

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being, Partners!

In this 23rd Newsletter, I want to talk to you about the benefits of pets on a physical, mental, emotional and spiritual level.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

### ROXY AND BUTCH: MY LOVING & SPIRITUAL CANINE HEALERS AND GUARDIAN ANGELS

This week we are focusing on pets and their impact on our health – physically, mentally, emotionally and spiritually. I have, throughout my life, loved and felt deeply connected to all kinds of creatures.

Animals are reported, throughout history, to provide a whole array of positive things for human beings. They have, in various cultures been considered sacred and highly spiritual beings. In ancient Egypt, for example, cats played a piv-

otal role in society. When a cat would pass on the owners would shave their eyebrows to show their mourning. Today, in India, cows are still considered sacred. You can see them roaming freely through Indian cities with the freedom of humans.

Studies have proven that heart patients with dogs live longer than those without. In control groups people with pets have significantly lower blood pressure than those without pets. Ask any pet owner and you are likely to hear many stories about how their pets have taken care of them, give them a sense of companionship and have stuck by their side when they or someone in the family was sick.

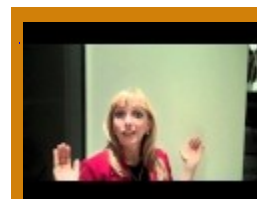
During the last year and a half, as I have been on my own health journey, there have been several animals who have made an enormous difference for me. The main one was my furry friend, Roxy. When I was very sick at points, she stood by my side day and night. She sensed everything that was happening with me. She knew when I was physically sick and she knew when I was stressed out and upset. She would climb up on the couch (a place she never liked to be when I wasn't around) and sit, leaning into



CAROLINA ARAMBURO

me with her big paw on my leg. She would sleep by my side of the bed night after night on the cold floor, unwilling to move until I got up the next morning. When I would go towards the door she would follow me on my walks to make sure I was safe and got back alright. It was a bond that would be hard to explain to anyone who had never connected with an animal. Roxy absolutely knew how I was at every minute. She loved me through some really horrible moments. She calmed me, kept me breathing, and made sure I knew that she was there.

(Cont. on Next Page)



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## ROXY AND BUTCH: MY LOVING & SPIRITUAL CANINE HEALERS AND GUARDIAN ANGELS (Cont.)

Roxy had another special quality. It was as if she were a clean channel for me to experience Source/God/the Universe through. She would sit very quietly and just breathe with me and I would be in the presence of something much bigger than this sweet gentle Rottweiler.

There were times when she not only emotionally and mentally supported me but I could actually feel my heart rate slow down and my blood pressure normalize around her. It was amazing. Many times the humans around me could not even detect anything going on but Roxy would pick up on it immediately and be with me.

Another one of my favorite creatures is Butch. She is a very old schnauzer who lives with me. Butch is in a lot of pain many days but when she is not in pain she makes it a point to come to me and give me her love and good energy. We often

exchange energy with one another—me petting her when I know she is having a “bad” day and she doing the same with me. She will simply walk over and lean into me and I will know which way it needs to go at any given moment.

My sister loves animals. She has devoted her life to the care and protection of all creatures. She has worked in zoos for years and always has amazing stories of animals taking care of each other and of the humans around the zoo. It doesn't matter if she is with a large reptile or a hawk she has instant bonds with creatures. I have learned a lot from her over the years. Mostly I am so inspired by her commitment to have humans recognize the importance of creatures and the specialness of connecting with them.

My recommendation is that if you have a pet, spend some time with them. Listen to your

body as you do. Pay attention to your heart beat and the speed at which your body moves. Listen to the chatter in your head clear and the calm nature that becomes present when you are petting your pet or spending time with any animal. You will notice, if you listen, that there is a connection they have with you that is uncanny. If you don't have a pet, go spend time with someone else's or go to a nearby zoo. If you decide you want a pet there are many animal rescue shelters and Humane Societies you can adopt from. You deserve a pet in your life and they definitely deserve you.



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### FORGET THE MEDS—HOW ABOUT PETS?

A growing number of studies suggest that children who grow up with animals will have less risk of asthma and allergies. If a dog lived in the home, infants were less likely to show evidence of pet allergies – 19 percent vs. 33 percent. They also were less likely to have eczema, a common allergy skin condition that causes red patches and itching. In addition, they had higher levels of some immune system chemicals — a sign of stronger immune system activation.

Studies have also shown that

people with Alzheimer's disease have fewer anxious outbursts if there is an animal in the home. Walking a dog or just caring for a pet — for those elderly people who are able — can provide exercise and companionship. Elderly that have a pet are less likely to feel depressed and are more likely to have fewer hospital stays than those without pets.

Although, not as studied as some other areas, research also suggests that owning a dog can help prevent diabetes. (Cont. on Next Page)

Your pet is a totally aware, spiritual creature. You provide them with the basics like a home, food & water and then they give back to you 1000x. Let them be the blessings they are by paying attention to them and letting in their love for you. They are not just here to protect you from harm, they are FABULOUS nurses, great psychologists, nurturing friends and loyal guardians. Take some time and listen to your body when you are with your pet. Pay attention to how your body is calmed and assured by them.

When you are in a tense state, go spend some time with your pet. You will see the difference in your state of mind and your emotional balance. Let their spirit talk to yours. They are here to make a difference with you. Don't have a pet? Someone you know does. Go make a connection with a creature today. You both deserve to get related to one another!

## FORGET THE MEDS—HOW ABOUT PETS? (Cont.)

According to research by exercise scientist Cindy Lentino, dog owners who regularly walk their dogs had about one-third of the risk of diabetes in comparison to non dog-walkers. Dog owners also had additional signs of good health not seen in the non-dog walking group, such as lower rates of depression.

Companion animals may improve heart health by lowering blood pressure and regulating the heart rate during stressful situations. In a 2002 study, researchers measured changes in heart rate and blood pressure among people who had a dog or cat compared to those who did not, when participants were under stress (performing a timed math task). People with a dog or cat had lower resting heart rates and blood pressure measures at the be-

ginning of the experiment than non-pet owners. People with a dog or cat were also less likely to have spikes in heart rates and blood pressure while performing the math task, and their heart rates and blood pressure returned to normal more quickly. They also made fewer errors in their math when their pet was present in the room. These findings indicated that having a dog or cat lowered the risk of heart disease, as well as lowering stress so that performance improved.

A large German study collected pet information (dog, cat, horse, fish, bird or other pet ownership) from over 9,000 people at two different times (1996 and 2001). Researchers found that people who said they had a pet in both 1996 and 2001 had the fewest doctor visits, followed by people who had acquired a pet by

2001; the group of people who did not have a pet at either time had the highest number of doctor visits.

As is true with any relationship, some human-pet relationships are likely to be more rewarding than others. Some people are more attached to their pets than others and those feelings could influence the impact of the pet on the person's health. Other factors such as gender and marital status may play a role.

For example, one study found that dog ownership was associated with lower rates of depression among women, but not men, and among single individuals but not married people. So, while pet ownership might have a positive impact on well-being for some people, it doesn't affect everyone the same way.

## SIMPLE SPITITUALITY & SUSTAINABILITY

We are living in very controversial and exciting times. You and I are privileged to be living in this generation, in these times, and to have a chance to be a part of what's happening in the world.

I think most people are noticing that there is a Spiritual revolution happening in the world, that it is time for all of us as human beings to awaken to who we really are: for ourselves and for each other. It is time to really awaken to our soul, to our bodies, to our mind, to the planet, to who we are as a race. In the Simple Spirituality and Sustainability Fan Page that I created, I am committed that my friends and I have an opportunity to support each other in that process.

I have created the Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:
  - my passion for **spirituality**.
  - my passion for our **earth/environment/plants/animals** and the future of them/us all.
  - my passion for **uniting all religions and spiritual expressions** without excluding any of them and without relating to one as better than the other.
2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all empower our community (and our world) together in their/our spiritual growth.

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3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

## PETS ARE ABSOLUTELY A WAY TO CONNECT TO GOD/SOURCE/THE UNIVERSE

Our pets can provide us with a very intriguing spiritual perspective. They have been depicted spiritually throughout our history. In Ancient Egypt, cats co-existed with everyday Egyptians and were considered to be divine. Known as symbols of grace, they were exalted and associated with the Goddess Bast, the deity of motherhood, fertility and protection. When cats died, they were buried in the Pharaoh's tombs to help the latter arrive safely into the spiritual realm of the afterlife.

According to Sylvia Browne, in her book entitled *Insight*, animals are depicted as "God's most perfect creations ..... Angels living among us." She continues that animals are actually "the most naturally gifted psychics on Earth" possessing "uncanny intuitive survival and communication skills". This statement seems to have some support. A newspaper article by Ray Henry conveys the story of a cat named Oscar who was adopted as a kitten at a third floor dementia unit at the Steere House Nursing and Rehabilitation Center. Oscar, who had grown up there, was reported to have been very good at predicting the death of nursing home patients. He would "sniff and observe patients, then sit beside people who would wind up dying in a few hours." The doctors seemed to follow his lead, one of which had mentioned that Oscar "doesn't make too many mistakes." This allowed families of the patient a chance to say goodbye to their loved ones.

All of nature is connected at a level we may be unaware of. God/Source/the Universe constantly sends us messages through nature, including through pets. *"Ask the animals, and they will teach you, or the birds of the air, and they will tell you; or speak to the earth, and it will teach you, or let the fish of the sea inform you"*, Job 12:7-8.

In ancient times, animals were used to learn lessons from. These lessons both helped us to survive and to advance. For example, many martial arts moves were developed by looking closely at animals and studying how each uses a particular way of overcoming obstacles and surviving. Ships were built based on the idea that the bottom half would be like a fish and the top half like a bird. Eagles teach us about freedom, courage and power. Ants teach us about persistence, cooperation and strength. By simply observing our pets and their environment, we too can learn many useful lessons. Dogs teach us about obedience, unconditional love, and friendship. Cats teach us about grace, agility, and playfulness. We can learn from our pets to succeed in the physical realm. One of the most fascinating and incredible thing about pets is their unconditional love for us. Even if you are strict with your dog, for example, he/she will listen to you, perhaps unwillingly, but will love you and wag its tail the very next time it sees you; an amazing attribute to incorporate into our lives.

**FULFILL ON YOUR LIFE'S PURPOSE WITH COACHING!** Using various methodologies, I have been coaching both **large groups and one on one**, since 1991.

During the 20 years of **outstandingly successful practice**, I have coached hundreds of thousands of people, specializing in performance coaching, producing breakthrough results, altering the quality of people's lives and businesses and leading large coaching events. I have consistently **exceeded their expectations 94% of the time**. I LOVE PEOPLE and I LOVE EMPOWERING THEM. Making a difference is my absolute honor and privilege, while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**



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