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Animal Behaviour Support

Using T-touch Therapy for ALL Animals / Species

I have found the Ttouch on ALL species has been so invaluable. It is easy to do and one can teach pet owner to do this for their pets or farm animal at home or property.

Linda Tellington-Jones, developed a technique that works wonderfully for modifying negative behaviours, taming wild or unsocialized animals gently, increasing trust and reducing aggressiveness, and for accelerated healing. The technique is named by its inventor the Tellington TTouch. It is derived from the human technique of Feldenkrais. This is a method that opens new neurological pathways to the brain by us of nonhabitual movements. The concept is based on the life-force intelligence of each cell of the body, each cell's connection with whole organism animal or human, and between. "At a cellular level", says Linda Tellington-Jones, "we're all the same". The TTouch stimulates cell intelligence, and "so turns on the corresponding brain cells like so many light bulbs."

Use of the Ttouch to stimulate the body cells and corresponding brain cells activates the brain and changes old habits and patterns. By asking and allowing the animal to think, and by an attitude of conscious respect and cooperation with her, the cellular intelligence becomes two-way communication. The result is behaviour and personality changes, along with increased speed of healing for wounds, injuries or stiffness.

The following Ttouches are single clockwise circles with the thumb anchored and the fingers resting on the animal start at 6 o'clock (the bottom of the circle) and push the skin around in a circle and a quarter then pause and release.

The hand and arm should remain soft. Be aware of your breathing. The Ttouch moves the skin rather than rubbing as a massage would . The intention is to activate neural pathways to the brain & to improve the function of the cells. When you affect the nervous system it also affects the muscle. With light /firm /slow/steady pressures the idea is to affect the nervous system and cells not the muscles.

When the touch is done properly (circles closed) it generates all four brain - wave patterns in the animals receiving it, alpha, beta, theta, and delta. e.g. Normal daily activity uses the beta pattern, alpha is equivalent to human concentration or meditation, theta is deep trance, and delta is the Level below consciousness usually associated with sleep *Using the touch to stimulate the body cells and corresponding brain cells activates the brain and change old habits and patterns.

e.g It enables the animal to think through rather than automatically reacting by instinct. Instead of the habitual fight or freeze, fooling around or flight response, the animal evaluates the situation - and calms down.

The faster beginning circles awaken the dog's or cat's body, and the slower, on that follow allow deep relaxation, release muscle tension, deepen and enhance respiration, aid physical and emotional healing.

Touch techniques that work on the cellular memory of the animal.

Lying Leopard - instead of the fingers being curved they are lying flat and spreads over a larger area - less invasive touches all over the body)

- Comforting to some animals. * Calming for thunderstorms as well applying the

Clouded Leopard as well if this stroke is less effective.

Raccoon Touch - Tips of fingers (light pressure) start six of clock position and finish off at 8 O' Clock. (small light touching circles.)

- Especially good for Injury, surgery, arthritis, bruising.
- Just apply around injury or soreness, lightly.
- Animals that chew everything (Apply touches to mouth and gums)
- Fearful animals that bite or growl.

Lick of the cow's Tongue -Spread fingers apart, with long diagonal strokes across the lay of the hair. Down the shoulders, legs -

- Connecting the Back/behind to the front,
- For animals who are sore or fearful of being touched behind areas.

Python Lift - This lift can be used on the shoulders, forearm, girth area, neck and hind legs. The whole hand is placed on the body or around the leg with enough pressure to gently lift the skin and support the muscle. The lift is only 1/2 " to 1". Hold for about 4 seconds and then SLOWLY return the skin to the starting position and

then release.-- If you lift too much up the animal will hold its breath which we don't want.

- Use on the arthritis leg a little below the joint of were the arthritis.
- Start top and work down.

The Clouded Leopard - Using the pads of the fingers lightly curved, do circles keep all three knuckles joints soft and moving as you make each circle.

- For anxiety, pain, and all fearful animals
- Calming at times of thunderstorms Massage tail Joint - for fear biters, animal who are scared of loud noises, e.g thunder, gun shoots etc.

Massage Ears - (gently) for animal in shock (e.g. car accidents on the way to hospital.) car sickness, digestive problems, to relax a cat or dog. (Massage puppies who are teething with small tiny circles around mouth and work gums regularly).

* Feral kitties or nervous kitties and cats, really helps calm them with gentle ear work slowly rotating the base of the ear for 5 minutes.

Belly Lifts - Use on animals with bloating, intestinal disorders, hip dysplasia, sore back (hold 10 sec to 1 min then slowly release)

***You can apply the touches everyday or only a couple of times a week is fine no more than 5 minutes required (max, of 5 minutes ONLY if animal is ill e.g. after surgery or very stressed) - Use touches only after observing what your animals needs at the time, watch for changes and new responses, then work can be stopped on the animal, or you may need to work on another problem!