



Telepathic Animal Communication

If animals are a part of your life, you may have at some point considered the services of a trainer or a behaviourist if, for example, a dog is showing unfamiliar behaviours.

Traditionally, we know animal communication as the interpretation of an animal's behaviour, body language, facial expressions and vocals in determining why an animal presents a particular behaviour. This method can be quite time consuming. The whole picture must be taken into consideration - species, breed, age, health, environment and so on.

There must be a process of elimination because very often an animal can display one behaviour that could be related to a variety of problems.

For example, a dog might show a physical behaviour such as chewing that could be related to teething (depending on age), an emotional state such as anxiety or related to a physical pain - all of which are symptoms of a deeper problem.

To help an animal we must be able to reach the source so we are not merely treating a symptom.

So I'm going to talk about the other kind - Telepathic Animal Communication - 'tele,' meaning distance and 'pathy,' meaning feeling.

That means we can communicate with an animal at any distance, mind to mind, using the power of feeling rather than the language of words and physical interpretations.

In a nutshell, anything we create physically must first be created in the mind. Our every thought, word, phrase, sentence or intention creates an image in our mind accompanied by a feeling. The animal picks up on the feeling.



Try this short exercise that demonstrates the effect our thoughts can have on our own emotions and those of our animals:

- Think about an animal you have strong feelings for. Along with that thought comes an image of the animal in your mind's eye.
- Can you feel the enormous warm, tender and caring feeling surrounding the image?
- The animal will now be snuggled up feeling contentment knowing you are still around.
- Now think of an event or circumstance that concerns you; it could be health related, relationship - whatever bothers you.
- This time the feeling produced by the thought and resulting image will be one of worry, maybe even anxiety.
- Now gently switch your thought back to the animal with the loving feeling to lift your energy again.
- Take a deep breath in.. and breathe out.

We tend to dwell more on negative feelings than positive feelings which can spiral out of control. Anxiety can quickly roll

on into a panic attack; we must therefore be careful about what thoughts and words we generate.

Although in the second exercise you weren't thinking of the animal in your care, he or she is so tuned into you they will have picked up on your negative feeling energy.

Although humans and animals have communicated telepathically for thousands of years, science has only recently caught up with what is natural; on 7th July 2012, The Cambridge Declaration on Consciousness declared animals as 'sentient beings', meaning it is proven that animals can experience the same positive and negative emotions that we do, including pain and distress.

It further stated that animals have the ability to exhibit intentional conscious behaviours. Its existence can no longer be ignored.

However, the Declaration didn't go so far as to confirm that animals can connect with us on a telepathic level.

In 2014 an international research team developed a way to say 'hello' with the mind. However, the evidence relates only to the telepathic communication of one human to another. It appears that science is still in the process of catching up with reality as far as the mind to mind communication between human and animal is concerned. If you are sitting on the fence regarding telepathic animal communication, maybe this will sway you:

in February 2016 I was asked to connect with a dog. I have lots of testimonials on my website; however I want to tell you about this because it was one of my more complex cases.

The lady was concerned that the dog always peed in the house in her absence, but at no other time. The vet had given a diagnosis of separation anxiety because he could find no medical reason.

On connecting with the dog he showed me through a mind video that he often dribbled urine in the house while his person was at home but the door was always open so his dribbles went unnoticed.



When she was away, the dog was left with the husband. He wasn't as vigilant; the door was usually shut and so the dog, not being able to get outside, would pee on the carpet.

In my interpretation of the video to his carer, I felt the dog was incontinent but that it was unrelated to the separation anxiety; I felt there was a medical reason for his peeing.

The dog was taken to another vet for a second opinion. Tests were carried out; the kidneys were working at only 30% of their capacity and the dog was now being tested for Cushings disease.

How could I have known that?

Considering the bad press given to Reiki and other forms of energy healing before its recognition, I'm confident that telepathic animal communication will soon be recognised as a household name.

Communicating telepathically is our true nature, it is how we communicated long before we learned the language of words. It is who we are. We are able to tune into the energy field of animals which in itself can be incredibly healing for all concerned as well as gaining a deeper understanding, and building on our relationship with our animals.

A quiet mind, with slow, deep, and gentle breaths will move us away from our own thinking state to a peaceful place where we can gently place our attention on how the animal is feeling.

Here's another short exercise:

- Imagine the thoughts in your head on a scale of 1 to 10; 1 being very calm and 10 being very noisy.
- Remember that score as you now relax down into your body.
- Focus on your breathing; be aware of breathing from your stomach and not from your chest.
- Now gently rub your forefinger and thumb together which will help your mind to quieten down from a thinking state.



- Continue to focus on your breathing and rub your forefinger and thumb while now focusing gently on something that is still.
- You should now find it difficult to think of an answer if I was to ask you a question.
- Check your score. Aim to get it down to at least a 2. The more you practice this exercise the clearer the line between you and the animal will become.



What do you think the animals in your care would say to you if you could hear them? They wait patiently for an answer from you in their daily communication.

Why should we re-open our telepathic abilities?

- Because it matters to our animals
- It makes it easier to co-exist
- It shows our respect for their sentient status
- It allows for a deeper understanding of the animal's behavioural or health issues, in turn deepening the relationship like never before
- Animals can teach us so much more about ourselves at this level
- Our happiness and openness are important to our animals
- It is healing for us and for our animals
- We can connect with the animals we share our lives with even when we are away from home

You must have belief that you have the ability to communicate with animals. There is no doubt you have the ability; it is not only for the gifted few.

Even though we might not hear our animals, we can still just talk to them which in itself is therapeutic for all concerned.

The Telepathic Animal Communication process is effective in gaining trust so we can give simple explanations and ask simple specific questions of the animal that help us to understand things that have happened in the past or present environment which in turn begins the healing process.

In my work as an animal communicator I have learned that very often, animals reflect our own feelings - positives and negatives. They know what is going on emotionally, physically, and energetically in the lives of the humans they live with.

Through their behaviours and health they tell us what they know.

When we are able to listen, we will see we are holding the same symptoms.

We can make the changes necessary to improve our own lives, our health, and our environment. In turn, the physical, emotional and energetic lives of our animals will improve.



Animal Communication can help with training an animal.

I remember the days of training animals before I knew of Telepathic Animal Communication. I realise now that there was very often a physical or emotional cost to the animal in question due to my own frustrations and failings at not getting them to instantly understand what I wanted of them, even though I meant well. I always came from a place of compassion and trust, or so I thought.

My big lesson? When we start listening to our animals, they will also begin listening to us.

No matter what method of training you use, Telepathic Animal Communication will always play a beneficial part in helping to create a clearer direction.

In being able to ask our animals about their wants and needs, we can achieve great things and amazing partnerships.

Exercise - tuning into the animal

- Simply quiet your mind using your breathing, finger/thumb technique.
- Make sure your feet are touching the floor.
- Think of a simple question to ask the animal in your thoughts that you might not know the answer to, like, “What is your favourite food?” It must be short, clear and concise.
- Imagine you are in your favourite place; it might be a beach, a woodland, or even a stable.
- Take a few of those relaxing, calming breaths from the pit of your stomach.
- With each out breath feel yourself relax more as you breathe out unwanted thoughts.
- Close your eyes and picture in your mind’s eye the animal you are connecting with.
- Feel the love you have for the animal in your heart; imagine all that love gently connecting to the heart of the animal.
- At this point you might see a moving image of the animal you are connected to - maybe it is your dog wagging his tail with excitement, or your horse calling to you, or your cat rubbing her tail up against your leg at her joy of you connecting this way.
- Make a mental note of what you see.
- Now the animal is aware of your presence and the love you send, ask your question.
- Remain gently focused on the animal, while gently breathing any unwanted thoughts away.
- Accept the first answer that pops into your head. It may appear as a thought, word, image or a feeling. Don’t question it.
- Sit quietly and when you are ready, ask another short question.

It takes practice, so don't become disheartened. This is just a first very important step to being closer to your animals than you ever dreamed possible.

When you are finished speaking with the animal, thank them and let them feel the love emanating from your heart to theirs.

Wow, imagine being able to hear the animal in your care when he light-heartedly tells you that he doesn't care for the taste of a particular food; or being able to hear him and act according to his wishes when he quietly asks to be released from a tired, old or painful body.

We are privileged to share our lives with animals. We should take the time to work on ourselves so that we are worthy of them.

Take a chance on yourself, be the person you are meant to be.

Allow the animals in your care to be true to their species.

From now on, be aware of when you say a sentence that begins with "I am", for example, "I am happy," or "I am sad."

Instead say, "I feel happy," or "I feel sad." Be aware of the feeling in your body. This exercise is more powerful than you may realise to begin with.

Being aware of your 'feeling' state is vital if you are to connect with your animals on this deeper level.

Avis x

