



# ANIMAL COMMUNICATION

FOUNDATIONS & DEVELOPMENT

How to send effectively in readings and with your own pets

Directing your thoughts to an animal is enough to send the energy of what you wish to communicate. Speaking out loud to an animal can also work, because as you're talking out loud, you are automatically sending the energy of what you wish to communicate. But you do not need to speak out loud for them to understand you. Directing your thoughts silently to them works just as well. That energy is then translated for the animal in a way they can understand it.

The same thing happens the other way. They send the energy of what they wish to communicate. That energy is then translated into internal sensory impressions (through our psychic senses), in a way we can interpret and understand it.

While thinking thoughts to the animal is usually enough to communicate, it can be helpful to clarify our message by also bringing to mind the images, feelings, and additional sounds of what we wish to communicate. For example, if you wish to communicate to an animal that you would love for them to give you more space in bed while you sleep at night (if you have a dog who likes to spread out all over the bed, let's say) you would say that to them mentally, and also bring to mind the image of them laying more towards the side of the bed, laying next to you peacefully, each of you having plenty of space around you, and also bring to mind the feeling of how grateful you would be and how peaceful it would feel. All these sensory impressions help clarify exactly what you mean and wish to communicate to the animal.



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It's important to note, that when communicating with an animal about behavioral challenges, you want to focus on the thing you want the animal to do, instead of the thing you want them to stop doing. For example, if you don't want the dog to jump on other people, don't ask the dog to not jump on other people, because you are sending the dog the energy of them jumping on other people, and it all gets very confusing for them. It's like they don't understand the word "don't". What you can do is ask the dog to keep all four feet on the ground when greeting others. Of course it helps to ask the animal why it does the undesired behavior and if there's anything that can help change it. We'll go deeper into this sort of thing later in the course.

How we receive:

We receive the communication from the animal by keeping our awareness on them, as a way of "listening", while noticing anything and everything coming through our psychic senses: images in our mind's eye, words or sounds in our head, feelings in our body, etc.

Thanking and Disconnecting:

When we are done with the conversation, it is important to remember good manners and thank the animal for connecting and sharing. During this class, it would be kind and considerate to thank the animal for helping you improve your animal communication abilities as well.

Once you are ready to disconnect, you don't really need any ritual for breaking the connection. The main importance is where you put your awareness, so once you start to think about and put your awareness on other things, that's going to break the connection naturally. If you feel like it's helpful to having something concrete to do to signal the end of the session, you might want to do a visualization, of seeing the light connecting your heart with their heart, of seeing that light disintegrating or falling away. At the end of a session with clients, I will state out loud that I'm disconnecting from their animals.



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How information is filtered through our own brains and perspectives

There is this question that I get a lot, from students is how do you discern between what's just from your imagination and what is from the animal. First, I want you to become friends with your imagination. Your imagination is just a tool: a tool for your brain to create things, and a tool through which energy describes itself. So in a reading with an animal, the information coming through is being described to you through your imagination.

Your brain is essentially a box of all the experiences and knowledge that you've gained through your life. It's filled with all the animals you've known, it's filled with all the people you've known, all the knowledge you've learned, all the experiences you've had, things and places you've seen. The energy of what the animal wishes to communicate is being translated to you through this box. It is the vocabulary through which you understand energy.

So let's say the dog you are connecting to is telling you that she is very anxious about strangers, that might then come through for you as an image of your old dog who was very anxious about strangers. It's a shorthand way for the energy to explain itself, by being translated in that one image of a dog you already know.

Because different animal communicators have different boxes of "vocabulary" (we all have different experiences and references), they usually result in different readings, even if they connect to the same animal. So if we have two animal communicators connect to the same animal, the readings should generally be in the ballpark of each other, but one person might be better at picking up on and understanding the medical aspects from an animal, while another person might be better at picking up on and understanding the emotional things going on, etc.



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How I think of it is that the animal is sending a lot of information at the same time about one particular subject, and not all of that information makes it through the animal communicator's brain/translation, partly because it's a lot of information at one time, partly because the animal communicator's brain might not have all the right "vocabulary" (references in the brain) to understand it all, partly because we all have different interests and specialties in what we like to pick up on. So it is completely natural for your own readings to differ somewhat from other people's readings with the same animals, because we all have different vocabularies, as well as different strengths and interests, and the communication is all being filtered through all those things.

Because of the way in which the information is being filtered and interpreted through our minds, this also means you have to keep a very open mind in order to allow through what the animal truly wishes to communicate. Your prejudices, thoughts, preconceived ideas, etc. will create a filter through which you interpret the information. If you are for example very anti-euthanasia, you might subconsciously be blocking a message from the animal that they might prefer to cross over in that way.

The best way to approach a session is through an open mind, and allow yourself to be surprised. There is just as much variety and unique opinions among animals as there are among humans. Going into a session with the attitude that you already know what the answer is a good way to block true communication. Keep your mind open, even about things you are pretty sure you know about already, and allow the animals to show you what's true for them.



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To go back to the question of how to discern between what you're just making up and what's from the animal, it's not helpful to go into that mode of thinking while you're doing a reading. Sometimes students will take every impression they receive and go into their head to logically decide whether or not that impression can be trusted, to decide whether or not that impression was from the animal or they just made it up.

There are so many problems with trying to do that. First of all, your focus has shifted from listening to the animal, to just focusing on trying to logicize your way through the session, never get anything wrong and only accepting what your logical brain thinks is likely to be truly from the animal. That is not how we do a reading! The fear of being wrong about something or the fear of just making things up will almost guarantee that you start to make things up, or at the very least water down true communication, and say only the impressions that you logically think are more "likely" to fit, and so on. All horrible habits. Your logical brain should not be invited to make any kinds of decisions about whether or not the impressions you get can be trusted. It is actually getting in the way of getting into a good flow of communication with the animal.

The worry about whether or not you're just making things up comes from a couple of things: communication coming through from an animal, and the experience of making things up with your imagination, both those feel eerily similar. And you won't know if something is correct until after you say it. That is just part of doing readings (animal communication or other kinds of intuitive readings). We feel so uncomfortable sharing our experience in a reading without first knowing if it's true. We have a hard time saying "this is what I'm experiencing", and having that potentially be seen as incorrect. So we'd rather not say what we're experiencing, and then you're stuck.

You have to be willing to be wrong in order to be right on! Allow yourself to experiment.

You're still learning after all!



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Instead of worrying if the impressions you're getting are wrong, stay curious and shift into wondering if what you're getting is right!

So I will say your best bet is to put the question of "is this really from the animal, or is this just my brain making it up?" to the side. Decide for the next 15 minutes or however long you're going to be connecting to the animal for, that for these next 15 minutes you will accept and allow through whatever comes through. Then afterward the session, if you want, you can go into discerning mode when you're getting feedback from the animal's human, or if you're connecting to your own animal companion you can see how it makes sense in the context of what you've noticed with your animal. We'll talk more specifically about connecting to your own animal companions in a little bit.

The other tip I have for you is to take stock of how you yourself are feeling before you sit down to do the reading. Where do you have aches and pains, what worries do you have, what things have you been preoccupied with today, what assumptions do you have about the animal you're about to connect to. Just taking a moment to take stock of those things. Remind yourself that just because you assume something, doesn't mean it's necessarily based in truth.

Taking stock of all those things can allow you to then put those things to the side for the moment. Then if any of those things come up again during the reading, then it's important to take note of it. It's through the feedback from the animal's human later on that you can get a sense for if you were connecting, or not, or where you may have misinterpreted certain things or allowed your mind to wander.