



ANIMAL COMMUNICATION

FOUNDATIONS & DEVELOPMENT

The ways in which we function as intuitive beings

All animals use several modes of communication to communicate with other animals and with humans: vocal language (meows, barks, neighs), body language, and telepathic (intuitive/psychic) language, and they will often use all of these at the same time. Telepathy is just the ability to communicate across a distance, through the mind. This is a reality based in the concept that we are all connected: The seeming distance or boundaries between us simply do not exist, or rather they are irrelevant to our connection. Think of it this way: We are all spiritual beings incarnated in our present physical bodies in order to experience life. But we are at our essence still spiritual beings, and our spiritual bodies, our spirits, are not limited in the way we think our physical bodies are. Animals are spiritual beings too, and thus we can connect with them not only on a physical level, but also on an energetic or spiritual level, spirit-to-spirit and heart-to-heart.

The ability to communicate with animals is something we are all born with. It is our natural state of being. Just like other animals, we all naturally communicate through vocal language, body language, and telepathically. This is how we are wired. But because all of these types of communication function like muscles, if we don't use them, they atrophy because it's not something we're really encouraged to use. Luckily, like all muscles, we can practice using our abilities until they become as strong as our physical senses.



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Telepathic communication with animals, or what we call Animal Communication, is an intuitive or psychic art form (I use the terms intuitive and psychic interchangeably). The information coming through from the animal is expressed to us through our intuitive senses. What happens is that the information we are given while doing any type of reading (whether it's from an animal or someone's energy) is filtered through our central nervous system, ending up as internal sensory impressions: images in the mind's eye, feeling physical sensations or emotions, internal hearing, etc. We often say that these sensory impressions come through our psychic senses:

- Clairvoyance – Clear-sight.
Internal sight. Seeing in the mind's eye, similar to when you are dreaming or daydreaming. Can appear as pictures, symbols, or movie-like clips.
- Clairaudience – Clear-hearing.
Internal hearing. Can come through as if it is from your mind, similar to when you replay a conversation in your mind. Can come through as words, sounds, songs, or whole sentences.
- Clairsentience – Clear-feeling.
Feeling information through physical sensations in or on your body, and feeling emotions within.
- Clairgustance – Clear-taste.
Tasting information, such as tasting the taste of beef, or peanut butter.
- Clairance – Clear-smell.
Smelling information, such as smelling cat pee or hay.
- Claircognizance – Clear-knowing.
A piece of info comes through as if you just know it, without knowing how you know it.



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In a reading, you might naturally notice one of your senses more than you notice your other senses. Sometimes I'll have students who have been told by others that they're a clairvoyant, or that they're a clairsentient. Or they take a test online that tells them which clair they are. And then they start to identify as that one sense, as someone who is strongly visual, or strongly feeling, or whatever it is that they've been told and then they start to ignore their other senses. That can lead to a lot of struggles in their readings because they're hyper-focusing on just one or two senses, and then ignoring or distrusting the other senses. And I don't want that to happen to you, because it leads people to block out a lot of the communication coming through from the animal! Don't get too hung up on, or attached to which of your senses seem strongest right now.

When we're communicating with an animal, we are actually all receiving information through several of our psychic senses at once.

If you think about it, each experience we have in life, whether we are human or animal, includes the external world (whatever is in the environment around us, and whatever actions are happening: what we're seeing, physically feeling, what we're hearing, what we're smelling or tasting, etc). And also each experience includes the internal world (what the person or animal is thinking during the experience and what they're feeling emotionally). So each experience in life includes both the external world and the internal world of the person or animal, so that's lots of sensory experiences as well as the internal thoughts and emotions. There's the visual part of the experience, the auditory part of it, physical sensations, and emotions, thoughts, and sometimes tastes and smells too. So each experience is highly multisensory and also includes thoughts and feelings.



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If you think about a memory you have from your own past, you might see that memory play out visually in your mind, you might have certain smells or sounds attached to that memory, you might have certain feelings, thoughts, and physical sensations attached to that memory, and in addition to all those sensory aspects to the memory, you also have your current thoughts or opinions about that memory. So you have the memory that evokes all those different sensory experiences, as well as the thoughts or feelings about that memory. And it's the same when an animal wants to talk about something in their own life. In animal communication, they are actually sending you the energy of their own experience and their own thoughts related to their experiences, and that includes both the external world and internal world, and then we as the animal communicators get to experience that communication in a very multi-sensory way too.

And it's a good thing that we receive information through multiple senses at once. It helps us understand more fully what the animal wants to communicate. For example, if a cat wants to talk about how he dislikes one of the other cats being in the bedroom with him, the cat will send the energy of that experience, and then I the animal communicator experience that communication through several of my psychic senses at once: I might see a picture in my mind of another cat, and at the same time I might feel a feeling of anger in my body, and I might hear the word "bedroom" in my mind. So all those different impressions I'm getting help me understand what the cat is trying to communicate with me: that he feels angry when he sees the other cat is in the bedroom. And then I might also get other impressions that help me understand the situation even more: like a feeling of being territorial and possessive, and an image of the bed – He's possessive of the bed. And that gives me more clarity on why the cat doesn't like the other cat being in the bedroom. He wants the bed to himself. And then I might also smell the smell of cat pee, and get the sense from the cat that he's been trying to express all his displeasure by peeing on the bed.



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Now let's talk about clarity of the impressions you get: There's no right answer to this next exercise by the way. It's just to illustrate a point.

Try bringing to mind a picture of a rose. Notice if the picture is crystal clear to you, or if it is hazy. Notice if the picture is sturdy and deliberate in your mind, or if it is just a brief flash. Information coming through your psychic sense of sight might appear in any of these ways, and that is normal. Clairvoyance doesn't come through crystal clear every time. When I receive information through my clairvoyance, most of the time the images are just brief flashes, or I only see vague outlines. I often am shown just enough for me to get the gist of the information. This can also change, even just in the span of one reading, some things clear and some hazy. The same goes for all the psychic senses. If you bring to mind a smell, you might experience a similar variation in clarity.

Most of the time, the communication coming through will feel quite subtle. It's not going to hit you over the head with clarity. Also, do not expect the communication to come through in full sentences. I know we call it "communication", but that doesn't mean we'll just hear words. Most people are not going to hear full sentences from an animal. I almost never hear full sentences from an animal. It will likely be a mix of subtle impressions, through several psychic senses.

Also, everybody's brains are so unique. Some people have what is called "aphantasia", which is where a person can't imagine any pictures in their mind, no matter how hard they try. And if you can't imagine anything through that sense, that also means you probably won't receive information through your clairvoyance either. The same could happen with one of the other senses too. If that is you, no problem! You can absolutely still communicate with animals. You might just rely more on your other senses. Just a note that aphantasia is only if you truly can't see anything in your minds' eye. If you can see something, but it's quite vague or unsteady, then you don't have aphantasia. And again, same for the other senses. If you can imagine a sound, but it's not super clear, then you don't have the auditory equivalent of aphantasia.



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In your development you might find that as you develop as an animal communicator, you improve in another type of intuitive reading without any additional effort. This is because everything that goes under the category of “Psychic Abilities” is interconnected. This includes Animal Communication, plain Psychic Readings, Remote Viewing, Medical Intuition, Intuitive Card Readings Psychometry, Angel Readings, Mediumship, Spirit Guide Readings, Scrying, etc! This is because “psychic abilities” just means the ability to receive previously unknown information through one’s psychic senses. The type of reading you do dictates who or what you gets the information from. So if you work on one type of reading, you are strengthening your psychic senses, and as a result you will have an easier time doing another type of reading.

Animal communication is what I would call a communication-type reading, where someone (an animal, living or passed) is actively communicating with you, and you might find other communication-type readings, such as mediumship (humans that have passed away) especially easier than previously.

Your psychic senses are like muscles in the body. You might begin to take boxing classes once a week and thus strengthen your muscles that way. If you then begin to take rowing classes, you will automatically have a leg-up in it, because you have already strengthened your muscles some. The same goes for doing different types of readings.

“We often say that psi [psychic abilities] is like musical ability: it is widely distributed in the population, and everyone has some ability and can participate to some extent — in the same way that the most nonmusical person can learn to play a little Mozart on the piano. On the other hand, there is no substitute for innate talent, and there is no substitute for practice.” – Russel Targ, *Limitless Mind*.



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When I say your psychic senses are muscles in the body, I mean that quite literally, in that they are human functions that need to be used and practiced with in order to strengthen them. Practice is one of the most important steps in your development as an animal communicator, as not only does it strengthen your abilities, it also helps you experience and get to know how your own abilities work, and all the various aspects of animal communication. Additionally, through feedback, you learn how to use your abilities better.