



PSYCHIC COMMUNICATION
WITH ANIMALS

FOR THE
JOY
OF IT ALL

ESSENTIAL HANDBOOK

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OF IT ALL

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WITH ANIMALS

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INTRODUCTION

How I began



photo: Renee Dominique



INTRODUCTION

Bubby was my first animal communication teacher. But back in my artist days, the thought of animal communication was farthest from my mind, my yearnings, and my comprehension. Well into my forties, I was dedicated solely to my artwork and had always been a hard-core skeptic, rolling my eyes at the thought of animals talking. I meditated every morning at a Zen temple in Los Angeles and after years of meditation and several spiritual awakenings, I never imagined something as mundane as a pen out of ink would change my world forever.

I was writing one day with four cats crouched around me on a Sunday afternoon. Suddenly, my pen ran out of ink. Still relaxed and absorbed in what I had been writing, I strolled through the quiet house in search of another pen. As I was about to enter my partner Michael's music room, a distinct voice shot through my mind. *"Hey! Lookout! I'm down here!"* With my foot in midair, I glanced directly below me to my cat, Bubby, laying across the threshold of the music room, glaring back at me with no intention of moving. He had stopped me from trampling him by speaking in his mind.

I passed it off as a coincidence.

Two months later while sitting with Bubby in the sunlight—my mind in pinpoint attention again, aware of only his black, bushy, sunlit fur warming the palms of my hand. Just then, Bubby flashed a vivid image of himself straining to urinate. Was he telling me he was having problems again? He had a history of urinary tract disease (FLUTD, a condition in which struvite crystals form in the urine and create a life-threatening blockage). But I doubted that this image could have possibly come from him, and certainly not myself, and passed it off as another coincidence. I never gave the incident a second thought. Two days later, Bubby completely blocked, and I had to rush him to the vet for another costly surgery.

In the third incident of animal communication, I'd had a hunch that something was wrong and asked my cat Yudi to inform me if he was in pain. That night, Yudi Boo showed me a thick soup surging under his skin. When I woke to him sleeping at the foot of my bed, I asked him if he was Okay. I heard, *Take Baba Looie to the hospital.* When I found Baba, Bubby's brother, I saw an unattended, spongy abscess beneath his skin that had spread like thick soup across his upper back. Thanks to Yudi Boo, Baba Looie made it to the vet in time.

I finally realized I might be hearing my animals.

I share my story with you for three reasons:

1. Without a doubt, anyone can communicate with animals. If a skeptic could "get it," anyone could.
2. All of us have the natural abilities to send and receive thoughts with animals. Unconsciously, we send and receive information in subtle, non-verbal ways in our everyday interactions with one another. Our language is not limited to words. We just need to listen in a new way.
3. Animals think in pictures. Their thoughts, or mental pictures, can tell an entire story because they are delivered with feeling-tones and emotions. Animal communication is simply becoming more aware of the our thoughts; words and pictures in the mind, and our feelings and emotions that arise.

In this basic handbook, we will look at the different levels in which thought is received, as shown above: in pictures or words in the mind, and feelings, emotions and hunches in the body.
So grab your animal companion, and let's begin!

The General Process of Waking Up

Sending thoughts to animals is fun and easy. However, receiving their thoughts is more challenging. An animal's thoughts can sweep into our mind with no effort on our part whatsoever, but we have a tendency to complicate things, block the process, doubt what we might have received, or dismiss it entirely. It's easy to

doubt the idea of telepathy as well, as it's not taken seriously in society. We attach a mystery, specialness, or skepticism to it. When we become aware and familiar with the various levels in which telepathy operates in our lives and the way we unconsciously gather and intuit information in the world around us, the idea of telepathic communication is not so far fetched or out of our reach. So let's demystify psychic communication in this e-book.

Animal communication is simply a process of becoming more aware of the images and thoughts in our minds and feelings in our bodies.

How we receive and send thoughts:

- On an auditory level—as I “heard” Bubby’s thoughts in the music room
- On the visual level—as I “saw” an image of Bubby straining to urinate
- And on the sensory level—our feelings or hunches—as I had had the hunch that Yudi might be in pain.

In all three of these examples of receiving information, my mind was either uncluttered by thought, and/or in mindful attention or present awareness. Meditation is the most beneficial part of this work. We need a quiet, focused mind clear of distractions. Quieting the mind is essential. We fill our lives with things-to-do every single minute. We rarely have the patience to stand present in a grocery line without looking at our phones. We need to become more present in our lives. And as we do, we become receptive to an animal’s thoughts. Our animals are so much happier when they are acknowledged and heard. They are even delighted with our failed attempts. Our animals understand our limitations and are patient with us, and forgiving when we mess up. So relax with this.





UNDERSTANDING THE GROUNDWORK

What is Animal Communication?

Animal communication is a holistic language.

There's a saying: a picture tells an entire story. An animal's thoughts come wrapped in feelings, emotions, and sometimes words (a verbal translation of their thoughts). Words heard in the mind may be accompanied with feelings and visual images. Images seen in the mind may come with feelings and emotions, etc.—an integration of the senses referred as *thought balls*. Animal communication is a process that engages all of our senses.



photo: Rinaldo Rivera

Animal communication is a heart-based language.

We connect with an animal through the heart, not through the mind. The heart is the deepest level of communication and is said to be the second brain. The heart's magnetic field is more than 5,000 times stronger than the same magnetic field generated by the brain. Animals are heart-centered beings. Although animals operate and function from their lower chakras, or energy centers—those centers governing instinct, survival, the need for shelter, and food—their higher centers, the intuitive and heart centers or 6th and 4th chakras, are highly developed. Happiness, acceptance, and love easily emanate from animals and create a powerful presence that can be felt several feet away. This is because animals mostly live in present-time awareness, an unconditional loving state in the absence of ego; material needs, hatred, and greed. This is why we feel happy and relaxed around our animals. They are loving gurus with expansive auras, or energy fields. We suddenly look up to find our cat gazing at us. We can feel a human's gaze as well. Another's energy is felt just as another's thoughts and feelings are. And we're most aware of this when we get out of our head.

Animal communication is a universal language.

This nonverbal language of the heart can be perceived and understood by any culture, in any country. It's the unspoken language of all species and all life. Even plants and trees respond and share their innate wisdom with us. Telepathy is a natural transference of feelings, emotions, and thoughts which is felt and understood consciously or unconsciously by all.

Animal Communication is a receptive and integrated exchange of another's feelings, thoughts, and emotions.

Thoughts can be auditory, as Bubby's were heard in the music room, or visual, as I received images while petting Bubby in the sunlight. And thoughts can also be perceived through feelings in our body either from a knowing hunch or from a physical reaction or feeling in our body, as I had had a hunch that Yudi might be in pain.

A photograph of a dirt path winding up a grassy hillside. The sky is clear and blue. A large tree stands on the hill. The text is overlaid on the upper portion of the image.

Animal Communication
is a process of becoming more aware
of the images and thoughts in the mind and the feelings
and emotions in the body.
It's that simple, but requires practice.

Animal
communication
is the groundwork that
makes communication
with all life
possible.



INTRODUCING THE CLAIRS

We are all psychic

The Clairs refer to our natural senses: seeing, hearing, feeling, and knowing, as well as our sense of taste, touch, and smell. Unconsciously, we gather and intuit information by watching another's facial expressions and body language. We sense another's feelings by the energy behind their words and tone of voice. We hear what hasn't been said, and know when someone is sincere or not trustworthy. We use our subtler senses in our everyday interactions with one another, as well with our animals too. This is telepathic communication.

1. Clairvoyance—Clear Seeing

Animals think in pictures. And the good news is, so do we, but because of the subtly, we're not always aware of the images. When we misplace our car keys, and retrace our steps in attempt to find them, what are we doing? In our mind's eye, we're *seeing* ourselves taking those steps. Perhaps we walked through the door, into the bathroom, then into the kitchen. Suddenly we *see* (recall) the keys on the counter. All of this recall is visual.



photo: Lucy Snowe

When you decide to eat lunch you'll create a mental picture of what you'll be eating. You might even go through several images of food choices before you finally decide. When you think of what to wear, you see the clothes in your mind. We begin to grasp the subtlety of visual thoughts that are so much a natural part of our language that they are easily overlooked or taken for granted.

The thinking process is pictorial. The process of remembering, memory in general, is pictorial. It isn't possible to think of your friend or what you ate for dinner yesterday without seeing an image in the mind. You may think that remembering is a series of mental thoughts, but thought-forms are mental imagery.

The creative process is visual. We create our experiences and watch our lives unfold in the aftermath of our imagination and thoughts. Every thought, whether you are aware of the thought or not, is taking form in your life and also affecting others, and your animals. Quantum physics is proving that our thoughts create our reality.

All of us are clairvoyant, creating our outward reality with the inner visions of our mind.



2. Clairaudience—Clear Hearing

One way we receive information and guidance is by listening to the little voice inside. This is our intuition and inner guide that will never steer us in the wrong direction. People sometimes say they cannot hear their intuition. But as we become more aware of our thoughts, the little voice will become more clear. When we have a hunch about anything, even if it's a nudge to stop what you're doing and go to the store, listen to it.

As we listen and honor our inner voice we'll be able to differentiate between the intuition and the fear based, self-defeating ego voice. The intuition is a calm, relaxed, reassuring voice. Our hunches and little voice is clairaudience, our Divine guidance. As we communicate with animals, we'll hear their thoughts just as we hear our own, and will eventually be able to differentiate between the two.

Daily Exercise to Increase Clear Hearing: This exercise will help you to hear your inner voice more often. Every time you get a nudge about anything, no matter how mundane it might be, act on it or write it down so you don't forget. If you have a strong feeling to stay home, or to go for a walk, do it. Don't question, ignore, or procrastinate. If you wait, the logical mind will sweep in and sabotage the notion (same as when we hear a thought from an animal). If you find yourself thinking of calling someone, or have thoughts about doing anything, listen to your guidance. I had planned to drop some books off at a store about forty minutes away but when the time to leave rolled around, I fought with the voice telling me to stay home. Maybe I was just lazy? I chose not to listen and pushed forward. When I got to my destination, the store was closed.

It's so easy to undermine the subtlety of our intuition. It helps if we can step aside from our busy-ness, or remain still through the busyness, and pay attention.



3. Clairsentience—Clear Feeling

It isn't hard to sense someone's insecurity, arrogance, shame, confidence, self-centeredness, embarrassment, joy, or pain. Clairsentience, is our ability to feel what another is feeling. Putting yourself deeply into another's shoes is called empathy. We also may also feel another's physical pain or discomforts in our body.

We can feel answers to our questions in our solar plexus and navel center. Our body's reaction is known as our gut reaction. Our solar plexus, and our third energy center, or chakra—the navel center, known as the Dan-Tien in Japanese—is referred to as our third brain. Whether it be deciding if a relationship is good for us, if we should stay in a particular job, move, or travel, etc., we will feel our answers in our body. The solar plexus and navel center are the seat of "all-knowing," and therefore our barometer and Divine guidance. We feel the truth in our bodies in any situation, but we often ignore it if it doesn't measure up to our immediate desires. We may let our emotions override and regret our decisions later. But when we pay attention and trust, we can depend on our body's innate wisdom to give us unmistakable validation for any decision we make. The body is another transmitter of our intuition, but more than that, it serves to keep us safe and free of harm. Trust your gut, and pay attention to your emotions and feelings when you are communicating with animals.

Inner Guide Validation Exercise: Stop here to take a moment to do this exercise below, before continuing.

1. Sit comfortably in a chair with your feet grounded on the floor. Hands palm-down on the thighs.
2. Close your eyes and take a moment to breathe, relax your mind, and settle into your body.
3. Say mentally, "*I do not have an Intelligence guiding me within my body*". Or, "*I do not have an inner guidance system*." Sit for as long as you need to, notice how your body feels and which part of the body you feel any sensations. Don't expect to be hit over the head with a rock. This is subtle, sensitive work.
4. After you've done that, mentally repeat the next sentence: "*I do have an Intelligence guiding me within my body*". Or, "*I do have an inner guidance system*".

Now again, notice what sensations arise in your body, and where they arise.

Describe the differences you felt in your body after mentally repeating the statements above.

Comments (to read after you do this exercise):

After repeating the first negating statement: *I do not have an internal guidance system*, you might have felt a constriction in the throat area, an overall contraction in the body, a feeling of anxiety, tightness, darkness, resistance, or heaviness in the navel center.

With the second, positive statement, you might have felt a vastness or acceleration in the heart center, a calmness descending into the body, a light, open feeling, or a smooth, comforting feeling.

The reason: The body constricts after repeating the negating statement: *I do not have an internal guidance system*, because the statement isn't true.

The second affirmative statement creates ease in the body, because the statement is true. All of us have an internal guide. Every living being, to the tiniest insect, reacts or responds to stimuli. A slug recoils when sensing danger. Plants respond and react to our intentions and our thoughts. The body is our subconscious, knows every answer, has direct access to the truth and right view in every situation. We can receive feelings and sensations from animals. If you suddenly feel nauseated around your dog, you may be receiving this from him or her. Pay attention to your feelings and listen to your gut.



4. Claircognizance—Clear Knowing

I will do this someday—so I thought when I was ten years old and saw art hanging on my dad's army buddy's wall. I made art for over thirty years. Knowing something without knowing how or why we know, and trusting it so much that we have no doubt or question it, is Claircognizance, or *clear knowing*. When a friend says they are fine, but we have a strong sense otherwise, we are using our claircognizance. When you know it's time to move, leave a relationship, see a doctor trust your inner-knowing.

Sometimes we may have a premonition. The day before I was leaving for the weekend, I had a strong feeling that something tragic was going to happen. I feared an earthquake might hit and was hesitant to leave my cats, but I had to go. The next morning my cat was killed by a car in front of my house.

There's a fine line between clear knowing and clear feeling, and often the two operate simultaneously. Clear knowing is Divine validation guiding you to quit your job. Our inner wisdom knows what lies ahead. The security may not be apparent in our lives, the finances may not be there, or the direction clear. With the trust of our clear knowing, we'll take the risk and leap anyway.

Clear feeling, clairsentience, is similar to clear knowing but felt more through the body—the subconscious. Here we also trust what we “know” intrinsically as we feel the answers in our gut. We can depend on these are two natural abilities working together when communicating with animals.

Daily exercise: Listen to your Self. Pay attention as a daily practice. Don't dismiss subtle hunches (your innate wisdom), even when they appear to be insignificant. For example, if you have a strong resistance to doing errands planned yesterday, then don't do them. But notice when you push against the stream and need to retreat, and when you procrastinate and need to move forward. The more we develop the habit of listening, the stronger and more clear our guidance and intentions become. As you communicate with animals, you'll trust the clarity and wisdom of clear knowing.

5. Clairgustance—Clear Taste

This is our psychic sense of taste. When students asked Connie, a parrot, what she liked to eat, they received a sensation of sweetness. Strawberries were Connie's favorite treat, although she also had a sweet tooth in general.

6. Clairsalience or Clairolfactance—Clear Taste

Clairolfactance is the ability to access knowledge and receive information through smell. Perhaps you intuit a fragrance or scent that invokes a memory. I may receive a smell of engine oil or metal when working with lost animals, and along with visuals and impressions, I may conclude that the animal is somewhere with machinery or a mechanical repair shop.

7. Clairtangency—Clear Touch

We can also receive information through the psychic sense of touch. During a Reiki initiation, I felt something jump on the headrest of the couch, and my cat Gino immediately flashed through my mind. He had gone missing a couple of months ago. I opened my eyes to see if someone had leaned against the couch, but everyone was seated in meditation with their eyes closed. Perhaps Gino was telling me he was in spirit or showing me he was alive and happy. I wasn't sure which, but his visit made me happy.



EXCHANGING THOUGHTS WITH ANIMALS



photo: Kat Bawden

RECEIVING THOUGHTS FROM ANIMALS

Clairvoyance: Receiving Images from Animals

A thought can appear as a picture in the mind. Although many students say they're not visual, all of us are. The thinking process is visual. Pictures in the mind are so natural, quite ordinary, and spontaneous, just as the many thoughts we process everyday that go unnoticed. We think in pictures, but may not be aware of the images because they appear for a flash. We may easily overlook or dismiss them, as we do our hunches and thoughts.



Sometimes an image in the mind will be pronounced and vivid, as was the image I received from my cat Bubby straining to urinate. This image was quick and clear. Other times, receiving thoughts from an animal can be subtle, appearing with far less vividness.

Be aware of the pictorial recollection the next time you retrace your steps to find your misplaced car keys. Receiving images from animals can be as subtle and fluid as the sensory impression of a recollection.

Now think about your response to mentally finding the car keys. There's a dawning of recognition, an aha moment. The response may be similar the moment an animal's thoughts are seen in your mind, especially when the information we've received is accurate, or when we've nailed the core issue.

Visualization is only one way to receive information and may not be your dominant medium, so don't be discouraged if it's not happening for you. In a workshop, there is plenty of opportunity to partner in exercises that provide the experiential understanding and recognition of subtle thought forms appearing as images.

Practice: Relax at the heart center by simply bringing your attention to the chest. Stay present with your breath. Ask the animal a question. Notice any clear images or subtle impressions that arise in the mind. Enjoy this simple exercise. Read each line below. Then close your eyes and take a moment to see each image in your mind.

- a basketball rolling down a grassy, green hill
- a red balloon floating in the air
- a child with blond hair crying when she skins her knee
- a dog sitting in the snow

Maybe you visualized the shape and texture of the ball rolling down a bed of lush, thick green grass. Imagining each phrase above carries enough data for you to establish a connection and see the images in your mind. If visualizing this list was difficult, keep trying.

Example of clairvoyant perception with a tuxedo kitten:

I cared for a friend's two Chihuahuas, her beautiful white cat, and a litter of five, two-month-old tuxedo kittens. One evening, I washed dishes after dinner, with one tuxedo kitten staring at me and meowing non-stop. I ignored him, assuming he only wanted more food. But as I continued washing dishes, the kitten wouldn't stop meowing. Annoyed, I asked him what was wrong. Impatient, I didn't wait for an answer. He continued his incessant meows.

Again, I asked him what was wrong, and this time with closed eyes, I stayed present willing to receive an answer. An image of another tuxedo kitten inside the refrigerator flashed through my mind! I opened the fridge door and out tumbled a little disoriented kitten.

If I had not taken the time to listen, or if I had doubted the information I received, I would have found her dead in the morning.



Clairaudience: Receiving/Hearing Words From Animals

An animal's thoughts will sound like your own. It's all "you" anyway. Connected in a cosmic web of energy, we telepathically communicate with one another, even at a distance. An animal's thoughts can be mistaken for your own. It can take time to differentiate their thoughts from yours, but with tips and practice offered in a workshop, this will get easier. For now, pay attention to thoughts concerning your animals.

We can easily dismiss an animal's thoughts if they drift in like a soft breeze, as our sensory impressions of recall do. Or as said, we might mistake their thoughts for ours. Other times, an animal's thoughts may hit us over the head, as Bubby's thoughts had when they shouted to me in the music room.

Practice: Ask your animal a question, take a breath and on the exhale, imagine what you might hear. Have fun with this exercise. Notice any thoughts that may surprise you. Try not to wait for or expect an answer. Expectation creates tension and resistance in the mind. Just relax and focus on your breathing. Pay attention to thoughts that spontaneously pass through your mind. I have found an animal's thoughts to be direct, simple, and what I least expected.

Practice 2: using the same four statements below, *hear* the sounds in the following phrases:

- a basketball rolling down a grassy, green hill
- a red balloon floating in the air
- a child with blond hair crying when she skins her knee
- a dog sitting in the snow

Auditory information can be conceptual. For example, you probably heard nothing for the balloon in the air and dog in the snow. But silence is a sound that can be perceived which can provide clues when locating lost animals.

Example of clairaudient perception with Senda:

I painted canvases in a friend's garden while caring for his German Shepherd, Senda. Engrossed in the mid-afternoon, I suddenly heard a thought pass through my mind. *Take Senda for a walk.* It sounded like my voice reminding me to get water or go to the post office. However, the thought called my attention, and I looked toward the gate. Senda stared at me with an opened smile, delighted that I heard her. I immediately took her for a walk, six hours earlier than our usual time.



Clairsentience: Receiving Feelings From Animals

Clairsentience is probably the easiest Clair to grasp. It isn't difficult to feel how your animal companion is feeling emotionally. We feel when something is off-balance, or when our animals are happy or sad. With practice, we can learn to feel in our bodies what they are physically feeling in theirs. We sense feelings on the emotional, mental, and physical levels.

Clairempathy is the name given when receiving physical feelings (cold, hot, pain, etc.).

Exercise: Again, mentally repeat the same four phrases, as you imagine how each statement makes you feel in the activity. How do you feel rolling down the hill or floating in the air, both emotionally and physically? Then imagine yourself as the basketball, the girl, or dog. Imagine how the color red feels. How does feeling like air differ from feeling like snow? How does the ball's texture feel, or the balloon, and the snow? Use your imagination and take your time with this. In this way, we learn to receive feeling-tones from animals.

- a basketball rolling down a grassy, green hill
- a red balloon floating in the air
- a child with blond hair crying when she skins her knee
- a dog sitting in the snow

Practice: Relax and become centered. Follow your breath to become present. Scan your body, identifying anxiety, pain, etc. Let that go. Then be with your animal, or look at an animal's photograph, and notice any feelings that arise in your body. You may receive emotions, attitudes, or physical feelings. Don't dismiss any of them. Animal communication is easier with another's animal, so don't be discouraged if you receive nothing while working with your animal companions.

Another practice is to use your inner-guidance system to validate your information. Ask your animal a question, and feel the answers in your navel center. Does your gut feel at ease, or constricted?

Example of clairsentient perception with Lu Lu:

I asked Lu Lu why she obsessively chewed grass when her people returned. LuLu's person believed her dog's behavior was due to separation anxiety from having been left alone. I received a feeling of relief from the dog and also a maternal feeling. I knew the behavior stemmed from relief that her people were home safe, and not so much out of fear of separation. I received many feeling-tones from LuLu which conveyed an entire story: Lu Lu was indeed a motherly type, who assigned herself the role of protector. She worried and became bored when she couldn't do her job as savior. The feeling-tone here was similar to how a human mother might feel when her children leave the nest.



Claircognizance: Receiving an Overall View or Deep Knowing About an Animal

Sometimes before consciously connecting to an animal, perhaps when we've only looked at the animal or the animal's photo, we'll get a hit—an over-all knowing—of what the core issue is. Afterward, we can communicate telepathically to receive more detail and to make certain we're on the right track.

The visual, auditory, and sensory information we gather unconsciously can culminate in a deep-seated knowing and insight into the core issue.

Example of claircognizant perception with Checkers:

A dog named Checkers provides a good example. His person wanted to know why Checkers tore the house up just before bedtime. My logical conclusion was that Checkers had separation anxiety and didn't want to be left alone while everyone slept. But when I looked at Checker's photo, without talking to Checkers or knowing anything about Checker's routine or his relationship with his people, I knew that this dog was bored out of his mind. After communicating with Checkers and speaking to his person, I realized that Checkers wasn't getting enough exercise. His person then recalled that on the days that Checkers spent at doggy-day-care, he fell asleep when she and her husband did. On the days when he didn't get to run and tire out, Checkers didn't want his people falling to sleep and leaving him with a long night of insomnia, pent up energy, and nothing to do. Our "over-all vibe" about a situation is usually correct.

Excercise: Automatic writing is a fun exercise that helps us to get past the critical voice. As you look at the animal or the animal's photograph, write in a stream without thinking or concern for grammar. Let it flow. In this exercise, we're not communicating with the animal and exchanging thoughts. Instead, the point of this exercise is to help us override judgment and doubt. You'll be surprised how streaming from the subconscious mind allows us to receive information with accuracy. We know more than we think, and therefore, the reason to stay out of the thinking mind.





SENDING INFORMATION TO ANIMALS

Sending thoughts to animals is much easier than receiving them, because telepathy is their language, and they immediately get it! The animals will give you validation by their reactions or change in their behavior. For months before any training, I practiced sending images to my cats, and watched to see if my animals responded. They always did. If your animals don't respond to your telepathic requests, don't be discouraged. They may be busy, not interested, or tired! Keep trying.

Clairvoyance Exercise—Sending Pictures To Animals

Close your eyes. Imagine the basketball again. Notice where in your mind the image appears. It will most likely be at the forehead, between the brows, the area known as the third eye. Now, *send* the basketball (see the ball in your mind) to the backseat of your car. Now mentally see the ball rolling down the grassy slope again. Maybe you'll see dew on the blades of grass. See the ball in a child's hands. See it suspended in air near the corner ceiling of your living room. Now see the basketball next to your animal, reptile, or avian companion, and again on your lap.

This is how we send thoughts as images; we see the image in our mind's eye and project it outward.

Example of sending visual thoughts:

One afternoon my cat, Yudi, was sitting on the kitchen counter watching me boil water for tea. In my mind, I asked Yudi if he would like to sit outside in the hammock with me. I sent an image of both of us laying together in the hammock. After a while he jumped off the counter and disappeared. I assumed my telepathy with him didn't work. Ten minutes later, I took a cup of tea and a book outdoors. There, Yudi was waiting for me next to the hammock. Not only had Yudi seen my thoughts, he also didn't forget.

Practice sending your animals images. **Try this:** Visually ask your animal to come sit on your lap. If he or she doesn't respond, they might not want to right at that time. Don't be discouraged. Try again!

Clairaudience: Sending Words To Animals

We can attach a picture to our question or statement as we mentally or verbally state our requests to an animal. Either way, animals understand more than we realize. While animals don't understand all our words, they do understand our intentions, feelings, and emotions behind our words. Words carry vibration. Animals are receptive and sensitive to vibrations. Talk to your animals. Tell them when you're leaving and returning. Inform them when they are going to the vet (although most likely, they've already seen your thoughts and are hiding under the bed). As you mentally or audibly speak, you can consciously attach pictures to your words. You can show your cat inside the carrier, being examined by the vet, and returning home again.

Clairsentience: Sending Feelings To Animals

Animals can easily sense our intentions and receive feeling-tones. For example: when helping a man capture a scared chihuahua hiding in the dense brush, I sent love and light to the dog, and the feeling of safety and security in the man's arms. I also sent the dog an image of himself in the man's arms, and the man smiling and petting him. The scared dog soon crawled out and let the man pick him up. Stringing words, pictures, and feelings together is how we combine the Clairs.

Combining the Clairs

We receive information simultaneously on multi-levels. I once heard from a dog "where he is he?", and received an image of a white dog, and felt sadness. In this way, we perceive the entire story by receiving a *thought-ball*. The dog was depressed, grieving his friend, and wondering what happened to him. We also send information on multi-levels—meaning using more than one Clair or all of them together. Practice mentally speaking to your animals while attaching pictures and feeling-tones to the message you wish to convey. Keeping your eyes closed will make it easier for you to focus and mentally hold the images to send, and also to stay present to receive. For example: To tell a stray dog he is welcome in your home, state the request in your mind while sending the dog the warmth of your home, and picture of a soft, cozy bed and bowl of food.

The Greatest Example with Smokey, My Feral Cat. There are many amazing stories regarding Smokey's cooperation, trust, and receptivity when sending her thought-balls of my intentions. I was concerned when she didn't show up for breakfast one morning and asked her if she had gotten attacked by a coyote. I heard, "Nope. Too smart for that." Why wasn't she eating? "Not hungry. Ate a mouse last night." To make sure I heard her correctly, I conveyed in words, feelings, and pictures that she didn't have to eat, but would she please come out to show me that she was alright? Immediately she popped out of the bushes, came up to me, walked around her food bowl, and ran back into the bushes! This stuff works!

PRACTICE EXERCISE—A Simple Recipe For Exchanging Thoughts (combining the Clairs) With Animals: **SENDING:**

1. In your mind, ask your animal to join you. For example, "Come sit with me." **WORDS**
2. Attach a picture—an image of your animal coming to you, and you petting him or her on your lap. **IMAGES**
3. Imagine the feeling of joy, warmth, fun, or whatever feeling you wish to convey. **FEELINGS**

RECEIVING:

Ask your question and be aware of the images and thoughts (words) in your mind and the feelings in your body—all of your senses—as you stay present and relaxed.



*Experience communicating with
wild animals. We can completely
relax, drop our expectations,
and receive validation
from their
responses.*





FINDING THE STILL SPOT



Meditation

Try this simple exercise:

Scan your body for stress, relax, breathe deeply and slowly, and notice the breath coming into and out of the nostrils. Keep your attention at the tip of your nostrils as you watch the breath. Next, silently count one through ten on every exhale. Inhale, exhale number one. Inhale, exhale number two, etc. Continue to count exhales to number ten. You'll most likely find that your attention has wandered off the breath by number three. Begin again and again from the beginning until you can count to ten without the mind wandering.

Buddhists say that the nature of the mind is like a wild horse. This simple exercise demonstrates just how true this is. So have patience and persevere. All of us have busy minds, and focus takes practice. Meditation practice is essential. With a noisy mind, an animal's thoughts cannot get through.

My method is based on the Zen tradition. The focus is on the breath as we watch the activity, distraction, and thoughts in the mind and integrate into our meditation external noise around us. The practice of presence allows us to notice discomforts, impatience, expectations, anxiety, anger, and any emotion arising. We can be more aware of hearing, seeing, and feeling an animal's thoughts as we heighten our senses in this way.

With a relaxed mind, we can be fully present with the animal and open to receive. We can never rid our minds of thoughts or control what's happening around us, but eventually, as our inward focus increases, our thoughts will diminish to the background, and nothing will be a disturbance.

Finding Your Still-Point:

With practice, you'll find your safe-place, your anchor, and be able to quickly come into presence.

- Drop down to the heart center by bringing your attention to your chest.
- Inhale and retain the breath. This helps to quiet the mind. Exhale and repeat two more times.
- Stay at the heart while you follow your breath.
- Scan your body to release any stress.
- Integrate sounds in the environment. Be aware of yourself in the room, the contact of your feet on the floor, and your seat on the chair. If outdoors, feel the breeze, smells, and sounds. This helps to get out of the mind.

NOTES:

The reason the breath is an anchor is because it's not possible to focus on the breath and think at the same time. Therefore the breath practice becomes a barometer alerting us to when we're off into our heads again.

There's no one way to meditate. Find what suits you, but practice consistently. Even five minutes a day is enough to set your ground for the entire day and train the mind.



MAKING THE PSYCHIC CONNECTION

There are several ways to connect telepathically to an animal. Below, are two approaches.

HEART-TO-HEART CONNECTION

1. **The Golden Cord Connection.** This is the most common connection. Close your eyes, and imagine a soft golden light spiraling out from your heart center to the animal's heart center. Breath consciously until you feel a connection with the animal.

COMBINING ALL THE BRAINS

2. **Heart, Mind, and Navel Connection.** We make the golden cord connection, see the animal's face in our mind's eye, and breathe through our navel center for grounding and validation.

*The heart of the world is yourSelf. And when that is in harmony,
it is part of the greater harmony—MOOJI BABA*

THE GOLDEN CORD CONNECTION: I know I'm connected to the animal when I feel acceleration or a spaciousness at my heart center. For distance communication, I might imagine energy spiraling out to the animal. The connection will be different for everyone.

COMBINING THE BRAINS is a method that incorporates the three chakras and multi-sensory data. As we make our connection to the animal through the heart center or 4th chakra, we engage the 6th chakra or third eye to visualize the animal before us. Finally, we feel the connection in our solar plexus and afterward receive validation to answers during our communication.

These are two ways to help us connect psychically with animals. However, in truth, we don't need to do much aside from thinking of the animal. Quantum physics has shown that atoms and sub-atomic particles are connected within a larger field, and are always communicating—sending and receiving information—with one another. We think of a friend and they call that day. We establish a connection as soon as we've thought of another. We are part of the greater whole.

Thoughts are energy. Thoughts have no boundaries and can travel faster than the speed of light. Intention is focused thought. When we set our intention to connect to an animal, know that it is done.

The simple version of making your connection: Be still, drop down, and you're there!

A few resources for understanding our connection with all life, and the power of intention, and belief:

1. *The Intention Experiment* by Lynne McTaggart
2. *The Field* by Lynne McTaggart
3. *The Biology of Belief* by Bruce Lipton



FIVE WAYS TO LISTEN TO ANIMALS

1. Slow The Chatter In Your Mind

When we slow our busy minds to the wavelength of our animals' minds, we are in a powerful place. Practice being present. When martial artists are about to break a slab of concrete, their minds don't wander off to what needs to be done next. We cannot hear unless we listen. And to listen requires our complete presence. Stay out of the head. Drop down to the heart. Bring your focus to your chest.

2. Believe It Is Possible

It's natural to doubt our abilities. The most convincing validations have come from wild animals, those with whom I had absolutely no egotistical expectations with or pressure to "be right." Animals respond to us when we believe in ourselves, when we mentally approach them with clear intention, and when we meet them on common ground: love.

3. Set Your Intention

Quantum physics has proven that intention sets thought in motion. Just as a golfer sees the ball falling into the hole and a cat becomes one with the prey before the capture, see yourself talking to and hearing animals. Set your intention to do so.

4. See Animals As Equal

If we think we are superior to animals in any way, we will shut down the natural flow of communication and limit our receptivity. See your animals as companions, family members, and friends. Consider their feelings, fears, and comforts. Our animals love to talk to us. When your heart is open, you make yourself available to them. See all animals as equal. Acknowledge and respect their feelings and opinions. Don't push your own agenda on them.

5. Trust Yourself

Often, it is not what we do, but what we don't do that brings results. Practice letting go. You are already hearing your animals, and when you drop down, get out of your head, and rest in yourself, you will feel the heart connection and you will know that you are hearing them.

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Blessings for your animals



photo: Renee Dominique

Animal Communication is the Groundwork That Makes Communication With All Life Possible

