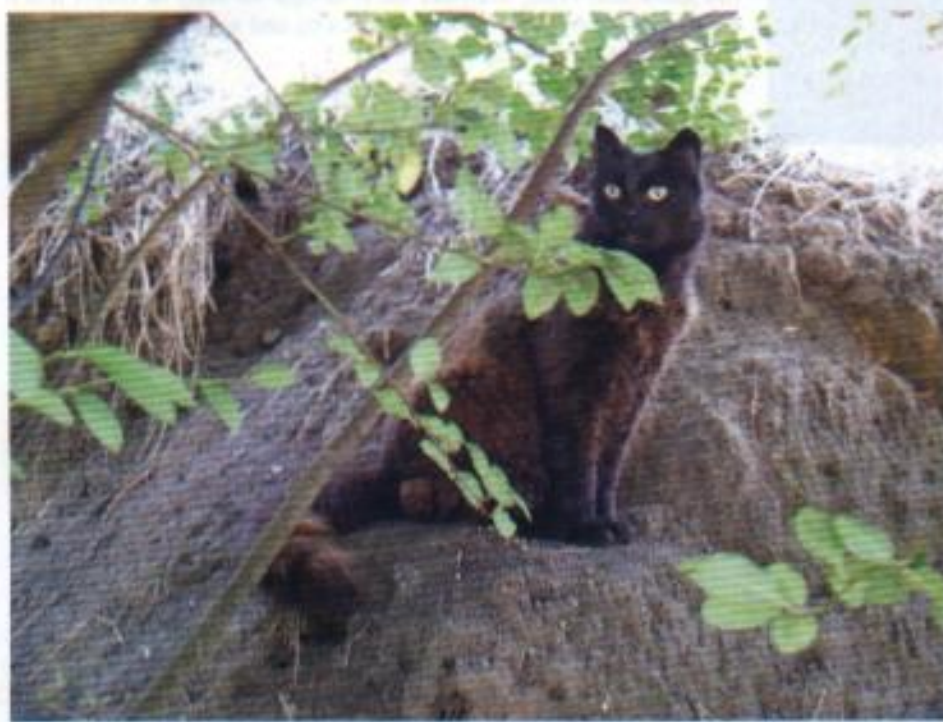


# Healing the Untouchables

By Amy Snow and Nancy Zidonis



A healthy hunting cat can be the best thing that can happen to a barn. The grass hay and grain attracts the field mice and other rodents and a quick cat has the job of keeping the unwanted small furry population down. It is interesting to watch as a cat stalks its prey: his entire being is intently focused, waiting for the mouse to scurry before pouncing with the grace and precision of a highly trained athlete. It is exactly this feat that makes the feline a fabulous barn friend.

The feline is a natural predator and a protein obligate, that is, he must eat a high protein (meat-based) diet, which further explains why felines have served humans since the days of the ancient Egyptians. Dining on mice gives a cat exactly the nutrition he needs including the small amount of grain from the rodents' stomach contents. The small cat was designed to keep the food storage clean and free of rodents in ancient times. The Egyptians held cats in such high esteem, they were treated like gods...and most cats have never forgotten their true status.

## Touching the Untouchables

Barn cats can be wild, scrappy, and untouchable. When they are hurt or fall ill, they are often self-protective and almost impossible to get near. But, they do need your help and there are things you can do without touching them directly. Though it would be better to be able to touch the cat, it is still possible to offer them healing energy.

A complete acupressure session can be performed "off-body". When you cannot touch the animal, working off-body is a good alternative, and can be just as effective as when you are actually holding the cat and touching the acupressure points. The benefit of working off-body is that both you and the cat will feel safe, and if you repeat an acupressure session often, once every three days, the cat may come to trust your intention to help him heal. In time, cats can overcome their fear of humans and allow you to touch them, especially when you approach the cat consistently with healing intent.

It would be good to begin this bonding

process with a barn cat before he is sick or hurt. Since cats are intuitive and very aware of their energy, they are usually receptive to acupressure when they want it. Start off-body by holding the palm of your hand open at whatever distance is comfortable for you and the cat.

## Off-Body Acupressure Session

The trick of working off-body is that you have to focus and send energy from the center of your palm to the intended acupressure point on the cat's body. The acupressure point in the center of your palm is Pericardium 8, one of four locations where humans emit *Chi*, life promoting energy. Try to visualize your energy flowing from the middle of your palm directly to the acupressure point.

The following acupressure points have been selected to address the cat's fear and anxiety while also enhancing the cat's feeling of well-being. Do your best to project your healing intention and hold your hands as if you are directing your focus on the following points for 30 seconds or more, if you can.

**Bai Hui, Point of 100 Meetings**, is a traditional animal point that increases the animal's sense of well-being. If you can touch the cat directly, try giving this point a light scratch.



The acupressure point that is located in the center of your palm is called Pericardium 8 (Pe 8) and it is from this point that the human emits powerful energy. In off-body work, you can project your healing intention through Pe 8 to the cat.



This is the 2-Finger Position you can use if the cat is willing to have you touch him. Place your middle finger on top of your index finger and simply touch the cat gently, with intention, and count to at least 30 or until the cat demonstrates that he wants you to move on.

**Governing Vessel 20, Heavens Gate (GV 20)** is known to benefit the spirit of the animal and help clear the mind of fear and anxiety.

**Yin Tang** is often used for calming and soothing while enhancing the cat's ability to focus his own energy.

**Yang Tang** helps to disperse energy when the cat is overly focused and too intensely anxious. This point can relieve the intensity of fear.

Cats like to have you believe that they are independent and completely self-reliant, but when they need your help, they have a way of letting you know and being available for either an off-body or direct touch acupressure session. Give these points a try and see if your barn cat can become your barn buddy. *yg*

*About the authors:*

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CALMING A BARN CAT

Point	Location
Bai Hui	Located on the dorsal (upper) midline, at the lumbosacral joint
GV 20	On the dorsal (upper) midline of the skull, level with a line from the cranial edge of the ears
Yin Tang	Found on the dorsal (upper) midline, slightly above the midpoint of the eyes
Yang Tang	Found in a depression at the lateral canthus (outer edge) of both eyes