

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 415th Newsletter, I want to give us a chance to consider Animal Friends and the effects they have has on people's physical, mental, emotional and even a little of our spiritual well-being.

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, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

The Beginning of our Blind Spots about the Health and Well Being Benefits of Pets in our Lives!!

This week we are focusing on animal friends and companions and their impact on our health – physically, intellectually, emotionally and spiritually. Many of you who have pets know the difference they make in your lives but you may not know the whole story! We have included, in this weeks Newsletter, a lot of information that may have you see your animal companions in a whole new light. And for those of you who do not have animals in your life ... it might even give you a reason to consider it.

Please GIFT your Self the chance to read this Newsletter so you can learn all kinds of amazing things that YOU would NEVER even sus-

pect on how to ENHANCE your HEALTH and Well Being with Animal Friends in your Life. You will learn things that you are MISSING OUT ON and would never even speculate on not even by stretching your Imagination.

For example, do you know Cat Purring can increase your BONE Density or that an animal companion can save your life in many ways faster than even a Live-In Nurse? By the way, without owning or renting a pet you can just visit them or volunteer with and enjoy plenty of Health Benefits and amazing FUN!!!!

I dedicate this Newsletter that my Team and I created it to the memory of my 2 favorite animal Friends ever Roxy and Ballerina (Butch)...and obviously to the little Furry, Almost Human Angel Bella that is Thank Source Alive and Kicking and is a Pure Source of Love and Unstoppable Cheerfulness that I adore!!!

Animal companions are important in many people's lives globally. In the US alone over 71 million households (62%) have a pet. In addition to being pets animals have also played the roles of being service animals that have been trained to assist people with everything from blindness to seizures. Animals are also used in occupational therapy, speech therapy, rehabilitation therapy and mental/emotional therapy.

People usually have pets for companionship, recreation and protection, rather than for the specific purpose of enhancing their health. However, a considerable body of literature supports the idea that companion animals can improve overall quality of life, includ-

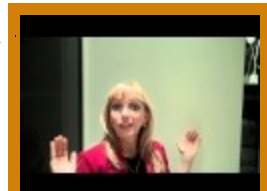


CAROLINA ARAMBURO

ing physical, social and psychological health. This phenomenon has been described as the 'pet effect'.

Here is a short list of the health benefits, proven through scientific research, that our animal companions can provide:

- Improves heart health by lowering blood pressure and regulation the heart rate in stressful situations (better than blood pressure medication (ACE inhibitors).
- Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets.
- Heart attack patients with pets survive longer than those without.
- Eases anxiety in children.
- People with pets are less likely to suffer from depression.
- Helps in coping with stress.
- Eases the symptoms of many mental and emotional con (Cont. on next pate)



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The Beginning of our Blind Spots about the Health and Well Being Benefits of Pets in our Lives!! (Cont.)

ditions.

- Playing with a dog or cat can elevate levels of serotonin and dopamine, which can calm and relax.
- Increases people's level of the hormone oxytocin which helps us feel happy and trusting and also readies the body to heal and to grow new cells.
- Encourages social interactions with people and reduces isolation and loneliness
- Children were significantly less likely to develop eczema by age 4 if they began mingling with dogs at infancy.
- Enhances senior people's ability to perform certain physical activities on their own
- People with pets have fewer doctor visits and take fewer days off from work.
- Exposure to animals with children, contrary to popular belief, in many situations, helps prevent allergies later in life
- Helps alleviate and lower pain levels among both children and adults.
- Promotes longevity.
- Can increase exercise.
- Boosts the immune system.
- Increases energy.

These amazing non-human beings 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 pivotal 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.

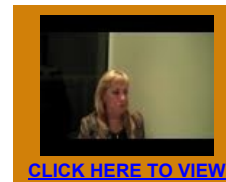
Studies have proven that **heart patients** with dogs live longer than those without. In scientific control groups' people with pets

have significantly lower **blood pressure** than those without pets. **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 beginning of the **experiment** than those who did not have animal companions. People with a dog or cat were also less likely to have spikes in heart rates and blood pressure while **performing** a 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 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**.

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



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here:

www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

The Beginning of our Blind Spots about the Health and Well Being Benefits of Pets in our Lives!! (Cont.)

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**.

Walking a dog has also been linked to **weight loss**, as was noted in Harvard Health Publications:

- One year-long study found that walking an overweight dog helped both the animals and their owners lose weight. Researchers found that the dogs **provided support** in similar ways to a human exercise buddy, but with greater consistency and without any negative influence.
- Public housing residents who walked therapy dogs for up to **20 minutes** five days a week lost an average of 14.4 pounds in a year, without changing their diets.
- A third study found that people who got a dog walked **30 minutes** more a week than they did before.

A large German study collected **animal friend information** (dog, cat, horse, fish, bird or other animal friends) from over **9,000** people at two different times (1996 and 2001). **Researchers** found that people who said they had an animal friend in both 1996 and 2001 had the fewest doctor visits, **followed** by people who had acquired an animal friend by 2001; the group of people who did not have an animal friend at either time had the highest **number** of doctor visits.

One unique piece of research that has been conducted has to do with **Cat purring**. The sound frequencies of cats' purrs are between 25 and 150 Hertz. Some researchers have found that sound frequencies between 20 and 50 Hertz can improve **bone density** and speed the healing of bones and muscles. Worried about your bone density? Perhaps a cat would contribute to **prevention** of a lack of density.

Dogs have been proven in scientific reports to sniff our **cancerous**

growths including skin, breast, bladder, lung, ovarian and colon cancer. Dogs also seem to be able to detect low blood sugar levels. According to a 2000 article in the British Medical Journal, more than one-third of dogs living with **diabetic** people have been reported to display behavioral changes when their owners' blood sugar drops, sometimes even before patients themselves were aware of it. In two case studies cited by the paper, the dogs not only detected their owners' falling **glucose levels**, they even nudged their owners into eating.

Dogs are also able to recognize subtle behavior or body language changes during **seizure events**. They are perceptive enough to warn their owners of oncoming attacks, allowing the owners to take seizure-blocking medication, get to a safe place or call for assistance.

Dogs' **olfactory** prowess is also used in detecting allergens. This is true, for example, for people whose peanut allergies are so severe that even **minuscule** residues in the air can trigger an allergic reaction; a peanut detection dog can come in handy, according to training facilities such as the Florida Canine Academy. These dogs, after going through vigorous training, can detect the **trace presence** of peanuts in a room, such as a cookie left on the table or a candy bar hidden in a lunch bag.

Even though dogs and cats are the most common animals studied it does not eliminate the health impacts of other creatures. **Horses, Birds, Fish** and even lguanas have been studied in their relationship of the health benefits of the human-non-human bond.

Florence Nightingale, in her Notes on Nursing (1880), indicating that people confined to the same room because of medical problems gained pleasure and health benefits from the **presence of a bird**.

Horses have been contributing since the 1960s to enhance the motor skills and sensory processing of adults and children with a wide variety of conditions, ranging from Down's syndrome to cerebral palsy. Equine-assisted therapy, or **'hippotherapy'**, as it is more widely known, is now relatively commonplace.

Dolphins have also attracted attention in relation to the health benefits they can bestow upon people. Dolphin-assisted therapy (DAT) began in the 1970s and has since expanded around the globe. DAT allows people the opportunity to swim with dolphins (usually of the bottlenose variety). This is normally reserved for people with specific types of problem, including **disturbed motor patterns**, learning difficulties and autism. Most of the studies published report positive benefits of DAT including, for example, improved **attention span**, language skills and motivation, and reduced short-term anxiety.

As is true with any **relationship**, some human-non-human relationships are likely to be more rewarding than others. Some people are more **attached** to their non-human beings 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 (Cont. on next page)

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The Beginning of our Blind Spots about the Health and Well Being Benefits of Pets in our Lives!! (Cont.)

ed with lower rates of depression among women, but not men, and among single individuals but not **married** people. So, while having an animal friend might have a positive impact on **well-being** for some people, it doesn't affect everyone the same way.

Ask many animal friend companions, however, and you are likely to hear many stories about how their animal friends 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.

I have, throughout my life, loved and felt **deeply connected** to all kinds of creatures. During the time that I was on my own **health journey**, there were several non-human beings 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 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 friend. 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.

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 intellectually 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** was Butch. She was a very old schnauzer who lived with me. **Butch** was in a lot of pain many days but when she was not in pain she made it a point to come to me and give me her love and **good energy**. We often **exchanged** energy with one another—me petting her when I knew she was having a **"bad" day** and she doing the same with me. She would simply walk over and lean into me and I would know which way it needed to go at any given **moment**.

My sister loves creatures. 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 creatures 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 an animal friend, spend some time with them. Listen to your body as you do. Pay **attention** to your heartbeat 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 animal friend or spending time with any creature. You will notice, if you listen, that there is a connection they have with you that is **uncanny**. If you don't have an animal friend, go spend time with someone else's or go to a nearby zoo. If you **decide** you want an animal friend there are many animal rescue shelters and Humane Societies you can adopt from. You deserve a non-human person in your life and they **definitely deserve you**.

A Raw VEGAN Living Foods DIET including plenty of **Leafy GREENS**, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, **the Company of Animal Friends**, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to healthy, long lasting, shiny thick hair. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

The following research links will enable you to delve deeper into the research about the human-animal bond and the impact on our health:

<http://center4research.org/healthy-living-prevention/pets-and-health-the-impact-of-companion-animals/> - Pets and health: the impact of companion animals

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1295517/> - Beneficial effects of pet ownership on some aspects of human health and behaviour.

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<http://cdp.sagepub.com/content/20/4/236.abstract> - The Impact of Pets on Human Health and Psychological Well-Being

<http://www.helpguide.org/articles/emotional-health/the-health-benefits-of-pets.htm> - The Health Benefits of Dogs (and Cats)

<http://www.livescience.com/35463-seven-surprising-health-benefits-dog-ownership-110209.html> - 7 Surprising Health Benefits of Dog Ownership

<http://www.animalplanet.com/pets/benefits-of-pets/> - Top 5 Health Benefits of Owning a Pet

<https://thepsychologist.bps.org.uk/volume-24/edition-3/value-pets-human-health> - The value of pets for human health

<http://www.racgp.org.au/afp/2012/june/the-pet-effect/> - The 'pet effect'

<http://www.bmj.com/content/331/7527/1252> - Pet ownership and human health: a brief review of evidence and issues

<http://www.webmd.com/hypertension-high-blood-pressure/features/health-benefits-of-pets> - 5 Ways Pets Can Improve Your Health

<http://www.webmd.com/hypertension-high-blood-pressure/features/6-ways-pets-improve-your-health> - 6 Ways Pets Can Improve Your Health

<http://articles.latimes.com/2011/jul/18/health/la-he-pets-good-bad-20110718> - Pets and your health: the good and the bad

http://www.nytimes.com/2009/10/06/health/06pets.html?_r=0 - Exploring the Health Benefits of Pets

<http://healthypets.mercola.com/sites/healthypets/archive/2010/04/14/positive-effects-of-owning-a-pet.aspx> - The Positive Power of Pet Ownership ...

<https://www.psychologytoday.com/blog/the-mindful-self-express/201208/do-pets-help-or-hurt-our-health-look-the-research> - Do Pets Help or Hurt Our Health?: A Look at the Research

<https://dogvacay.com/blog/10-unexpected-side-benefits-of-having-a-dog/> - 10 Surprising Reasons Your Dog is Good for Your Health

<https://newsinhealth.nih.gov/2009/february/feature1.htm> - Can Pets Help Keep You Healthy?

<http://mentalfloss.com/article/51153/10-benefits-being-dog-owner> - 10 Benefits of Being a Dog Owner

http://voices.nationalgeographic.com/2009/09/29/health_and_emotional_benefits_of_pets/ - The health and emotional benefits of human-animal interaction

<http://www.oprah.com/spirit/Pets-and-Health-Benefits-Why-Keeping-A-Pet-is-Good-For-You> - Dr. Oz Reveals Why Pets Really Improve Your Health

<http://www.peteducation.com/article.cfm?c=2+2100&aid=638> - Physical & Medical Health Benefits of Pets

<https://petpartners.org/learn/benefits-human-animal-bond/> - Benefits of the Human-Animal Bond

<http://www.pawsforpeople.org/who-we-are/benefits-of-pet-therapy/> - Benefits of Pet Therapy

<https://www.waltham.com/>

<document/human-animal-interaction/health-benefits-of-pets-for-elders/296/> - Health Benefits of Pets for Elders

<http://abcnews.go.com/Health/dogs-cut-common-cold-risk-ways-dogs-health/story?id=16604565> - 7 Ways Dogs Can Help Your Health

<http://chicago.cbslocal.com/2013/08/04/researchers-present-findings-in-chicago-on-benefits-of-pets/> - Researchers Present Findings In Chicago On Benefits Of Pets

http://www.med.upenn.edu/psychotherapy/user_documents/PetOwnership.html - The Benefits of Pet Ownership

<http://www.thehonestkitchen.com/blog/the-health-benefits-of-owning-pets/> - The Health Benefits of Owning Pets

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3022463/> - Zoeyia: An essential component of "One Health"

<http://www.theatlantic.com/health/archive/2012/03/live-like-royalty-the-many-health-benefits-of-dogs-mans-best-friend/253744/> - Live Like Royalty: The Many Health Benefits of Dogs, Man's Best Friend

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Is it Time for an ANIMAL FRIEND in your LIFE or the Life of someone you LOVE?? Consider the LONG List of Health Benefits please ...

The question of whether someone should have a pet is never as simple as whether that pet has a **measurably beneficial** or detrimental effect on the owner's physical health. Having a pet is beneficial and comforting **only** for those who love and appreciate domestic animals and have the time and money to keep a pet happy and healthy. If you're simply not a "pet person," then having a pet is **not going** to provide you with any health benefits or improve your life. For some people, it is the question of the type of pet. For example having a cat requires **less time** and attention than having a dog, and can be just as rewarding.

For those of us that don't want to commit to having a pet or renting a pet, there are extraordinary options for us to be able to enjoy a lot of the benefits without **committing** on our Freedom from the commitment. YOU can **volunteer** in any of the animal shelters. For example, you can visit/volunteer once a week or even once a month to go there and give the lonely, and many times, abused animals love... they are extremely **grateful** and your health would benefit greatly!!

Even if you love animals, it's important to **understand** everything that caring for an animal entails. Having an animal companion is a commitment that will last the lifetime of the animal, perhaps **10 or 15 years**. And at the end of that commitment, you'll more than likely face the grief and mourning that comes with losing a beloved companion.

There are so many beautiful, amazing animals in the world **ready** for a human companion. Whether a mixed breed or a purebred, animals adopted from a **shelter or rescue group** make excellent pets. For the most part,

an animal ends up in a shelter through no fault of his or her own. His or her owner may have died or moved to a place that doesn't allow pets, or he or she may have simply been abandoned by **irresponsible** owners who bought him or her on a whim and later discovered they were unable or unwilling to care for him or her properly.

Rescue groups try to find **suitable homes** for unwanted or abandoned animals, many taken from shelters where they would otherwise have been euthanized. Volunteers usually take care of the animals until they can find a permanent home. This means that rescuers are often **very familiar** with the animal's personality and can help advise you on whether the pet would be a good match for your needs. By adopting an animal from a shelter or rescue organization, you'll not only be giving a home to a deserving pet, but you'll also likely be **saving their life**.

Beware of buying your pet from a **chain pet store** without doing your research. That's because the majority of pet stores that sell animals carry animals from cruel and inhumane **animal mills**. Animal mills are like animal-making factories with the mothers spending their entire lives in cramped cages or kennels with little or no personal attention or **quality of life**. When the mothers and fathers can no longer breed, they are discarded or killed. This is not always true for some smaller private stores so you will need to **do your research**. Consumers who purchase animal babies from pet stores or over the Internet without seeing a breeder's home firsthand are often unknowingly supporting this cruel industry.

Help stop this cycle of cruelty simply by **choosing** to adopt your next pet from a shelter or rescue, or by only purchasing a dog from a responsible breeder who will show you where your baby animal was

born and raised.

Here are some important questions from helpguide.org to ask yourself before deciding to have an animal companion:

- **Do you have an active household with young children, disabled people, or frail elderly people?** If so, you'll want a gentle pet. In an active household, avoid toy breeds of dogs; they may get trampled by youngsters and are prone to barking and biting. Large or rambunctious pets could accidentally knock over a small child or adult who is unsteady on his or her feet.
- **How much shedding can you tolerate, and how much grooming can you afford?** Most dogs and cats shed fur to some extent, especially dogs with double coats like chows and Akitas, which can be messy and provoke allergy attacks in some people. Some dogs, such as poodles, poodle mixes like Labradoodles and Yorkies, are bred to be nonshedding but may require a lot of professional grooming, so you'll need to factor in the time and expense of owning such a dog.
- **How active do you plan to be with the pet?** This is one of the most important questions you can ask about a potential pet (and yourself). If you're not terribly active, don't get an animal companion that needs a lot of exercise, such as a golden retriever or husky. On the other hand, if you'd like a dog to run with, choose an animal that can tolerate lots of exercise such as a pointer or Border collie. Inevitably, a pet that gets enough exercise will behave better in the home and be less prone to anxiety and its potentially destructive consequences. (Cont. on next page)

Is it Time for an ANIMAL FRIEND in your LIFE or the Life of someone you LOVE?? Consider the LONG List of Health Benefits please ... (Cont.)

- **Who will take care of the pet?**

Although children will often beg for a pet and reassure parents that they will be the primary caretakers, the responsibility typically falls to the adults in a household. (And even if a child does care for the pet, you must supervise him or her.) The bottom line: if you and your family members aren't prepared to feed and exercise a pet, you shouldn't get one.

- **How long will the pet be alone on a daily basis?**

Not only do dogs need to go out to eliminate every eight hours or so (or more often than that if they're puppies or old and sick), but they can also suffer from loneliness and anxiety if isolated. You may have to hire a dog walker or take the dog to doggie day care. Cats are much better about being alone so you might want to consider a cat as a pet.

- **Do you have other animals in the home, and will they get along with your new pet?**

Some dogs and cats will not tolerate a new animal in the home, so be sure to assess your current pets' predisposition to new family members before you commit.

- **Do you live in the right size and kind of home for the pet you want to acquire?**

Big, rowdy Labrador retrievers and hyper Border collies won't do well in tiny apartments and need plenty of space to run and play, especially when they're young. But size is not always a

good indicator of energy level or adaptability to a small house. Many large dogs are better suited to apartment life than are the high-energy but small Jack Russell Terriers, for example.

- **Do you want a puppy/kitten or a full-grown animal?** Starting from scratch with a puppy or kitten can be a tremendous joy, but also a tremendous amount of work, so you want to be sure you'll have time to properly housebreak, socialize, and train a baby pet. If you can't deal with a puppy or kitten, a housebroken adult dog or cat is often a better choice.

If you don't have the time, money, or **stamina** to have a full-time animal friend, there are still ways you can experience the health benefits of being around animals. Even short periods spent with an animal can benefit both you and the animal. Here are some other suggestions for you about how you can spend time with animals:

- You can ask to walk a **neighbor's dog**, for example, or volunteer at an animal shelter. Most animal shelters or rescue groups welcome volunteers to help care for homeless pets or assist at adoption events. You'll not only be helping yourself but also be helping to socialize and exercise the animals, making them more **adoptable**.
- Some animal shelters and rescue groups offer pet "**rental**" programs. Dogs that are available for adoption can be rented out

for walks or play dates, or you can foster an animal temporarily until a permanent home can be found for him, or to decide if the dog is right for you. There are also **horse rescue** stables that allow you to help with their horses in exchange for spending time with a horse.

- A variety of different organizations offer specially trained **therapy dogs and cats** to visit children's hospitals, assisted living facilities, nursing homes, hospice programs, shelters, and schools. During these visits people are invited to pet and stroke the animals, which can improve mood and **reduce stress and anxiety**.

The important thing to remember is that the animal friend or companion in your life is a **commitment** and a relationship like any other relationship. It can be infinitely rewarding if you choose the right animal and **honor and care** for that animal just as it will honor and care for you.

The following research link will give you more information about finding Animal Friends for your Health:

<http://www.helpguide.org/articles/emotional-health/the-health-benefits-of-pets.htm> - The Health Benefits of Dogs (and Cats)

Animal CREATURES are an Extraordinary WAY to Prevent, Heal and massively IMPROVE your Physical, EMOTIONAL, Mental and Spiritual Well Being!!

Spending quality time with a dog, cat or other animal can have a **positive impact** on your mood and your health. Pets can be peaceful, calming, **stress-fighters**. "We found that pet owners, on average, were better

off than non-owners, especially when they have a higher-quality relationship with their pets," says pet researcher Allen R. McConnell, PhD, a professor of psychology at Miami University. "What [makes] a

meaningful relationship varies from person to person."

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Animal CREATURES are an Extraordinary WAY to Prevent, Heal and massively IMPROVE your Physical, EMOTIONAL, Mental and Spiritual Well Being!!

Recognition of the fact that animals, and in particular dogs, may be able to **bolster** our psychological well-being has resulted in their wide-spread use in therapeutic settings. A wealth of scientific studies exploring the role of '**animal-assisted therapy**' (AAT) in hospitals, nursing homes and other settings concur that animals provide a positive influence on humans. The ways animals **contribute** vary considerably according to the type of animal present, the mode of treatment delivery and the population of interest under observation, but most share as their goal an attempt to improve the physical, mental, social and/or cognitive functioning of a patient.

For example, Kawamura and colleagues (2007) found that elderly people in a residential nursing home showed significant improvements in their **mental functioning** over a one-year period of twice-monthly visits from assistance dogs. Richeson (2003) similarly found significant decreases in **agitated behaviors** amongst older adults with dementia following AAT intervention for three weeks. Nathans-Barel and associates (2005) discovered a significant improvement in **hedonic tone**, the use of leisure time and a trend towards enhanced motivation in 10 chronic schizophrenia patients exposed to 10 weekly interactive sessions of AAT.

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**.

As part of the disease, Alzheimer's patients may exhibit a variety of **behavioral problems**, many related to an inability to deal with stress. Here are examples of a few outcomes of studies with animal friends in relationship to Alzheimer's:

- Research at the University of California at Davis concluded that Alzheimer's patients suffer **less stress** and have fewer anxious outbursts if there is a dog or cat in the home.
- Dogs can provide a source of positive, **nonverbal communication**. The playful interaction and gentle touch from a well-trained, docile dog can help soothe an Alzheimer's patient and decrease aggressive behavior.
- In many cases a patient's problem behavior is a reaction to the stressed response of the primary caretaker. Pets can help ease the **stress of caregivers**.

Some of the other noted mental, emotional and spiritual benefits of the human-animal connection are:

- **Providing companionship**. Companionship can help prevent illness and even add years to your life, while isolation and loneliness can trigger symptoms of depression. Caring for a living animal can help make you **feel needed** and wanted, and take the focus away from your problems, especially if you live alone. Most people who have dogs and cats talk to their pets, some even use them to work through their troubles. And nothing beats loneliness like coming home to a wagging tail and wet kisses.
- **Helping you meet new people**. Dogs can be a great **social lubricant** for their humans, helping you start and maintain new friendships. People who

have dogs frequently stop and talk to each other on walks, hikes, or in a dog park. People who have dogs also meet new people in pet stores, clubs, and training classes.

- **Reducing anxiety**. The companionship of a pet can offer comfort, help ease anxiety, and build self-confidence for people anxious about going out into the world. Because animals **live in the moment** - they don't worry about what happened yesterday or what might happen tomorrow - they can help you become more mindful and appreciate the joy of the present.
- **Adding structure and routine to your day**. Pets require a regular feeding, play time and exercise schedule. Having a consistent routine keeps an animal balanced and calm - and it can **work for you**, too. No matter your mood - depressed, anxious, or stressed - one plaintive look from your pet and you'll have to get out of bed to feed, exercise, and care for your him or her.
- **Providing sensory stress relief**. Touch and movement are two healthy ways to quickly manage stress. Stroking a pet lowers blood pressure and can help you quickly feel calmer and less stressed.
- **Helping you find meaning and joy in life**. At any age caring for an animal can bring pleasure and help boost your morale, optimism, and sense of self-worth. Choosing to adopt a pet from a shelter, especially an older pet, can add to the sense of fulfillment, knowing that you've provided a home to a pet that may otherwise have been euthanized.

Not only do children who grow up with pets have less risk of **allergies** (Cont. on next page)

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and asthma, they many also learn responsibility, compassion, and empathy from having a dog or cat. Here are some of the emotional and mental benefits of having an animal friend for a child:

- Unlike parents or teachers, pets are never critical and don't give orders. They are always loving and their mere presence at home can help provide a sense of security in children. Having an ever-present pet can help ease separation anxiety in children when mom and dad aren't around.
- It can stimulate a child's imagination and curiosity.
- Having the love and companionship of a loyal pet can make a child feel important and help him or her develop a positive self-image.
- Kids who are emotionally attached to their animal friend are better able to build relationships with other people.
- Studies have also shown that animals can help calm hyperactive or overly aggressive kids. Of course, both the animal and the child need to be trained to behave appropriately with each other.

Some children with autism or other learning difficulties are better able to interact with pets than people. Autistic children often rely on nonverbal cues to communicate, just as dogs do. And learning to first connect with a pet may even help an autistic child in his or her interactions with people.

- Pets can help children with learning disabilities learn how to regulate stress and calm themselves, making them better equipped to overcome the challenges of their disorder.
- Playing and exercising with a pet can help a child with learning disorders stay alert and attentive throughout the day. It can also

be a great antidote to stress and frustration caused by the learning disability.

Studies have shown that dogs make great pets for kids diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). The children can release excess energy by playing with the dog and caring for the pet will also help teach the child responsibility. Dogs can also help calm the child.

Psychotherapists who use animals in their treatment rooms report more productive sessions with tense, anxious patients. These patients become calm and relaxed when an animal is brought into the room during their session. The psychoanalytic theory behind the calming influence of companion animals is self-psychology and refers to animals as self-objects. One of the functions of a self object is to mirror the "self" in a very positive, reflective way – similar to how a warm, accepting mother reflects back to her children they are wonderful people. This is how children learn who they are – by the way the world responds to them. The same is true for adults.

Companion animals have the ability to reflect back to you that very positive, accepting response, letting you know you're a special person. It is this mirroring that may account for the tremendously calming effect of animals.

If you have a dog, there's nothing to compare with the greeting you receive from your pup when you come through the door at the end of a long day. There's something about a pair of warm, soulful eyes at one end and an eagerly wagging tail at the other that lifts your spirits and makes the day's burdens disappear in an instant.

If a cat owns you, you sense all is right with the world when your purring furball curls into your lap for the evening. As you stroke your kitty's soft coat, a feeling of contentment settles over you.

The bond between a pet and his/her caretaker is often deep and profound. Animals resonate with us in a deep way that few humans can. This is due to the fact that animals do not have an ego. They don't have "stuff" in the way of their love and their connection with the Divine. They love unconditionally and are constantly doing service for us in ways we often do not recognize. We may feed them, groom them, take them to the vet for shots, and in return they soothe our souls in a subtle, but perceptible way.

Our animal friends 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 non-human beings 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 (Cont. on next page)

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cle 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 animal friends. "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.

Paramahansa Yogananda, the Hindu Yogi Master states, "The attention, intuition and evolution of animals can be quickened through training by an intuitive person. Listen to the various sounds uttered by different animals when they are happy, boisterous, or jealous; you will gradually be able to **interpret them** and use them to talk to the animals and help them to quicken their evolution. Mental telepathy can, in fact, be established between humans and their pets. Human company can **quicken the intuition** of animals and thereby quicken their evolution. Remember that God is in all."

Some **metaphysically** oriented people believe that a pet's soul has been drawn to a human in

order to benefit from their level of consciousness. The animal's energy is being raised up, perhaps because it desires to make the leap from one species to the other in its next incarnation. The human is **supporting** that animal in preparing for that leap. In return, the animal is serving the human tirelessly on a subconscious level. There is wonderful natural and **harmonious balance** that exists between them both. It is a win-win situation.

In ancient times, animals were used to learn lessons from. These **lessons** both helped us to survive and to advance. For example, looking closely at animals and studying how each uses a particular way of overcoming obstacles and surviving developed many **martial arts** moves. 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 non-human beings and their **environment**, we too can learn many useful lessons. Dogs teach us about obedience, unconditional love, and **friendship**. Cats teach us grace, agility, and playfulness. We can learn from our animal friends to succeed in the physical realm. One of the most **fascinating** and incredible things about non-human beings 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.

As the spiritual teacher **Eckhart Tolle** puts it: "I have lived with several Zen masters – all of them cats." The characteristics of animals can actually reflect our own.

Author Luisah Teish writes in her book, entitled Jambalaya, The Natural Woman's Book of Personal Charms and Practical Rituals, that cats, "become **alter egos** whose behavior tells us something about ourselves,"

Listen for, and **pay attention to**, what your pets can teach you about what you have and what you are lacking. Notice how you feel in response to specific pets, be aware of any changes in your mood, and uncover the **hidden messages** that you can learn from your animal friends!

We sense that we can **benefit spiritually** in our relationship with animals, and we are right. They offer us something fundamental: a direct and immediate sense of both the **joy and wonder of creation**. We recognize that animals seem to feel more intensely and purely than we do. Quite simply, animals teach us about **love**: how to love, how to enjoy being loved, how loving itself is an activity that generates more love, radiating out and encompassing an ever larger circle of others.

They teach us the **language of the spirit** and invite us to open our hearts and minds. Through our contact with animals we can learn to overcome the limits imposed by difference; we can reach beyond the walls we have built between the common and the **sacred**. We have the opportunity to experience **inter-connectedness** of all life. They can even help us stretch ourselves to discover new frontiers of consciousness. Animals cannot "talk" to us, but they can communicate with us and commune with us in a language that does **not require words**. They help us understand that words might even stand in the way.

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Perhaps you have an **animal companion** and perhaps you do not. If you do then take the opportunity to be grateful for him or her and allow yourself to experience the connection you have on a **deeper level!** If you do not then I encourage you to find a way to be around animals when you cannot, no matter the species. It may be one of the best things you can do for yourself physically, mentally, emotionally and spiritually!

The following research links will give you more information Animal Friends and your mental, emotional and spiritual wellness:

<http://www.npr.org/sections/health-shots/2012/03/09/146583986/pet-therapy-how-animals-and-humans-heal-each-other> - Pet Therapy: How Animals And Humans Heal Each Other

<https://www.psychologytoday.com/blog/canine-corner/200906/health-and-psychological-benefits-bonding-pet-dog> - Health and Psychologi-

cal Benefits of Bonding with a Pet Dog

<http://www.drsofostersmith.com/pic/article.cfm?aid=1201> - Why Man's Best Friend is Man's Best Friend

<http://www.peteducation.com/article.cfm?c=2+2100&aid=640> - Psychological, Emotional, & Social Benefits of Animals

http://www.huffingtonpost.com/2011/07/13/pets-psychological-benefits-study_n_897022.html - Study Shows Pet Ownership Has Psychological Benefits

<http://cats.lovetoknow.com/Emotional-Benefits-of-Pet-Ownership> - Emotional Benefits of Pet Ownership Interview

<http://in5d.com/the-spirituality-of-pets/> - The Spirituality Of Pets

<http://www.beliefnet.com/Love-Family/Pets/2008/11/10-Spiritual-Ways-to-Connect-with-Your-Pet.aspx> - 10 Spiritual Ways to Connect with Your Pet

<http://innerself.com/content/living/leisure-and-creativity/pets/5790-animals-teach-us-spirituality.html> - Animals Teach Us Spirituality and Heighten Our Capacity for Love and Joy

<http://naturalsforanimals.com/articles/the-companion-animal-bond-a-spiritual-relationship/> - The Companion Animal Bond – A Spiritual Relationship

<http://www.astrostar.com/Dogs-as-Guardian-Spirits.htm> - Dogs: Not Simply Pets, but Guardian Spirits

<http://www.spiritscienceandmetaphysics.com/science-proves-cats-are-holistic-healers/> - Science Proves Cats Are Holistic Healers

<http://www.theguardian.com/lifeandstyle/2010/oct/30/cats-and-dogs-the-truth-burkeman> - This column will change your life: The truth about cats and dogs

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a 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, 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 together empower our commu-

nity (and our world) in their/our spiritual growth.

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**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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