Unexplained Connection

What makes a certain dog, cat, horse or person draw to you as though there is some invisible magnetism? What creates that instant unexplainable soul attraction? What’s “the spark”, the chemistry we all seek in a partner, whether for life, for work, for friendship, human or not?

It’s called Resonance, and once we truly get to know someone and feel completely understood and accepted, Attunement.

Whenever I sit on the couch, here come a bunch of dogs and cats jumping all over me. In the chaos there are two, that just softly attach to me, Sniffy and Florence. They want to be with me, to be close, to touch but they aren’t wild or crazy, our connection is just right.

What gives us that “Goldilocks” feeling, while the others feel too intense? Scratchy and Florence feel too desperate. Punky and Tiny (our JRT) feel too pushy. It’s our Vibration, the measurable wavelength and frequency at which we vibrate.

When two people or things think the same thoughts, feel the same way, vibrate on the same frequency or wavelength, that vibration becomes stronger, louder. It resonates between them and grows stronger.

It feels good, it feels safe, it feels like you have found your “herd”. The electricity is palpable, if we get quiet and present. There is a true charge that goes through us, filling our heart, healing our soul bc we feel “felt, understood and gotten”.

I’ve started to notice this feeling more and more. I’ve started feeling others as they explain meeting people or animals and knowing deep down, these were meant for each other. Even if we initially walk away, that stirring inside us won’t allow that connection to be silenced. We must go back.

Years ago I went to look at two mares, I had absolutely no interest in a stallion. I didn’t even notice him as I walked through the field looking at the pretty girls. The seller finally commented, “Skip sure likes you. He has followed you every step we have made through this field.” I turned around to see this sweet, polite face right behind me, startling close to have not noticed him. One look into his eyes, and like Billy the Kid, he said, “I’ll make you famous!”

I’d met him as a foal on his mom’s side. I saw him, felt something, but dismissed it as fast as it came. His parents were flashy paints, yet he had no spots, blaze face, 4 white socks, but no spots. I thought he was never going to get registered, but his breeder and fate knew differently. It was a magical fairytale, the two of us.

Then there was Sniffy. We had no house cats. Barn cats showed up, we got them fixed, they lived alongside us, but I never had a deep connection with them.

One evening I was scrolling on Facebook and her picture popped up, a lightning bolt went through me, that was my cat. She was half grown, grey and white normal looking cat at the shelter (over an hour away), but her eyes had me. Next day Tommy agreed to go with me to the shelter to get her.

When we got there there were two stunning long hair kittens, one black and one white. They were the beauties, and I didn’t see her. We had permission through a rescue to pull and foster, so we picked them, just as easy to feed and look at beautiful cats, as it is to look at plain ones. When we got into the truck, late to get home to teach, I couldn’t stop the tug inside me. I asked Tommy to wait a moment while I went back for something.

I ran in and asked about the little grey cat on Facebook. They said she has an upper respiratory infection and is with the sick cats (preparing for euthanasia). I asked to take her. The rest is magic, and her name is Sniffy bc she has a breathing thing. She sits on me on the couch, she sleeps next to me on the bed, she lies on my chest and we do “heart to heart”. She is a healing cat for me, she bosses Tommy around demanding water and food.

My horse Tiny was also completely unexpected. I showed up for a private clinic, he had just arrived there to be restarted and sold. The moment I saw him standing frozen in the paddock, I felt it. He was like pulling me. He looked strikingly like an oversized Skip.

I played with him at the end of the last day and he was a hot mess, huge, spooky, unpredictable and very scared, yet I felt the connection. Several weeks went by and I couldn’t stop thinking about him. I didn’t need a new horse, I had an amazing partner, and I was always on the road working. Tommy needed one, so we went up to look at Tiny for him.

We couldn’t catch him in the stall he was so spooky and feral. Once we did, and saddled and rode him, Tommy wasn’t interested, but I was in love. When I got off, I took his tack off and let him go in the ring (strange even for me, especially with one we couldn’t catch in the stall). We sat down to talk, as the agent stood across the ring by the gate.

We were all shocked when this 18h baby just folded up and laid down with his head right at my lap. I knew I had what he needed to be whole. Lightning struck the ground in that moment (figuratively) and the fairytale began. Yesterday the horses were running around wild in the cold as I walked out the barn, from across the field Tiny stopped and locked eyes with me. I felt the shock again. That stuff is real.

Last night Tommy and I were both freezing from being outside and we were not warming up sitting on the couch. Tommy, who is like a furnace, even commented on how unusually cold he was. We sat reclined on either side of the couch, Sniffy, Florence, Scratchy and Punky crashed out between us watching Netflix.

We got up and went to bed about 11pm. I got in bed, Sniffy tightly by my side. Tommy was already snoozing, he was tired from a long cold day of running crazy getting ready for the snow coming tomorrow. I had very little room, so I slipped into a tight spot between the cats and him. The moment my arm touched his back, I was warm. I felt the warmth sweep over me and up out my head, I immediately got claustrophobic and pulled the covers back to get some air.

How is this possible? We were both freezing sitting on the couch. This is not about funny business, I’m serious. That resonance, that same frequency and wavelength, allowed his heat to go right through me, that quick.

There is a space of connection that exists beyond man, woman, dog, cat, horse…. It’s a space of true peace and acceptance. Pay attention to who and what makes you feel this way, they are your heart family, your herd.