



ANIMAL COMMUNICATION

FOUNDATIONS & DEVELOPMENT

Welcome video AC course 1

Hello and welcome to my online animal communication course!

I am your teacher, Thea Strom, and I'm very excited to have you with us. I want to take a quick moment to explain how the course works here, before you get started. You are currently on the page for module 1 of the course. The modules will all have videos recorded for you, plus written transcripts beneath them in case you learn better from reading.

You'll also see guided meditations in the modules.

And you will also see some practice exercises in the modules. In these practice exercises, there will be a picture of an animal that I know, and some prompts, and you can practice the animal communication skills you learn, and connect to those animals. There will be forms beneath the pictures where you can then send me the impressions you were getting from the animal, and then I will get back to you within a couple of days with feedback on what came through in your connection. These practice exercises in the modules are a great way to get some practice with animals that you yourself don't know personally, so you can get some actual verifiable feedback on where you were connecting or not.

You should know that I am always going to be honest in my feedback, but also warm and kind and encouraging with my feedback. I know it can be scary for some people to put themselves out there in this way, but I am always on the side of helping you learn, because I believe in you and your abilities to connect and communicate, even if you're still working on uncovering those skills. I never expect anyone to be 100% correct every time. And in fact, I believe that we learn the most when we get things wrong and have to work through some difficulties. So don't be afraid to get things wrong. In this course, you're welcome to do both amazing and also terrible readings. It's all welcome.

Animal Communication course materials
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When I give feedback in the exercises, if needed I will try to give you some personalized pointers to help you out.

At the bottom of the modules there will also be homework, which are just suggestions for things you can do on your own to practice.

Please feel free to skip things as you need throughout the course. Everything is always going to be optional. I always recommend that you go through all the materials in each module, but these self-paced courses are always free for you to engage with however you wish!

If you don't have a chance to do the practice exercises this week, but want to do them in 2 weeks for example, I am always going to be available to give feedback on them no matter when you get to them, even if that's a couple of months from now.

I also want to note, that I know several of you are wanting to learn animal communication mainly as a way to connect to your own animals better. And some of you are here to learn animal communication because you're drawn to use these abilities to help other people and their animals, and not just with your own animal companions.

Either way, getting practice with other people's animals is useful, because you can get feedback that shows you you are indeed connecting, and you can gain confidence in your abilities to connect with animals generally. If you're only practicing with animals you know well, you're not getting verifiable feedback, and people can often feel a bit lost and unsure if they're really communicating or not. So I highly recommend you try to go through all the practice that is given throughout the course.



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I also want to note that a very common thought for people who are just starting out developing their animal communication abilities, is that they fear that maybe they themselves are not talented enough to do this work themselves. They stop themselves from developing because they are worried about not being talented enough. Or they get tripped up by the possibility that it isn't their "destiny" to become a reader, or worried that they were not born with the special "ingredient" for them to become proficient in developing their animal communication abilities.

These concepts and ideas of "specialness" aren't helpful and are often the biggest hurdles for students to cross. Our low self-esteem clings to these ideas, as a way to keep us from failing. To keep us from trying something new. To keep us from any disappointment of pursuing something we like and it not working out. That our desires will fail us and cause us more pain.

The truth of the matter, is that if you have a genuine interest and feel truly drawn in this direction, that is a good sign that this is the direction for you, whether or not that means you end up as a full-time animal communicator, or it ends up being part of a different journey for you. Maybe you just become highly connected to all your animal companions.

True abilities comes from how much effort and time you put into it.

I am here to tell you that it's safe to put those fears to the side. There is no fairy dust that only some people have that determines if they can learn to do animal communication or not. What's most important is that you feel drawn to develop your abilities, and if you feel drawn to it, then you're going to put the work in to developing. Everybody has to put the work in uncovering their abilities if that's what they want to do. Even those who did have amazing experiences when they were young with this sort of thing have to put the work in to developing their abilities to where they can do this work dependably.



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So if you are worried that maybe you're just not cut out for being able to learn to do animal communication, put those worries to the side for the duration of the course, and allow yourself to explore and test it out.

I hope you have lots of fun going through the course, and I am always available to answer any questions or clarify any confusion you might have throughout. Whether you feel like you are struggling or just wanting some clarification on anything, please feel free to email me.