



# ANIMAL COMMUNICATION

FOUNDATIONS & DEVELOPMENT

## Step 1: A shift of perception & states of receptivity

Everything is connected, every person, plant, animal, object, particle is part of the same oneness, part of the same fabric of the universe. The seeming distance between us doesn't truly exist, because we're all connected. Connecting soul-to-soul with an animal is as simple as focusing our awareness on them.

When we connect with animals, we are connecting soul-to-soul with them, and then sending each other the energy of what we want to communicate. Noticing the communication coming through from an animal takes a shift in perception, from experiencing communication through our physical senses, to experiencing communication through our souls and psychic senses. This shift in our perception happens from relaxing the logical thinking brain, and moving into a receptive state of mind. We can think of this receptive state of mind as a very light trance. We all go into light trance-states several times every day. Any time you zone out or daydream you go into a light trance. In animal communication you are focusing your awareness on the animal, and shifting your perception into that light trance-state to notice the impressions coming through your psychic senses.



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Remember that information coming through our psychic senses will likely feel quite subtle. In order to notice them more, we have to practice quieting down our normal thinking patterns, our logical thinking brain. In order to shift into that open receptive state of mind for animal communication, and quiet down our normal logical thinking brain, there are a couple of things that can be helpful to do and also things that are helpful to avoid.

Helpful for practicing accessing a light trance-state at will:

- Counter-productive to the light trance-state:
- Meditation
- Visualizations or guided meditation
- Walking in nature
- Binaural beats, or brain wave music
- De-focused vision

Counter-productive to the light trance-state:

- Worry or anxious thoughts
- Doubt
- Reasoning thoughts (“the answer must be x because y and z”)

With animal communication, there's two ways to use meditation: in a daily practice, and as a tool to prepare before a reading.



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Meditation as a daily practice (or several times a week, if not daily) :

People equate meditation with relaxing physically. But that's not really the point of it (though some types of meditations do end up relaxing you physically too). It's about relaxing the logical thinking brain / anxious thinking brain and quieting our thoughts. This is a skill we can build by doing meditation regularly. We need that ability when we're doing animal communication so that we can sense the subtle impressions we're getting from the animal. And so practicing meditation daily can be a huge help for improving your animal communication abilities.

Meditation is essentially any practice that helps you get present and quiet your thoughts.

Examples of meditative practices:

- Sitting meditation where you focus on your breathing and count your breaths
- Walking meditation in nature
- Open monitoring meditation (aka “open awareness meditation”), allows thoughts to come and go without attachment.
- Mantra-focused meditations
- Guided meditations
- And many more!
- For some people something like jogging is very meditative. I am of the opinion that whatever works for you is great!



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Meditation as preparation before a reading:

The reason we also encourage meditation before doing an animal communication session is because it's a useful transition to move from our day-to-day activities to then get present in the moment, release our to-do list and our normal thinking patterns (thinking about what needs to be done or what just happened at work, etc.), so that we can be fully present with the animal. It can help prepare us to connect because it helps us get present and ready to connect.

Please remember you don't want to get too deeply relaxed before or during a reading, because it could actually slow down your flow of incoming communication from the animal during the session. Finding a good middle ground is good.

Please note: when we connect to an animal in a reading, we don't want to be in a super relaxed state, usually. This can be confusing, because meditation is such an important part of developing as an animal communicator, but in the actual communication with an animal and bringing through information from them, we are in a heightened state, an almost hypersensitive state, while also having a center of stillness that has been developed by the meditation practice. Animal communication is quite active, in that we are alert during the animal communication session, and passive enough to be open to whatever the animal wants to share, but active in acknowledging the impressions we are getting from the animal, and active enough to follow the communication.

Some students struggle with a very slow slow slow flow of communication from animals, and I find that it's often because the student is going too deeply into a relaxed state right before the communication session or during it. You want to find a good middle ground. Not get too relaxed before or during the session, but work towards calming your own thoughts before the session is good, just try not to go into too deep of a relaxed state.



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There are several ways in which you can practice getting into a light trance state faster. One way is to use defocused vision. This is where you consciously de-focus your eyesight as you normally would do subconsciously when you daydream. Basically, your vision naturally defocuses any time you day-dream. So you can reverse engineer that day-dreamy state by actively defocusing your vision first. If you are not sure how to do this intentionally, try staring at a lit candle, and then try staring through the lit candle, so your vision defocuses. This shift in your vision signals to the brain to slow down into a light trance state. Some people might achieve the same result by closing their eyes and looking up at a 20 degree angle. There also exists specific types of music (often called binaural beats, or brain wave music) that are designed to help you get into the different trance states more easily. While all of these techniques are wonderful support for your meditation practice, they should not replace it.

The questioning, thinking, doubting, reasoning mind takes you out of the light trance-state, drowning out the subtle impressions you're getting from the animal. It's normal to doubt and question what you're experiencing when you're doing a reading, especially at the start of your development, but I recommend putting those thoughts on hold until after the reading, so you're not getting in your own way and making it harder for yourself. Then after the reading, feel free to pull apart and question as much as you want. So make it a habit for every time you practice animal communication to put aside all doubts for the 15 minutes of your practice, and allow yourself to accept and acknowledge everything that comes through. And then afterwards you can sort through it.

Ok, so we've talked about the first step to animal communication which is to shift our perception, using something like meditation to help us get centered, release our day-to-day life and thoughts, so we can be present with the animal and so we can more easily notice those subtle impressions coming through from the animal.



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Step 2: Expanding and directing your awareness to the animal

After getting into a state of receptivity, the next step in doing a reading is to expand one's awareness and direct it to the object of the reading. In the case of animal communication, that means expanding your awareness to the animal you are communicating with.

You know how you are able to keep your eyes on one thing in the room while keeping your awareness on something different happening at the other end of the room, without looking over there? That's kind of similar to what we're doing with our awareness when doing a reading. Physically we are typically sitting down in front of the sitter (the client), and we might even be looking at them, but energetically we are stretching our awareness to the animal we are connecting with. Our awareness is on what we are reading or connecting with, and it should stay there throughout the session.

Let's do a short exercise right now to help you get a sense of what we want to do with our own energy-field and our own awareness when we're doing Animal Communication.

Take a moment to close your eyes and see or feel or visualize a light shining at the center of your being, perhaps at your solar plexus or heart center. This light is part of your energy. With each exhale see or feel that light shine brighter and grow bigger and bigger, until it fills your entire body. Then with your next exhale, feel it expand out beyond your body, into the space around you, growing bigger around you, so you are completely surrounded by your energy. Now notice what your energy feels like when it is expanded out around you like that.



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Now think of an object in the room you're in, it doesn't matter which object or piece of furniture, and I want you to visualize or feel your energy-field now stretching out to become one with that object. As you are merging your energy and awareness with the object, notice what it feels like to be this object. What do you notice? Any feelings or sensations come up? What textures or quality of material do you notice in the object? What emotions? What does it sounds like from there? What is the perspective on the rest of the room like now from here?

Now visualize or feel your energy and awareness disconnecting from that object, and stretching your energy to become one with one of the walls of the room. Again notice what it feels like to be this wall. Any feelings or sensations come up? What textures or quality of material do you notice here? What emotions? What does it sound like from this wall? What is the perspective on the rest of the room like from the vantage point of this wall?

Now visualize or feel your energy and awareness disconnecting from that wall, and stretch your awareness and energy onto the roof of your home. Again notice. Any feelings or sensations come up? What textures or quality of material do you notice? What emotions? What is the perspective from here like? What does the breeze feel like along this roof?

Now call all of your own awareness and energy back to your body, easily bringing it back from all those places you visited.



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When expanding and directing your awareness and energy, all it takes is having a clear intention to expand your awareness, and a clear intention for where you want to direct it to. This exercise above gives you some experience with how to expand and direct your awareness in a conscious way, like we do when doing readings. Here you were becoming focusing your awareness on an object, or wall, or roof, and merging your awareness with those things, and then noticing what intuitive impressions you got from those things. With animal communication, we want to do the same thing with our awareness and energy: expand our energy and focus our awareness on the animal. The more you can practice expanding and directing your awareness, the stronger your connection will be during readings.

This brings us to step 3 of animal communication:

## Step 3: Love and Connecting heart-to-heart

Animal communication is a language of love. We connect through love, respect, and recognition that we are all one. Before you begin connecting, it is always helpful to first bring your awareness within to your own heart and to your feelings of love for all of creation, particularly for animals. Really steep yourself in that feeling of love. Then direct your awareness to the animal you want to connect with. One way you can do that is by visualizing a bright light emanating from your heart center. Expand this light in your heart, and send it out to the animal, connecting to the animal's heart center. Once you have connected heart-to-heart, send all that loving energy you steeped yourself in to the animal. Now you have created a strong connection, and you can mentally introduce yourself and ask the animal if they would be open to communicating with you. Asking the animal's permission to communicate is an important step of respect and courtesy, though rarely would you ever get a "No" from the animal in response. I have found that most animals are happy for the opportunity to talk whether it's directly to us, or through us to their human guardians. Most beings appreciate us taking the time to slow down and listen to what they have to share, they appreciate the opportunity to be understood on a deeper level.



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I want share what a yes or a no might feel like. It might come through as literally hearing the words “yes” or “no” in your mind. But often it might come through as a feeling or sensation, or something else. A yes from an animal might feel like a subtle opening up or agreement from the animal. A no might feel like being shut out or pushed away mentally. Again, it's quite rare to get a “no”.

Some animals might be hesitant to communicate initially, either due to fear of strangers (if you're a stranger to them), or because they're worried that they're in trouble (maybe they don't know why their humans have asked an animal communicator to talk to them, and they worry it's because they did something wrong). Or could be a different reason. In any of those cases, just taking a bit of time to explain to them who you are, and why you're connecting to them (in the case of this course it's so you can learn to develop your animal communication abilities to help animals everywhere). If I'm doing a session professionally, I do encourage my clients to let the animal know that they've scheduled a session with me, and I even encourage people to let their animals know why they've scheduled the session, so that the animal knows to expect it, and hopefully will be prepared and willing. But if the animal is hesitant when I connect, I take time to explain to the animal that I am there to be their translator and their advocate and that their humans have asked me to connect to them to see how they're doing and see how we can improve their lives and help them be happier and more comfortable. Usually that really does help. But sometimes an animal will be too hesitant, not want to connect with me (often when there's a big fear of strangers) in which case I usually will reschedule the session, and in the mean time before our next session I have my human clients really make sure to frame the future session as a positive, and talk to their animal about me letting them know how nice I am, and how much I want to help them, talk about how they want to understand their animal better so they can help them feel happier in their life. And usually the next time we try with that animal, it works just fine, they open up to the session and want to participate.

But I'd say it's quite rare again to have this happen. 9 times out of 10 animal companions are very happy to communicate. And in the case of all the animals in this course, they are eager to communicate and help you learn!