

## HAPPY NEW YEAR!

PETential Paths and family wish you and your animal friends a wonderful, peaceful and gentle New Year!



## A Gift For You

### The Heart Hug

Here is something nice you can do for yourself. It is the Heart Hug, developed by Linda Tellington-Jones to give us a sense of calming and comfort.

The steps:

-Place one hand on top of the other with palms at the center of your chest at the level of your heart.

-Visualize the face of a clock on your chest, under your hands, with the six at the bottom of the circle closest to the ground.

-Beginning at the six, inhale and exhale while slowly and gently pushing the skin in a circle and a quarter, with a consistent rhythm, stopping at the 9.

-At this position, take another deep breath in and out with your hands

remaining quietly at the 9.

-Repeat this circle three times slowly.

-Then visualize a place, person, animal or event that makes you feel wonderful and hold this thought while repeating the Heart Hug several times. Make the circles in either direction, according to what feels best to you.

Visualizing the numbers on the face of the clock activates the left brain. The face of the clock also forms a circle. The visualization of this circle and the circular movement activates the right brain. Using the whole hand to move the skin in a circle is called the "Abalone," typically used for calming nervousness, reducing fear, relaxing tense and painful muscles and for sensitive, sick or injured animals or people and can increase a sense of comfort on all levels.

The distinction of the Heart Hug is the use of both hands together, with one hand placed over the other. The Heart Hug appears to have a greater impact and feels completely different than other TTouches, because it is centrally located in the body and over the heart with both hands moving together, as compared to using only one hand in the same location on the chest.

Another remarkable aspect of using both hands together in this manner is that they close and complete an electromagnetic circuit formed by the whole body.

Enjoy the feeling you get from the Heart Hug, and allow it to comfort you.



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## Tips & Tails



### Winter Warnings

-During the colder months, be aware that feral and outdoor cats will often seek out warm spots to sleep. Unfortunately, those spots are commonly under the hoods of cars while the engine is still warm. Tragedy occurs when the car is started and the fan injures or kills the cat. You can make sure this won't happen by banging on the hood of the car and waiting a few seconds before starting the engine.

-Antifreeze products containing ethylene glycol are highly toxic and can produce life-threatening kidney damage, even in small amounts when ingested by animals. Always clean up antifreeze/engine coolant spills immediately. Check car for leaks. Store these products in clearly marked, sealed containers in places inaccessible to animals.

If ingestion is suspected, contact your veterinarian or the ASPCA Animal Poison Control Center at 1-888-426-4435 immediately.



## Martha's Christmas Miracle

Here is a touching story, one that was forwarded to me by Foothills Animal Rescue where I volunteer. I want to share it with all of you!

Martha was sitting in her living room watching television this Christmas Eve, alone as she had been for the last five years. All of her children had married and moved to the four corners of the nation, her youngest, a surgery resident at the Vet School across the state had planned on coming home, but had been assigned to work the emergency clinic and couldn't find a replacement. Martha told herself that having Sally working to help the sick and injured animals this Christmas Eve was worth being alone, besides, Sally would be driving over for Christmas dinner the next afternoon.

All the animals had been fed and now were safely in either the kennel building

or lazily laying around the house. Martha had to stop to think how many dogs she had at her house this Christmas, she sighed when she realized there were 16. She did rescue and the number of dogs was always changing with some dogs being adopted, and new abandoned dogs coming in. Feeling overwhelmed by the number of dogs she had and all the dogs still left in shelters to die because there was no room for them in rescue, Martha seriously wondered if she should stop working rescue. If she didn't have all these dogs, she could have flown to any of her other children's homes for the holidays to be with family. Besides, the heartbreak of seeing each dog in such need was beginning to really weigh on her.

Tonight she had a new dog, brought home that day. Martha didn't really plan on adding another dog but on her way

home from the store she saw a dog lying on the side of the road. Certain the dog was dead, Martha stopped, to pick up the body and take it home for a burial. As she got closer, she recognized the shell of an Alaskan Malamute, the breed she rescued. Covered by cuts and festering wounds, what fur was left was matted and filthy, it was so skinny that laying there you could see each rib and it's hipbones were the widest part of his body.

With tears in her eyes, mourning for what once had been a majestic animal now reduced to almost a skeleton she reached down to give the poor dog one last pat on the head. "Oh, you poor boy, what a way to end your life. Well, at least I can name you and give you a decent farewell." As her tears fell on the dog's head, one eye slowly opened and the tail gave a single wag.

"You're alive! Everything will be OK now, I'll

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## EVENTS (Call or email PETential Paths for details)

**February 9-10, 2008:** 2-day Dog TTouch Workshop ... 9 AM—4 PM at The Pudgy Pup, Mesa, AZ - \$235 per dog/handler team - to register: Stacy Lewis: 612-817-4473 - [stacy@dancingporcupine.com](mailto:stacy@dancingporcupine.com)

**February 17, 2008:** Heart to Heart Dog Walk for animal heart disease: <http://www.hearttoheartpetarama.com/>

More events are in the planning stages!

## Not Obsession, but Love

Andrea Thompson's *MSNBC* article "Why are we obsessed with our pets?" makes many good points on this subject, and even partially answers the title's question when she points out that some pet owners buy designer doggy clothes. But most of us concentrate on the essentials of food, veterinary care and basic supplies in the estimated \$41 billion that will be spent in 2007 on our furry friends.

With over 71 million households having at least one pet, and 32 million of those with two or more, Thompson says we are beginning to welcome animals into our homes as companions. It didn't used to be that way when farmers had cats to rid the barn of mice, and dogs just to herd and hunt. Only the wealthy could afford to keep their pets solely as companions. In those days the well-to-do were the only ones with disposable income, which has changed significantly today.

But I'll bet you can't guess what two of the most important factors were in the increase of homes with pets? The first was the move to the suburbs after World War II. The second was how families were portrayed on TV and in the movies as the

typical American clan where pets were an essential part of the household. All of a sudden they were a part of the flock, not just relegated to perform their duties and stay out of the way.

Folks have become more willing to spend up in the thousands to treat pets to keep them alive for a longer life expectancy like humans. And today it's just fine to grieve over a lost animal companion as you would another family member, with some owners keeping the pet's ashes in an urn or placing them in a pet cemetery.

Thanks to the Humane Society, some businesses now even allow dogs in the workplace; of course our cat friends would always rather stay at home and let us come to them. Stephen Zawistowski, science advisor to the ASPCA, says the most recent studies prove that the reason you have a pet is for companionship. Haven't many of us known that all along?

By contributing writer, Jack E. Dunning

For *MSNBC* article:

<http://www.msnbc.msn.com/id/21423108/>

*Until he extends the circle of his compassion to all living things, man will not himself find peace.*" -- Albert Schweitzer, 1875-1965

### Martha's Christmas

#### Miracle

(Continued from page 1)



take you home and you will have a soft bed and food tonight." She said, tears streaming down her face, this time from happiness.

The rest of the afternoon was spent cleaning the dog's wounds and making sure he was able to eat and drink water. Martha set up the large run in the kennel building for him. A soft blanket and a thick foam pad was to be his bed, fresh water and food beside him. Papers for his 'necessary functions' were placed at the far end of the run. He lay there watching every move she made.

Martha left the dog resting on his bed, somewhat surprised at the reaction of the rest of the dogs in the kennel. Pandemonium usually broke out with all the other dogs wooing and barking when a new dog was brought in, tonight all the other dogs just stood and silently watched as Martha cared for the new dog. Thankful the other dogs were not disturbing the new boy, Martha went to the house to finish preparations for tomorrow's dinner.

Later that evening Martha went down to the kennel to check on the new boy and feed the other dogs. As she walked in the door the new boy shakily stood to greet her. As she was straightening up the kennel after feeding and exercising the dogs, she saw her microchip reader. "Well, this will be a waste of time" she thought

as she ran the reader over the dog's body.

BEEP! The reader had located a chip! Writing the number down, she hurried to the house to call the chip registry and report the found dog. As she suspected on Christmas Eve, all she got was a machine.

Very late that night, the phone rang. Martha answered and a strange voice was on the other end. "Did you find a dog with a microchip?" "Yes, are you the registry needing more information?" Martha asked. "No, the registry called us and told us you found our dog!" and then the man broke down crying. After composing himself, he continued.

"The dog you found is BISS AM/CAN/INT CH Wasilla's Ice Sculpture, WPD, WTD, WLD, TT, CGC but to us he is our heart, the love of our life, Icy. Three years ago Icy was stolen from his exercise area in our back yard. We did everything we could think of to find him, but lately we had almost given up hope of ever seeing him again. This is a miracle. We are leaving now to come pick him up. We are about 14 hours from you so we will see you and Icy in the morning."

Martha was crying, indeed it was a miracle! And the new dog now had a name, his own name and his people were coming for him. What a wonderful Christmas gift.

Martha hurried down to the kennel to let Icy know that his humans had been found and they were on their way to take him home. As Martha walked up to Icy's kennel he stood to greet her, "Icy, yes, I know your name and I have spoken to your people. They're coming to take you home." As she was talking to Icy, she heard the old clock in the building strike midnight.

Much to her amazement, Icy said "Thank you." Martha thought, now I am sure I have been around dogs too long, I could swear I heard Icy speak. Icy continued "Martha, yes

I am talking to you in human language, you see, at the stroke of midnight on Christmas Day, all animals can speak. Let me tell you what happened to me today. I have been kept in a dark barn for a long time by some very mean people who beat me and often forgot to feed me. Two days ago I found a loose board on the barn and was able to escape. I walked as fast as I could, looking for my people, or at least for some kind person to feed me and give me a warm place to sleep before I died. I was in the middle of a big field when I couldn't walk or even crawl any more, I laid down, knowing I was about to cross to the Rainbow Bridge. As I stepped onto the Bridge, an Angel came towards me."

"Icy," the Angel said "If you agree, He has a job for you before you cross the Bridge. There is a very kind human who needs you today to restore her spirit."

"Of course I agreed to help a human -- that is what Malamutes do. The Angel picked up my body and carried it to the side of a road and laid it down. The next thing I remember is you were scratching my ear and talking to me and your tears were falling on my face. You have cared for me this day."

Martha heard a chorus of voices all about her. To her amazement she was surrounded not only by her dogs, but dogs she had rescued and sent on to forever homes, all voicing stories how Martha had cared for them and restored them to health and loved them, thanking her for her love.

The first Malamute Martha had rescued many years ago stepped to the front of the gathering and said, "Martha, you took us in to your home, cared for us, healed us both in body and spirit then, even though it broke your heart, sent us on to our new forever families. This gave us a life we would never have had without you. Others of us here, never were adopted and lived out our lives with you, loved and cared for as if we were your own dogs. In our hearts we are your dogs. Thank you."

Then one small mixed breed puppy stepped forward from the back and said, "Miss Martha, you never held me nor fed me, you see I am speaking for

all the shelter dogs and cats gathered here for which you did all you could. We understand that you can't save us all, but you read our shelter stories, knowing we would cross the Bridge without knowing a home of our own, and you cried for us. We thank you for that. You see, we knew you cared and loved us, too. And that love helped us as we crossed. We thank you and all the other Rescuers for that small act of love."

Icy looked at Martha and told her, "It is getting late and you will have many people here tomorrow to celebrate Christmas. And you have your rescue work to continue. Our time to be able to talk to you is growing short, but always remember what happened tonight. What you do for the animals is a gift to us and to Him, the Father of us all. Each of us, animals of every species, needs people like you. Please keep on helping. You are doing the work of Angels."

At that point all of the dogs in unison said "Thank You," and their voices blended into a joyous howl which echoed from the heavens to the ends of the earth.

Humbly offered as a Christmas Gift to all who love animals.

Christmas 2007

(c)Bilinda Marshall 2007

