

## **Words...Words...Words**

Can you think of the words used and misused in association with this profession? The media and possibly others would have you believe that animal communication, being psychic or other wise, is privileged to only a “special” few. The limits we place on our thought process will only stunt our personal growth. Be aware of the words used that describe animal communication. When I began teaching others how to “Listen” to the animals, I realized how little I understood the words associated with this profession.

The Merriam Webster Dictionary is one of my favorite books. I explored all the words people associated with me as well as looking up the words describing what I was doing. To my surprise I realized how indefinite my knowledge and beliefs were; as well as, the public's perception of the words used to describe me, my abilities.

**Sixth Sense** (n) *A power of perception like but not one of the five senses: a keen Intuitive power.*

**Psychic:** (n) *A person apparently sensitive to nonphysical forces, aka: MEDIUM*

**Medium** (n) *The first definition – Something in the middle position: also: a middle position or degree.*

**Intuition** (n) *Quick and ready insight. (2) The power.*

**Telepathy** (n) *Apparent communication from one mind to another by extrasensory means*

**Extrasensory** (adj.) *Not acting or occurring through the known senses.*

Extrasensory, is a powerful definition. The definition validates that this “other sense” is not a “known” sense. Reading these definitions made sense. I am in the middle; the middle of the tangible senses and non-tangible senses. Haven't most of the people you know, including yourself, experience a moment when you “just knew” or had a “gut feeling?” A power of perception, quick and ready insight. Aren't **we all** just like that?

When an occurrence takes place that you can't explain, such as, the phone ringing and you were just thinking about the person who is calling, what do you call that, a coincidence?

**Coincidence:** (n) *occurrence together apparently without reason.*

How many coincidences have you had with the same similarity? Would you call it our sixth sense?

Can you understand how the use of these words has diluted our perception of the truth? The truth is we do this everyday in our life. Our sixth sense is so subtle at times that we don't acknowledge our own psychic abilities presence in our lives. If you were to take the time and journal those moments in your life you would see how "normal" these types of coincidences are. If you do not acknowledge something, then how can it become your reality? If a friend of yours has a habit of biting their nails or cracking their gum and you don't tell them their habit is annoying, how can they make it their reality to form change? If we don't acknowledge our own psychic abilities or our being a medium when the subtle moments occur, how can we make our sixth sense a part of our reality to form change?

When I began teaching I use to ask myself, "Why are we are so blocked and why is it so hard for people to even conceive the thought of communicating with animals?" I believe it all started when we were very young. Our parents and societies beliefs are drilled into us to adapt a certain way of thinking. Our parents only teach us what they have been taught and what they have accepted as their truths. As adults we can relate to that, we also have carried that thought process over into our beliefs and passed them on to our children.

Think back when you were very young, your parents and teachers taught you about your five senses. For myself I was in second grade. We did a week-long lesson plan on our five senses. Every day the teacher would discuss and have the class experience one of our senses in different degrees. I went home and told my parents that this week in school we learned about our five senses. I told them about all the different smells and all the different things we tasted and so on. My parents confirmed that "yes, we only have five senses." If my parents said it was so and my teacher than it had to be true, I only had five senses. I was given a very set perimeter to live in; my belief system was being formed.

Did you have a similar experience? Who told you we only had five senses? Was it Sesame Street, your parents, a teacher? Can you possible see how we have a perimeter placed around our belief system? A limitation in our thinking that has become a restraint placed on our thought process. Our freedom to allow our imagination to go beyond the "norm" has been challenged. We do not perceive this as a challenge but accept it as a rule.

Unfortunately, as we mature, we seem to push our imagination out and replace it with calculated thoughts. We become forgetful of the pure joy and freedom our imagination offers. Funny words freedom and imagination, personal choices we have assessable to us, yet we seem to overlook and deny them completely.

**Freedom** (n) - 1: *the quality or state of being free: Independence. Exemption, release, unrestricted use and privilege.*

**Imagination** (n) - 1: *the act or power to form a mental image of something not present to the senses or nor previously known or experienced.* 2: *creative ability* 3: *re-source fullness* 4: *mental image a creation of the mind – imaginative (adj.)*

We use our imagination when communicating with animals, the act or power to form a mental image of something not present to the senses or nor previously known or experienced. Communication with the animals is more than words. It involves all of your senses, sight (the mind's eye), smell, taste, hearing, touch (body sensations), and the emotion and personality of the animal come through as well. You will need to allow yourself the freedom to tap into your imagination when communicating with the animals. If you find it difficult to imagine or use your imagination I suggest going outside and look at the clouds in the sky to get the juices flowing. What do you see? Remember when you were very young and the imagination you would use to create. My friends and I would build forts from hay bales and pretend they were castles. I use to pretend to be a big cat and climb trees and pretend to fly threw the air. I tied rope on the handle bars of my bike and rode it in the fields and pretended I had a horse. I had a wild imagination, and I loved using it. Did you?

Our adult mind is so controlling, and it can create fear if we try to step out side of the “box” that we have been taught to sit in. Our ability to create and accept new thought is stimulated even more when we allow ourselves to “let go.” To be free, to exceed the perimeter we have unknowingly placed on our excepted beliefs.

We all experience life differently. We all have our strengths and weaknesses. Some of us wear glasses, some of us are born blind, some of us are really good at math or are great athletes. Bottom line, not one of us is any better a human being than the other. We all have something that makes us different or shine a little brighter. When teaching others to communicate with animals, I use the example we are like T.V. sets. Some of us have antennas, some have cable and others are like a satellite dish. The person with the antennas gets the basic channels and has to work a little harder to get more. The reception comes in but at times is a little fuzzy-that is okay. The cable person gets more and tends to receive information fairly clear. Now the satellite person just receives all the channels with ease, not really thinking about the results and just taking it all in. All three get reception-just at different levels. The antenna, when given the proper tools and support can receive more information.

With any endeavor we take on in life the proper tools and support is vital. When I fully understood the words being associated with my profession, I too grew in my own perception of my profession. The dictionary was and still is one of many tools which support me. I was unaware that I had actually set a perimeter around myself and limited my personal growth. Having the knowledge of what words meant broadened my mind. I am able to educate others more effectively and the results are that others receive the information more effectively. What other tools

can help? I suggest positive friends, family, like minded individuals and meditation.

Meditation is a great tool to help with relaxing and breathing. Mention the word meditation to some people and they cringe and think of sitting quietly not thinking of anything. I know the first time I tried to meditate and “empty” my mind of all thoughts, an odd thing seem too happened; my mind got very busy and I thought of everything. Sound familiar? Some believe that if you light candles, chant, and burn incense you will go into a meditative state. I’m not being sarcastic but those “props” are unnecessary to help you meditate.

We have something called the **Limbic System:** (n) the processing center of reason, emotion, and smell.

*It's a group of sub cortical structures (as the hypothalamus, the hippocampus, and the amygdala) of the brain that are concerned especially with emotion and motivation.*

\*\*\*Webster Merriam Dictionary on the web

**Limbic System:** The Center of Emotions – By Júlio Rocha do Amaral, MD & Jorge Martins de Oliveira, MD, PhD... From: [www.epub.org.br/cm/n05/mente/limbic\\_i.htm](http://www.epub.org.br/cm/n05/mente/limbic_i.htm)

If you were to walk into a room full of lit candles there is a good chance you would say “ahh” and drink in the beauty of the glow that takes over the darkness. Take it a step further and add your favorite scent, and soft music, maybe the sounds of rain or a water fall. Most likely you would relax, and your breathing would become deeper and slower. We have the structure within ourselves to create that same sensation without the props. The media, advertising agencies, and the folks that want to sell you products have what I call fear - based selling. I believe they know how to use our Limbic System to manipulate how we view ourselves and how we should feel about ourselves. Having us believe we have to go outside ourselves to achieve a specific goal. Our emotional state is assaulted with simple gestures and words. Buy a certain product, such as a candle, and love will come into your life. Love of yourself brings love into your life - not a product. Why go outside yourself when everything you need is within?

**Meditate** (*verb*) *to muse over, contemplate, ponder, intend.*

Take it a step further...

**Muse** (*verb and a noun*) – (1) *to become absorbed in thought-* (2) *a source of inspiration.*

**Contemplate** (*verb*) – *to view or consider with continued intention, intend.*

**Ponder** (*verb*) - *to weigh in the mind, to consider carefully.*

I believe the action we take to achieve “meditation” is a tailored event. Each person personalizes his/her own action to achieve a meditative state. Another thought: do what works for you. Walking gets my breathing regulated it slows me down; it’s a source of inspiration. I am able to clear my head and sort out my day

and any events in my life that need a little attention “to view or consider with continued attention.” Afterwards I am happy and feel relaxed; I am able to handle decisions much more fluently “to weigh in my mind, to consider carefully.” I am less apt to become “emotional” in my decision making. Becoming more responsive to my sixth sense, my knowing, my intuitive side, I get connected, I am attuned to my spirit.

**Spirit** (n) *Latin for spiritus, breath, to blow, breathe. A life- giving force.*

I believe meditation can take any form; it is an action that relaxes you and enables you to regulate your breathing and bring a sense of JOY in you.

For example: Are you a walker or a jogger or do you go to the gym? Do you find after your workout your breathing is much deeper and slower? Do you feel better; does problem solving come much easier? Are you more at peace with your surroundings? Do you own a horse, and do you find that after you spend time with your horse either riding, cleaning stalls or just grooming them you feel good? Some people sing, some take a drive in their car. It doesn't matter what the act is as long as it brings you to a place in your mind and body that connects you and brings you back to yourself; a sense of relaxation, and joy. In this state of mind, you are more attuned to your sixth sense, your intuitive side. I can not emphasize enough, that it is not the props that help attain a “meditative” state of mind the action is done **by you and only you!**

Breathing is crucial to everything we do. Athletes learn to breathe more effectively to achieve optimal performance. When weight lifting, knowing when to inhale and exhale is essential. Those who walk, jog or do aerobics get a rhythm going with their breathing; they go into a meditative state. Have you heard of a “joggers high?” The more you perform a task that puts you in touch with this rhythm the easier it will be. I believe in time, it will become easy for anyone to sit still and practice meditation and to be mindful of their breathing further.

You will become more attuned to your intuitive side, your sixth sense, your knowing, with greater ease. You will become more connected to your spirit. If you hold your breath you disconnect from yourself, your spirit.