



Tellington TTouch® Southern Africa

Issue 9, October 2016

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Website of the month
Book of the month

TTouch South Africa

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Eugenie's Letter



Hello TTouch Friends,

Yeah for the rain! Everyone in Gauteng is now feeling blessed from having some rain for the gardens. I do hope that it keeps up and we can get off water restrictions. The animals are also feeling the difference. The dogs are loving the fresh grass sprouting and the birds are singing loudly after the showers. Even our Jacaranda tree is finally starting to show some colour.

We have recently finished our International Trainings with Edie Jane Eaton, so the next training dates are in March 2017. The excitement is that Robyn Hood will be back and giving a 2 day TTouch for Humans weekend workshop on March 18th and 19th.

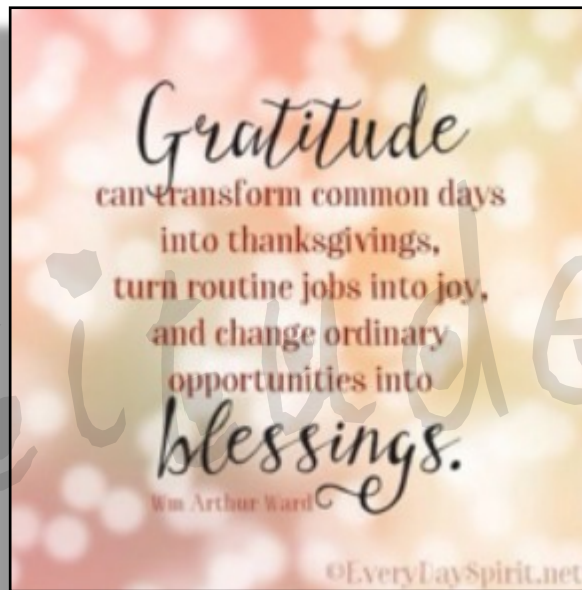
As you may know, many healthcare practitioners are successfully integrating TTouch techniques into their practices. For example, nurses use TTouch for post-fracture

"Compassion for animals is intimately associated with goodness of character, and it may be confidently asserted that he who is cruel to animals cannot be a good man."

— Arthur Schopenhauer

swelling, labour pain, wound care, and the management of edema, pain and anxiety. Massage Therapists and Physical Therapists find TTouch effective in cases of chronic pain, Fibromyalgia & much more. TTouch goes beyond healthcare into schools and personal relationships

On a personal note, I am turning 70 in December and will be celebrating accordingly! I did much contemplation on the subject of a Party theme and while animals came up first, my life includes so much more. So with inspiration, I was given the gift of 'Gratitude'. I have so very much to be grateful for and working on this for almost all of this year has been a journey that will intensify closer to the date of the Birthday Party. I actually love planning parties and the preparation for me is the best part as it's a journey into self. I shall share with you a few of my favourite Gratitude quotes from now until Christmas.



I hope you're enjoying Spring as much as I am with the animals in the Garden. Even Shadow, the cat is happy to be outdoors with the dogs!

Warmest wishes for a wonderful month!

Eugenie



Upcoming Tellington TTouch Trainings

For Companion Animals and Horses

You need no previous Experience to join these Trainings

These trainings are for any person who wants to better understand their animals as well as for those who would like to work with animals themselves.



Robyn Hood

TTouch for You

Workshop: 2 Day TTouch for You

Presented by: Robyn Hood

Date: 2017 Mar 18 – 19

Venue: Sandton

Price: Full Price R2200 -Deposit R1200 -Early Bird Discount R1900 expires 2017 Jan 18

Advanced TTouch

Workshop: Advanced TTouch for Companion Animals for Guild Members

Presented by: Robyn Hood

Date: 2017 Mar 21 - 23

Venue: TBA – Sandton or Midrand, JHB Gauteng

Price: Full price R3500 -Deposit R1800 -Early Bird price R3150 expires 2017 Jan 21

Contact: Eugenie Chopin

at: info@ttouch.co.za

on: 011 884-3156

Gauteng Practitioner Training for Companion Animals

Workshop: 5 Day training for Companion animals

Presented by: Robyn Hood

Date: 2017 Mar 25 – 29

Venue: TBA Midrand or Sandton, JHB Gauteng

Price: Full price R5200 -Deposit R2800 -Early Bird price R4680 expires 2017 Jan 25

Workshop: 3 Day training for Companion Animals

Presented by: Robyn Hood

Date: 2017 Mar 25 – 27

Venue: TBA Midrand or Sandton, JHB Gauteng

Price: Full price R3500 -Deposit R1800 -Early Bird price R3150 expires 2017 Jan 25

Gauteng Practitioner Training for Horses

Workshop: 5 Day training for Horses

Presented by: Robyn Hood

Date: 2017 Apr 1 – 5

Venue: Donnybrook Stables, Glenferness Midrand

Price: Full price R5200 -Deposit R2800 -Early Bird price R4680 expires 2017 Feb 1

Contact: Lindy Dekker

at: equibalance@iafrica.com

on: 083 616 0577

Workshop: 3 Day training for Horses

Presented by: Robyn Hood

Date: 2017 April 1 – 3

Venue: Donnybrook Stables, Glenferness Midrand

Price: Full price R3500 -Deposit R1800 -Early Bird price R3150 expires 2017 Feb 1

Cape Town Practitioner Training For Companion Animals

Workshop: 5 Day training for Companion Animals

Presented by: Edie Jane Eaton

Date: 2017 May 25 – 29

Venue: TBA

Price: Full price R5200 -Deposit R2800 -Early Bird price R4680 expires 2017 Mar 25

Workshop: 3 Day training for Companion Animals

Presented by: Edie Jane Eaton

Date: 2017 May 25 – 27

Venue: TBA

Price: Full price R3500 -Deposit R1800 -Early Bird price R3150 expires 2017 Mar 25

Contact: Eugenie Chopin

at: info@ttouch.co.za

on: 011 884-3156



Edie Jane Eaton

For more details, [click here](#)

Getting In TTouch with Your Dog

By Linda Tellington-Jones

This is **part 3 of a series** that will include some parts of Linda Tellington-Jones's book: **Getting in TTouch with Your Dog**.

The book in your hands is worth more than the parts in a newsletter, so please [buy the book](#) and gain insight, information and wisdom to help and guide you in your relationship with your dog.

You will learn about **a gentle approach to influencing behaviour, health and performance**.

Book available from Eugenie for ZAR 300

eugenie@ttouch.co.za



Page 5 and 6

A primary intention of Tellington TTouch is to enhance cellular communication and support the healing potential of the body.

My interest in cells was awakened in 1976 while reading the book *Man on His Nature* by the British Nobel Laureate, Sir Charles Sherrington. I had a second life-changing experience when I read the statement, *“If several inches of a nerve are removed, most of the time, the two ends will find their way back together.* How is this possible? **Because every cell in the body knows its function within the body, as well as its function in the universe.**” This is how I remember the quote for Sherrington.

I was awestruck by the intelligence of the 50 trillion cells that form the average body, and the fact that every cell can function on its own and yet display remarkable cooperation and communication with other cells when a person

or animal is healthy and in a state of well-being.

I began to see the body as a

collection of cells and was

struck with the concept that by touching another body, I could allow the cells in my fingers to convey a simple message of support at the cellular level: “Remember your potential for perfect function; remember your perfection....” This is a primary message that is carried in each Tellington TTouch Circle.

When asked how it's possible to have such a deep connection and trust with animals I've never met before—in such a short time—I'm convinced it is because I connect at the cellular level. Tellington TTouch is an interspecies language without words.

Every cell in the body knows its function within the body, as well as its function in the universe.

There's Method in the Magic

By Edie Jane Eaton - TTEAM/TTouch Instructor

When we speak about the relationships between physical, mental and emotional balance, and between self-carriage, self-control and self-confidence, we are acknowledging the complex relationship between all parts of the being. We recognize that no one part, or issue, exists in isolation. There are probably many different issues influencing the animal we're working with, and the more information we have about him - his body and his attitude - the better equipped we are to help.

If you go to your doctor with a longstanding headache, and he or she gives you a strong painkiller that works, you'll indeed be happy that the pain's gone. If you discover down the road that it recurs when you stop taking the pills, you'll probably want the doctor to look deeper. You don't simply want to manage the pain, you want it not to happen in the first place. The doctor will need to find out what there is that could cause, contribute to, or support the pain and will send you for tests to see what else may be involved. Is it a digestive issue? Tension? Neurological? All the above? The result is a full picture of everything that may be affecting you. This gives the doctor a better chance of finding a solution for your

problem, and you'll probably have a lot more confidence in him or her.

Everything has been taken into account, and you feel fully listened to.



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www.facebook.com/edie.j.eaton?fref=ts

Working with an animal is similar to a doctor working with a patient.

It's a bit like being a detective. We keep on the lookout for clues to what could be behind the problem we are trying to solve. Each clue may lead us to more questions and more clues. Sometimes we may have no idea how what we find relates to the problem or the solution, but

When we speak about the relationships between physical, mental and emotional balance ... we are acknowledging the complex relationship between all parts of the being.

we know that all parts of the being are related with such complexity that we should overlook nothing.

To make this more clear, we'll consider two scenarios.

Scenario 1:

Here's an example of how we might take the painkiller route with TTouch and end up being ineffective in the long run. We are asked to settle a happy, friendly, but overly active jumpy young dog. His person loves his enthusiasm, but wishes he had a volume button, and would like him not to pull.

We decide to try a bodywrap – so often good for hyperactivity. Great idea, and indeed it does go far to settle the dog. We do some ear work to calm him and a bit of movement work with balance leash or harness to help him be easier to lead. The client is delighted with her “new dog,” but finds that she's sometimes dependent on the wrap and/or harness to keep him manageable. Could we have been more effective? Possibly.

Why? In scenario 1, we chose our tools based on their known effectiveness as solutions for the problem that was presented. In scenario 2 we'll look for things that may be causing or supporting the problem. We will (1) run through a checklist of observations of his body and behaviour, and (2) listen more closely to the owner. In doing so, we may gain information to address more pieces of the issue.

Scenario 2:

It doesn't much matter where we start, and often we begin by investigating whatever initially attracts our attention. If nothing stands out about what the owner says or the dog displays, we may simply work our way methodically through a list of observations: of body, behaviour, overall posture, movement, etc. We make a point of being brief but unhurried in what we do, and we intersperse it with movement to keep the dog calm.

At some point, since it's on our list, we want to get a sense of how his feet feel and how he feels about having his feet touched. We might note that they feel cold, and that he is concerned, stepping away as we begin to touch them. Dogs that are concerned about their feet are often overly bouncy and poorly grounded. Helping him to be comfortable with having his feet handled could reduce his bounciness.

In fact, simply reaching towards his feet causes him to begin to bounce. Is this “fooling around” and therefore an indication of concern? As we continue, we notice that his tendency to bounce is triggered by a variety of things we do. It seems to be a reliable indicator that we have come upon something with which he's uncomfortable. His person believes his bouncing indicates he is happy. However, in the process of our work together, we would like her to recognize that it is not about being happy, and is not a choice, but is his characteristic reaction to stress.

It doesn't much matter where we start, and often we begin by investigating whatever initially attracts our attention.

She originally described him as a friendly dog. If we ask how he behaves around people, we hear that he bounces, “smiles,” and brings visitors a toy when they come to the door. Where might this information lead us?

Tension and/or concerns around the mouth and muzzle, and behaviours such as mouthing or holding things in the mouth, are often seen in dogs described as immature or emotional. One expression of immaturity is poor self control – no volume button! “Smiling” can be an indication of tension - and sometimes of a dry mouth, when the lips get stuck up on the gums. If we include his mouth/muzzle in our observations, we observe he's concerned about our contact; we note some dryness and feel tension in his lips and jaw. Finding a way to work with his mouth might help him cope more maturely in the situations that evoke the bouncy behaviour we were asked to address.

You can see that having conducted just two additional observations – feet and muzzle – combined with what our client says, leads us to recognize what we may have missed in the first scenario:

a) That he has some concerns about his feet, which can be associated with jumpy and poorly grounded dogs.

b) That his feet were cold - another good reason to use a bodywrap, since it could help his circulation.

Tension and/or concerns around the mouth and muzzle, and behaviours such as mouthing or holding things in the mouth, are often seen in dogs described as immature or emotional.

c) That concern appears to contribute to his bouncy behaviour.

d) That he has issues about his mouth/ muzzle, which often go hand in hand with the behaviours he displays and may be a key to the volume button his person seeks.

What if we had taken even more into account? Breath, balance, belly?... and those are just the ‘b’s of our checklist!

As we know so well, changing what's going on in the body

can change the behaviour. Finding places where we feel something could be better should cause us to cheer: Yay! Addressing what we find can give us a better chance of success, but we'll only find these places when we go looking for them, as the doctor does when he sends you for tests. As your confidence in how the doctor can help you increases as he or she learns more about you, so will your client's confidence in you as you take the whole dog into consideration.

Better yet? Your confidence in yourself and your ability to be effective will also increase. Yay again!

Changing what's going on in the body can change the behaviour.

Why Listen to Whispers?

By Edie Jane Eaton - TTEAM/TTouch Instructor

There's an old saying that goes, "Take care of the pence and the pounds will take care of themselves." That's what "listening to whispers" is all about: **paying attention to the small things in order to make changes in the big things.**

Who doesn't dream of making changes in their life - whether in performance, comfort, tension, stress or behavior?

For both human and non-human animals alike, **many small habits of posture and action, attitude and belief determine and underpin everything we do.** These habits may make life easier, but not all may be as useful as we'd like. They may get us where we want to go, but at some cost. In fact, *some habits result in pain, anxiety, distress, ineffectiveness and even disease.* Some of our habitual postures and tensions are linked to emotional states, making our emotional responses ones of habit rather than choice. Recognizing the habitual ways we do things, and opening ourselves to other possibilities, can make all the difference.

Have you ever passed a turnoff along a road because you were driving too fast, missed a sign or were inattentive? We may be missing similar opportunities for changing aspects of our life if we rush through it; function on "autopilot;" or become fixed on the outcome rather than the process. **The opportunities may be there, but unless they shout at us, we don't hear them above the background noise of our lives.** *Slowing down and softening our senses lets us listen to the whispers that may be saying "this is what you are doing . . . how about trying this instead?"* We become able to discover and appreciate other possibilities.

Whether we play music or a sport and wish to do it better; whether we have pain or dysfunction; whether we have a dog who is afraid of thunder or pulls on the leash; or have a horse who seems resistant - the process of change is the same for all. **Change requires an awareness of other possibilities, of choices in movement, posture, behavior etc.**

We, or our animals, have to feel confident about exploring those choices. The techniques of the Feldenkrais Method and **Tellington TTouch** awaken awareness, provide choices, and support the process of exploring and living with those choices - all the while listening to the whispers!

Your Dog Does This Every Day but What Is He Saying?

by Dr. Becker

Many pet owners can distinguish meaning from their dog's various barks. One bark may be used when your dog is excited (such as when you come home), another when your dog senses a threat and another when he's feeling playful.

To the research world, however, it's been suggested that dog barking, which can sometimes continue at length even in the seeming absence of a reply, is mostly just noise.

This sentiment began to change in light of research on other animal vocalizations, such as that from chickens. [Chickens](#) make at least 30 different sounds, including "cluck," "pok," "brawk" and "squawk," each with its own translation.

They make different sounds for attention, food, warning about predators (even distinguishing between flying or ground-based predators) and more. If chickens have a complex language, then why not dogs? Even longer communications that seem to elicit no direct responses (like barking) may be misunderstood.

Studies have demonstrated that ground squirrels listening to long vocalizations from other ground squirrels change their activity and body postures in response. Even wolves may howl for hours on end, and it's unlikely this is done with no purpose.

Dogs Produce Different Bark Subtypes

The late Dr. Sophia Yin, an applied animal behaviorist, explored the hypothesis that dogs bark differently in different contexts, essentially producing a variety of bark subtypes that may act as specific forms of communication.

She recorded 10 barking dogs in three different situations and found each could, in fact, be categorized into a subtype:



Story at-a-glance

- » Dogs bark differently in different contexts, essentially producing a variety of bark subtypes that may act as specific forms of communication
- » Dogs produce different barks in response to a disturbance, isolation and play, for instance
- » Dogs can also be identified by their unique barks

1. A disturbance situation: Dogs barking at the sound of a doorbell had harsh, low-pitched barks with little pitch variation. Yin wrote in *The Bark*, "Dogs blurted these barks out full force and so fast that they were often fused into what I formally dubbed 'superbarks.'"

2. An isolation situation: When dogs were locked outside, isolated from their owners, they used higher pitched, more tonal barks that varied in pitch and amplitude.

Yin explained, "Usually, they occurred as single barks, but some dogs definitely learned to bark more repetitively when doing so eventually reunited them with their owner."

3. A play situation: Barking that occurred when dogs were playing with their owners or other dogs were similar to isolation barks but tended to occur in clusters, not singly.

The subtypes were revealed via careful analysis of more than 600 recorded barks. Yin and a colleague, acoustic animal communication specialist Brenda McCowan, Ph.D. from the University of California, Davis, used a sound-analysis program to convert the audio recordings into visual representations of pitch and amplitude over time.

Dogs Can Be Identified by Their Barks

Another intriguing aspect of the study related to identifying individual dogs according to their bark. It turned out that this is indeed possible, but if you're the owner of multiple dogs, you probably knew this already.

Not only can you likely determine which of your dogs is barking at any given time (without actually seeing them), if you pay attention you should also be able to identify which one of your neighbors' dogs is barking solely by the sound.

In addition, the study revealed that since bark subtypes tend to occur in different contexts, barking can provide specific information to listeners. For instance, your dog may have a specific bark to alert you of an intruder and another to tell you that a familiar friend is at the door.

He may also use different sounds (huffs, for instance) depending on the urgency of his requests (such as to be let in or outside).

Are Your Dog's Barks a Form of Communication?

Again, most dog owners would quickly say, "yes," but in terms of science "for a vocalization to be communication, the animal who hears the signal must respond in a specific way," Yin wrote.

At least one study on dogs in Italy suggests this is the case. When small groups of feral dogs heard the collective barks of a large group of feral dogs heading toward a garbage dump, the smaller groups left the area (presumably rather than staying to challenge the other dogs).

In order for vocalizations to be communication, it's also said that the vocalizer should change its "tune" in response to its listeners reactions. Yin suggests that this, too, is likely the case. She wrote in *The Bark*:

"While there is little research in this area, general observations indicate that this happens too.

"For instance, when one dog barks at the doorbell and another dog, or even the resident human, joins in a barky 'No! No!', the dog responds with louder and more prolonged bark behavior. Take away his back-up and suddenly, the initial barking bout abates."

A Universal Animal Language

Some researchers have also suggested that a universal animal language unites all mammals, even humans, to some extent. In a study published in the journal *Applied Animal Behaviour Science*, for instance, researchers found both adults and children could easily identify fearful/lonely, angry and playful dog barks.

Even people who had little experience with dogs were able to correctly interpret a dog's emotional state based on its bark. It's possible that all mammals are genetically wired to make (and interpret) similar sounds in response to certain emotions.

It's also possible, as suggested by Stanley Coren, Ph.D., professor emeritus at the University of British Columbia, that humans preferred dogs with more interpretable barks, and this trait was selected for over time. The end result may be that [dogs are able to easily communicate different emotions](#) to us via their barks (and they, in turn, are able to pick up on our emotions as well).

About Dr. Becker

- Licensed Veterinarian
- Voted Top 10 Veterinarians in Chicago, IL
- Wildlife Rehabilitator
- Animal Advocate

[Discover More](#)

Website of the month

listeningtowhispers.com/index.shtml

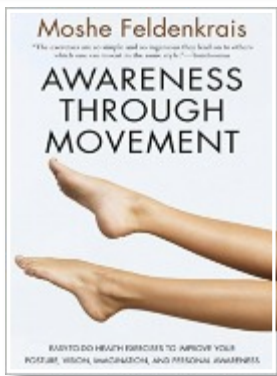


A Message from Edie Jane

Welcome!

My professional life revolves around using TTouch and Feldenkrais to help humans and animals find ways to feel better, cope with stress, enjoy better health, and act more comfortably and effectively. Both methods address the nervous system, calling upon its intelligence to recover the ease and comfort that we may remember from childhood.

Book of the month



Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness

Thousands have found renewed health and increased sensory awareness through the Feldenkrais method as explained in Awareness Through Movement. Here is a way for people of every age to integrate physical and mental development into a new, invigorating wholeness. Feldenkrais provides a modern-day, practical program for the perennial ideal of a healthy mind in a healthy body. His down-to-earth method carefully avoids any mystical component and never obliges any pupil to master abstruse theories. Exercises for posture, eyes, imagination, and more will simultaneously build better body habits and focus new dimensions of awareness, self-image, and human potential.

Bits and Pieces



This happens when they unleash a pack of dogs at a workplace

<https://www.facebook.com/AFV/videos/10154328177606661/>

Compare Yourself

If you can start the day without caffeine, if you can get along without pep pills, if you can always be cheerful, ignoring aches and pains, if you can resist complaining and boring people with your troubles.

If you can eat the same food every day and be grateful for it, if you can understand when your loved ones are too busy to give you any time, if you can overlook it when those you love take it out on you when, though no fault of yours, something goes wrong.

If you can take criticism and blame without resentment, if you can ignore a friend's limited education and never correct him/her, if you can resist treating a rich friend better than a poor friend.

If you can face the world without lies and deceit, if you can conquer tension without medical help, if you can relax without liquor, if you can sleep without the aid of drugs,

If you can honestly say that deep in your heart you have no prejudice against creed, color, religion or politics,

Then, my friend, you are ALMOST as good as your dog.

Linda Gentile , Cape May, NJ , U.S.A.

<http://www.animalliberationfront.com/Saints/Authors/Stories/Compare%20yourself.html>