosie, but a new beginning, a rebirth. I could feel her in my heart, strong, happy, and confident. A month after her death, we were camping at one of Rosie's favorite ocean spots and thoughts of Rosie running through the surf flooded though me. It was during this time that the idea for Rosie's Candles came to me. I could honor Rosie and support others experiencing the death of an animal companion. I collected shells and had them made into candles, Rosie's Candles, special candles, given to people mourning the loss of a loved one. So often when an animal companion dies there are few people we can talk to openly about the depth of our grief and loss. Animals teach us powerful lessons about unconditional love and so their physical absence can create a huge void in our life. By creating a simple alter with a candle, pictures of your animal, and any other special objects, you not only honor your animal but you can begin your journey back from grief and sadness to joy and hope. Devise a space and time, free of distractions, so that you may direct all your attention to your animal friend to honor and remember your time together. Sit quietly, open your heart, quiet your mind, and let the love flow through you.

*Always in my heart  
For all I learned from our time together  
My dear, Rosie  
Love and blessings  
Your girl,  
Grace*