



PROFESSIONAL ANIMAL COMMUNICATOR, REIKI MASTER & EMOTION/BODY/BELIEF CODE PRACTITIONER

Tips on Communicating with your animals

- Be calm, centered, and grounded – please see “Grounding Doc”
- Have ample time and not rushing out the door.
- If you are multi-tasking and have a lot on the go, your animal will pick up on everything and become confused.
- Be in a good place in your heart, don’t be angry. Especially if you are frustrated with something your animal has done. Pick a time when you are feeling at peace.
- If you meditate – talking to your animal or taking them for a walk right after is perfect timing.
- Feel the love you have – that is how you connect (that warm feeling you get in your chest, not an intense mental effort).
- You can talk out loud. It doesn’t have to be telepathically; in fact, I recommend this way as it is easier to formulate your thoughts. It also helps to write it out beforehand. Visualize if you can.
- Writing it down keeps us focused on exactly what we want to say. Don’t worry about literally visualizing it, as they will get it, but make sure if it were a picture, it is exactly what you want them to see.
- Have everyone in your family give the same messages.
- Avoid negative connotations – for example – “Don’t bark at the doorbell” instead say “quiet when the doorbell rings”. Or “don’t worry” instead say “it’s okay, everything will be alright” and explain why. The reason behind this is that just as our subconscious doesn’t pick up the negatives in don’ts, cant’s, etc. neither can the animal, so if you say don’t do something, you are actually telling them to do it! Another example is saying to your dog, “don’t go on the couch” Your mind will actually show him/her a picture of being on the couch, so it confuses them. Instead say “Stay on the floor” Your mind creates the image of him/her on the floor and he/she gets it! Visualization is key, that is how they

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understand our thoughts, as we subconsciously do this!

- Your animal may not make eye contact with you; this is not a sign they are not listening. They may even get up and walk away. They still hear you. They will be pleased that you are focusing on them! In fact, if we are making direct eye contact with them, it may make them nervous. I often focus on top of their head instead.

- Somethings may need to be reinforced: for example – “you are in your forever home.” You may need to say this a lot before you notice a behavior change.

- Be very specific and to the point of what you want to say. Example: “you are in this home forever” instead of “I will never give you to someone else.” Always be positive!

- Say what you mean and mean what you say!

- Another thing to remember is if your animal is anxious and you constantly tell them “it’s okay” then they will relate these words to anxious moments, so in these times I recommend that you demonstrate in your body and mind what it’s like to be calm. I do this with deep breaths, putting a smile on my face and genuinely getting myself in a place mentally where I want them to be. I am often quiet or use different words each time to help calm. We are their leaders and often must show them what is expected. If we get upset/nervous/embarrassed when they are not how we want them to act, they pick up on it. Be mindful and walk the talk!

- Consciously have a positive expectation of how you want your animal to be. Feel how you want your animal to feel.

- Focus on the solution not the problem – we tend to create what we think about the most!

- Spend some time writing out how you would like them to be. Always write in the present moment. E.g. Fluff happily sleeps in his bed instead of Fluff will sleep in his bed – when we say *will* we are keeping what we want in the future, so it is very important that we write how we want ourselves/animals/family etc. in the present moment. It’s a great bedtime exercise as it puts “intent” into how you want your life to be. Be creative and have fun, writing down what you want for yourself and your entire family.

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- Be aware of your thoughts (constantly) Catch yourself focusing on what you don't want (we all do it!) and flip it to what you do want. It takes some practice, but once your mind gets it, it really gets it. Don't beat yourself up, we all have bad days, just pick up and keep going. We create what we focus on, our words are extremely powerful!

- And like Carol Gurney always says: remember to smile and thank them always. Our animals want us to be happy! By smiling we are putting ourselves in a better place emotionally, it is proven this actually changes the chemicals in our bodies to improve our moods.

If you are scheduled for an animal communication session, please let your animal know that you have connected with me and it is okay for them to talk with me, They are safe, and you are excited for them and yourself to hear what they want you to know.

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Have fun and good luck! Please feel free to contact me if you have further questions.

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