

Ear TTouches for What Ails You

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As long as you have ears, whether furry or of the human variety, using Ear TTouches can work wonders with whatever might be ailing you.

Maybe someone you know at one time or another has just not felt well in some manner, shape or form. Have you or your animals had emotional upsets from stress, tension or trauma of some kind? Has someone you know been in an accident or gone into shock? Or has a poor appetite, cramps or belly upset ever been an issue? Perhaps your body temperature has been too low or you've had an animal or child that has gotten overheated? Using Ear TTouches is akin to having a first aid kit that can help resolve many day-to-day common ailments.

A Dog's Appetite Dilemma Resolved

One day while I was visiting a friend she was telling me how her dog Sundance was not eating her food. I asked if it was ok to do a few TTouches with her dog while visiting. I briefly explained how stroking the ears could help with digestion and appetite.

Although Sundance was a pretty active dog who didn't typically sit still for very long, she loved getting her ears TTouch'd. She lay right down, rolled over, paw on my arm, and gave over to the deliciousness of having her ears stroked. I used about 4 strokes around the base of one ear and then I followed the strokes up the length of the ears to the tips. I worked one ear, then the other, back and forth for maybe 5 minutes.

Sundance rolled over, got up, gave a good full body shake and trotted off. I heard from my friend within a day or so that Sundance had chowed down her full dinner and hadn't had a problem since.



A Race Horse Transformed

Years ago I was asked to work with a 3-year-old Standardbred filly at a harness race track. I really got to see the power of using Ear TTouches with this youngster to help her relax, loosen extreme tightness and sensitivity to being touched. She was so tight and touch sensitive that she would not let me touch beyond her shoulders. This filly would move all around, shuffling around to avoid being touched at all. Her skin and muscles felt extremely taught to my hands. Even though she was handled daily, was trained to wear a racing harness and was actively racing she was especially sensitive around her hindquarters. By stroking the length of the ears, you can have a very balancing effect on the horse overall.

This filly loved her ears getting worked. So I stayed at her ears for about 20 minutes. I just stroked her ears from the base to the tips and around the base of the ears. I'd work one ear in this manner, then the other. Her head lowered, she gave deep breaths, and seemed to enjoy this immensely. Her face and eyes softened the longer I worked. Her responses to my working with her ears were totally different than when I lightly ran my hands along her shoulders, back and hindquarters.

After she was significantly more relaxed, I tried working with her body again. She was amenable to her neck and shoulders being touched and less wary. I was then able to slowly work my way along her back, down her legs and all the way to her hind end pretty easily. As it turned out, she was incredibly tight in her back end. How they got a harness on her daily I do not know!

In her next race she placed instead of coming in dead last. This filly showed me the deep effects of helping a profoundly tight and reactive body just by working on those ears!!!



Colic Averted

My house sitter called me one afternoon while I was away at a training. My horse was not feeling well. He was lying down and didn't want to get up. I walked her through taking his pulse and respiration and using Ear Strokes. She called me back and told me he had gotten up, his pulse and respiration were improved but still seemed uncomfortable. I instructed her to continue the ear strokes.

Within a short period, he walked over to his hay and began eating once again. She later told me she initially thought I was a bit off the wall, but quickly became a believer. She had never seen colic be averted before in this manner. She exclaimed, "If I hadn't seen it myself, I would not have believed it!"



Photo: There are acupuncture points for shock in the tip of an animal's ears but it is important to stroke the entire ear from the base to the tip.

A Semi Feral Cat's Tale

Scarlet's dad was a wild boy, rarely seen and never touched. Her mom lived outside on the farm where Scarlet was born and grew up. When we moved in to Four Oaks Farm, Scarlet continued to be a resident. She adopted us eventually, though for the first 2 weeks after our arrival we didn't even see her. We

heard she may appear at some point. Slowly she began to show herself, first for meals, and then to join me on my short walk from the house to the barn each morning.

Scarlet would rub along my legs and clearly liked attention but she did not like being touched except for a very quick pat on the head, occasionally. Gradually, she'd let me sneak in an ear stroke here and there. But if I attempted to stroke down towards her shoulder or beyond, I'd get a quick and swift swipe with just enough oomph and precision to let me know that these were no touch zones.



Photo: some cats are very sensitive about having their ears strokes so be gentle. You can use something between your hand and kitty's ear like sheep's wool to diffuse the contact.

Gradually a nano-second length stroke could be prolonged into 1-2 seconds. Progression came in small increments. Next she allowed a second ear to be included. The changes were gradual and subtle, but continued.

At some point I realized that I simply had to give up my notions of actually 'getting anywhere' and release the expectations of what I thought was 'supposed to happen' and the extent of 'magic' to which I was 'supposed' to have happen using TTouch with my queen cat. Once I realized I had this going on inside me, I could gradually let my expectations go, and just enjoy the connections we were having in the many ways already present. For instance, Scarlet loved to join the dogs and I for our walks up and around the woods. She was a riot. When I'd sit in meditation on my favorite rock, Scarlet would sit right beside me along with the dogs. I loved our outings.

Gradually I began to notice that we were both enjoying longer ear strokes and a few other TTouches. Ah, the way of a cat to teach you to let go and surrender. Scarlet was one of those wise Buddha Cats.

Eventually she would allow me the honor of picking her up and we'd have a short snuggle complete with head smooches. It was all very gradual. As she aged into her teens, she ventured inside the house more and more. She discovered that she loved to snuggle on my chest, appreciative of her ear strokes. Me loving her quiet and soothing purr over my heart. Interestingly, she came to insist on my always starting with ear strokes. If I forgot, or tried to do something else, she'd put her head and ear in my hand to get me going. Oh, smart, wise cat, guide and teacher continue to show me the ways of your cat wisdoms.

A Heart's Incidence

Many years ago at Thanksgiving we were all sitting around the table having a hearty holiday meal. Tom got up to take his plate into the kitchen. He got about 5 steps and collapsed to the floor. We all gasped and jumped up to help. He was unconscious in a heap on the floor.

After calling 911 for the paramedics and some brief discussions, I began using Ear TTouches fairly vigorously on one ear and then the other. Stroking from the bottom of the lobe in small arcs from the inside out with the lobe between my thumb and forefinger using about a 3-4 pressure and trying to remember to breath myself. Meanwhile someone took his blood pressure. It was precariously low. I increased the vigor of the Ear Strokes.

At one point, his eyes fluttered open and he looked around. With one hand he swatted my hand away from his ear and said 'Ow!' His eyes closed again and went unconscious once again. We all looked at each other in amazement and puzzlement. I said, "Ok," or something like that and continued, and then I said, "Sorry Tom, I'm going to continue working on your ears!" Everyone agreed. Since his eyes fluttered open, I figured the Ear strokes were heading him in the right direction. I continued, 4 strokes on one ear, then the other, finding a rhythm, stroke, stroke, stroke, stroke and breathing.

After about 10-15 minutes and a seeming eternity, Tom opened his eyes. Weak, but awake, we helped him up to a chair. Shortly after, the paramedics arrived, gave him oxygen and helped him onto a stretcher to take him to the hospital. By that time, he was fairly alert, wondering what all the fuss was about. The doctor said he had a 'heart related incident.' The doc told him that whatever we did before the medics arrived likely saved his life. Based on his test results they said he was lucky to have made it. He had a brief stay in the hospital and recovered well with no other 'heart' incidents.

Blue Lips

Tubing down the river in Northern Massachusetts in August normally was fun, and warm. But on this day, clouds blew in and the temperature dropped quite a bit while we were floating down river. We thought our destination was only an hour or two away. We seriously miscalculated. We had no food, drinks, cell phones, additional clothes or a way to warm up on a tubing trip that turned out to be 3-4 hours long, and, we ran into some trouble.

At some point while floating, I looked over to Mary in the tube next to me. I saw that her lips were turning blue, her face looking mighty pale, and heard her teeth chattering. I had never seen anyone's lips turn blue before. I thought, 'Uh, oh, that doesn't look good.'" I called over to her and asked how she was doing. She didn't respond right away. 'Hmm,' I thought, but then she said she was ok. I joked around with her trying to get more of a response. Things were not looking good on this river float.

I knew ear strokes might be very useful. And I admit, I felt pretty awkward. I wondered, "How in the world do I ask about stroking her ears in the middle of the river when she says she is fine and I barely know this person?" I bit the proverbial bullet, took a deep breath and told her that her lips were turning



blue and I heard her teeth chattering and it seemed like she was getting pretty cold. Well, she finally agreed that maybe she was ‘a bit’ on the cold side.

I told her that I knew ‘this thing with the ears’ that can help warm people up and asked if she wanted to try it. “Sure,” she said, but made no attempt to lift her hand to her ear after I showed her how to do the Ear TTouches. So I asked if I could try them with her ears, and she agreed.

While bobbing in the water in the tube next to her and floating very slowly downstream, I began working the ear closest to me. I don’t recall if I somehow reached over to the other ear or if I just worked the ear closest to me. At some point, her lips began to turn back towards a more normal pink and her teeth stopped chattering. Once she began to feel better, I stopped. But, then after a few more minutes without ear strokes, I’d hear her teeth chattering and see that her lips were turning blue again. She’d begin to slip into this state and not be aware that it was happening.

Again I told her what I was seeing and again she realized she was getting a bit cold and agreed to my working her ears. After a few times of this happening, I suggested she begin doing the Ear TTouches herself. I suggested she keep doing them intermittently to see if she could prevent her temperature from dropping that low again. Mary continued to use the Ear TTouches for the rest of the time on the river and her body temperature stayed in a more level range.



Photo: when dealing with an upset stomach start in the concha of the ear and stroke in an upward diagonal direction.

We were very glad to arrive on land at our destination and get to our cars where we had towels, warm clothes, some food and a car heater! I later found out that the signs she was showing were early stages of hypothermia. I am so grateful to have had this knowledge of Ear TTouches. We believe we prevented a pretty horrible situation on the river in the middle of nowhere.

Emergency: A Rush of Adrenaline

Two deer jumped right out in front of me running fast across the highway while I was driving to go see a new TTouch horse client. I gasped, slammed on my brakes, skidded sideways across the road with the deer just out of reach ahead of me. I watched them race off into the woods, safe.

Meanwhile, my heart was pounding and I was shaking. Fortunately no one else was driving next to me on the two-lane highway.

I tried to take a few deep breaths, but it was hard to settle my system down. The scenario kept flashing in my mind’s eye and my body continued to react as if I were still in danger.

I tried to refocus on the horse I was about to visit. She had been bitten by a snake weeks ago and had been having a difficult time recovering. Her person had heard of TTouch and asked me to come and see what this work might offer for her recovery. I had been thinking about the variety of TTouches, which might be useful, including Ear TTouches, and then I realized that I was the one in need of them right now!

So, I began using the Strokes in an upward arc on one ear. I felt calmer within minutes, so I stopped. After another minute or two however, my heart started to pound again. “Hmm,” I muttered out loud to myself and thought this to be quite curious. I decided to continue with the ear strokes again.

After a few minutes of stroking my ear lobe between my forefinger and thumb my breathing settled once again, so I stopped. Well, this happened a few times, each time my heart was not pounding quite as hard after I had stopped for a few minutes, but it gradually began up again. I realized that the adrenaline was still pumping in my system and perhaps I needed to use the ear strokes for longer than 2-3 minutes in order to help the adrenaline stop pumping altogether. So I timed it and doubled the amount of time to 8-9 minutes after my heart stopped pounding and seemed normal. My heart rate stayed normal after using the Ear TTouches beyond the time when my heart rate came back to normal.

This was a huge lesson for me on the power of calming the nervous system with Ear TTouches. I had already known that these TTouches had a calming and relaxing effect. But this experience took my understanding to a whole other level and showed me a deeper effectiveness on calming the Sympathetic Nervous System.

Sometimes working with Ear TTouches for a few minutes shows a difference initially, but doesn’t necessarily keep the system calm over a long period of time.

What a lesson on continuing the work beyond when calming first shows itself. This was the first time I saw how repeating Ear Strokes many times offers initial calming of the nervous system, but can also help to *maintain* a calming influence while bringing the nervous system back into a balance of homeostasis.

Each animal and person has shown me a unique aspect of the effectiveness of Ear TTouches. This one TTouch tool can be used in such a wide variety of situations to help someone feel better. Loss of appetite, stiff, tight and sore or painful muscles, fear and reactions of being touched, collapsing from unknown causes, colic, bringing body temperature from freezing into balance, calming adrenaline rushes and enhancing the bond across species are just a few of the many, many reasons to use Ear TTouches. I hope you try them out for yourself.