Metaphysical aspects of Animal communication that

facilitates psychological restoration.

By

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**Introduction**

“How it is that animals understand things I do not know, but it is certain that they do understand. Perhaps there is a language which is not made of words and everything in the world understands it. Perhaps there is a soul hidden in everything and it can always speak, without even making a sound, to another soul.” (Frances Hodgson Burnett, qtd. in www.azquotes.com )

I became interested in the value of animal interaction with humans through metaphysical principles, when I experienced a unique connection with terrestrial and marine life. With over 7,000 dives, I have experienced a unique connection with marine life like dolphins, sharks, rays, eels and other marine animals. This caused me to think about how my approach with marine life was different from other divers. I found that I was able to create a close connection with these sea creatures and they cooperated with me, while I attempted to videotape or photograph them. On one dive in the Gulf of Mexico, Flower Gardens Reef, I had a manta ray swim straight to me, check me out, turn around and swim above the other divers to get tickled by the bubbles. The manta ray did a beautiful role and returned to me. It swam next to me and stopped. It looked me in the eyes for a few minutes and with one swish of its wing, it swam away. It was a very unique experience.

I do not second guess the fact that many animals possess intelligence, emotions and the ability to problem solve. On one particular expedition I was on, I had taken 10-12 youth on a trip to Florida to dive with the West Indies Manatee. We were diving in “Three Sisters Spring” when a member of my crew lost her bright pink mask. I told her I would try to find it, but it might be difficult since the manatee were stirring up the bottom eating grass. On my first try, I heard a chirping noise. To my surprise, I found a manatee pushing my divers mask into my hands. I could feel the energy from this majestic creature and knew that my need to find the mask was communicated telepathically to the manatee and the manatee responded by pushing the mask into my hands. I knew then, that animals had the ability to make a connection with humans.

Over my career as a diving instructor I have assisted people in making a connection with marine life to help them make a connection and receive relief from any physical or mental difficulties they might have. I was able to connect at-risk youth with an aquatic program that blended psychotherapy and aquatic activities. The value of human interaction with marine animals proved to be helpful in changing the life of these at-risk you. Another group I worked with was divers who were forced to live a life in a wheel chair due to their disabilities. The divers enjoyed diving with sharks, dolphins and other aquatic life. Many of them came to tears as they completed their experience.

I was aware that there was an important connection between animals and humans. This led me to expand my therapeutic purpose by becoming a mental health professional in an equine therapy program, that focused on PTSD Vets and First Responders. While working with individuals who had severe PTSD, I was amazed how valuable the animal interaction benefited vets and 1st responders with their personal/psychological growth and restoration. And finally, by having a blind black lab has exposed me to the energetic vibrations, intuition and telepathy aspects of a dog who lost his sight at the age six months. He is able to interact, go on walks and expanding his sense of smell, touch, hearing, vibrational reception and inert intuition.

That led me to further study how this special relationship with animals could be used to assist those individuals with mental and/or physical disabilities and restore the emotional needs lost due to physical and/or psychological trauma, so I researched the works on Equine Therapy, Communication, Dolphin Therapy, Service Animals, Telepathy, Intuition, and vibrational energy.

Atita Buzel examined the communication of horses in her book “Beyond Words: the healing power of horses”. She reported that most Eastern traditions, the possibility of being mindful of the present moment has stepped into the consciousness of the Western culture. We are usually so busy ruminating over the past or obsessing over the future that we miss out on what is happening right now in our lives. Mindfulness enables us to awaken to our life as it exists in the moment. Horses model mindfulness. It is where they liver every moment of their lives (4). This is just one aspect of animal therapy that illustrates why animals need to be in the lives of people with mental and physical disabilities. Used as an adjunct for individuals who have physical and/or mental health disabilities, this type of exposure therapy is helping assist in their recovery.

Through this research, I have concluded that metaphysical principles, energetic vibrations, intuition and telepathy play an important role in animal and human communication/ interaction to facilitate emotional and psychological restoration. In this dissertation, I will show you how I came to that conclusion by discussing the literature I read. Then I will tell you how the use of animal interactions can leave one with no other option but to realize that this special bond between man and animal facilitates an individual to make positive changes in their physical and psychological life through cognitive behavioral therapy’s (CBT) experiential neuroplasticity techniques.

**Review of Literature**

“When I look into the eyes of an animal, I do not see an animal, I see a living being,

I see a friend, I feel a soul.” (A.D. Williams, qtd. in www.goodreads.com)

Humans use language as a primary manner of communication. Animals are unable to talk and understand our language to covey thoughts to humans. The hypothesis for this dissertation is animals can communicate to other species and they have the ability to heal and restore humans to good mental and physical health. Pearce Barnett was quoted in a book by Kuriakose*,* “Verbal communication is a condition of the existence of human society.” Since most animals do not have a verbal language to communicate, most experts do not make the connection that animals can be used for mental and physical rehabilitation. But the reality is that animals can communicate and promote healing (7). The purpose of this review of literature to establish a conclusion that animals can communicate the human species and assist in the healing process.

An article by Ruiuta Pradhan called “How do animals communicate?”, he discussed the many different ways animals communicate. He stated, “Unlike humans, visual communication in animals is the least effective, since it has prerequisites of proximity and adequate illumination, but birds and animals that conduct their activities during the day utilize other form of communication.

Pradham reported that auditory signals and sounds are more advantageous for survival in the animal kingdom, since sound can travel much greater distances than visual recognition… Amongst avian creatures, males usually have colorful plumage to attract the attention of females… Color in the animal kingdom conveys a lot of information, and is also used as a threat, which signals predators to stay away…The cries that animals utter are limited to signals related to signifying danger, mating or foraging (food source) activities… Again, touch is a limiting aspect of communication, as it requires close proximity, but is nonetheless vital for social communication in the animal kingdom… Elephants, for example, are extremely tactile creatures and use their bodies to show many emotions, including affection, aggression, playfulness etc. Chemical communication mainly involves pheromones, but it can also include bodily fluids, such as urine and venom for certain animals for defense purposes… No wonder humans don’t understand what the rest of the animal world is saying! Unfortunately, we can’t blame it all on these more primitive forms of communication…. most of the time, we don’t understand what other humans are truly saying either!” (n.p.).

Animals are aware of their surroundings and when a dog is hungry, he will bark, look at his dish and try to get your attention, so he can be fed. Bees communicate by flying a dance and ants use pheromones and sound to communicate. If you are still and listen, you will hear animals communicating. Outdoor animals communicate all the time with sound made by their wings, mouth, knees rubbing together and stomping in the ground. Humans are narrow minded, ignore the details to animal behavior and feel that if an animal does not speak a language there is no communication.

Animal and human communication is much more than words. Animal communication is direct and to the point. Your pet does not need to speak and explain how they love you, their non-verbal behavior shows you that they love you. Language is not the only method of communicating. Through my quest for an undergraduate degree in Speech, I was impressed with the impact our non-verbal communication skills have on our messages are deliver. I learned through reading Dr. Albert Mehrabian book, “Silent Messages”, that there the three elements account differently for our liking for the person who puts forward a message concerning their feelings: words account for 7%, tone of voice accounts for 38%, and body language accounts for 55% of the liking (43-44).

So, when we think of language, we need to remember that communication is much more than a group of words. The language of animals has been specialized to their environment and physiology in the form of movement and sounds. Humans verbalize feelings and intent, but when behavior is not congruent with words, we become skeptical of the meaning behind the verbalized words. Language or words are not the only way to communicate. In most cases, behavior is a better indicator of intent. Certain metaphysical principles like energetic vibrations, intuition and telepathy play an important role in animal and human communication/ interaction. In an article titled “Dolphin Intelligence”, cognitive psychologists, of the New York City University, Diana Reiss, Stephen Leatherwood, and Randall R. reported that “According to science, their ability to learn is comparable to that of a 3-year-old toddler.” They continue to state that, “If you were to step out into the street and ask the first ten people you see whether or not they believed dolphins were creatures of intelligence, 8 of 10 would probably say yes. If you ask two scientists the same question, you just may be opening up a debate that could last for hours”. Reiss reported Darwin’s theory of intelligence is bases on the ability of a species to recognize what it needs to survive, while others believe that the size and architecture of the brain, the capacity to communicate and/ or the ability to solve problems are the indicators” (n.p.).

On one trip to scuba with dolphins in the Bahamas, our trip leader told to get into the water as soon as the boat stopped, because the dolphins with get bored and head back to their home, “Dolphin Cove”. She explained how dolphins are like children and like to play. If divers delay in getting into the water, they will lose interest and go back home. Our two dolphin friends do not have to verbalize their discontent of our delay to get into the water, they simple show us their feelings by going back to their habitat. They also communicate their joy and excitement when we enter the water by clicking and chirping. As they come by, you will see a smile on their face and a glimmer in their eyes. This is an example of communication through body language and sounds. While diving with these majestic animals you can feel their intent through vibrations, intuition and telepathy.

Charles Hockett, in “A Course in Modern Linguistics”, has created a list of the origins and difference in communication between humans and animals. These nine properties are largely unique to human language.

**Duality of Patterning-** Distinctive sounds, called phonemes, are arbitrary and have no meaning. Humans can string these sounds in an infinite number of ways to create meaning via words and sentences. Animals do not communicate by arranging arbitrary sounds, which limits the number of messages they can create. (574)

## **Productivity-** Humans can invent new words, while animals have to have their brains evolve in order for have their signs and signal change. (576)

**Arbitrariness-** Human language is symbolic, using a set number of sounds (phonemes) and characters (alphabet), which allows ideas to be recorded and preserved.Certain animal communications in the animal world can only be used by one gender of that animal. (577)

**Interchangeability-** Any gender of human can use the same languages**.** Certain animal communications in the animal world can only be used by one gender of that animal. (578)

**Displacement-** Humans can talk about remote, abstract, or imaginary things that aren't happening in their immediate environments**.** Animal communication is context driven—they react to stimuli, or indexes. (579)

**Cultural Transmission-** Humans acquire language, cultural words must be learned.Certain animal communications in the animal world can only be used by one gender of that animal. (579)

**Ambiguity-** A word, or sign, can have several meanings.Animals viewevery sign has only one meaning. (578)

**Biology-** On a purely biological level, the human voice box and tongue are very unique, and are required to make the sounds we recognize as language.Other animals have different biological structures, which impact they way they make sounds. (578)

**Variety-** Human language can arrange words into an infinite number of ideas, sometimes referred to as discrete infinity.Animals only have a limited number of combinations they can use to communicate. (578)

Animals demonstrate how uniquely different they are from Human Beings. A horse does not need to speak to let you know they are not happy, they nudge up against you. When displeased they fold their ears back and stomp their hooves to let you know how they feel. Because animals do not use a spoken language or able to print words on a paper, they have keenly developed unique form of communication. This communication relies on unique forms of metaphysical principles to include energetic vibrations, intuition and telepathy.

Vibration is a unique form of communication. When you stand by a horse, sit still and be calm, you can pick up on the animal’s vibration. If the animal is happy you will feel a strong high vibration from the horse. If the animal is sick you can feel a low frequency. For generations, humans have looked into how to raise their energetic frequency vibration and has learned techniques by Enlighted Elders, shamans and healers through various modalities like Reiki, Acupuncture, Chakra Healing or Polarity Therapy to name a few. These energy manipulation focusing on a desired outcome, be it for healing, wealth, self-esteem, sexual dysfunctions, or mental disorders.

In his book “animal Healing and Vibrational Medicine” Sage Halloway said,” Vibrational remedies have the power to eliminate fear and anxiety that masquerade as physical illness in animals. When more invasive procedures are necessary to restore an animal to health to save its life, the use of vibrational remedies prepares them to receive such treatments in a relaxed and un-traumatized state, greatly facilitating both the procedure itself and the animal’s recovery from such a procedure. For this reason, vibrational remedies are a perfect complement to both holistic and allopathic treatment. More importantly, however, the use of vibrational remedies offers us a way to make amends for all that has gone before in the way of animal suffering” (159-160).

Halloway continues to report that vibrational medicines remedies and technologies which carry high-energy frequency. This frequency invites the individual’s energetic field to resonate at this higher vibration. This then balances and heals the energy system out through the physical body, integrating the whole being. These frequencies are designed to increase an individual’s energy field at a higher vibration. The higher vibration provides a balance that heals the energy system and integrates the whole person. These treatments are designed to look at the source, rather than the symptom. This treatment does not resist or fight disease. Vibrational medicine is used to align a person’s energy to the perfect design behind it (273).

Emotional Freedom Technique (EFT) trainer, Kay Christopher, told of a client, who needed Kay’s services, for a valuable colt who was sick and had not stood on his own for 4 days. Kay performed two rounds of EFT on the colt and exited the stall. She told the owner that she was not sure if the procedure would benefit the colt. But within five minutes the colt jumped up and ran out into the round pen full of energy. Kay explained that EFT can be done through a surrogate or just tapping on the horse (n.p.). According to Margaret Lynch, who wrote “Tapping to Wealth”, EFT was developed to combine principles of acupuncture and cognitive behavior therapy (CBT) to clear energy blocks and heal the body (16, 17). Once the energy blocks have been cleared, energy will return and restore the body to good health.

Kay’s example of metaphysical principle in action addresses energy and vibrational frequency. An article entitled, “How can I raise my energetic frequency vibration”, on trivedieffect.com, it was noted that science was shown the efficacy and significance of many paranormal or mystic concepts. In one case, Harvard University scientists did an 8-week study using magnetic resonance imaging (MRI) to examine the effects of meditation on the brain and found that meditation could literally rebuild the brain’s gray matter in just 8 weeks. Another study called the 100th monkey experiment shows how our minds are joined. In another study preformed in Leipzig, Germany, the Max Planck Institute for Human Cognitive and Brain Sciences conducted an extraordinary research study. The results revealed highly unusual brain activity. Participants were asked to press a button with either their right or left hand. The results revealed that the area of the brain connected with decision making and movement showed activity nearly 10 seconds prior to the participant’s awareness and decision to make a movement. Another example of how vibrational energy can change the body was the famous Dr. Emoto experiment where he showed how thoughts and intentions alter the physical structure of water. Positive words or thoughts produced beautiful crystals like that of a snow flake and negative words or thoughts produced chaotic disorganized crystals (n.p.).

Stress creates a negative or low vibration that is a result of our thoughts and intentions. This low vibration effects our brain, and body functions. Our stress has been scientifically proven to cause disease. At Carnegie Mellon University, Sheldon Cohen’s article discusses a relationship with chronic psychological stress and the body’s incapability to regulate and control the inflammatory response. Proceedings of the National Academy of Sciences published the research, showing that psychological stress lowers the body’s ability to control inflammation encouraging the development and ongoing advancement of disease (n.p.).

To illustrate how negative energy effects people an article entitled “Emotional vampires- dealing with energy” reported that, “In the presence of the emotional vampire you feel an onslaught of darkness and negative energy forming like a dark cloud. You feel your own positive energy resources depleting - with love, joy and enthusiasm draining from your body. Rather than literally sucking your energy out of you, it is more likely that the person's lower vibratory energies are cancelling out your higher ones, making you feel like your life-force is being drained. Once a person lowers their vibrational level, they will experience negative feelings resulting in an unhealthy body” (n.p.).

Stress in a person’s life lowers the energy level to others and communicates negative emotions. An article by Rollin McCraty, Ph.D. titled, *“*The Heart Has Its Own Brain and Consciousness”, it was stated, *“*The heart generates the largest electromagnetic field produced in the body. Researchers have analyzed the spectrum analysis of the magnetic field produced by the heart, and results have shown that emotional information is encoded into this electromagnetic field. So, by shifting our emotions, we are changing the information that is encoded into these electromagnetic fields that are radiated by the heart. This can impact those around us. When we are feeling emotions of compassion, love, gratitude and understanding, the heart beats out a very different message” (n.p.).

Shannon Novak, N.S. equine expert with an EGALA Program for PTSD Vets stated that, “When a herd of wild horses are stimulated by a perceived danger by one horse and the heard is spooked, this would be what is referred to as a “sixth sense”, since the horses are in dynamic communication with each other by feeling into the herd. If something is suspicious to one horse, the whole herd reacts. Each individual doesn’t have to “know” what is going on he or she trusts the greater good of the herd. This energetic tracking system innately built into our equine companions is also what helps them decipher what kind of a mood you are in and what you are feeling. Horses feel into us. If our energy field seems good, they can trust the greater good of our relationship with them (n.p.).

The human body response to chronic stress per the Mayo Clinic in an article called, “Chronic stress puts your health at risk”. Negative stressors over a long period of time will cause the body to become diseased and unhealthy. It is very important to learn healthy ways to cope with stresses in your life. Examples include counting to 10, taking a walk, learning to breath properly and meditation. If the stress level is not reduced it will cause numerous health problems to include cardiac, breathing, sugar levels and gastrointestinal complications in your body. People have been known to lose memory or concentration, experience weight gain, and have sleeping problems. The bottom line is that in order to avoid the complications named above, a person needs to establish healthy means to manage, cope and avoid chronic stress in their life (n.p.).

**In an interview between Abraham Hicks and Wayne Dyer on www.healyourlife.com in an article called: “**The Powerful Impact of Your Vibrational Frequency**,” the issues of vibrational energy was discussed. Abraham said to Wayne Dyer, “**And so that’s the way it is with Source. Source is in that high frequency, but you’ve got to be in the vibrational vicinity in order to feel it. And until you’ve felt it, you can’t know it. You can’t get it from our words. No one can get it from your words. Nothing can replace the experience of the releasing of resistance. There just aren’t enough words in the world to explain what happened. So, it’s the vibrational energy from our deity that we seek for restorative properties (n.p.).   
 Animals are keenly aware of positive and negative vibrations. In some cases negative vibrations provide a motivation for an animal to seek shelter. Sarah Perrine noted in an article on, “Animal Communication Through Vibrations”, that animals have a vibrational communication associated with predator/prey interactions; mating; and social interactions.  Many animals can hear wave lengths through many physical characteristics such as skin, bones, and ears. Parrine noted that Caitlin O’Connell Rodwell, of Stanford University School of Medicine, was one of the first researchers to determine that elephants talk, not just through vocal calls but by vibrations (.n.p.).

Sarah reported that on Dec. 26, 2004, prior to the Asian Tsunami Disaster, trained elephants in Thailand fled to higher ground before the tsunami hit. Elephants up to 100 miles away from a storm would move toward the storm for water, especially herds of elephants living in dry areas.

Elephants low frequency grumbles are so low in pitch humans can’t hear them.  
Generate seismic waves in the ground used by male breeding herds or “bachelor herds” to listen for females going through Estrus. During Estrus, females emit low, long calls that elephants can feel in the ground. Males hone in on this vibration and can trace it from far away. Matriarchs signal warning calls that alert the herd. The herd will come together, tightly surrounding the young elephants and run off trumpeting and stomping.

Sarah emphasizes that the Red-eyed Tree Frog produce vibrations, scientists call these vibrations Tremulation. The Red-eyed Tree Frog shake their entire bodies to communicate to other Tree Frogs. This allows other frogs to know their status and any aggressive intent.  This signal used by tree frogs is mainly used for mating. Males make calls to attract females at night in trees, and need a boundary of at least a few meters from another frog. Males generally return to the same area each night to make their call. To defend territory, males will make chuckle calls and raise their body, then proceed to tremulate, where they raise higher their backside and rapidly contract and extend it, causing the branch to shake. Other Tremulations indicate a frogs size, status or motivation, or a sign of victory (n.p.).

This vibrational communication is connected to the science of Quantum Physics. Rebekah Ives noted that Quantum Physicist John Hagelin theorized that everything in the universe, on a sub-atomic level is energy and is in constant movement. He addresses the fact that everything is connected through energy and calls this “The Unified Field”. Everything has its own vibrational frequency - the table - the car - the picture frame - the rock - even our thoughts and feelings. It is all governed by The Law of Vibration (n.p.). As a result of his theory one can conclude that vibrational communication, through the Law of Vibration is a constant means to share and discover information.

Peggy Hill discussed animal vibrations in “Vibration and Animal Communication: A Review”. She discussed the following: “Vibration through the substrate has likely been important to animals as a channel of communication for millions of years, but our awareness of vibration as biologically relevant information has a history of only the last 30 yr. Morphologists know that the jaw mechanism of early amphibians allowed them to perceive vibration through the substrate as their large heads lay on the ground. Although the exact mechanism of vibration production and the precise nature of the wave produced are not always understood, recent technical advances have given answers to increasingly sophisticated questions about how animals send and receive signals through the substrate. Some of us have been forced to explore the use of vibration when all other attempts to manipulate animals in the ﬁeld have failed, while others began to think about vibration to explain some of the puzzling behaviors of species they were studying in other contexts. It has thus become clear that the use of vibration in animal communication is much more widespread than previously thought. We now know that vibration provides information used in predator-prey interactions, recruitment to food, mate choice, intrasexual competition and maternal/brood social interactions in a range of animals from insects to elephants” (n. p.).

Intuition plays an important role in communication as it pertains to animals. Dr. Mirela Draganescu wrote an article entitled “*Animals Sixth Sense.”* She explored the sixth sense or intuition associated with animals. This sense of intuition is associated with feelings about certain situations. In reference to dogs this intuition allows dogs to use their senses of smell and hearing to sniff out illegal drugs or find victims of earthquakes. Pigeons are able use a metal structure in their beaks that allows them to identify their geographical position. Dolphins use their unique sonar ability to navigate with precise accuracy and detect food. Dolphins use clicks and high frequency noises to communicate with each other. They have their own languages that allows them to let other dolphins know about the location of food and danger. There have been reports of dolphins sensing danger and coming to the aid of a human or another animal (n.p.).

Draganescu continued to write about the Platypus and uses electroreceptors within the skin of their bills to detect the electrical field that gets generated when their prey contracts its muscles. A platypus swings its head from side to side while swimming as a way to enhance this sense. The bill is also lined with mechanoreceptors, which give the animal an acute sense of touch and make the platypus’ bill its primary sense organ. Dragnescu, also discussed how all spiders and how they have unique mechano-receptor organs called slit sensilla, which allow them to sense minute mechanical strains on their exoskeleton. This sixth sense makes it easy for spiders to judge the type of creature that gets caught in their webs. Finally, he discussed my favorite animal, the Sea Turtles and their ability to locate their home beach 1,000’s of miles away by measuring the Earth’s magnetic field. These examples of a 6th sense are helping us understand how animals communicate with a 6th sense (n.p.).

It is amazing how these animals utilize physical and intuitional resources to communicate and obtain information about their environment. In many cases they are able to intuitively know and predict future events. Animals intuition extends beyond the environment. It makes a connection to humans and expands its ability to make its wishes known and the needs of the person. According to the Center for Applied intuition, “Intuition is much more than what most people think. It reveals itself through feelings and thoughts to a point where an animal or human have new information that appears in our thoughts without an apparent cause. Intuition is a natural inborn ability that our minds can acquire thoughts and information without reason or use of memory and senses (n.p.).

Irene Murphy, in and article titled, “Intuition or Sixth Sense?” wrote, that dogs are very intuitive. People utilize their intuition to predict fires and break ins to ensure their safety. In addition to safety, dogs are able to assist with helping the monitoring of a person’s health. This includes predicting seizures and a drop in blood sugar.  Their unique intuitive nature enables canines to perform as service animals for individuals with physical and mental disabilities (n.p.).

According Murphy animals have been used to predict natural disasters. Earthquakes are the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock. Horses react to the vibrational nature of the quake prior to the actual effects of the quake. In many cases, she reported that horses refuse to enter their stalls and barns just prior to an earthquake. In addition to horses, dogs have also been known to intuitively foresee the onset of a quake. Murphy pointed out that in 1975 the city of Haicheng, China listened to the behavior of dogs prior to a 7.3 magnitude quake and left the city. In another event people in another city evacuated the city, prior to a 6.8 magnitude quake when dogs were showing an increase in anxiety and nervous behavior prior to the quake. The activity of dogs were recorded on two separate occasions. Through these dogs’ and horses’ acute physiological senses, lives were spared through unique warning sign (n.p.).

As we reviewed before, dogs can be used to assist individuals with medical issues. Their intuitions have been used to alert people to the onset of seizures and a drop in blood sugar levels. Both of which are critical in helping individuals obtain medical care prior to a medical emergency. This sixth sense can be attributed to their keen sense of smell and physical awareness of the person’s body. This can be a change in blood pressure or body chemistry. She stated that in resent cases, some dogs are being used to detect cancer. It seems as though their sense of smell is able to detect defective cells in the body long before medical technology detects the cancer.

Dogs use their elevated sense of hearing and intuition to alert people of visitors prior to their arrival. In many cases your pet will raise its head and look around, which could be the result of the dog hearing the closing of a car door, footsteps or a voice. In some cases animals are aware of routines, which are used to enhance their intuitive abilities. Murphy reported that a study was conducted with an owner and his dog when a family reported that the dog always got up and went to the window within a minute or two of him leaving his office 30 miles away.  They recorded 100 consecutive work days of this event with the owner leaving at various times.  Was this dog psychically linked to his owner and knew the minute he was coming home even on days he was late? A dog’s intuition is a valuable asset to our lives and may save our lives someday if we listen to it.  Science can explain some of the things that they do but others will remain a mystery we might never quite understand (n.p.).

Animals have been used to assist humans with physical and mental disabilities for 100’s of years and come in all shapes and sizes. Animal species range from dogs, horses, dolphins and even lemurs. In an interview with Adam Glover, a commercial Plummer from Prattville, Alabama reported that his Service Lemur of 6 years, named Buda, has saved his life numerous times by detecting a seizure several minutes prior to this potential medical emergency. He said that he takes Buda everywhere he goes, restaurants, malls, bars, and even planes. He reported that Buda is able to predict seizures by being aware of his environment and picks up vibrations he emitted (n.p.).

People tell us stories of how their animals heard and understood them when they gave complex verbal directions or even merely thought such directions. Animals understand everything we say, think, feel, or visualize.  This unique animal ability has been used to many people’s advantage as the value of service has been made aware to the public.

Alistair Jennings, neuroscientist, reported in an article titled “Telepathy is Real” that telepathy, the act of transferring thoughts into another animal’s head, is now real. Telepathy is another way they are able to communicate with each other and other species. The brain transmits messages as electrical signals through nerves. But communicating with another person or another species is not an easy process. We can’t just connect everyone’s heads through a giant web of nerves. But we can read the electrical activity from brain cells with electronic devices. Jennings stated that, “Once we read the electrical activity we can then transmit the signal, like we do the internet, and turn it back into brain cell activity at the other end. Implanted electrodes can sense the change in electrical currents as brain cells activate. (n.p.).

Jennings reported that “Through the use of a Transcranial Magnetic Stimulation wand, which creates a strong magnetic field at its tip. Rest it on your head and turn it on, and a magnetic field momentarily passes across the brain tissue directly beneath it, inducing a current that activates that brain tissue. If you place it over the visual cortex, it can be reliably used to trigger little flashes of light called phosphenes. Put all of this together and you have the first demonstration of telepathy: One person concentrates on something in particular, this is read as specific EEG brain activity, that is sent by wire to a TMS wand, and that stimulates another person’s brain and they see a flash of light. That was done back in 2014” (n.p.).

Jennings stated, “But in a way, we’ve been doing telepathy for a lot longer than that. In fact, if the definition of telepathy is sending messages from brain to brain, we’ve been sending messages to each other since be beginning of humanity. Culminating in the most sophisticated communication system we know: language and gesture. And then mobile phones” (n.p.).

Animal don’t have phones, so how do they use telepathy to communicate? In an article “Telepathy with Animals”, Stephany Wagner, a paranormal researcher stated that animal communicators believe that meaningful telepathic communication is possible with a pet. One such animal communicator stated that she was in a great deal of pain and heard a voice telling her to trust her, even though she was a different species. She said she could help her. Her cat Kisa was on her pillow and looking right at her. She stroked the cat and felt her pain go away. She stated that she slept comfortably for the first time since the accident. "The animal doesn't actually open its mouth with words flowing out verbally," say the animal communicator, "but animals do amazingly communicate non-verbally. Many times, I receive information in words; or feelings in my body; or pictures and symbols which the animal gives me through telepathy." (n.p.).

Stephany Wagner wrote in an article “Telepathy with Animals” that animal communicators are special. She quoted Raphaele Pope saying, ‘Telepathy between people and animals is not much different than [telepathy between two people](https://www.thoughtco.com/twin-telepathy-best-evidence-2593932). The dictionary defines telepathy as 'communication of impressions of any kind from one mind to another independent of recognized channels of sense'". She stated that telepathy is the universal language of the animal kingdom and she believe that humans are actually born with telepathic ability, but tend to suppress or forget it when they learn spoken language. Telepathic communication assumes that animals are sentient beings with their own purposes, desires, choices, and manner of looking at the world (n.p.).

Merriam-Webster.com defines sentient as "responsive to or conscious of sense impressions," and by that definition it would have to be agreed that most animals are sentient beings (n.p.). And certainly, many have desires and make choices. But can they communicate those desires and choices? Surely, a dog can communicate that it wants to go outside by standing by the door and scratching at it or barking.

Beyond telecommunication, animals have been taught to understand and communicate with a language. Psychologist World’s article on “Cognitive Psychology Animal Communication”, reported that a project at the University of Nevada used a chimpanzee to see if the animal could learn language. Through a computer based program the chimpanzee named, Lana, did very well with lexigram research (symbols that relate to a term or idea). They are often used in language research with primates. Lana did very well and was able to communicate to the lab assistance to refill her treats and request items not in the lab which proved that she had the ability to communicate. Another project that year called the Washoe project, conducted experiments on chimpanzees. The results were that the chimps learned American Sign Language (n.p.).

Another intelligent animal is dolphins. As established earlier dolphins are very intelligent and have a very unique set of communication tools. During her TED Talk on “*Could we speak the language of dolphins?”,* behavioral biologist Denise Herzing, said, “Dolphins are “natural acousticians”. Through signature whistles, they can communicate with buzzes and tickles sounds to physically signal each other. Echolocation is used to assist them navigate through out their aquatic world and even make ultrasonic noises that humans are unable to detect (n.p).

Herzing expounded on her talk by stating, “Researchers have attempted to put this dolphin language and behavior together, the details to a conversation has yet to be established. The bottom line is that dolphins seem to have a deep intelligence. Dolphin brains are big, they demonstrate a sense of self-awareness, intelligence and some cases have been able to problem solve by using tools capture food. If dolphins do have the intelligence to communicate effectively, can we as humans learn how to build a bridge to communicate species to species” (n.p). These findings confirm that this animal has the ability to understand what humans are asking for and requiring from them.

Herzing reported in her TED 2013 talk that she collaborated with a research team from Georgia Tech. She reported that a wearable human-to-dolphin communication device called Cetacean Hearing and Telemetry (CHAT) that provides a two-way acoustic interface through which the humans and dolphins can connect. This technology was able to create manmade sounds corresponding to objects that the dolphins like to play with. Examples included pieces of rope or seaweed. This research is also able to decode the signature whistles that name individuals. Her team is also actively decoding other dolphin expressions.

CHAT is limited on its ability to decode a full dolphin conversation, but progress is being made. Herzing stated “Imagine what it would be like to really understand the mind of another intelligent species on the planet.” Herzing isn’t the first human being to try to talk to an animal in the name of science (n.p.). These findings are amazing and we can see that there are mind blowing possibilities for the future. I believe that someday we will have verbally communicate are desires to dolphins.

Animals communicate through several different means, but can they communicate between species? Psychologistworld.com article on *“Animal communication”* reported that there are projects that are attempting research into interspecies conversation. Conversation are created through series of connected words. Psychologistworld.com reported that, Psychologist Francine Patterson started teaching a lowland gorilla American Sign Language over forty years ago which is a means by which we can see interspecies communication. Patterson and her collaborators claim that Koko now knows over 1,000 signs and can understand around 2,000 verbal words (n.p.).

Psychologistworld.com reported another study was with Kanzi the Bonobo (pygmy chimpanzee). Psychologist and primatologist Sue Savage-Rumbaugh has been studying Kanzi, another great ape, since 1980, first at the Yerkes Regional Primate Research Center in Atlanta, then at the Language Research Center at Georgia State University, and now at the Bonobo Hope Sanctuary in Iowa. In this study Kanzi interacted with handlers via a specialized keyboard with symbols on the buttons. According to the researchers, Kanzi knows 600 words, and he can also allegedly communicate with them verbally (n.p.). Both of these studies are beneficial in establishing the link between species in the area of communication. (n.p.)

In another TED Talk, on “Talking with animals: 7 examples of interspecies communication”, Herzing discussed Peter the Dolphin. She reported that, Neuroscientist John C. Lilly’s worked with dolphin communication in 1958. Lily was interested in whether dolphins could learn language through constant contact with humans, Lilly had a male dolphin named Peter, who live with a female research associate for 10 weeks in a home filled with enough water so that Peter could swim and the associate could wade. The associate slept in a water-logged bed and taught Peter English lessons, with him imitating the sounds she made and learning to retrieve objects on command (n.p.). Through this study we can see that animals can bond a relationship with humans and have the capability to modify their ability to communicate in style that can be understood by humans.

In her TED Talk, on “Talking with animals: 7 examples of interspecies communication”, Herzing did not limit her study to mammals, she also used other species to including an African Grey Parrot. This famous parrot, Alex, knew over 100 English words, could count up to six (and sometimes to eight). As Quoted in “The Alex Foundation”, Irene Peppperberg began researching her first Grey Parrot in 1977. Alex learned to accurately use over 100 English labels to describe objects, shapes, colors and materials, did simple math and understood concepts of non, same/ different, and bigger/smaller (n.d. n.p). This is just one additional example of interspecies communication. Herzing stated that, “These are just 2 examples of animals communicating and provides a glimpse of how intelligent animals are. Communication is just one aspect of man’s relationship with animals on our planet. The next aspect of the relationship between human’s animals, there is a need to discuss additional aspects of communication to include emotions and an emotional bond between other animal species. Humans form bonds between themselves and their pets. These bonds can often times be much deeper than the ones they form with other human beings” (n.p.).

In a conversation with Shannon Dove Novak, E.S. she stated that horses do not have egos, but, like us, they do have distinct personalities, attitudes, moods, and defined roles within the herd. Because of these similarities, horses can demonstrate and teach humans self-awareness, honest communication, trust, boundaries, leadership, patience and much more without a spoken word. By working with horses, you develop a better understanding of your own body language and nonverbal communication and how it affects those around you. Horses are flight animals for their survival. They react first, and think later, much like our heroes who have experienced combat. Horses feel vibrations, use intuition and telepathy to communicate through nonverbal language. Since many Veterans with PTSD do not respond well to traditional “talk therapy”, Veterans are able to create a unique bond through equine assisted psychotherapy. With repeated exposure to horses, Veterans have the opportunity to reflect and process their interactions with the herd and apply it to real-life experiences and relationships. When working with a flight animal who is deeply intuitive and also weighs 1000 pounds, creating respect, trust, and a bond is essential. Veterans who are tormented by night terrors, anxiety, and depression find healing in their unspoken interaction with horses. As Founder and Director of “Horses & Heroes” Equine Therapy Program, Shannon Dove Novak, N.S. has stated that Veterans with PTSD do not typically feel comfortable opening up during talk therapy, but will spend countless hours in Equine Therapy sessions communicating with the horses through touch, eye contact, body language, vibration, intuition, and telepathy. She stated, “Many of our horses were abused and have PTSD of their own. When we pair our horses with Veterans who have also experienced trauma, there is an immediate bond. Our clients come for hour long sessions 1-2 times a week and rarely miss an appointment. It’s powerful.” When asked if horses could communicate through vibrations, intuition, and telepathy, Shannon Dove Novak, an EAGALA certified Equine Specialist and military spouse said, “Without a doubt!” Her lifetime of being around horses has brought her to the conclusion that these magnificent animals can play an essential role in healing Veterans, especially those with PTSD. Novak states, “When we ask the Veteran, how did the horse respond to you and why…the look in their eyes says it all” (n.p.).

  As horses and other animals use telepathy to communicate, one might wonder how do they understand languages and do they understand communicate back to humans. **An article in animalhealings.com, titled “*Telepathic Communication*,** *What is it*.” The article attempted to help readers understand how telepathy works in animals. The author stated that, “Telepathy is the universal language and the way that all animals speak to each other. We’ve all seen two animals communicate on a non-verbal level, resulting in play or a disagreement. They were speaking to each other telepathically.” In the example of horses, a horse will pitch back their ears in dissatisfaction if they feel any negative energies from one of the veterans. In such cases, the veteran is asked to clear their mind of negative thoughts and replace them with positive thinking.

# In the above article it was sated that telepathic communication is an ability we are all born with. Unfortunately, we are socialized out of this skill as we develop speech. Marry Getten, in “Telepathic Animal Communication: What Is It?”, explained that you can regain your skills by taking a workshop with an animal communicator and practicing all it takes is some guidance and commitment. She gave an example stating that Time and space are not barriers in animal communication. It’s just as easy for me to speak to a dog in New York as one in my living room. You can even contact animals that have passed on. Animal telepathy is mind-to-mind communication. It is feeling across a distance. We are all made of energy and connected by a vast web of energetic pathways. When I talk to a person on the phone, we link up energetically. That person also has a link to their animal, so I get to the animal through the person. To speak to an animal telepathically, you just tune in to the right energy channel (n.p.).

**An article in “**Telepathic Communication”, it was reported that a**nimal communication** is the special telepathic ability that we humans are all born with as children, which allows us to make a connection with our animal friends and have an actual two-way conversation. Some of us retain this ability as we grow up, others are able to regain it through classes and special training exercises.  The ability to send and receive thoughts, images, feelings to one another isn’t a new form of communication for people either. It’s the oldest form of communication (n.p.).

Penelope Smith, in her book, “Animal Talk, Interspecies Telepathic Talk”, wrote that telepathy is an inborn ability for all species including humans. Telepathy is the connection to the soul of all beings. It’s a knowing of what the other is thinking, feeling and experiencing, so directly that one being almost becomes the other (15).

In the article entitled, **“**Telepathic Communication”, it was stated that many studies prove people frequently communicate telepathically with each other without realizing it. It is how we make friends, keep aware of strangers and even fall in love. We all are born with this ability, this intuitive gift but are taught to not use it as we grow up. You may re-learn it through practice, experimentation and workshops. It’s simply a matter of relaxing the mind and “tuning in” (n.p.).

An example of inter Species communication was reported by James Nye in www.dailymaiil.co.uk article entitled, “Who said cats and dogs can’t be friends? Cheetah and Labrador who grew up together as brother and sister show off their adorable bond.” He reported that a Labrador was brought in a cheetah habitat. Both were around 3 months old in April 2011. Both animals were happy and lived together for one year. Later the two were separated due to the Cheetah maturing into a grown male Cheetah and was re-introduced back to members of his own species. Shortly after they were separated, they were united with each other and spent another two years together at schools and community events to raise awareness of the importance of protecting wild cheetahs (n.p.)

An article in USA Today writer, Jessica Durando wrote about a dog that walked to a hospital to visit their owner. In the article Durando wrote an article about a dog, named Sissy, in Cedar Rapids, who walked nearly 20 to find their owner who was recovering from cancer in a hospital. The miniature schnauzer, walked through Mercy Medical Center's doors and into the hospital lobby. Sissy found her way to the owner’s room. It was thought that while the owner’s children allowed Sissy to use restroom, she escaped and walked 20 blocks to the hospital to find her owner (n.p.).

Animal owners are able to receive unconditional love because animals do not bring preconceived ideas and have a spiritual connection. The human is able to provide the animals basic needs while the animal is able to soothe the owner’s soul. The more the human is able to open up to this connection, the more they can share this connection. This bond is very healthy for individuals with physical and mental health needs.

In his book, “Dolphin extraordinary power and magic of dolphins to heal and transforms lives” Horace E. Dobbs reported a story about how dolphins are beneficial to man for mental health issue. “I was approached by the daughter of a man suffering from chronic depression. She asked if I would take her father to see the dolphin. She explained how her dad, Bill Bowell, had become depressed following a heart attack and the wrongful accusation that he had stolen from the restaurant he managed. So, we took Bill out to see Simo the dolphin. When Bill got into the water something uncanny happened to him. His melancholia vanished. When Tricia commented that Bill had ‘blossomed like a sunflower’ the seeds for a new International Dolphin Watch research project, Operation Sunflower, were sown. Its aim was to see if dolphins could help those suffering from clinical depression. Seeing what happened to Bill, I was convinced that dolphins also had something to offer humanity” (213).

Animals provide a special service to individuals who have mental and physical needs. In a pamphlet on *“Service Animals and Emotional Support Animals*”, it reports “Animals provide a lift in moods and release stress. A person’s dog or cat will provide a smile when it crawls into the owner’s lap. In this pamphlet produced by **The Americans with Disabilities Act (ADA), it was** reported that therapy animals are a way for people in lonely, stressful, or traumatic situations that might not be able to own pets to share in the health benefits. therapy animals, often dogs, are used in children’s hospitals, retirement centers and for people with disorders or disabilities. Some people even have therapy pets, specifically for the health benefits that animal companionship provides.

In addition to therapy pets they focused on service animals. According to the Americans with Disabilities Act, in the United States, “A service animal means any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability.” This includes tasks like pulling a wheelchair or reminding a person to take medication” (n.d.) (n.p.).

Animals used for therapy purposes range from live-in pets that act as emotional support animals to their owners to animals certified by organizations like Therapy Dogs International or Pet Partners and volunteer animals that work with and are trained by hospitals or other organizations.

Animals are helpful to individuals who have physical and mental disabilities and an article entitled, “The benefits of animal therapy”, Chelsee, from Red Barn, Inc. stated that, “The Physical Benefits of Therapy Dogs and Cats lowers blood pressure, improves cardiovascular health, releases calming endorphins (oxytocin). Lowers overall physical pain, the act of petting produces an automatic relaxation response, which is believed to reduce the amount of medication needed by some people. The Mental Health Benefits of Emotional Support Animals and Comfort Pets. Lifts spirits and lessens depression, lowers feelings of isolation and alienation, encourages communication, provides comfort, increases socialization, lessens boredom, reduces anxiety, aids children in overcome speech and emotional disorders, creates motivation for the client to recover faster, and reduces loneliness.

Pet therapy or animal-assisted therapy is becoming a common way for health professionals to improve patient’s social, emotional, and mental functioning with the support of animals. These therapy animals range from cats and dogs to horses and dolphins.

Many colleges and universities bring therapy dogs to campus, often around mid-terms or finals, to help students relax and destress. Students say that interacting with these animals can be very mood lifting, especially if they have family pets they don’t often get to see. Many hospitals have formal or information programs to bring animals in for patients. Cedars-Sinai has a program called POOCH, where volunteer dogs visit patients that have requested a visit.  Chelsee continued to discuss how some organizations work both locally and nationally to send therapy animals to tragically affected areas. These therapeutic animals help people recover from physical ailments and emotional trauma (n.p.).

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Cancer is linked to elevated chronic stress levels, per the Mayo Clinic. Megan Kiely Mueller discussed an article titled, “Canines and Childhood Cancer Pilot Study Report”. The study “found that animal ownership was linked to a host of positive outcomes”.

“Strong attachments to pets may foster a more proactive attitude about handling stressful problems and could serve as a bridge to developing and maintaining peer relationships during stressful circumstances,” says Mueller. “There’s been some research showing that just stroking an animal reduces your blood pressure and heart rate,” says Megan.

Mueller underscored that the quality and strength of the attachment was imported for the pet and child. She said that, “Pets provide a nonjudgmental, emotionally supportive relationship, especially for kids who may be having difficulty in social situations or moving to a new social setting…The responsibility of caring for another living creature and understanding an animal’s needs also plays a role”.

It was interesting that in Genevieve Raiewski’s article on “What Pets Can Offer if You're Depressed” the study not only looked at the child, it also looked at the parents and the animals. It also explored the psychological state of children and parents who receive a 20-minute visit with a therapy dog to families who did not have a contact to a service animal. Physical effects, such as heart rate and blood pressure had a good impact on those families who received the animal intervention (n.p.).

Animals have been helpful for children who have physical and behavioral disabilities. Raiewski reported that children at Perkins School for the Blind in Watertown, Massachusetts are being assisted by service dogs. She stated that Jennie Feinstein, an occupational therapist, told Raiewski that she o power of employing observes how therapy dog works on a daily basis. She said that the dogs help disabled children build the skills needed to take care of daily tasks. One young man she was working with needed help in learning how to bend over and pull up his pants over his feet, due to his limited range of movement. In the past she would ask the child to bend over and touch his toes, which is not a motivating task. Instead of asking him to bend over and touch his toes, she told the young man to lean over pickup the dogs water bowl, fill it and slowly lower it to the ground so the dog could drink some water. This task was not difficult and the young man was excited to give his service dog water and watch the dog wag his tail. This activity was motivating for the child, something he enjoyed doing. The result was that the child learned how to touch his feet and was pleased to see happy the service dog was. The occupational therapist reported that when she incorporated an animal into a behavior therapy plan, it seemed a lot easier to achieve target goals because working with animals is a great form of motivation (n.p.).

One form of measurement for stress levels is the cortisol level. The Canines and Childhood Cancer study, reviewed by Raiewski, measured the level of cortisol levels in therapy dogs and video tapes were reviewed to see how patients and the therapy dogs interact. The researchers reviewed behavioral cues from the service animal to note any anxiety as they interacted with nervous families. This was done to make sure that the service animal is not negatively affected by families who are overly nervously active. This activity was conducted to ensure that the service dog was not overly stressed. Even though therapy animals may appear eager to go on visits, it is important to ensure the benefits for the children don’t have negative effects on the animals (n.p.).

Raiewski noted that Caroline McKinney, Equine therapy expert, believes that horses take on some of our fears and worries and help us work through them. McKinney feels that horses are often incorporated into therapy because their intimidating size makes them good metaphors for the challenges or emotional baggage we carry. The horses take on some of our fears and worries and help us work through them. McKinney felt that horses have been very helpful, but she was worried that their might me a negative effect on the horse. So, McKinney measured the cortisol levels of six horses during their rest days, regular workouts and therapeutic riding sessions. Designed to determine whether the horses were at risk for health problems caused by chronic stress, the study indicated that the horses “seem to be doing just fine,” says McKinney (n.p.).

Raiewski reviewed a project at Touchstone that examining how employing horses as part of psychotherapy can reduce symptoms of post-traumatic stress disorder (PTSD) in children. Children were asked to interact with horses to show how the children’s body language and other physical cues influence the horse’s behavior. One of the symptoms of PTSD is being either hyper-aroused or under-aroused. The horses react to jittery children by avoiding the jittery kids and ignoring those who are emotionally detached. In order to interact positively with their therapy horses, the children must learn to better regulate their own fight-or-flight response, by taking deep breaths and employing other techniques to lower their heart rate and relax. Raiewski noted that therapeutic horses are a great resource to people, ranging from autistic children to veterans with PTSD (n.p.).

During an interview, Josh P. stated that he suffers from extreme Bi-Polar Disorder. He stated that, “Marley (his service dog) helps me control my anger outbursts and rage. Marley is alive and is calm with unconditional love. If I get angry and yell, Marley gets upset and he makes me stop yelling because I don’t like seeing him upset. I love my dog” (n.p.).

As discussed in this paper, animals of a variety of species and humans do communicate. The communication comes through energy vibrations, intuition and telepathic communication. Animals are social creatures and many species enjoy and welcome a relationship with humans. Humans with special needs acquire a special relationship with animals who are trained and are not trained to be service animals. The therapeutic relationship between animals and humans is a symbiotic relationship which benefits both species mutually and this creates a physical and psychological healing benefit for both.

**Discussion**

"An animal's eyes have the power to speak a great language." (Martin Buber, qtd. in www.buzzfeed.com)

# Many animals are curious and gentle creatures that enjoy the company of people. Most people enjoy this relationship and call this animal a pet. Over time the animal and human develop a special relationship and become a member of their family. What are the benefits of this relationships and can we communicate with this animal? Animals that have a bonding relationship with humans are called domesticated. Animals have been domesticated to assist humans for over 20,000 years per Wikipedia’s article entitled “List of domesticated animals”. Archaeozoology has identified three classes of animal domesticates:

# (1) commensals, adapted to a human purpose (e.g., dogs, cats, guinea pigs)

# (2) prey animals sought for food (e.g., cows, sheep, pig, goats)

# (3) targeted animals for draft and nonfood resources (e.g., horse, camel, donkey) (n.p).

# “Domesticated-Animal”, is a unique word, but who determines which species can be added to the list of domesticated animal species. Wikipedia reported 318 animal type domesticated species like cat, dog, sheep or horse. Many more animals can be added as a service animal such as peacock, a lemur, snake, rat and dolphins (n.p.).

It is easy to talk about how cute a rabbit is or how you have an emotional connection to your dog, but are we limited to 318 animal species and is there a therapeutic, spiritual, and relationship value to man from any animal? Answers to these questions, need to start with our creator and spiritual aspects of relationships. Animal are able to communicate, talk and send messages to human beings. This paper has provided a proving ground for the argument that animals from as large as the Blue Whale to microscopic animals have the ability to communicate and many are able to communicate to other species.

Science Daily published an article, “Word’s most spoken language is “Terpene” that stated, “If you're small, smells are a good way to stand out. A team of researchers has demonstrated for the first time that two different types of micro-organisms -- bacteria and fungi -- use fragrances, known as terpenes, to hold conversations. And that's not all. The researchers suggest that terpenes are the most popular chemical medium on our planet to communicate through” (n.p.).

Animals that communicate to humans have a strong purpose, bond or connection to humans. For a dog or cat lover, this sparks a new question, “Is there a spiritual connection to animals that will last an eternity?” According to the Bible animals do exist in heaven. Isaiah 11:6-9 reads,“And the wolf will dwell with the lamb, and the leopard will lie down with the young goat, and the calf and the young lion and the fatling together, and a little boy will lead them. Also, the cow and the bear will graze, their young will lie down together, and the lion will eat straw like the ox. The nursing child will play by the hole of the cobra, and the weaned child will put his hand on the viper’s den. they will not hurt or destroy in all My holy mountain, for the earth will be full of the knowledge of the Lord as the waters cover the sea.” This scripture is an indication that animals do live together in heaven. Another passage in the bible points out how God declares that animals will have the same fate at man and that there is a “spirit” in man and in animals in Ecclesiastes 3:19, 21, “For the fate of the sons of men and the fate of beasts is the same. As one dies so dies the other; indeed, they all have the same breath and there is no advantage for man over beast, for all is vanity.” In Romans 8:19, the Bible states, “For the earnest expectation of the creature waiteth for the manifestation of the sons of God”. This is an example of how animals/creatures are waiting for the sons of God in heaven, which indicate that animals are already in heaven. Animals have been given a special bond with man.” These scriptures are supportive evidence that animals do have souls and will be in heaven when we arrive.

The scriptures indicate that we are to learn and benefit from animals on our planet. Through this paper we have been exposed to the many ways we can communicate to other species of animals. One of the most frightening creatures on earth is the crocodile. In my many adventures, I have had the opportunity to bite and feed a 12-foot crocodile in Costa Rica, but I don’t have the courage to swim, hug and kiss a large crocodile. One article entitled, “The Man Who Swims with a Crocodile: The Story of Chito and Poncho”, documented a unusual friendship between Gilberto Shedden (aka Chito), a Costa Rican fisherman and a 15 foot crocodile, named “Poncho” that weighed up to a half a ton. In 1991Shedden rescued the crocodile after being shot in the eye by a farmer. “Chito” nursed the crocodile to health and spent several years swimming, hugging and feeding “Poncho”. “Chito” reported that he had a bond with the animal that allowed the two to interact with each other in a harmonious manner. “Chito” stated that he could look into Poncho’s eyes to determine his emotions and predicted behaviors (n.p.). This is an example of interspecies communication at an extreme level.

Kara Robinson wrote an article about an individual, named Abigayil Brown, who had been dealing with depression since age 12. At age 24 she suffered a severe round of symptoms of depression, when she realized that having her pets around her allowed her to feel better. She adopted two rescue kittens. She found that the kittens made her feel better after laying down with them and snuggling. She reported that the cats were very calming. Robinson noted that a survey by the Human-Animal Bond Research Institute discovered that 74% if the animal owners reported that animals help them improve their mental health (n.p.).

Maryann Mott discussed a special type of service dog. She reported that over the past decade a special breed of animals can detect seizures. Seizure dogs are able to detect the onset of a seizure within minutes to even hours prior to attack. This allows the pet owner to take medication to block the seizure and call for assistance (n.p.). Seizure alert dogs are special animals and are different from traditional service animals. Mott continued her article reporting that the Canine Seizure Assist Society of North Carolina has produced over 25 seizure alert dogs that warn their owner of a seizure 15 minutes to 12 hours prior to an attack. Out of the 29 dog owners who had seizures at least once a month, 9 reported that their dog had responded to the onset of a seizure. The nine dogs that responded, responded within about 3 minutes prior to the seizure (n.p.).

Aluna Michaels wrote an article entitled “The Spirituality of Pets.”. He stated that “The consciousness of the human is mirrored by the consciousness of the animal. When we are about to make a leap in consciousness, an animal may come into our life to represent that shift and to aid in that transition. If we already have pets and are going through a transition, sometimes the animal may have a health challenge, may run away or even die.” (n.p.).

Indian yogi, Paramahansa Yogananda was quoted by Aluna Michaels that, “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”(n.p.).

Cetaceans (Whales) are unique creatures on our planet. There are stories of people being saved by dolphins and committing other acts of kindness. Over the past numerous years, researchers have been able to test for intelligence and as reported prior have found that they have the intelligence of a 3-5 year old human. In my experience of swimming and diving with dolphins, I have found that you can see an special intelligence in their eyes. I have seen close up, a the eyes of a grey whale and a bottle nosed dolphin and can report that they is a highly developed brain behind that eye.

Alexandra Morton, in “Listen to Whales… What the Orcas Taught Us”, reviewed dolphin neurological researcher John Lilly’s research on dolphin intelligence. ﻿Lilly set up his own dolphin laboratory in the Virgin Islands and conducted a series of experiments that changed a number of long-held beliefs about human intelligence. Lilly believed we would never truly understand the intelligence of dolphins until we could speak with them, so he experimented with different ways of teaching them to speak English. His assistants spent hours repeating the phonetic elements of language to Cheechee, Elvar, Sissy, and Peter, four bottle-nosed dolphins who lived in specially constructed tanks at Lilly’s Communication Research Institute in St. Thomas. Lilly was encouraged by the dolphin’s ability to “lock in.” Unlike a parrot with the ability to mimic, the dolphin listened to the sounds being taught and, waiting politely ﻿for his turn to respond, would reproduce the same number of sounds with 92 percent accuracy. “No other animal (with the one exception of unusual humans) can match this performance,” Lilly wrote in The Mind of the Dolphin”. There are only three types of mammals that can even attempt to learn new sounds—humans, dolphins, and bats. Lilly and others found that the acoustic portion of the dolphin brain was ten times the size of the same area in the human brain. Dolphins’ had the ability to remember the sequence of sounds. What caught Lilly’s imagination was the enthusiasm with which dolphins entered into the mimicry experiments. It spurred him on to a lifelong search for a language that humans and dolphins could share (Ch. 3).

In the book, “The Cultural Lives of Whales and Dolphins”, Whitehead reported that scientist Roger Payne recorded songs of the Humpback whale in 1970. Through his research on recording these recordings, he has shown evidence that the loud sounds they emit are used for mating and social interaction. As a pod travels back to the feeding grounds of the Artic, they communicate through vocal communication and work together to dive deep below a school of fish. Then they release air out of the blow hole making a bubble curtain that traps the fish and push them to the surface. While on the surface the whales will breach or jump out of the water to crash into the school of fish stunning them. While the fish are stunned on the surface of the water, they open their mouths and scoop the fish up and strain them through their baleen, which act as a strainer. (Ch 4)

Aluna Michaels believes that pets are drawn to their human partner through the soul. Both the human and pet are able to raise each other’s energy and desire to make a interspecies connection. The human is able to encourage the pet and in return the pet is able to support the human on a subconscious level. The outcome of the two is a unique harmony between each other. Animals are able to increase our vibrational energy and bring us to a higher level during difficult times. Once we are aware of the value of the special relationship, we are more willing to assist and care for our pets. Humans are not the superior species, but stop for a moment and understand that some animals crave to experience a human soul (n.p.).

Animals do not have egos and humans can learn a lot from our animal friends. When working with horses, I am humble in the presence of a horse. Horses are open to helping humans in emotional pain and are selfless. We can learn important lessons from these majestic animals. Through practice, we can learn to harness energy from animals and lower our ego to conduct positive and constructive behaviors.

Michaels discussed how cultures have the belief that animals are part of our spiritual teachings. Religions and cultures around the world integrate animals as a part of our spiritual and physical lives. Animals have purpose in our lives by the way in which we see the animal and not as the physical characteristics of the animal. Animals are special and it is up to us to define the characteristics with that animal.

Through our connection with our animal guides we know more about who we are and what our gifts are. This knowledge will help us both spiritually and physically. Through connecting with our animal’s energy, we can understand our strengths and weaknesses. As you use this new-found energy you will understand the power and call upon it at will. (n.p.).

**Conclusions**

"You think those dogs will not be in heaven! I tell you they will be there long before any of us." (Robert Louis Stevenson, qtd. in www.buzzfeed.com)

According to “Current World Population” there are over 7 ½ Billion humans on earth (n.p.). Www.wonderopolis.org reported the Earth has approximately 8.7 million species. Scientist estimate there are over 6.5 quadrillion known animals in the world (n.p.). With these numbers we can see that the human species is truly in a minority role as a species on the planet. If we could communicate to dolphins, eagles, elephants and other species around the world, we could elevate our ability to solve many of complex problems our species is facing. Irene M. Pepperberg’s quote, "Clearly, animals know more than we think, and think a great deal more than we know.", puts a clarity of the importance of animal communication.

In Michelle Childerley’s book “A Meeting Of Minds, The Art of Animal Communication” she outlined the art and steps to become an animal communicator. She presented clear guidelines for animal communication. She stated that before any communication can take place the communicator must have an awareness of them self and make sure they are in a good place before they can begin. Sickness or a negative attitude will interfere with the ability to communicate to the animal. She stated that a person needs to be quiet, relaxed and grounded (56-57). Later in the book she points out that animals have emotions. She explained that often one communication will get to the root of the issue disrupting the connection, but sometimes it takes a few tries to get to a complete understanding of the situation (56).

We as a species are missing out on knowledge known by our furry, web footed, flying neighbors on the planet Earth. We limit ourselves by not opening up to an awareness and knowledge that animals do communicate and share a bond with mankind. As noted in this paper, humans can benefit from communicating with animals. Fear and disbelief that communication is possible between species prevent this valuable connection with other animals. If people continue to research interspecies communications, we as a species will be benefit greatly. As we have seen through this research, animals are very helpful as service animals and provide access to areas where a human cannot have access. These animals provide physical and mental health assistance to people who have physical and mental disabilities.

PTSD is a very serious mental health issue for veterans of foreign war. Ptsdunited.org reports that 1 in 5 returning veterans suffer from PTSD. PTSD affects about 7.7 million American adults in a given year, though the disorder can develop at any age including childhood. Symptoms include strong and unwanted memories of the event, bad dreams, emotional numbness, intense guilt or worry, angry outbursts, feeling “on edge,” and avoiding thoughts and situations that are reminders of the trauma. Almost 50% of all outpatient mental health patients have PTSD. According to VA, experts estimate that up to 20 % of Operation Enduring Freedom and Operation Iraqi Freedom veterans, up to 10 % of Gulf War veterans, and up to 30 % of Vietnam War veterans have experienced PTSD. Consequently, demand for PTSD treatment continues to grow. In the past year alone, the number of diagnosed cases in the military jumped 50% and that’s only the reported and diagnosed cases. As shown in this research paper, animal therapy seems to be one of the most effective treatments (n.p.).

Continued research into interspecies communication needs to continue as we find and utilize the benefits from these unique relationships. Research needs to be put into helping individuals through traumatic events, depression, anxiety and autism. Traditional talk therapy is not always well received by many individuals with disabilities, due to the sensitivity of issues related to the problems. As the research continues, it is hoped that new avenues of communication can be opened up between humans and other species.

As reviewed in this dissertation, there is a unity between humans and animals through communication using vibration, intuition and telepathy. There is a connection between humans and animals that can benefit both species. If animals like dogs, cats, dolphins and horses communicate to each other and to humans, mental and physical disabilities will be lessened and healthy relationships will be formed.  As a conclusion to this paper, I thought this would be an appropriate quote, "Animals are the bridge between us and the beauty of all that is natural. They show us what's missing in our lives, and how to love ourselves more completely and unconditionally. They connect us back to who we are, and to the purpose of why we're here." (Trisha McCagh, qtd. in www.buzzfeed.com).

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