



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

Part 2.1

## Lost Animals

When working with lost animals, it is always a good idea to first get a sense of whether the animal is living or passed away, in order to know what to place our focus on in the session. The focus of a session with a passed lost animal is going to be quite different than with a living animal that is lost, because with the latter we are focusing most of our energy on attempts to help that animal be found, and with an animal that is passed, the focus is on closure.

Because the information coming through from an animal often feel the same, whether they are still alive or on the other side, we feel like it's almost impossible to tell the difference, because for us it feels so similar. But there are subtle differences that help distinguish between the two.

Typically for me, the way I distinguish it is if I can actually feel their spirit come close to me, as if they are literally there interacting with me, which feels much more different than when I am connecting to an animal that is still living. It's almost as if when I connect to an animal still living, that I am "coming to them", I am sending my energy outward to them, whereas with an animal that is passed, they are "coming to me". When an animal that is passed comes through, it will often feel as if they are above us, or around our heads or upper bodies. When we are connecting to an animal that is living, it is much more of an outward, horizontal connection.



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

Even though the other side is all around us, and intertwined with this side, in this context I like to think of it as they do in shamanic practices. Of this waking living world being the middle world. The higher realms of spirit is the upper world. Connecting to other living beings, we are expanding our awareness outward in the middle world, horizontally outward, to connect to the animal's heart center. Connecting to spirits, we are expanding our awareness upwards, to the upper world, vertically above us, to connect to the spirit there.

So if you are unsure if the animal is living or passed, you can ask the animal to show you through their energy if they are living or passed, and notice if you feel drawn outward horizontally, or if you feel them connect to you above you or around your head area. Do not just rely on receiving an image like a car accident or anything like that, that you might typically interpret as a passing, because that doesn't have to mean that they are passed.

It can be a good idea to try connecting to a few different animals that you already know if they are passed or living, and see if you can sense a clear difference in how they feel to you. I know it can be hard because it's a question that holds a lot of pressure, but if you practice with animals you already know are passed or living (probably best to do this with animals that haven't been yours personally, but maybe friends' animals), then you lower the pressure while you focus on feeling or noticing the difference. I know I say "feel" here a lot, but sometimes it will come through as an image of the animal running to me for example, and i can tell the animal is on the other side, again because they are coming to me, versus me "coming to them" energetically like in normal animal communication.



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

Please note that it's helpful to use your own discernment in terms of whether or not the person you are doing a session for is open or ready to hear about whether or not their animal is passed. Make sure you let the person know that you like to first get a sense of whether living or passed, but that you could absolutely still be wrong about it as you're interpreting energy. I never want to take away hope for people, but I also will be honest with them what I am getting, and also make sure they know that I could certainly misinterpret the energy. Some people might not be ready to embrace the fact that their animal could be passed. And so, I would make sure you don't just run them over with that information without first giving a warning and getting a sense if they're open to knowing that.

On this topic, you can absolutely take it slowly. You can say you aren't sure if the animal is living or not if you aren't sure. Then as you continue the session it might get more and more clear. Sometimes I won't really get a clear sense with the animal just from how it feels to connect to them. Sometimes it's more through the types of information they give me that tells me whether they're living or not. Typically, with an animal that's passed it will start to feel very much like a normal mediumship session in terms of the info: they'll show you about themselves and their personality and go into their messages for their human. With animals that are still living, the focus is more on helping them find home or helping their humans find them. Most animals that are lost and still living have less bandwidth to share with you cute stories about themselves or about their likes/dislikes.

If you have a hard time connecting with the animal itself, you might ask an animal on the other side who is connected to the human, to help out. They might be better communicators and more clued in to what's going on and how to help.



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

Some of my experiences:

- Cat that was trapped in a garage/shed type of space, came back home after 45 days away, really dirty.
- Cat wandered too far in the woods behind her home, gone for 5 days.
- Dog – Josie
- Very old cat disappeared to die on her own.
- Several cats gotten by coyotes or other animals
- Cat killed by human cat killer (Washington).
- Dog wandered off for a few weeks, humans thought it was taken by humans,
- Cat wandered off to become a neighborhood cat a ways away, and came back randomly 7 years later as someone took him to the vet to check his chip, and called his old owners.
- Cat was under neighbor's bushes (could have gotten out), but passed by the next time I connected to her.

Pitfalls of this type of work:

- High pressure
- Time sensitive
- Out of our hands – Might not be in the cards to be found – Bigger-picture timing of their passing etc.
- No guarantee of a happy outcome even if we are giving the correct info and doing our very best
- We tend to get more tied to the outcome if the animal is still alive... Takes more work to stay objective.
- Have to be able to step away and know you are just one part of the puzzle, and you can only do your very best, knowing that that isn't always enough.
- It's very easy to let your own boundaries slip and that can be exhausting
- It's also extremely rewarding when you get to be a part of someone's reunion.
- Or if they don't reach the animal in time, you might be part of their closure, which is also extremely rewarding.



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

We have to be able to disconnect from the outcome of the situation: in order to be as pure of a channel as possible for what's coming through from the animal. If we're tied to a certain outcome, let's say tied to wanting the animal to be found, whole, and in tact, the same day, we might be blocking some of the information coming through, if for example the animal is already passed or if the animal is far away from where they went missing.

So here are the techniques I would use when working with lost animals, especially those that are still living:

- Communication with the animal to get details of their surroundings:
- Landmarks? Immediate environment?
- Stuck somewhere? Just not able to find back?
- Are they staying away from humans or interacting with them/or seeking them out?
- Are they being taken care of with food or housing?
- Why are they gone? Did someone take them, or did they go off on their own? Did they get startled and run? Did they decide to go exploring? Did they just not find back?
- Communication with the animal to help them find their way back:
- Talking the animal through what the home looks like
- Encourage them to make sound so their humans can hear them
- Encourage them to go up to a house for a human to see them
- Encourage them to stay in one spot if that seems safest
- Communication with a different animal that is passed that might be able to give helpful info. If the person has animals that have passed away, they often have a pretty good overview of what's happening in life with the living animals, and can potentially provide helpful information to find the lost animal.



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

Other tips for the humans to help them find their animals:

- Putting up fliers and posting on social media and nextdoor.com
- Notifying the neighbors
- Checking with local vets and rescues
- Putting the animal's (and//or human's) bedding outside and food or kitty litter etc, to help them find home through smell
- When calling for their animal, trying to use their normal voice as they usually would, so it's recognizable for the animal (instead of yelling their name, because that sounds very different)
- Coaching their human through how to connect to their own animal and sending them thoughts and feelings that will help them find home
- Can use a recording of another cat in the home's meow, and play it outside so help the missing cat recognize it and find home.
  
- Psychically: Allowing your body's intuition to guide you. Mentally place yourself in the home (or spot they went missing from if it wasn't from home), and then see which direction you feel drawn. I might imagine I am standing in the home, looking out the back door, and I set the intention of finding where the animal is, I notice which direction I feel drawn.
- Psychically: Look at a map of the place they went missing from. Notice which direction do you feel drawn on the map. Do you feel like they're far away, or close by? How many houses or blocks away?
- If it's a big overwhelming area, like a city, use the technique of breaking the map up into quadrants, and narrow it down from there.
- Map quadrant technique: If the animal is lost in a city for example, It can be really overwhelming to our intuition when there's literally billions of possibilities of what could have happened.



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

If this person reached out to me for help, I would start with the basics of living or passed, then move on to whether or not it feels like he's with humans or not (is he being taken care of, or is he still loose). In either situation, I would look at the map (and zoom out quite a bit probably), then I would mentally divide the map up in 4, and see first if I feel drawn to the upper two quarters or bottom two. Let's say I am drawn to bottom two. Then I would feel if I feel drawn to left bottom side or right bottom side. Let's say I felt drawn to the bottom left side. I would then zoom in on that, and do the same process of mentally dividing it into 4 quarters, and see which quarter of the map I feel drawn to. This technique is especially helpful in a situation like New York or other big city that's so overwhelming.

If he's been taken in by humans, you can then see if you get a sense of if it's a rescue situation or just normal humans. If normal humans, the owner is going to be dependent on making sure she's put up fliers and posts on all the internet platforms. But from there it's very much out of their hands. Some humans will take in an animal, even from a good intention, and just not ever seek out the original owners.

If it feels like a rescue situation, you could always make a list of all the rescues in the area, and see which one on the list you feel drawn to (Could even try the map technique, just with the list. So do you feel drawn to top half of list, or bottom half, then continue to break it down from there).

This technique of breaking it down and gradually seeing what part's you're drawn to, is something you can practice even just with playing cards. Take 12 cards from the deck, decide on one of them that you're going to find, then shuffle and lay them out face down. Then mentally divide them up into the 6 at top, and 6 at bottom. If you're trying to find the 8 of hearts, do you feel yourself drawn to the top 6 or bottom six. OK, top 6. Do you feel drawn to the top 3 of those, or bottom 3 of those, Do you feel drawn to right side or left side. Etc. Until you've narrowed it down. Just a technique of narrowing down gradually step by step, so you aren't overwhelming your intuition.



# ANIMAL COMMUNICATION INTERMEDIATE COURSE

If the animal is passed away already, then the information will likely shift into more of a mediumship reading:

- How did they pass? (Keep in mind, all of this might be too fresh for the human to be open to hearing any details about this. Keep it brief without going into too much detail, and maybe only go into this if the human has asked specifically)
- What happened?
- Where did it happen?
- Is there a body left that will be easy to find for closure?
- Other things about them and who they were in life
- How are they doing in the spirit world? (Keep in mind, even when an animal passes tragically, they are still completely fine in the spirit world. They aren't stuck anywhere. It's important to let their human know this)
- What messages do they have for their human?
- How do they show that they are still around in their humans? Signs or ways they connect?
- Do they plan on reincarnating and coming back, or no?

I also want to note that just because you can connect to lost animals does not mean you have to. This is not something that every animal communicator does. It's always up to the individual animal communicator to decide what feels right to them. It can be a really nerve-wracking type of work that is hard for some of us to stay neutral about, and some of us don't have the constitution to do this kind of work in a sustainable way. Personally, I've gone through phases where I offer sessions for lost animals, and then I'll hit a wall because it starts to feel draining to me. Then I'll go through a period where I feel like I have the extra energy to do it. Right now at the time of filming this, I'm not offering it, but might open it up again for that in the future. If you are open to offering this as a service, then it can be an extremely rewarding work, that is hugely helpful for people and their animals.