

Sound effects

Hypnosis for cats? Who would have thought it! Yet this technique has proved useful for calming felines and even solving behavioural problems. ANGELA LOWE investigates.

Hypnotherapy can have powerful results for humans, so when we heard that something along these lines was being offered to cats we simply had to find out more.

I have never been on the same wavelength as my cat Missy. I guess she's what you'd call a typical 'naughty tortie', but I sense that her 'problems' run much deeper than that.

One minute she is the most angelic of cats and butter wouldn't melt — and the next, she grows horns and hooves and runs around spitting fire at everyone.

So, I was more than happy to try out one of two new hypnosis CDs, 'Pet Calm' (the other being 'Pet Healing') which aim to place animals in a deepened state of consciousness to relax and calm them.

'Pet Calm' uses Neurosonic Frequencies, a combination of a special theta rhythm and a constant F Sharp frequency; calming classical music; and a human heartbeat to promote a safe and secure feeling to calm your pet. 'Pet Healing' is said to place your pet into such a deeply relaxed state that their healing mechanisms are activated and heightened. In this state your pet will heal faster and experience a reduction in pain.

Originally designed for humans, it was by

chance that the CDs' producers, Mind Motivations UK, discovered they also had an impact on pets.

Australian clinical hypnotherapist Rick Collingwood, founder of the company, explains: "We decided to test the CDs on cats as they have a super sensitive nervous system. We knew when they were right for cats they would be good for people. We found that such was the effect of the CDs that the cats would sit down and start purring, and it went from there."

Since 1995 Rick has assisted thousands of people using his own unique therapeutic hypnosis techniques. Having made headlines in Australia and the US, Rick is currently in the UK to stage group mass hypnosis seminars and private consultations.

Music for animals

"Our pets are important parts of the modern family unit," says Rick, "so it's only natural that we want the best for them, just as when they fall sick or become injured we want them to recover quickly and experience minimal pain.

"However, animals cannot be hypnotized as such, as you can't run through the verbal hypnotic introduction with them, so there

are no words on the pet CDs. Instead, the music has been slowed down and a heartbeat added. They work by altering the resonating brain frequency of the animal, slowing it down, so calming the pet.

"Much like us when we have lots of thoughts that can sometimes stop us from thinking clearly, pets can too, and the CDs help to keep them in a daydream state.

"Simply play the CD

"We found that such was the effect of the CDs that the cats would sit down and start purring..."



Rick with visiting feline and new fan Mini.

within the animal's hearing range and enjoy an immediate positive response. It's also an excellent way to bond with your pet and can even have an effect on you too."

The CDs are said to be able to help a number of behavioural problems in pets, including separation anxiety. Leading cat behaviourist Vicky Halls says the CDs could also prove beneficial in catteries and veterinary hospitals. She adds: "I have always played classical music in my vet practices for recovering cat patients and cats love lying on chests and pregnant bumps so the heartbeat/classical combo may be really useful."

Mind Motivations' managing director Nashir Janmohamed joined forces with Rick after seeing the benefits of his hypnosis sessions on his late wife Nevin

after she was diagnosed with pancreatic cancer. Nashir explains: "The results were phenomenal. Almost overnight Nevin's pain disappeared, she became positive in her mood, her appetite returned, her sleeping pattern normalized and her overall condition improved to the point that friends who were unaware of her diagnosis began commenting on how radiant and well she looked. Even her surgeon was amazed at how quickly she had recovered."

Sadly, Nevin lost her battle with cancer in June last year. However, her wish was to share her story and introduce Rick's teachings and CDs into the UK.

Keen to demonstrate how well the CDs work, Nashir had arranged for his friend Akbar Nanji to bring his cat Mini to meet Rick. As you would expect, Mini was not very happy about being in her carrier or in a strange house when she arrived, but on hearing one of the CDs she really did seem to relax. ■

Could your kitty benefit from relaxing hypnotherapy? Rick says it's an excellent way to bond with your pet.



Rick says his CDs help keep pets in a calm, daydream state.

SO HOW DID MISSY FARE WITH THE 'PET CALM' CD?

Despite being a bit sceptical, I was keen to try one of the CDs home on my 'little angel' and that night placed a small CD player on the floor next to my bed. As soon as Missy heard the music she started rubbing herself all over the CD player and she sat by it for ages purring loudly and more content than I have ever seen her. My partner and I were amazed! She then jumped up on the bed, curled up and continued to purr.

I can't say it did anything for us — we didn't feel any more relaxed — but I will definitely use it for the cats, especially when Missy's having one of her 'moments'. I'll keep you informed!

In the meantime, if you fancy giving one a go we have 15 copies of each CD to give away. For a chance of winning one of each, tick the pet hypnosis CDs box on the competition coupon.

Alternatively, you can buy them at £19.95 each from Mind Motivations UK. Visit www.mindmotivationsuk.com or tel. 0844 357 6057. Don't forget to let me know how you get on!



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