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October 2015

Canine Supremacy in the Metaphysical World of Energy and the Importance of Balanced Energy and Intention in the Practice of Canine Massage

“In the universe there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link.” (Carlos Castaneda)

Many people love animals. Animals offer us unconditional love. Domestic animals are closer to people and skillfully offer a bridge between the human world and not just the animal world, but to another, greater dimension. This is a dimension of love energy. It is no wonder that our pets make our eyes sparkle. Dogs in particular, for their open enthusiasm, loyalty and service. Happily, in some parts of the world, dogs are receiving quality care. Canine massage is a burgeoning business thanks to expanding human consciousness. However, in the world of massage dogs are once again acting as teachers. Just as humans rise a notch or two in their evolution, dogs continue to illuminate us. In this arena, when the human massage therapist sits down to offer a massage to a dog, the therapist can not hide her mental-emotional state from her canine client. A dog is not fooled by a candle's soft glow, nor are his senses numbed by a hard day's work and a stiff drink. Dogs intuit energy automatically, just as they breath air. In this, they are simpler than people, yet vastly more advanced. Therefore, in order for a massage, or any interaction, to be benevolent and revitalizing, the practitioner must have her energy in order. The intention of her touch is the most important element. This research paper will address a range of examples of canine supremacy in the

metaphysical world of energy and intention. The examples will come from scientific studies that appeal to the more dense, Cartesian, human left brain analytics, to the less measurable, esoteric, spiritual side of the matrix of love.

As a professional massage therapist for over 15 years, I know that humans often complain about the massages they have received. Usually, the complaining happens after the session, away from the therapist. Many people silently endure a massage that is not meeting their needs, and many more still do not say what they want, even when asked by the therapist. There is a certain fear of confrontation and a desire to be polite. Canines, as accommodating and obedient as they may be, have different rules about being polite. Dogs are not bound by such social contracts as the booking of time and cancellation fees. Dogs live in the moment and, like all animals, they read energy fluently, unfettered by odd human niceties. Dogs know that true love is not diamonds and chocolates, but rather a divine healing energy which can be channeled through a grounded, non-judgemental present state of mind. When a dog finds himself placed on a mat with a massage therapist, the dog will determine whether this energy is there, or not. If the massage therapist is not mentally present and not in a peaceful state, the dog will not deny this is so in the hopes of at least getting some muscular tension reduced. In this case, at best, the dog may submit to the massage, nervously and after much time spent coaxing. Or, at worst, the dog may bite the therapist. In order for a canine massage therapist to deliver a benevolent and revitalizing massage, she must first and foremost be able to consciously manage her energy. In other words, she must focus solely on the present moment and what she intends the experience to be.

“To be a successful pack leader--and as a person in general--you need to be mindful of your energy and learn to adjust it when you are not in a calm assertive mode.”

(Cesar Millan, Dog Whisperer)

Having recently completed a 100 hour on-site canine massage intensive at the Ojai School of Canine Massage, I set about fulfilling the requirements of several practice canine massage sessions. I made appointments with a variety of dogs in breed and age. Some knew me, some did not. I quickly came to realize that my practice dogs were much different from the classroom dogs. The dogs who participated in the on-site class started to melt into the floor, eyes glazed, with nothing more than a long sigh or a rip of flatulence as different hands awkwardly tested combinations of Tellington TTouches, Swedish, acupressure, stretching, Tui-na and myofascial release. Indeed, the 12 day intensive gave this group of dogs time to embrace, or at least accept massage, fumbling hands and all.

My practice dogs however, only had about one hour to embrace my wanting to touch them all over. They had questions and reservations. In fact, my very first practice massage was with a friendly, highly socialized, senior shepard-mix named Lola who knew me. Lola didn't need more than a couple of minutes to calmly decline my fantastic offer of a massage on her arthritic body. She firmly pushed my hand off of her with her nose, walked away and sat with her back to me, staring at the door. Full of an condescending sort of patience, I tried to coax her over to me again, and again. No. No. A little later, as Lola bounced over to another family dog to initiate some wrestling, her guardians and I theorized that she must be too pain-ridden to tolerate massage. And so on we pontificated, as humans cleverly do to reconfigure and avoid the truth.

“Everything in nature responds to energetic vibration.” (Canine-Energetics.com)

The truth is that just as I was about to begin my session with Lola, my cell phone vibrated with a very angry text from an associate. I would describe the energy of the text as *blistering*. At the time I thought, “I'll just deal with this later.” I turned my phone off and sat down with Lola.

$$e=mc^2$$

As Einstein's theory dictates, everything is energy. Everything gives off a vibration from rocks to emotions. Humans, in our density, generally nod and pretend to grasp this. But for ages we have been distracted by base matters of survival. Currently some of us live well, and have replaced our preoccupation with food and shelter with cable television and premium goods. While getting to the top of the food chain, on the whole, we have become energetically oblivious. The fact that we consider ourselves vastly superior to animals is an excellent measure of our inability to understand energetic vibration.

We need another and a wiser and perhaps a more mystical concept of animals. Remote from universal nature and living by complicated artifice, man in civilization surveys the creature through the glass of his knowledge and sees thereby a feather magnified and the whole image in distortion. We patronize them for their incompleteness, for their tragic fate for having taken form so far below ourselves. And therein do we err. For the animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with the extension of the senses we have lost or never attained, living by voices we shall never hear. (Beston)

Medical Detection Dogs

While we have busied ourselves with ownership and consumption, dogs have studied how different vibrations look and smell. In fact, in recent years, humans have harnessed the superior olfactory ability of dogs as well as their trainability to detect disease.

It is hard to convey how sensitive dogs' noses are without getting into some incomprehensibly large numbers. They can detect some odors, probably most, at concentrations in the parts per *trillion*. By comparison, humans generally detect odors in the range of parts per million to parts per billion--a sensitivity between 10,000 and 100,000 times lower than that of dogs. Dogs noses are as responsive as they are because they possess a very extensive olfactory epithelium, the surface that traps odor molecules and then analyzes them . . . roughly the area of a CD cover . . . is typical--and over thirty times larger than ours . . . their olfactory cortex, the part of the dog's brain that analyzes smells, is roughly forty times bigger than ours. (Bradshaw 232-33)

Scent is a form of energy, one which dogs are up to 100,000 times more efficient at reading.

According to Ralph Hendrix, the executive director of Dogs4Diabetics (D4D), dogs are able to detect hypoglycemia: "We believe all diseases have scent associated with them, due to the changes occurring within the body, with different organs expressing different chemical compounds. These scents are evident in breath and sweat" (Whiteman). D4D trains dogs to not only detect the scent of low blood sugars, but more importantly, to detect blood sugar levels that are borderline and dropping. This gives the person time to do something about it. The dogs detect these levels instantly. This performance is superior to any glucose meter on the market. Abby Sheats, a recipient of a diabetes alert dog named Rowan, adds that there is more to having the advantages of the sophisticated canine nose. She says, "imagine moving through the world with someone literally by your side all the time . . . If I am angry or frustrated or worried, it affects Rowan. His presence has taught me to be more kind, more sensitive, more positive, and more accountable." Kathy Allbright, another recipient of a D4D dog named Odetta, says the dogs are "both healers and teachers . . . They ask so very little

from us, but give us so much. Odetta has taught me the importance of living in the moment and the healing effects of sharing hope with others” (Walsh).

The In Situ Foundation has pioneered protocol in training dogs to detect cancer in humans. They have participated in two federally funded studies to test the accuracy of canine scent detection in early and late stage ovarian, breast and lung cancers. In Situ claims that published studies show that dogs can detect early stage cancer with 88% specificity and 99% sensitivity (McCulloch). The In Situ website offers a good example of a dog’s ability to detect scent: “Scientists say that if you can detect a teaspoon of sugar in your coffee, a dog could detect a teaspoon of sugar in a million gallons of water, or two Olympic-sized pools worth of water.”

Prostate cancer, one of the leading causes of death in men, is poorly detected by western medicine. In fact, in 2012, the Preventive Services Task Force recommended to Congress that healthy men should not be checked for prostate cancer using the standard PSA (prostate specific antigen) tests because false positive rates may be as high as 80 percent (Zimm). Meanwhile, the Humanitas Clinical and Research Center, Milan, put two bomb sniffing dogs on the case. These dogs were tested on 362 patients with prostate cancer, and a control group of 540 men who either had nonprostatic tumors or no cancer. One dog detected 100% of the subjects with prostate cancer and falsely identified 7 of the negatives. The other dog correctly detected 98.6% of the men with prostate cancer and falsely identified 13 (Alford).

Dogs are also used to help people who suffer from seizures. In spite of well documented ability in the performance of other kinds of medical alert dogs, the category of seizure alert dogs remains mysterious. Trainers and researchers believe the dogs detect changes in scent and behavior before a seizure occurs, but there are no scientific studies to prove this. However, meanwhile, seizure alert dogs do exist and come in all breeds, from all backgrounds. People do not know how to train a dog to have this ability.

Rather, it is demonstrated by some dogs and then encouraged. Canine Seizure Assist Society of North Carolina has produced over 25 seizure alert dogs since 1996. They can warn their person from 15 minutes to 12 hours before an attack with pawing, whining or anxious barking. It is believed that there are many unofficial seizure alert dogs helping people in the U.S. A 1998 study by the University of Florida Office of Veterinary Medicine questioned 29 subjects who suffered from seizures at least once a month, and who also had a dog. Nine of them said that their dog responded to their seizures, by staying very close by and sometimes licking their hands and face. Three of these nine dogs were reported to respond to the seizure approximately three minutes in advance. A recipient of one of the North Carolina Society's dogs claims that her alert dog correctly forewarns her of a seizure 100% of the time. The only difficulty comes from whether or not she is paying proper attention to her dog (Mott). An Organization called 4 Paws for Ability reports that some parents of children with seizure dogs report that their children have fewer seizures since the family acquired the detection dog. It is believed that this is a result in a reduction of the child's stress level (4pawsforability.org).

One interpretation of these reports is that humans expect to see very clear warning behaviors from dogs, clear as far as humans are concerned. Humans also expect to be able to train a dog (direct and control) rather than observe and acknowledge (watch and learn) what the dog may already be communicating. In doing so, they may be missing out on a greater understanding of any given illness. These reports also suggest that the vibrational frequency of the dog offers a degree of healing to the subject in ways that human science has yet to understand.

Rupert Sheldrake

“With thanks to all the animals from whom I have learned.”

-Rupert Sheldrake

Rupert Sheldrake offers an important perspective on animal intelligence and behaviors human science fails to explain. Mr. Sheldrake demonstrated an early interest in the natural world and had many animals in his childhood home. He subsequently studied botany, chemistry, biochemistry and physiology at Cambridge before getting a Ph.D. in biochemistry.

However, he says, “as I proceeded in my education as a biologist, a great gulf began to open up between my own experience of animals and plants and the scientific approach that I was being taught” (Sheldrake x). Specifically, Sheldrake began to question the dominant premise that living organisms are merely programmed machines and soulless. At Cambridge he joined the Epiphany Philosophers, a group of scientists and philosophers who sought to connect science with spirit. “Within this group, there was a consensus that old-style mechanistic science was too limited, and that quantum physics was pointing the way to a broader vision of nature” (x).

As Sheldrake endeavored to unshackle science from the accepted orthodoxy, he realized the animals closest to us, pets, are the best teachers. The long history of relationships between people and their pets offer the wealth of experience from which “a broader view of life can be developed scientifically” (xii). At the time Dogs That Know When Their Owners Are Coming Home was published in 1999, Sheldrake had worked with over two thousand animal owners and interviewed hundreds of people who work with animals, such as dog trainers, search and rescue dog handlers, guide dog trainers, police dog trainers, vets, kennel and stable owners and horse trainers.

Sheldrake, the scientist, is careful to acknowledge that some reportings are subjective: humans want their pet to be special, and they want to be specially loved by their pet. Also, the superior olfactory ability of dogs makes it possible for a dog to smell its person, particularly with the help of wind blowing in the right direction, from miles away. Dogs are more than intelligent enough to pick up on routines where a person comes home at the same time daily. However, Sheldrake offers research based on thousands of accounts where there is no such explanation:

Sometimes the behavior of the dog seems to be related to the owner's thoughts and intentions well before the person actually begins the journey . . . I have received more than twenty accounts of dogs anticipating the arrival of young men coming home on leave from the armed forces or merchant navy, and in many cases, the families were not informed in advance (42-43).

Another example Sheldrake offers is the experience of a vet who gave house calls to his mother-in-law's dog, but who also paid social visits:

The dog used to know whether I was visiting socially or whether I was visiting as a vet. She would be all over me and whooping with delight if I was visiting socially, but if I visited as a vet she was hiding behind the boiler. There was nothing I could see which would give her a clue that I was visiting as a vet, and anyway she would have made the decision to hide before I came into the house. She got it right every time. I used to visit quite often, pop in and do all sorts of things, although as a vet I'd visit rarely. And I didn't just visit as a vet because the dog was ill, sometimes it would be routine things. But the dog knew when I was on duty and when I wasn't (45).

Sheldrake also offers accounts of pets showing empathy. Just as service dogs are used to detect illness or impending seizures, pets know when their person is sad. At such times the animals may stay close with their person, offering licks and/or gently resting a paw or head on their person. If their person is subtly ill, the pet will often show caution and curtail its normal exuberance.

Many more examples of animals being able to perceive the state of a person's travels, health or mood are presented by Sheldrake in spite of his traditional science background. These examples beg the question, if an animal knows when you are getting ready to come home from hundreds of miles away, what does it know while in the room with you?

Louise Hay

Louise Hay is a modern day teacher about the connection between our thoughts and our reality, our feelings and our health. She believes that we are responsible for every possible disease we suffer via our negative thoughts and our inability to control our own minds and live in the present moment. "You are much more than your mind. You may think your mind is running the show . . . There is an incredible power and intelligence within you constantly responding to your thoughts and words. As you learn to control your mind by the conscious choice of thoughts, you align yourself with this power" (Hay 66). Dogs are connected to this intelligence and power. Dogs also know Hay's mantra: "There is only the experience of the moment" (Hay 228). Such consciousness allows them to plainly assess the environment around them and react accordingly. A dog may not want a particular modality of massage, but he does want the therapist to align herself with the power of conscious thoughts and the present. Negative and chaotic thoughts generate an energy that can ultimately cause disease and certainly is not desirable in a massage session. Knowing this, it is conceivable that medical detection dogs perceive negative thoughts, or a person's lack of control over his thoughts, that may precede a physical episode. In other words, a dog knows you don't even know how much you don't know, but that you think you know.

"Doh!" (Homer Simpson)

Dr. Masaru Emoto

In the 1990s, Dr. Masaru Emoto, a doctor of Alternative Medicine, studied micro cluster water and Magnetic Resonance Analysis technology (masaru-emoto). He then conducted experiments on the effect of various sounds, thoughts and words on water. The water was frozen, magnified 100-200 times and photographed in order to capture the results. The photos show that water exposed to kind words forms beautiful and geometrically balanced snowflake like forms, or “crystalline structures.” Unkind words, or words representing a negative association, such as “Adolf Hitler” produce cellular structures in the water that are malformed and distorted. Likewise this was true with clean water and polluted water, and melodious music vs. dissonant sounds (Lejuwaan).

Every living thing contains water. Adult humans are made up of approximately 70% water and infants, 90% (masaru-emoto). Dogs are approximately 80% water (American Animal Hospital Association). Dr. Emoto shows us how imprintable we are by the energy around us. The water in our bodies is either balanced and exuding a state of health, or it is reflecting distortion, which eventually leads to physically diagnosable disease. Water reflects our state of mind. Therefore it is critical that we learn to maintain peace and harmony regardless of what may be happening around us. We must choose harmonious relationships and situations. In doing so, we control our energy. We become dominant, as a dominant dog is calm and subtly strong. In his wisdom, he knows this is the path to peace and he is able to read the energy of others just as water reflects the energy to which it is exposed.

“The dog can only become what’s in your bubble. The dog is imitating the energy that is in your bubble. You are the source, the feast of energy. If you are anxious, the dog becomes anxious with you. If you become nervous, the dog wakes up nervous with you.” (Cesar Millan)

Ayurveda

Louise Hay's philosophies and Dr. Emoto's photographs are not new information. Ayurveda, which means science of life, "is one of the oldest traditional medical systems known to the world today. Original texts date back to beyond the 6th Century B.C., and before that Ayurveda was an orally transmitted tradition" (livingintheself). The intensive protocols of ayurvedic medicine and food preparations leaves no room for negative energies:

We also look at where the food comes from. Respect for nature and the environment also means respect for the circumstances and intentions with which vegetables are grown. And this is continued in the respect with which food is prepared. The intention with which you cook colours the energy of the food (noble-house).

Likewise, the intention with which you massage someone colors the massage.

Reiki

The concept of listening with all the senses rather than knowing is central to Reiki. Reiki is a Japanese word for "spiritual energy." Reiki is the universal life force energy which is available to anyone. A Reiki practitioner is not a healer, but rather a being who offers focused intention in order to channel this healing energy to a willing recipient. "Everything in the universe is made up of and connected by energy. By transmitting the healing energy of the universe along energetic pathways and through the practitioner's hands to the client, Reiki heals as deeply as needed within a being to create a shift toward health" (Fulton 3). To practice Reiki is to seek growth and healing for oneself as well as others. Humility is a core tenet of Reiki as the practitioner is a mere vessel for higher source energy. The practitioner can not diagnose the recipient

with any particular disease, nor can she predict the outcome of a session. Obvious physical problems may only be symptoms of something deeper.

Reiki is an excellent adjunct to animal massage given its requirement that one be present and humble. Reiki is an art already practiced by animals intuitively. In many simple daily experiences animals show us this presence, such as a cat who falls asleep in your lap, a horse who rubs your chest with its muzzle, or a bird who lands on your park bench and stays a while. During these moments our minds quiet and empty. Study of Reiki is an attempt to attain the senses we either never had or lost, as mentioned by Henry Beston in a previous quote. Its practice is helpful to a practitioner seeking to improve her ability to manage her energy.

Dr. Michael T. Greenwood

Dr. Greenwood is a western medical doctor whose personal issues with pain lead him to also practice Chinese Medicine, Ayurveda and meditation. He is the author of an article called, Acupuncture and Intention Needling without Needles. In it, Dr. Greenwood addresses the following concepts: “the body knows exactly what it needs to do to heal itself.” and, “The void- the simultaneous inner/outer awareness- bridges the subjective/objective antagonism and accesses a more inclusive state of consciousness in both practitioner and patient.” Here East meets West and right and left brain merge. Dogs seem to live in this void. The void is simple, uncluttered and peaceful. At the start of his article he asks, “what if intention is the whole key to the success of an acupuncture treatment? And what if the needle insertion is simply an expression of that intent?” This is a concept that can be applied to a wide variety of healing modalities, including massage (Greenwood).

Modern research is confirming something healers have always known, that physiological rhythms associated with certain feeling states such as

love, peace and appreciation are conducive to activating the healing response. Practices which intentionally center attention in the heart area can lead to a calm, peaceful, harmonious and highly intuitive state...(Greenwood)

The concept of flow is also apparent here. The rhythms to which Dr. Greenwood refers are distorted when one attempts to control outcome, and attempting to control outcome is not the same as having an intention. The position of Dr. Greenwood is closely related to the humble, agenda-free principles of Reiki. This perspective embraces what animals know: the outcome is unpredictable, but the mystery of healing can unfold quite naturally with presence and intention. To simplify further, one can remove needles and even touch from the equation. Intention is the only tool needed. People, unfortunately, seek to control outcome. This is an over complication, an interference with higher intelligence.

Jesus and Buddha

Intention is an important concept in religion. It is taught that one cannot enter the gates of Heaven, nor achieve Enlightenment by simply following protocol. Human, egoic energy is represented well in the Bible by the Pharisees. Jesus often scolded the Pharisees for hypocrisy and pretentiousness. Jesus claimed that they prided themselves for setting high moral standards, which they themselves did not follow, mistaking their theatrical activity for true intention: “But woe to you, scribes and Pharisees, hypocrites! For you shut up the kingdom of heaven against men; for you neither go in yourselves, nor do you allow those who are entering to go in” (Matt 23:13). This quote is paralleled perfectly by Dr. Greenwood’s realization that the need to control outcome only thwarts the higher intelligence free flow of energy; the Pharisees playing the role of human ego and animals playing that of the higher intelligence. A canine massage therapist should remind herself of the Pharisees before thinking about what a

wonderful enlightened person she is to give some poor lucky dog a massage. Such a thought is assumptive and based on acquiring something for herself. It is conceivable that dogs can sense patronizing energies along with every other sort of dis-ease and avoid (or bite) anyone who is exuding it.

The Buddha's Fourth Noble Truth teaches right intention as the second step in the eightfold path (buddha101). By having intention, you look not just ahead but at the present moment. You weigh what you desire against what are your true, unchanging innermost ideals. Only by being in the present moment can you avoid impulsive, goal-driven acts. Goals refer to the future. "Goals never fulfill you in an ongoing way; they either beget another goal or else collapse. They provide excitement - the ups and downs of life - but intention is what provides you with self-respect and peace of mind" (Moffitt).

Right intention creates a foundation of character. This strength ushers a person peacefully through any situation, free from doubt and regret. In the context of massage, proper intention guides the therapist against forcing the dog into an uncomfortable position in order to achieve an assumed result. Goals may very well be obtained, but the how can only be determined by a present open mind. Intention lays down the tracks towards healing, a process that unfolds moment to moment. The practitioner is skilled at observing rather than knowing.

Guide Dogs, Indeed

"The vital function that pets fulfill in this world hasn't been fully recognized. They keep millions of people sane." (Eckhart Tolle)

In view of all of man's energetic density, dogs seem to be a lot lighter. For example, a "dominant" dog does not manufacture landmines to cruelly and randomly maim his competition, nor would he sell children for sex to make money to buy drugs. Dogs don't judge us based on our looks and possessions. Rather, dogs seek balanced

energy consisting of respect, trust and love. In the world of dogs, a dominant dog is one who is calm, controlled, subtly strong and impervious to what another might think of him. (Canine-Energetics) This canine supremacy in the metaphysical world demonstrates a higher knowledge, one that only the part of the population labeled as esoteric, or nonsensical, begins to embrace. Current science, dictated by primitive, knuckle-dragging left brain analytics, rules the day. However, as dogs patiently endure us, as they sit, heel and are generally underestimated, beware their gaze. It is an energetic x-ray. For the canine massage therapist, the dog offers your best and most complete education. Dogs and all animals remind us of our divine ability to be peaceful as a result of a deeper understanding of our lives and our connection to all things. If one of us should lose our way, animals are there, ever-present, to easily realign us with universal heart-based intention.

“God . . . sat down for a moment when the dog was finished in order to watch it . . . and to know that it was good, that nothing was lacking, that it could not have been better.”

(Rainer Maria Rilke)

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