



Animals Want To Care For Us As We Care For Them

by Becky Maynard

People in need of comfort might experience an animal friend mirroring their emotions: anxiety, rapid breathing, whining or meowing. Larger animal friends might be restless or otherwise irritable. Human emotions have energy and energy is transmitted to those around us, particularly our animal friends. The more bonded we are with that friend, the higher the sensitivity and reception to the energy communication.

Many factors contribute to an animal's ability to sense what is happening to their bonded human, not the least of which is their elevated sensory abilities—better sense of smell, eyesight and hearing—much better than humans.

Apart from the physical differences, animal energy vibrates in a higher frequency, giving them sensory capacity far beyond our own. Dogs and cats are likely the most common pet for the majority of people. That is not to say that birds, rabbits and reptiles have no place in this discussion, but most of the documentation on the relationship between human distress and animal healing is related to our canine and feline friends.

The stories are numerous and well documented; dogs are often used to detect hidden cancers¹ and cats who are able to discern a person's imminent death². Dogs have long been known to persist in sniffing at an area of disease or pain on a human body, thereby detecting a cancer or infection long before obvious symptoms develop. Worldwide, cats are documented as predictors of imminent death, maintaining a vigil until they pass. Cats and dogs are particularly attuned to anxiety or depression in humans, seeking out opportunities to comfort with nurturing actions: kneading in cats, licking and head-butting in both cats and dogs are ways to insert themselves into our energy circle. These behaviors are often mistaken as self-serving and attention-seeking on their part, but in reality, it is more often an attempt to comfort and heal their human. Purring in cats, the vibrational equivalent of ultrasound is a highly undervalued healing action. Exposure to a purring cat has been repeatedly documented to lower anxiety, lower blood pressure and lead to overall relaxation. *Do we look to our own animal friends for cues that they are assisting us in healing or urging us to seek care for a nagging issue?*

When you are not feeling your best and your cat or dog wants to be in your lap (or on your head, chest or other body part), pay attention to the area that they are snuggling into. This can be a clue to your own health. They want to care for us as we care for them.

A cat or small dog who is relentless about getting next to your face or neck might be trying to alert you to the source of your headache or facial pain. Laying on your chest or tucking

¹ Mary Bates, <http://www.psychologytoday.com/blog/animal-minds/201204/dr-dog-medicines-best-friend-3>.

² David M. Dosa, MD, MPH: New England Journal of Medicine, July 26, 2007.

themselves into your armpit? Are you having difficulty with breathing or a chronic cough? A larger dog might glue themselves to your side and have uncharacteristically close sleeping patterns if they typically get in bed with you.

These cues are not misplaced—it's not to say that every time your friend cuddles with you that they are trying to communicate a problem but it's the persistence of attention to an area that is the message we need to attend to. Allow them to help alleviate your anxiety, your headache or joint pain; listen when they are telling you to seek help from the healthcare community. Pay attention and allow them to care for you. It is their way of giving you the love that you have given them.

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