

“Positive intentions- What do you want?”

How we send out a communication really indicates how it will be received. Many of my consultations are due to behavior or health issues. No one calls me because everything is fine. When I ask a client to ask their first question they have in mind, sometimes the question is accusatory. The animals, much like people, do not like being verbally attacked. Even if the accusation is true, the defense mechanism we all have kicks in. The consultation begins on a negative note. I like to briefly ask the animal, “How are they,” “How do feel,” “Do you have any concerns that need to be discussed?” Then I will go into the, “Why do you,” and “How come you?” questions. Nine out of ten times if I ask the animal if they have any concerns they will discuss the impending question, without me asking them first. This makes for a much nicer conversation.

I also give this example to my first-time clients: If you and I met for the first time and you were sitting on a park bench and I happened to walk by and our eyes met, and I ask you, “How are you doing?” you would most likely reply with a one or two-word answer and I would continue walking. If I were to ask you, “Did you see a big black dog run past?” You would either say “No” or “Yes” and possibly continue with, “He went left into the woods with a stick in his mouth.” Animals are the same. If you don’t ask a direct question you will not get a direct answer, or you won’t get anything at all. The animals find us a little confusing with all our vague communication skills and inconsistency.

Example:

Buddy the dog decides to leave the yard and goes to the neighbors. He continues this for three days. On the fourth day you tell him he is a bad dog. Or we allow our horse to walk ahead of us or dance around us as we hold them and the next day they get punished for doing it again. Another example is cats jumping on the counter tops...one day its okay and the next time its not. We are inconsistent in our actions and our thinking... our communication skills.

When dealing with our animals we seem to focus on what we don’t want from them, we seem to forsake the thought of focusing on what we want. **Be positive in your intentions with your communication.** Instead of telling your dog “no jumping” and focusing on the negative behavior, focus on the positive behavior. If you have a dog that loves to jump on company, give them the mental picture of sitting when company comes in or all four paws on the floor at the same time. Our usual thought pattern is, “Don’t do that!” Many of my phone calls start with my “_____ does_____ and I want them to stop.” “Tell them I don’t want them to behave that way.” It sounds like a simple enough request, however it’s negative. First off, how many of you enjoy being spoken to in a negative manner, having your weaknesses, or shortcomings attacked? Would you feel impelled to change gracefully or would you continue your behavior just for “fun” or “spite?” Second, voicing or thinking of the negative reinforces the action or thought. A

simple example that was given to me by my mentor, Anita Cutis was, think of a banana. Don't think of the brown spots on the banana just think of a banana, but **not** the brown spots. What are you thinking about? Educating yourself to give positive affirmations to your pets is work. It entails being positive to yourself as well. In time, **with practice**, the effort that once took so much time to rephrase will come with ease. We all have doubt whether we are really communicating with the animals intuitively/ telepathically. Sometimes our doubts are reconfirmed by our negative affirmations. It entails being positive to yourself as well. In time, **with practice**, the effort that once took so much time to rephrase will come with ease. We all have doubt whether we are really communicating with the animals intuitively/ telepathically. Sometimes our doubts are reconfirmed by our negative affirmations.

“I can’t”, famous last words

Jane was new to the area and had been invited to a neighbor’s house for dinner. Upon her arrival, she politely asks her host if there is anything she needs help with. Accepting her offer, the host asks if Jane would please go into the kitchen and get the salt. As Jane walk toward the kitchen, she is thinking to herself, “I have never been here before, how am I going to find the salt? I don’t know where it is?” She spends a few minutes looking around on the counter tops, opening cabinets and mutters to herself, “I’ll never find it, I don’t see the salt any where.” The host enters the kitchen and asks Jane, “Did you find the salt?” Jane politely replies, “No, I can’t seem to find it.” As she makes that statement she is standing in front of a cabinet with the door open staring into it. Her host comes from behind Jane and reach’s around to pull the salt shaker from directly in front of her view, then comments “Here, its right in front of you.”

When Jane was making her way to the kitchen she told herself, she did not know where the salt was and also said “I’ll never find it.” When she visually found the salt, the brain registered it, and then the subconscious jumps in to say, “Oh wait, remember you said you will never find it.” So, the brain agrees and like magic the salt is nonexistent.

The relationship we have with ourselves is a delicate one, more so than the one you have with a family member or love interest. Keep telling yourself you **can’t**, and your mind will listen very well and deliver that exact result.

For the most part we probably don’t even pay close attention to what our thoughts may or may not be projecting out. The energy produced from thought and even words is very powerful. The lack of value we give it is reflected in our own daily actions. If we make a conscious choice to be mindful of our physical actions and thought actions, we would see it cause a domino effect. The power we have affects all of us on a physical and non-physical level (a spiritual level).

Spiritual: (adj): *of relating to, consisting of, or affecting the spirit. Spirit-* to blow, breathe. A life- giving force.)

A simple example is how communication effects people standing in line at the bank. It only takes one person to make a rude comment about waiting in line too long. When they get to the teller they begin complaining about the inefficiency of the bank for making them wait. The manner they deliver the complaint is a little abusive to the teller. This one individual has affected (infected) everyone in the bank either directly to indirectly. The teller was directly affected (infected) the people waiting in line and in ear shot are indirectly affected (infected). Each one of those people will carry out with them a piece of that disturbance i.e. infection. Even if one of them could care less about the incident, they may discuss the bad behavior that occurred in the bank, and at that point the incident comes to life again. The teller may react differently; they may take it home and just be grumpy

and take it out on their loved ones by being short tempered. Maybe it will continue, and the family members will carry on the process into their daily lives i.e. rude, short tempered, or irritable towards others. This is what I mean by being connected spiritually. The actions of that individual affected more than just the people in the bank, it caused a ripple effect with everyone they encountered; either directly or indirectly.

Communication in any form is energy. We are all of the same life-giving force, (*spirit*) either giving in a positive or negative manner.

It is also very important to be mindful of where the communication is coming from. The individual in the bank came from his head not from his heart. Too often that is how many communicate, and it reflects in how we carry on in our daily living. When you hold your breath can you feel your chest tighten? When you get into a disagreement with someone have you noticed your chest tighten? Keep breathing you will stay connected and your heart will remain open.

My goal is to have you to observe yourself and what motivates your thought patterns. Look at the results of what thought action can produce. Understanding the proper meaning of words and how they are used or misused. How free is your imagination, what limits do you place on yourself? We have freedom of thought and this freedom can take us anywhere we wish. Have you ever heard the saying, "The highway of life?" Highways end because they have a limit. Do not limit yourself in what you are capable of achieving. Have you ever seen a three-legged dog or cat? They have as much zest for life as any able-bodied animal. If you throw a ball the dog will go chase it. In my case my neighbors three-legged dog chases my cats through the woods. Look at a person with a disability. Are they living limited, do they even look at their "disability" as a limit to what they can achieve? I was born with all the moving, working parts. I also have mild dyslexia which causes me frustration when reading and especially writing. Finally reaching my forties, I've decided to stop placing limits on what I can achieve. I still tend to get stuck and for some reason forget how free I can be with my mind. Intentional "mindful" freedom allows all of us to experience life more sweetly, if we choose, with greater zest and joy. You actually begin to trust yourself more, trust your decisions, trust your intuition, and trust what the animals are communicating to you.

What a leap of faith in trusting yourself Imagine waking up every morning, trusting every decision you make, never second guessing yourself, or looking to another person and asking, "What do you think?" Imagine what it would be like to be that solid in your decision making! That is exactly what our mind set needs to be when we work with our intuition, our sixth sense. We need confidence in ourselves to trust the information we are receiving. Sounds simple enough... just... trust... you.

Jane believed she could not find the salt. She had absolutely **no trust** in herself - **she chose** not to. Thought and action choices confirm the validity of our decision making. Like anyone else, I have made my share of poor choices. I have had the fears and the doubtful thinking, “I can’t” and “what ifs.” Those thoughts produced an action, sometimes succeeding and sometimes failing. I was learning to put my fears and my doubts aside and began to learn from my mistakes. I allowed **myself permission**, to listen, to my sixth sense, my intuition. Even today, I still have moments of self doubt and probably always will, because it’s only human. I need to access my mental, physical, emotional state, and my breathing... my spirit daily. This is something that has to be practiced and to be acknowledged daily. This practice, is how our intuitive side, our sixth sense becomes part of our everyday life.

Learning: (noun) - *1: the act or experience of one that learns. 2: knowledge or skill acquired by instruction or study 3: modification of a behavioral tendency by experience (as exposure to conditioning)*

Practicing: (adj.) - *Actively engaged in a specified career or way of life <a practicing physician>*

To modify a behavior with an acquired skill (learning), and to actively engage in a way of life (practicing).

Perpetuating a behavior and it becomes a way of life, a habit. I’m asking you to **trust your self**, and your intuition. Of course it takes time to feel comfortable with this way of thinking. It takes time to feel as though you are not making it all up. I suggested in the beginning that **you journal** the “coincidences” in your daily life, as **proof to yourself**. You will begin to notice those subtle “moments” as they happen.

During the time I was writing this book, I had my own coincidence. My daughter had gone out one evening to meet up with a few of her friends. Nothing unusual about this particular evening, it was just as most others. I had fallen asleep on my couch watching the evening news and around 12:30 am I woke up. As I was walking towards my stairs to my bedroom, I just knew my daughter was not coming home that night, so I locked the house up. Sure enough, when I awoke from bed, I looked in her room and she was not home. It wasn’t because she told me, or for any other tangible reason, I just knew. When she came home later that day, she apologized for not calling me, to inform me she was staying at a friend’s house. I just smiled and said “I got the message, thanks.” She got a queer smile on her face and gave out a slight laugh. My daughter has become accustomed to my “knowing.” I have learned to recognize and acknowledge those moments, even as subtle as they are. I am practicing to trust myself, daily!

As we move closer to the “how to” of this process, I want to emphasize the **importance to subtle details**. Pay attention to what you smell, taste, hear, and what you see or sense and pay attention to what your body feels like.

Early in life we are programmed that faster is better. We have microwaves to cook our food in a minute or less, and we get instant gratification. We're not taught the **art of patience**. Don't look for the heavenly voice to prompt you. While I was in my learning stage, my teacher Anita Curtis, had us sharing our experiences in a workshop, but I had nothing to say. She asked if I heard anything. I replied "No." She asked if I saw or sensed anything in my mind. Again I replied "No." She asked if I felt anything. I sat for a minute and said, "Well yes." When I spoke to my partners' cat, my gums on the upper front left side of my mouth tingled. When I spoke to another person's dog, my right hip tingled. Both women acknowledged that each one of their animals was in fact having trouble with those areas of their body. Anita smiled and said, "You experienced your first communication." She explained that I was empathic, In other words I felt what the animal felt.

As I practiced more, my other senses began to engage. I was able to integrate all of my senses the more I practiced animal (intuitive) communication. I needed to continually educate myself in the multiple forms that the communications came in. My strong suit today is "feeling" and I'm fairly sure it will continue to be. We all have our strengths and weaknesses.

I have learned over time and experience to articulate every little detail. To trust and listen to the information I receive...**to trust me**. I have made my share of mistakes by **not voicing** all the details of the communication. I have tried to translate messages, but I have found it's more efficient to **give it as I get it**.

Here are two consultations I had to illustrate my point. (Names are fictitious)

Betty and her Dog:

Betty called to talk to her dog that had passed away. She wanted to know if her dog was still with her in spirit. I contacted the dog and she said, "Yes, you see me everyday." Betty was confused and asked where? Her dog showed me what appeared to be a bathroom. I was looking at the sink's plumbing and the pedestal of a toilet. She disagreed with me, "That can't be, I don't even have pictures of her in the bathroom." "Are you mistaken?" I asked again. The dog was very adamant and said, "You see me everyday." and showed me the bathroom scene again. We went back and forth on this and the dog kept replying the same answer. A few days passed and I received a note from Betty. She finally realized what the dog was communicating. Betty had a lock of the dog's hair tied with ribbon in a drawer located in the bathroom. Everyday Betty opened the drawer.

Kari and her horses:

Kari just wanted to know if her horses were happy and did they need anything to make their lives better. Her horses showed me what appeared to be an out building of sorts. I couldn't tell if it was in the field with them or next to where they

where pastured. They wanted me to tell Kari, to clean out the area, so they could go into it. Kari thought for a minute and laughed. She told me it was a shed area that was attached to the barn. Her horses could put their heads in from where their stalls were. The area the horses wanted to enter was full of junk. Then the horses mentioned a new trailer. I asked if she had just purchased or was about to purchase a new trailer. She replied the family had just bought one. The trailer was parked next to the field where the horses were pastured, and they were also able to put their heads in that as well. It wasn't clear to me whether it was the trailer or the shed or both areas they wanted access too. Kari and I enjoyed the humor of the conversation.

Do you understand that is best just giving it as you get it? I repeat...listen to all of your senses and trust the information you receive. It can be difficult, when the pet owner begins disagreeing with you. You can actually feel your chest close up. When that happens BREATHE!

In the case of Betty's dog, when standing in the bathroom the dog saw the plumbing so that's what she communicated to me. When Betty found the lock of hair, it validated her beloved pet was still present in her life and the communication made sense to her. Kari's horses were showing me places they wanted go. The question was "Were they happy and did they need anything?" Kari thought the information her horses passed on was amusing because they always hung out in those two areas.

It's a puzzle you help to put together for the person and their animal. What you may personally think or feel is not relevant to the communication. It's not about you.

Have you ever told a story about a situation you had and the person you are telling keeps interjecting their similar experience. They go as far to tell you how to feel or handle your experience. Do you find that annoying, even rude? Listening is a lost art, listening impartially, with your heart wide open, not your head. It is very important to remain neutral at all times. Your perception on how someone else should live their life has no room in this profession. Insight on a situation is all the communication is about. Describing NOT prescribing!

Of course if a delicate situation arises, then you should find **gentle words** to relay the information. I had a cat tell me their owner was having too many sexual encounters, and I had a dog tell me her owners fiancé had an affair. They were two uncomfortable situations for me. I found the words to deliver the messages gently. I told the cat owner her cat was concerned because she "dated" too much. I told the dog owner her fiancé betrayed her. They both understood exactly what I was relaying to them and actually confirmed the information. What ever your preconceived notion may be in a situation it must be put aside! If personal beliefs interfere, the communication will become tainted and weak. If you place

judgments the communication becomes less than helpful. You must **remain neutral** at all times!

I am against breeding domesticated animals. There are too many animals without homes! This is a passionate belief of mine. When I get a call and the question is posed, "Does my _____ want to breed?" I have to take my feeling and gently put it aside. As a communicator I am useless and ineffective if I become emotionally involved. It is not about you or me! It's about the animal and their needs, and the person asking.

The different forms of the communication come in a very subtle, gentle, soft way. It's the small things that give the biggest details, and it all matters. You may think it's too inconsequential, but to the animal and the person you are helping, it may be the biggest piece to the puzzle, i.e. Betty and her dog. Remember the book "Don't sweat the small the stuff"? I'm asking you to defiantly "Sweat the small stuff".

When a horse begins to colic (*Basically, it's a bad tummy ache that can turn deadly if not treated properly.*), they show subtle signs. Such as: looking back at their stomachs, rolling their lip upward and possibly pointing a front foot, producing less manure, or drinking less than normal. If we don't pay attention to those subtle signs, the horse may in a few hours stop eating, start rolling or pawing the ground. At that point we have a horse in real distress. If attention had been paid to the earlier signs we could have been able to alleviate the impending illness much sooner.

Telepathic information comes very quickly. Verbal dialog takes more time than thought dialog. When you think of a question the animal will answer you before you finish thinking it. The information comes so quickly that you're likely to miss it, or you're afraid to ask the question again. When I first began, I would sit in amazement at the speed of the communication. I would freeze, and wait, instead of asking again. Now as the information comes, I start mumbling to catch it all, or I just blurt it out. If you find yourself not "catching it all" ask the animal again to please repeat it and slow down. The animals will usually comply graciously. Earlier I had mentioned that I access my physical and emotional state. I do this everyday I work. I check in with myself to see where my physical and mental attention is. If I have a sore foot, and my foot is throbbing during the consultation, I need to ask myself if that is me or is that the animal? Certain foods make me less effective. I was apprenticing with Anita and her assistant Jean and we had gotten into a candy dish. We giggled and got silly for awhile from the sugar rush then a headache soon followed, and I became much less effective.

Practice becoming attuned to what is transpiring in your mind and body.

I Repeat ...

The importance of self assessment and the subtle nuances of the information are meaningful. You may smell something slightly that is not your surroundings, or you may get a taste in your mouth that was not present before, or may feel something in your body that you never felt before.

Pay attention to the emotion that runs through you. What is the personality of the animal like?

Just **describe** what you get and **don't prescribe!** I'm not a veterinarian so giving medical advice would be absurd. I have more horse experience medically than with other animals. But I never give any medical advice. Nor should any other communicator, unless they are a licensed veterinarian! My students, who are veterinarians, farriers, massage therapist, homeopath etc, I feel, are more valuable to the communication than myself. They have more knowledge for the animals to access. If I talk to the same animal that a health professional talked to, we will not receive the information identically. Usually I will receive a body sensations and an image of the situation, and possible a taste in my mouth. I have described tumors and also described what an organ looked like, not knowing what I was looking at. An animal will have the veterinarian's knowledge to use and access, and then send the information in terms the veterinarian understands. If it is a medical question I encourage the client to pass on the information to the proper health professional. I repeat, **describe not prescribe.**

Courtesy is important when talking to animals. Introduce yourself and be polite. If you have an animal that will not talk to you, explain to them you are learning to communicate and you need their help. If an animal flat out refuses, don't take it personally and just move on to another animal. Talking to animals without permission from their owners is rude. Talking to any animal without being invited is rude. When invited to talk to someone's animal, remember that you have been invited into their home. Be respectful of the privilege.

This is a very intimate experience for all parties involved! It will be one of the most intimate experiences of your life! The pure emotion that animals put forth touches your soul, your core. I can't even put into words how they show love and give of themselves so freely. You may have twelve closed doors in front of you, but you have been invited to open only one. Don't open doors just because you can! How would you feel if someone you invited into your home began rummaging through your personal effects? **Above all Respect, Respect, Respect**

Ok let's recap. BREATHE

Find an activity that relaxes and brings a sense of joy to you. Walking, singing, running, riding, meditation ...etc...what ever works for you.

We have five “tangible” senses. We use all of them when communicating with the animals. Pay attention to every detail, no matter how minor you may think it is. Pay attention to the emotions and personality that come as well. We all have our strengths and weaknesses; you may only experience one sensation at first, practice, practice, practice. Rome wasn’t built in a day. All of your other senses will follow, **be patient**. This is a muscle that needs to be exercised.

Listen without judgment! Turn off your background dialog and listen. How you live your life and how others live out theirs may be different. Don’t let those differences pollute your communications. Don’t be the person who can’t find the salt. Remember, “**I can**”. Think of what you want from the animals; not what you don’t want. Dwelling on “don’t do this” and “you can’t do that” amplifies the unwanted behavior. Show a mental picture of your dog standing in front of you, instead of jumping on you.

Be positive.

Have intention and be direct with your communication.

Lead **from your heart** not your head.

BREATHE, BREATHE, BREATHE

Trust your gut, trust your intuition, and trust your sixth sense!

Take a leap of faith and **believe in yourself**. It is **not the props** that make you - **it’s you!**

Enjoy what the animals have to offer.

