

# Bellyrubs<sup>®</sup> Organic

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## Some Thoughts On Communicating With Your Pets

Silent communication between humans and their animal companions can be a controversial subject. Some animal lovers are convinced that they have remarkable nonverbal communication with their pets. Others tend to believe that glowing stories of serious communication between humans and animals are nonsense, a result of anthropomorphism.

Several years ago a British researcher and scholar, Rupert Sheldrake, decided to look into the matter extensively, in order to eliminate mistaken conclusions due to coincidence,

habitual behavior or ill-conceived assumptions. He worked with people worldwide, conducted many experiments, and put his findings into a book he called, *Dogs That Know When Their Owners Are Coming Home, And Other Unexplained Powers of Animals*. He found that dogs, cats, horses, birds and other animals are capable of telepathy far beyond what we normally might expect.

The word telepathy literally means "distant feeling," from two Greek roots: tele, as in "telephone" and "television," and pathé, as in "sympathy" and "empathy." He proved that a significant percentage of dogs and cats are able to indicate that their owners will be home soon. The animals simply lay down near the front door, or waited at

a front window. Their reactions did not rely on a specific schedule, the sound of a particular car, or the animal's ability to hear, see or smell their owner. Some animals would begin their vigil several hours before the person's return.

What was consistent, however, was the animal's change of behavior at the moment the owner began thinking about going home. In other words, the animal felt the owner's intent.

J. Allen Boone described his relationship with Strongheart, a German Shepherd he cared for, in his book *Kinship With All Life*. Strongheart was a movie star in the early days of films. When, for example, Boone would sit at his desk trying to work but thinking hard about going for a walk, Strongheart would bring him his walking shoes and the leash, then sit and wait expectantly. There were many other indications of the dog's ability to "read his mind."

One dog trainer, April Frost, believes that one of the best ways to communicate is to think clearly in pictures, since animals don't recognize more than a few words. One of her clients reported a time her dog's toys were strewn all over the living room. The client focused on the dog's toy basket, mentally picturing her dog putting the toys away but saying nothing aloud. Her dog put the toys away and was appropriately rewarded.

Sheldrake tells of people who send mental messages to a dog or cat to come to their side, and he also speaks about people who receive messages from an animal waiting quietly to be let in, or an animal in distress telepathically calling for help.

There were stories of animals that reacted with excitement only when the ringing phone was a call from a loved member of the family.

If Cleve Backster (*The Secret Life of Plants*) could prove that his houseplants reacted to his intentions, then perhaps we should refine our observation methods, and notice not only our animals, but also our interactions with the people we encounter. It's a point worth pondering.



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