



MIKA'S

Soul Cat-nection Guide

EMOTIONAL WELLNESS

This section is about you and your cat's emotional well-being and may include insights and recommendations regarding you and your cat's emotions and bond. This section may also include energy healing and holistic recommendations.

Insights:

The emotional and behavioral concerns you describe with Mika suggest that she may be struggling with feelings of abandonment, but certainly not related to anything from you. This abandonment, I suspect, comes from early kittenhood, being separated from her mother and littermates early, and other significant transitions in that period.

These transitions, especially early on in life, may have left some unresolved voids for her, leaving her unsettled and ungrounded. She then seeks to fill those holes with you and other cats, chewing/eating on objects. However, it's as if you're trying to fill a cup with a hole in the bottom, so she gets agitated, as it's not satisfying. Seeking you or other cats for fulfillment and love isn't displaced; it's just that the underlying emotional abandonment component wasn't clear. This knowledge can help fine-tune the emotional support she needs.

It's essential to have some awareness and mindfulness around these emotions for her and potentially where they may show up for you. Mika is not experiencing abandonment now, so being able to visualize and reassure her feelings of safety, security, and "enoughness" will benefit her.

Recommendations:

- I want to focus on you and Mika's root and, in particular, the heart [chakras](#).
 - When Mika gets agitated, I recommend doing a heart-chakra-focused meditation for you and her.
 - There are various options, but a [search on YouTube](#) for heart chakra should give you plenty of results for either healing frequency music, sound bath, or guided meditation.
 - You can choose what suits you best. I recommend anything between 3-15 minutes, whatever fits best for you at that moment.

- If time is short or you're away from Mika, visualize or say internally to yourself affirmations that encourage safety and unconditional love. Cats can pick up on our energy and intention at any distance. Here are some ideas if you need help:
 - [Root chakra affirmations](#)
 - [Heart chakra affirmations](#)
- The root chakra is associated with the color red, and the heart chakra is associated with the color green or pink. Consider getting Mika a red and/or a green/pink blanket and placing it in one of her favorite spots to see if she gravitates toward it as a source of color therapy.
- If it feels safe for you, I will encourage you to journal on feelings of abandonment and how they may have shown up for you past and present. Think about areas where you feel loved and safe now, and write about ways to help create those feelings for yourself too. There may be some mirroring of emotions between you and Mika, and this exercise can help release some heavy emotions.
- For you, I recommend *Love & Above Cat Club's Trauma-Heal* [flower essence](#) or [aromatherapy blend](#) (human use only).

Emotional Wellness Kit:

I have chosen my *Soul Cat-nection Emotional Wellness Kit* for you and Mika as the focus on heart-healing, and unconditional love, I sense, is the core of some of Mika's emotional and behavioral concerns. Further information and instructions are within your kit.

BEHAVIORAL WELLNESS

This section is about your cat's mental well-being and may include insights and recommendations regarding your cat's instincts, natural behavior, socialization, environment, and enrichment.

Insights:

Mika may be unable to satisfy some of her energetic needs, which causes her unpredictable agitation towards you and other cats. This behavior could stem from being separated from her mother and siblings early. This could have caused her not to learn normal cat social behaviors nor to have had the appropriate outlets to exert her instinctual play and energy needs during that sensitive development period.

Recommendations:

- Mika's excess energy and unpredictable agitation may benefit from routine structure.
 - I recommend creating a play routine that fits your schedule. It could be a set time daily or specific days of the week within a set time frame.
 - I recommend alternating play activities to keep things engaging and interesting. Some options might include the following:
 - Play with wand-toy. Any type will be fine, but I especially like the [Kitty Whip](#).
 - Catnip bubbles
 - Fetch
 - Laser play, but with toys tossed in to catch
 - Feel free to include your own options here too.
- I recommend offering Mika's dry food in food puzzles or foraging activities. This provides a more engaging and satisfying way to eat. If more manageable, it doesn't have to be all her dry food, just a small portion. Since you have other cats, you could set this up in a separate room for Mika. I recommend these activities that you can switch up:
 - Placing food in [Doc & Phoebe's Hunting Mice](#) or [medicine cups](#) and spacing them out in a room. You can switch up how many mice/cups you use.
 - Use 2 paper egg cartons or ice cube trays with dry food in the slots.
 - Using 2-4 shoeboxes, fill them with ping-pong balls and/or tissue paper with some dry food tossed in and spread those throughout a room.
 - [Here](#) are some other foraging food puzzle options.
- Mika's habit of chewing and eating plastic and other items may benefit from appropriate alternatives for her to chew. Some of these options might include the following:
 - Celery stalks
 - Full romaine lettuce leaves
 - [Silvervine sticks](#)
 - Cat grass
 - [Natural fur toys](#)
 - [The BiteyBox](#)

GENERAL WELLNESS

This section is about your cat's general well-being. It may include insights and recommendations regarding your cat's nutrition, physical comfort, and general health guidance to help you navigate and make the best of veterinary visits.

Insights:

I'm pleased with Mika's nutrition and diet, especially your incorporation of fish oil and probiotics. I have some additional recommendations for you to consider considering the concerns with chewing inappropriate items.

Recommendations:

- Consider incorporating raw and/or freeze-dried chicken necks or wings into Mika's diet 1-3x a week. This is a [good resource](#) for introducing raw bones to cats and where to source them from. Chewing/eating raw bones will be both mentally satisfying and nutritionally.
- Even though Mika is young, I still like clients to be aware of cat osteoarthritis, as it can develop much earlier than many think. I like this [self-test](#) for you to help monitor and help with your older cats too.

This concludes your Soul Cat-nection Guide. You can expect your Emotional Wellness Kit in the next few days. If you chose a Reiki session with Dr. Lisa Lapwing, she will contact you soon. Please note that you now have the next seven days to email me regarding questions with this guide. I'm happy to help you and honored that you have trusted me to help support your and your cat!

 Stephanie