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TTouch Experiences

I attended Anne and Jean's TTouch and Telepathic Communication for Cats Workshop in March, 2003. I have a deep respect and love for all animals and as the owner of Claws & Paws Pet Sitting and Boarding in San Francisco I'm fortunate in that I have many animals with which to practice these wonderful and transforming techniques. Anne has asked me to share with you some of my experiences as a way of showing how quickly these movements can be learned and applied. And how the TTouch methods -- the touches, lifts and movements - can have an immediate and dramatically positive effect on our animal companions.

First, there's "Kohl." Kohl is a large, bushy, 6-year old tabby. I've been his caretaker for the past two years when his owner is away on business. "Aspen" is Kohl's litter sister - and you couldn't encounter two more different



personalities. While Aspen is mellow, sweet and friendly, Kohl is demanding, loud and temperamental. When Kohl meows he sounds like a frustrated baby in a wet diaper - loud and high-pitched - so much so that even after hearing it for two years, it can still surprise me when I realize the sound is coming out of a cat and not a baby!

Two weeks after I took Anne's workshop, I was again with Kohl and Aspen. They live in an Outer Sunset district house with a wonderful wild backyard filled with trees, dirt, a high picket fence, and a natural wood deck. The cats can go freely between the house and backyard – most of the time they stay outside. The day I was there was sunny and warm, and I was sitting out on the deck next to Kohl. Instinctively, I reached over and started to do some TTouch movements around Kohl's head and along his ears.

I began by tracing small circles lightly with one finger on his head, moving down to his neck and to the area across his shoulder blades. It's my experience now that every cat I've used the circular touches on loves them. The foundation of the TTouch method is grounded in circular movements which can be applied all over the body.

Kohl's reaction to the TTouch was immediate and dramatic. His high-pitched meows turned into a low, steady purr. His jerky, staccato-like body movements which he normally demonstrated when I petted him, stopped. He became calm – calmer than I had ever experienced him in two years. His body became soft and relaxed and I could feel the tension release from it. I could also visibly see the tension leave his body. This dramatic shift took me by surprise as I watched Kohl become a calm, content, centered cat right in front of my eyes. Then, when I stopped doing TTouch on him Kohl stood up, and starting at my feet walked up the length of my legs while rubbing his head into me until his head was placed squarely back into my two hands. His message to me was clear – "I love this and whatever it is that you're doing – don't stop!"

Update: I've now been with Kohl three times since this experience and I do TTouch with him each time. And each time his reaction has been as positive and dramatic as it was the first time I just described.

Next there's Mema. Mema is a 15-year old diabetic cat who receives two insulin shots a day. She is a wonderful and smart cat who I took to immediately. She has a strong personality and lets you know what she wants. Though always friendly and social, Mema is self-contained, and has very clear boundaries about the space surrounding her body and about when she wants to be touched. Mema boarded with me three weeks after I took Anne's workshop. One night while we were sitting on the couch, I began to do the circular TTouch movements around her head and neck – similar to what I'd done with Kohl. The reaction, again, was dramatic and immediate. Mema relaxed into her body as her energy became more quiet and calm. She closed her eyes, in that sensual way cats do, and she became grounded in her body.

Update: Mema has stayed with me several times since then. I continue to do TTouch on her and she loves it, particularly around her head and on her ears. What I'm also aware of is how she's change in how she relates to me now. As I said, Mema has always been a loving and friendly cat but now there's a deeper and more open connection between us. Her reaction has changed me. Since doing TTouch I've become more aware of, and more in touch with, myself as well as with the animals. Specifically, Mema responds more quickly to my touch – any touch, it doesn't necessarily have to be TTouch. She becomes deeply relaxed while accompanied by that wonderful purring that feels and sounds like her whole body is singing.

Months after taking the TTouch workshop I've had many opportunities to experiment with this new way of connecting to cats, dogs and even Zenus, a turtle I've taken care of for the past two years. Without exception, the cats I care for who were similar to Kohl in temperament – hyper, quick to react, demanding, and easily overstimulated when touched – have all experienced a dramatic and positive result from this work. The dogs go into a deeper state of relaxation and well-being. And I was particularly surprised by my experiences with Zenus. "It may be difficult to understand without having the experience, but it was obvious to me that Zenus was responding to the light, tiny, circular touches I applied to the top of his shell. This is hard to explain in words because it's a felt and "experienced" experience"

Now when I visit Zenus he doesn't stay hidden underneath the log covering in his container. He actually seems to make more direct contact with me by facing me and looking directly at me. Before doing TTouch with him it wasn't unusual for Zenus to be turned away from me when I was with him. Now I feel that Zenus acknowledges me and is less fearful with me. I was so shocked by what I experienced because my mind had a story going that ("people") I couldn't relate or feel connected to a turtle in the same way as I do with cats and dogs. My experience with Zenus has cracked apart this belief.

Doing TTouch with animals has profoundly deepened the bond I now experience with them. Since taking Anne's workshop, I see that the possibilities for bonding, healing, and support with the animals I take care of has deepened and there is now a new way of relating for me and the animals to explore together.

Bree Brown is the owner of Claws & Paws Pet Sitting and Boarding – Loving Care When You Can't Be There Since 1994 in San Francisco. Bree

takes care of cats, dogs, birds, fish, turtles, hamsters and guinea pigs. She can administer certain medications and is skilled in Reiki hands-on healing and TTouch. Claws & Paws also provides individual day care and overnight stays. Bonded, insured and a member of Pet Sitters International, you can contact Bree at 415.221-9448 or bree_94118@yahoo.com.