



DIANA DELMONTE'S
ANIMAL COMMUNICATION TRAINING
LEVEL 1



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QUESTIONS FOR YOUR ANIMAL TEACHER

Spend time quietly with the animal, listening, observing, and receiving any image, message, feeling, or insight they have to give. Write down what you receive. If you have doubts, you may rephrase the question, ask the animal to repeat the answer or ask more questions to clarify or understand the answer better. Pay attention to feelings arising in your body-especially the solar plexus (your gut) for affirmation. Acknowledge what you received. **LET IT FLOW. Don't worry if you did not 'get anything.' Just go on to the next question.**

1. What do you like about being a (type of animal)?
2. How do you feel about the shape, size and color of your body?
3. What do you like most about your life? Least?
4. Where is your favorite place to sleep?
5. How old are you? (you may get a number, or a sense of a time span)
6. How do you feel about your environment?
7. Tell me about other members of your family, or what your relationship with them is like. (one by one- human & animal)
8. Is there anything you'd like to change about your environment?
9. Do you have any physical ailments that you would like to share with me?
Any pain in your body? If so, where?
10. Share with me what your favorite thing to do is.
11. Who are your friends?
12. Share with me your favorite food.
13. How do you feel about other members of your species?
14. Share with me or likes and dislikes.
15. Is there anything you would like your person to know?
16. Is there anything you would like to ask or tell me?

TIPS ON ENHANCING YOUR TELEPATHY WITH ANIMALS

1. **Check Your Attitude** toward animals. A superior one will affect your communication with them, impacting your receptivity to the information and their willingness to share. It's the same as your attitude toward a person. Your attitude's energy is perceived. Respect an animal's abilities, intellect, depth, and spiritual potential. You limit your ability to receive and see clearly when you look down to them, or assume a snake, for example, has less to share or is less aware than a dog. All consciousness can communicate, including the insect and plant kingdoms. You will elevate and your relationships will deepen when you open your hearts to all life. Don't be fooled by physical appearances or personal beliefs and prejudices toward a species.

Animals are our teachers.

2. **Believe in yourself.** Don't invalidate or dismiss any images, thoughts, or feelings that come in.

3. **Remain at the still spot with conscious breathing and dropping down to the heart.** This will quiet the mind. Breathe deeply through the abdomen until you feel calm and the mind chatter has subsided. We can't receive when our minds are all over the place and bombarded with thoughts.

Avoid alcohol, drugs, and caffeine, if necessary. Watch less TV. Cultivate habits that relax and make you feel at peace, such as yoga, meditation, spending time with your animals, and out in nature. Walking is also good. Following the breath during meditation, undistracted by thoughts, even for 5 minutes a day, helps tremendously.

Focusing at the third eye point or gazing to the side of the nose tip stimulates the optic nerve, which stimulates the pituitary and pineal glands.

4. **Practice equanimity**—seeing all beings as equal. Watch the tricky mind for judgments and beliefs so you can hear what you may not be expecting. Our preconceived ideas can sabotage our communication (and why working remotely is beneficial as we're not swayed or influenced by an animal's appearance. Using our intuition is good, but always let your conclusions come directly from the animal.

Remember, it's easier to work with another animal than it is your own because our minds are neutral. Emotions and attachments can hinder our receptivity. Have someone else work with your animal if you feel you're not receiving accurate information.

5. **RELAX** and have fun. Check your posture for tension. Relax the shoulders, sit back, breathe, and don't "try". JUST BE. Allow. Surrender. And don't judge yourself!

6. **Set Your Intention:** Intention plays a primary role in connecting and communicating with an animal. Set your intention to communicate with an animal, say a prayer, and stay open.

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7. Stay neutral. Careful not to project your thoughts or feelings, assume an animal is feeling a certain way, or flood them with strong emotion. If we approach an animal with anxiety, sadness, or pity toward an animal in a shelter, or fear and stress when rescuing an animal from a dangerous situation—any strong emotion—we may miss what an animal is trying to convey.

8. Do a body scan. Check in with your posture. Are you leaning forward over the animal (tension), tightening your jaw or eyebrows, breathing shallow, exerting force of any kind? Back to #5— RELAX.

7. Accept and allow whatever you receive and how you receive it, whether it be through feelings, thoughts, images, impressions, thoughts, sounds, or smells. Sometimes, you may receive in none of these ways, but through Calircognizance—inner knowing. Learn what your strength is and honor that.

8. Trust what you receive. This may take a while. It's important to notice everything you receive and how you receive it without judging yourself, demeaning, or dismissing the information you receive. Have confidence and share everything with the person, even if it sounds ridiculous to you. And state the information as you hear it; don't correct grammar or sentence structure. You may not understand what the information means, but it may make perfect sense to the person.

9. Practice with a variety of animals in various situations and approaches: remotely and in person, in public and private, and with all species.

1. Learn To Listen— Learn to trust, depend, and listen to your intuition. Become familiar with that 'knowing,' guiding feeling within, as well as the still small voice.
*How to Hear Your Angel's Messages by Doreen Virtue * ListeningToYourIntuition

2. Spend Time In Solitude— Spend more time alone, out in nature, or in meditation, where you can hear this guidance, wisdom, and communion with the soul.

3. Spend Alone Time With Animals — Spend quiet time with your animals and practice with them. Notice and communicate with wild animals in your backyard.

4. Practice!— Practice with friend's animals so you can receive validation from the animal's person.

5. Journal— Keep a record of your validations. Give yourself a star or check mark. Sometimes, the best validations (feedback from your communication attempts) will come from wild animals because we are neutral and communicate without ego expectations.

6. Stay Connected— Work with Other Communicators on the same case or with each other's animals. Join online communication groups (like mine) and read communication magazines (access to these on Penelope Smiths website).

* See reading list for contacts

7. Drop Expectations— Don't expect deep conversations from every animal. Some animals impart profound information, while others, like my cat Bubby, simply yelled, "Hey! Look Out! I'm down here!!" He stopped me from trampling him. It was nothing profound, yet it profoundly changed my life! Accept what you receive.

8. Knowing when You May Be Accurate—

a. Information (whether visual, auditory or sensory) is quick and crystal clear.

- b.** What you receive may not at all be what you expected.
- c.** If you are unexpectedly overcome with an emotion when you tune in to an animal.
- d.** When you pick up different personality and character traits from different animals.
Ex: One animal may be anxious. Another sad, wise, or may have a sense of humor.
- e.** When you pick up different messages from different animals, especially if the 'problem' is the same. For instance- reasons why an animal is peeing in the house will vary.
- f.** "Knowing" the answer is correct by feeling it in the solar plexus. Trusting your body.
- g.** When an animal's behavior has changed after the session (or the person gives you the validation.)

OVERCOMING BLOCKS

1. Focus on the breath. (mindful breathing- helps to keep you present & relaxed)
2. Center and Ground by breathing into the navel point (dan tien-deep abdominal breathing)
3. 'Imagine' what the animal might be saying.
4. Re-establish your (heart) connection with the animal, set your intention, ask the question again, and relax.
5. Drop self-criticism, doubt, and discouragement!
6. Ask the question, inhale, and **know** that an answer will come on the exhale.
7. Rephrase the question.
8. Jot down everything- no matter how silly it seems to you.
9. Write -(automatic writing) Begin with your general description of personality, etc. Then ask the question again, and start writing. Don't judge. Just write.
10. Ask the animal for clarification. "I do not hear you. Are you saying_____? Can you please tell me again?"
11. 'Become the animal' to determine how the animal feels. Use this as a starting point.
12. Turn your question into a 'feeling' question. "How do you feel when you pee outside the box?" (Instead of - why are you peeing outside the box?)
13. Ask spirit. Go up to the Creator, and say "Tell me what I need to hear. Show me what I need to see."
14. If you are 'trying too hard' take a break. Resume & have fun with it.

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Overcoming Blocks—Part 2

Common Blocks	Solution
1. Inner Dialogue.	Mindful or Deep Abdominal Breathing
2. Doubt	Trust what you get
3. Confusion	Blank screen visualization
4. Distraction:	Start up again later Rose visualization (Amelia Kincaid)
5. Trying too hard / expectations	Relax and Trust Yourself- the Divine Intelligence Working With You and Through You. Allow IT to Flow. Notice Your Body Posture.
6. Not 'Getting Anything.'	Stay inward, not outward
7. Tightness and Anxiety	Receiving should feel soft & easy. Again, Notice Your Body Sensations Watch Your Posture.
8. Not Believing the Animal is Hearing You	Feel For the Acceleration in the Heart Center (or whatever signal is unique to you) for Confirmation. Praise Yourself for Whatever You Receive.

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Overcoming Blocks continued

<u>Common Blocks</u>	<u>Solution</u>
9. The Inner Critique Surfaces	Don't Try to Analyze or Figure Things Out...Just Stay Open, Get Out of Your Own Way, and Receive.
10. Assumptions Creep In	Don't project your thoughts onto the animal. (Example: Ertha pooping outside the box. An Animal Left Home Alone all day.)
11. If You Find Yourself Getting Too 'Heady'	Jump into the animal's body (gestalt)
12. Self-doubt and comparison	You are unique in the way in which you receive your information. Honor that!
13. Drawing a blank.	Relax and trust yourself: Be patient. Begin your communication by observing & describing the animal, physically and emotionally (personality)
14. Not Hearing 'Enough'	Ask more questions (to clarify) Example: the unhappy horse who wished for creative dreams. (Example 2: lost animals) Communicate as you would with a child. 'Drop down' to the navel center for grounding. Keep the 'heart/mind' awareness.