

Turkey Day! Hands-on with Henrietta

by Julianne Dow

It was a typical cold winter morning in the Catskill Animal Sanctuary barn. There are three turkeys, two chickens, a goat and a sheep that freely roam the barn. They are called the “underfoots,” as they get “under your feet” to say “hello” when you walk through. The turkeys greeted me with their usual trilling serenade and sauntering walk. (They are overweight from the industry’s attempt to make them bigger for our dinner tables.) Henrietta, is relatively new to the threesome. She, unlike the other turkeys, has her original sharp beak and claws intact. She looks at me keenly with her blue eye as if sizing me up, moving closer and closer. I trill back to her and extend my hands holding them wide. I sing “Shanti” to her. (Turkeys love to be sung to.) She moves closer and shuffles her large white feathery body in between my hands. My hands gently hold her 10 and 13. Her eyes begin to close, and she slowly sinks downward, yet not all the way. She becomes quiet, and so do the other turkeys as they come closer to watch. I slowly move my hands to give her a Right Stomach Flow for weight loss, using the R3 as my anchor ($21 = 2+1=3$) since birds are generally not keen on having their 21 touched. She allows it all, even the left High 1 and Low 8. For the middle toe, I just put my hand at the central intersecting point of Henrietta’s front three toes. (They have only four toes total.) All is quiet in the barn when she is done. I look forward to connecting with her and her fine feathery friends again soon. ☺

The Catskill Animal Sanctuary (CAS) is a rescue haven for abused and neglected farm animals located in Saugerties, New York. There are horses, cows, goats, sheep, pigs, geese, ducks, turkeys, chickens and rabbits in residence, being treated and cared for with hopes that they will find nurturing forever homes. Most animals are available for adoption. A good number, however (approx. 15%), are either so traumatized or so extremely special needs or so supremely happy at CAS that it would be inappropriate to adopt them out. These animals are permanent residents. Visitors are welcome. If anyone wants to visit, google Catskill Animal Sanctuary to get the info. You can email Julianne at jdow@ecfs.org. There are tours on the weekends from now until October. Julianne Dow is a Jin Shin Jyutsu practitioner who shares the art with the animals at CAS, helping in their treatment.

Julianne Dow “trilling” with a turkey in the barn at Catskill Animal Sanctuary.



Below: Jumper cabling Henrietta - holding 10 and 13



A tip from Julianne Dow: When jumper cabling birds, be sure to remove all shiny jewelry. They love to peck at shiny objects.