

The Intuitive Connection

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The Mysterious World of Cats



Cats, beautiful yet mysterious creatures. I've had the privileged of being a guardian to lots of animals in my lifetime, not to mention doing animal communication with many species. But cats, and their behavior, their subtle (and I mean subtle) body language can totally stump even the best animal enthusiast. So for this newsletter, I decided to explore some of the more common, yet mysterious behaviors of cats and what the experts had to say about why they do what they do.

Why does my cat lick me?

The experts believe that cats lick as a way of showing trust and care, which is similar to why dogs lick. When your kitty feels safe and happy, they show that affection by grooming you with their little sandpaper like tongues. So take it as a compliment the next time your cat comes up and starts licking you.

Why does my cat bite me when I pet them?

Your scratching your kitty on their favorite spot and the next thing you know you've got bite marks on your hand. Why? On this subject the experts don't agree. Some call it "love biting" while other calls it "petting-induced aggression." Here are some of the theories on why this occurs. One theory is that it may be that the cat is trying to seek control over the situation. Another is that they become over stimulated and it triggers a neurological affect in the brain. A third theory is that they've told you to stop, but their body language is so subtle that you didn't pick up on the clues. I personally believe it is the last theory since I had a cat that would bite for exactly this reason.

My cat Ash would always cuddle and want affection at the end of the day when it was bedtime. He would lay on me and I would pet him, and after a few minutes he would bite me and then leave. Because it was dark, I couldn't see his signals to stop petting, so I came up with another way. I would pet him a few times, and then say (telepathically), if you want me to keep petting you, reach out and touch me with your paw. Low and behold, he would gently reach his paw out and touch me. So I repeated the pattern with 3-4 more pets and then stop. If he wanted more, he would touch me, and so the pattern continued. Once he stopped signaling me with his paw, I stopped petting. Sure enough, within about 30 seconds he would get up and leave. I got to where I could actually feel the shift in energy and know that it was time to stop. He was happy and so was I.

Why does my cat meow at me?

I'm not talking about the typical vocalizations such as hissing, spitting, growling, etc. I'm talking about

meowing or even yowling (long drawn out meow which can get quite loud). Meows can have many vocal tones, pitches, volumes, lengths and frequencies, but the experts agree it is for one reason...to get your attention because they want something. Kind of like when a baby cries to get your attention, cats using meowing in the same way. But what do you do if the vocal requests are continuous or become obsessive? First, make a vet appointment as there could be a physical issue. If that gets ruled out, try communicating by sitting quietly for a minute and ask them what they want to tell you. Notice the first thought that “pops” into your mind (especially if it seems random or it wasn’t what you were thinking about). Then say to them “are you trying to tell me ___?” They will be happy to know that you are trying to understand them and hear what they are trying to tell you.

Why does my cat head butt me?

Believe it or not, it is not exactly a sign of affection, more like they are marking you as safe. They share this behavior with cats in the wild. “Bunting” (the technical term for head butting) allows the cats to deposit facial pheromones on people or objects in their environment. The belief is that cats do this to mark something as safe. So while it may not exactly be an affectionate act, you should take it as a compliment that they trust you. What if your cat doesn’t do this? Don’t worry, it doesn’t mean your cat doesn’t feel safe or that you’ve done something wrong. Each cat has their own nuances, so a lack of bunting does not indicate there is a problem.

Why does my cat knead me?

Kneading (or making biscuits) is an instinctual behavior that begins shortly after birth, and actually stimulates the milk flow in the moms during nursing. Experts believe that as cats get older, the behavior continues because it is comforting or can help calm anxious feelings. If your cat is overly obsessed about kneading, or attempts to suckle on you, a toy, the dog, a blanket, or whatever, it may be a sign that they were weaned too early. If they are kneading and suckling so much that they are ingesting parts of the object they are suckling, then you may need to talk to your vet. Otherwise, sit back and enjoy the kitty massage.

Why does my cat stare at me?

Experts believe the prolonged stare could be a signal that they are hungry and want something to eat. Maybe they want food, or maybe they want a few more pieces of kibble added to their food bowl so the bottom of the dish isn’t showing. Although it may not be a priority for you, remember, it is a priority for them (and maybe they’ll stop staring at you).

Why does my cat like to sleep in small boxes or tiny spaces?

There are a few theories that the experts have come up with as to why a cat will stuff themselves into a small box, bowl, or in my case a 9x12 baking pan I left out once. Small spaces equal safety. Many cats will seek out a “den-like” structure because they feel more secure and can sleep more deeply than in an open environment. Like their wild counterparts, cats require stealth for survival. So hiding in small spaces help cats be more successful. Instinctually, momma cats will seek out a small space to give birth as it offers the best protection for her babies, keeping them safe from predators. And finally, cats like to be warm, so small spaces offer a quiet, cozy space where they can feel warm and snug and sheltered.

I hope this helps give you a better understanding of your feline friends and why they do what they do. While each cat is unique and may not fit the mold exactly, I found the experts insight helpful in understanding the behaviors of the mysterious creatures we call cats.

GRAND OPENING!

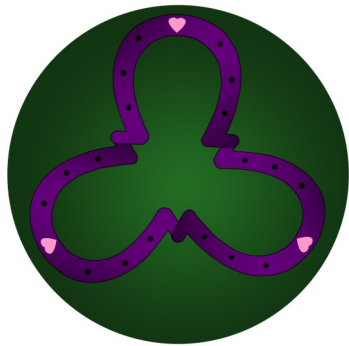
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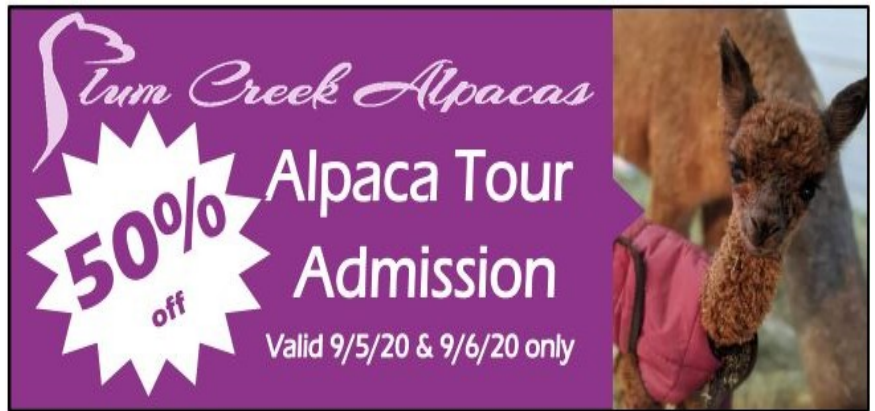
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