

LEARNING TO SPEAK THEIR LANGUAGE © Babette de Jongh

Telepathic abilities are a gift we're all given. Animals use it all the time, but people's minds are often too cluttered to receive telepathic communication clearly. It takes practice to become fluent, and some will find it easier than others. But anyone can learn. Here's one way to start:

Write out a few questions you'd like to ask your animal companion. Better questions get better answers. What advice do you have for me? What is your life's mission? Why do you (fill in the blank)? Is there anything you'd like me to know about you?" Coming up with questions is left-brain stuff—get it done ahead of time so your right brain can play.

Working with a photograph is often easier than communicating with a live animal in front of you. With a photograph, you're not distracted by physical concerns, such as a dog wanting to lick your face instead of simply sharing thoughts without the distraction of touch. So find a good-quality photograph of your animal companion, one in which you can clearly see the eyes.

Sit comfortably, both feet on the floor. Take slow, deep breaths and relax. If you feel any emotion coming up—fear of what you may learn, guilt over some past event between you and your animal companion, or even overwhelming love—notice the emotion, then set it aside.

Strong emotions and personal agendas block effective communication. If you're invested in getting a certain answer, you're likely to imagine it, instead of the truth. So drop your baggage, release the need to have your opinions validated, and feel the space inside your heart open up.

With your heart space open and ready to receive, look into the photo of your animal's eyes. Imagine that your animal companion is sitting in front of you. When you can see that image in your imagination, you've stepped into the space of communication. Now, ask a question.

The answer may come as an imagined voice, a snapshot image, or a short movie clip you see in your mind's eye. Whatever it is, accept it. If you get something you don't understand, ask for clarification.

If you didn't feel that you received an answer, this is your opportunity to remove one of your blocks to communication. While you were waiting for an answer, how did you feel? What were you thinking? Did you feel worried you wouldn't be able to do this? Were you thinking how beautiful your dog's eyes are? Whatever thought or feeling occupied your mind at that moment is likely to be your block. Acknowledge it, set it aside, and try a different question.

Practice daily. When you are with your animal friends, ask questions, and remain open to whatever comes up. You can do it!

Look for my upcoming book, *Hear Them Speak*, a twelve-week course on communicating telepathically with animals. I also teach classes and workshops. Check them out!