



ANIMAL COMMUNICATION 101

Step-by-Step Approach to Animal Communication from Pet
Parent to Professional and Everyone in Between

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Author of Communication With All Life



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I dedicate this work and word to all the students and faculty of Communication with all Life University. Your brave desire to communicate with animals and make the world a better place is inspiring. You have made my world a better place. And you continue to help many, many animals move into a better place.

Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all embracing love.

-Fyodor Dostoyevsky

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INTRODUCTION

How to Read this Book: Breathe, Journal, and Take Your Time

Most people have one of three secret fantasies: they want to communicate with animals, they would love to be able to fly or they'd love to breathe underwater. I can only help you come out of the closet on one of those secrets: communicating with animals.

Animal lovers want this ability so badly that they get nervous and don't believe they can do it. They struggle with what I call "test energy" when they first get started. That test energy creates a contraction in our whole being and it is the opposite of the safe space that needs to be created in order to connect and communicate with animals.

As a result of that contraction, it makes the doubt even stronger. This shuts down even the most intuitive person.

And then of course, the contraction gets compounded because people around us may not believe in animal communication.

Our external world is often a combination of an adrenaline rush, sprinkled with a need for proof and evidence and a do, do, do, go, go, go for dessert. It is the opposite of nurturing a telepathic muscle which is critical and necessary to communicate with animals.

I believe we are all animal communicators. We have just lost the ability to trust ourselves. I wrote this book to help bridge that gap between what is naturally yours: a bridge between your birthright to communicate with animals and your neverending doubt.

My mission is to empower others to deeply connect with all life so that together, we can give voice to those who can't speak for themselves. And collectively we will heal the planet.

My intention is that you recognize your own ability to communicate with animals throughout this book. When you see how deceptively simple it is, you may recognize that you are doing it already. And often, not the way you were hoping!

And that can be so frustrating. Because we tend to look at what is wrong.

In other words, when we fixate on the behavior or situation we DON'T want, we are often creating that opening for the animal to do exactly what we don't want. By becoming aware through this book how telepathic communication works, we can create a path toward the desired outcome and more closeness with our beloved animal companion.

My other intention is that you love the style with which I teach and the simplicity of the method and you come take classes with me and my amazing teachers. My classes are geared to enrich the life of our animals at home as well as create a professional structure.

No matter what stage you are in, I would love to help you. I've structured this book in a step-by-step method, with building block exercises and tools.

I always say it is better to learn correctly/professionally now, even if you never talk to someone else's animal. It is easier to add on learning than to undo bad habits.

To do this, I set the book up as follows:

First, you are going to discover how animal communication works (via telepathic communication), you will see how you are already doing this and ultimately you will learn the steps in order to access it at will. I like to call it the telepathic "on/off" switch.

Second, you are going to start to develop your own telepathic muscle. You will understand my step-by-step process and see it at work.

Third, you will understand how to apply this work in your home, barn, or professional setting.

Whether you are at home and want to learn animal communication, whether you work with animals currently and you want to add to your (grooming, veterinary, pet sitting, trainer, massage) practice, or you want to throw caution to the wind and leave your corporate job to be a professional animal communicator, I wrote this book so that you would be able to see how deceptively simple it really is and that our biggest obstacle is our own doubt.

What is Animal Communication?

While animals capture each other's attention through calls, whistles, and body language, the more subtle way they communicate is through telepathy, which you can define as the transference of pictures, words, and feelings. Animals track each other in these ways at all times. Their highly developed sixth sense is a result of the fact that they are connected energetically to each other through their auric fields. The auric field is a field of energy that surrounds all living beings.

This energetic connection is essential to survival in the fight-or-flight world they live in. Telepathy is a subtle way of communicating through the surrounding field of energy to signal danger or broadcast safety.

Telepathic information moves into animals' bodies and minds and is built into what we would call "instinct." You could say animals are naturally "in the zone."

When you see animals moving together, like when an entire flock of birds suddenly lifts out of a tree as though someone ran an electrical charge through it, what's happening is telepathic communication. When deer run down the lane together without even the flicker of an ear, this too is telepathic communication.

Unless an animal is deeply concentrating on something, such as the prey it is hunting, or avoiding being prey, a little part of it is always tapped into “one mind”: the herd, the pack, the flock, the pride, the gang, the pod, or the family.

Animals in our homes are also tuned in this way. Only rather than having one ear on their surroundings, interpreting the pitch and frequency of the earth, or tuning in to their herd, pride, or pack, they are tracking our minds; it is our home or barn that holds the energetic resonance. They also check out our body language and tone of voice to understand our intentions and what we expect of them. Our human minds are always thinking many complex thoughts, so it's easy to see why they would be confused sometimes.

Telepathy is our original form of communication too. We communicate this way naturally with our mothers, fathers, and other caregivers beginning at birth—actually, before that. Pictures and feelings form our language before words have any meaning to us; language and words are nothing in the scheme of things. More important are the feelings that are conveyed, the meanings that are intended, the pictures that are sent. This is the subtle language of telepathy.

When our telepathic messages are conflicting, meaning we say one thing but are thinking or feeling another, we often confuse our animals and remain frustrated and sometimes angry at our animal companion. By becoming aware of our own thoughts and feelings, then learning this method, we will become clearer communicators and become closer with our own animals.

I believe that animal communication could lead us to global peace on this beautiful earth. If those of us with a mission to help animals went in 100%, we might discover we wanted to help each other as well.

One of the first steps of healing is to be heard, seen and acknowledged. If we could do this for animals we could shift the balance from suffering to acceptance. We may find that we, fellow animals (the human version), are okay after all and we could start hearing, seeing and acknowledging each other.

Creating a movement starts with the first step. So here we are together at this moment. Me getting closer to fulfilling my dream of global peace with a coalition of animal lovers and you getting to take your first step toward animal communication.

If you find that you are interested in working with us directly, please [BOOK A CALL](#).

In appreciation,

Joan Ranquet

PART 1:

THE “SKILL” OF COMMUNICATING WITH ANIMALS

Chapter 1: Your Dream of Communicating with Animals Becomes a Reality

I know it sounds almost like a fairy tale to be able to communicate with animals. It's a calling that animal empaths have. Animal empaths are not like regular empaths, we might be a little extra. It includes all the regular empath stuff: being able to absorb and feel others' feelings, deeply. As empaths, we are often too sensitive for the world and don't always process it well in our youth so we become very isolated in our big feelings. Add in the great love of animals and not being able to stand the thought of one suffering. Those two things make up the type of person who wants to embark upon this journey but may resist it because it will hurt too much. And then one day, the battle with our feelings is lost and we have to find out more about animal communication and find others who love animals this much as well.

I always say animal empaths started out somewhere between Alice in Wonderland and Snow White, full of wonder about the natural world and in love with the animals that likely followed them around. Their big hearts and curious natures landed them right down the rabbit hole. The hope would be that when they came out, they emerged like Jane Goodall and had the impact and tenacity to help animals in a global way.

But as you may well know, life doesn't always work out that way. So communicating with animals goes by the wayside because it wasn't in the college catalog. Some of us wanted to be a veterinarian but couldn't take the heartbreak of surgery and euthanasia. So, we carry on, with our perfect careers, our family life, caring for our aging parents, our art, our hobbies etc. And often, we may have surrounded ourselves with people who don't have that same love of animals. Yet, that deep desire never really goes away.

And then when we try to communicate, we want it so bad that we complicate it and get frustrated. Or it is a hit-and-miss sort of thing, something we can't count on. We begin to believe that only the gifted few are able to communicate with animals.

I am here to tell you that we are all animal communicators.

Some of you have taken a million classes and either don't get it or are not “feeling” it.

Or you could be like me. I had a horse who was lame, and the veterinarians couldn't find what the cause of her lameness was after exams, X-Rays and more. I had used an animal communicator for

years and I thought, that's it – I'm going to learn animal communication and hear it straight from the horse's mouth! Literally!

Of course, that wasn't as easy as it sounds, but here I am 30 years later. I thought I was learning animal communication for me and my horse. Little did I know I would have this illustrious career!!

And ultimately, I did discover the source of my horses' lameness through animal communication and medical intuition scanning. It turns out it was a lot of soft tissue damage.

Some of you may have picked this book up because you want to help rescues and shelters. Maybe you already have a career helping animals through grooming, massage, and chiropractics and you know your body won't hold up.

Maybe you are in the veterinary profession, and you know there is more to the connection than bloodwork and bandaging flesh back together. You'd rather help weave the emotional wounds to birth the deeper connection the person always wanted with their animals.

Many of you may already be intuitive, working in the field with angels, fairies, tarot, channeling, etc, and you know there is a lot more to the animal kingdom than meets the eye.

All are welcome. Hopefully you will learn something here. Or you may choose to take some of my digital self-paced or live courses. Or perhaps, you will just book a call and see about our professional programs for animal communication and energy healing through the school I founded in 2008, Communication with all Life University.

When I started my accidental career, there weren't a lot of us. I was VERY busy. And, to be clear, it seemed accidental on my part but there was a divine hand that knew exactly the course I was to take!! I was just slow!!

My typical animal communication work day consisted of sessions on the phone and some in person at people's homes, barns, or doggy daycares.

Now of course, people are using Zoom. But back in the olden days of the last century, in the 1990s to be exact, people mailed me pictures (in the actual mail) and as email became more popular, people sent them to me that way. I would set up an appointment with the person for either a half hour or an hour. At the time of the appointment, I would drop in and get quiet, connect telepathically with their animal, and find out exactly who this character was by getting a sense of their "essence and favorite things" (don't worry, more on that later). From there, I would share the information I received and the person could ask questions. Often, the people were calling because they wanted to understand a behavioral or health-related challenge. Or it wasn't going well at the horse show, or their animals were fighting. All of this would be understood, if not resolved, within the time frame of the session.

These weren't always easy situations and I was not always given a lot of information from the human.

Here are some examples of what I discovered through helping clients in an animal communication session:

Monica and Thunder

I had a client named Monica who set up an appointment for her cat, Thunder. Thunder was hiding when she started packing for a move. Monica didn't tell me much except that they had moved a number of times and she didn't understand why he was so freaked out this time.

When I connected with Thunder, I got a sense of a Captain! He loved to pretend he was large and in charge around the home. He was an indoor/outdoor cat and was very adventurous. He loved to sleep in soft spots and mentioned that Monica loved fabrics and beautiful things. And he felt as though he was the love of Monica's life. Especially since she retired.

Thunder then told me that one time they'd had to leave their home and they never returned. He missed some cat friends and the space itself. He said that Monica got very sick afterward. He showed me pictures of him being bedside in a very cold space.

When I shared this with Monica, there was an audible gasp. They had lived in Boulder County, Colorado and they had to evacuate quickly when their home burnt to the ground. They had very few things with them. She was then diagnosed with breast cancer, and she said he did in fact act like the residing doctor through all of her treatments. Monica shared that she does love beautiful things and she really mourned her stuff from the loss due to fire. She shared that she had become a minimalist as a result and that is what surprised her about his reaction to the boxes coming out.

We assured Thunder that this was going to be a joyful, easy move. I later heard from Monica that the move was easy and that the night of our consultation, he came out of hiding and was present throughout the stages of moving. He was in charge, as a true Captain!

Jill and Tiger

Jill had me come over to meet her dog, Tiger. Tiger was a bulldog mix and lived with his sister, another bulldog/Frenchie cross named Bella. Tiger and Bella were a tag team. They couldn't be on a walk together because even though Tiger wasn't that big, he could pull Jill down to the ground on a walk with his brute strength and what they thought was his aggressive nature. Jill didn't want Bella to learn this behavior.

Jill is petite, so on the one hand, it wouldn't surprise me that a strong dog could knock her over, but on the other hand, she was a black belt, and very strong.

Jill didn't tell me at the time when she made the appointment that he was an "aggressive" dog. So when I walked in the door, it was quite a while before he settled. He was short and stout and he jumped up to my eye level, repeatedly, like a jack-in-the-box.

Eventually, I sat down and got the most basic information, how old is Tiger? How long has she had him? How long has she had Bella? Then I got quiet and went to work.

When I connected telepathically with Tiger, his essence, to me, felt like he was very smart, funny, curious, adventurous, he loved others and he lived to go out on a walk. I got a sense of what an entertainer he was. Like a showman – he just needed a top hat. He lived to make Jill laugh. He thought Jill was a little too serious at times so he went out of his way to make her laugh. And there were pages of more details but this was the most important.

He was protective of Bella because he felt she didn't know much. He thought she was very innocent. And he never needed to protect Jill because he felt that she was just as smart and sassy as he was.

When I shared all of this with Jill, she laughed out loud. She said he is very funny and that he was all those things. But then she had a quizzical look on her face. If he wasn't protecting her, then why was he so aggressive?

I got quiet again and tuned into Tiger. I got a very strong sense that he actually likes other dogs, he was simply so excited, he didn't know what to do with himself. He would then scare himself and just fend off everyone in case anyone got close.

In other words, Tiger was simply exuberant, with social awkwardness and a lack of confidence.

When Jill let that settle in, it changed the trajectory of how she perceived him and what she wanted to do about it. She had been working with a trainer for the "aggression" and nothing was working.

Now if she could calm the exuberance (like he exhibited when I came to the front door) she could manage the rest of the walk and have him only in places where he could be completely confident. She also worked very hard through training so that Tiger could be confident at all times.

All of it paid off for Jill, Tiger, and Bella. Bella was always perfect. But now the two of them could go on walks with Jill.

Maria and Rina

Maria had used me before as her go to animal communicator with the horses that she showed. I hadn't talked to her in maybe 10 years when she called because her horse wouldn't get in the horse trailer. Maria assured me that there had never been any sort of a trailer accident or trauma, and that this behavior came out of nowhere.

Maria's horse Rina was 10 years old. When I connected with Rina, I got a sense from her that she loved to be the center of attention. Rina was the belle of the ball. She loved to work. She loved to jump; she was a great jumper with a lot of finesse. Rina also shared that she loved to dress up for horse shows and she loved working hard with Maria and the horse trainer. She loved Maria's husband who doted on her. She shared many more stories but this was the core of her being and none of it had anything to do with misbehaving or resisting.

When I sat with this for a moment, I thought, if Rina's essence is such a great work ethic and one of her favorite things is to go to horse shows, and there has been no trauma, what else could this be?

So I connected with Rina again and said, what happens in the horse trailer?

I got a sense that when Rina got into this small space that it narrowed and shut in on her more and more with each step she took and that made her panic.

I was fine telling Maria all the above, except for that last piece. I hesitated, and then I put my big girl panties on and shared about the trailer.

Maria couldn't believe it. She said yes, Rina is an exceptional jumper, loves the horse show, loves to work and that she has a crush on her husband. And then she shared that Rina is a mustang and that

when she was with her mother in the wild (who Maria still has), they were rounded up by helicopter and put into these pens. To transport them, they went through a series of shoots that got narrower and narrower and narrower. Maria shared that Rina's mother panicked and jumped out of the shoot, leaving Rina by herself in there. They were reunited and Maria adopted them both that day.

While it was bizarre that 10 years later, that memory surfaced for Rina, our animal communication session helped to release it. We also did some EFT (Emotional Freedom Technique) Tapping with Rina, and she has been getting in the trailer and off to horse shows and clinics since that day.

Communicating with our own Animals versus Professional Animal Communication (a glimpse of my life)

I didn't start out talking to animals as a child in the way that many people say they do. I learned it.

Or shall I say, I relearned it as you are doing in this book. When I did relearn it, I discovered that I had always been deeply connected to and with animals. In fact, I talked to my plants as a teenager all of the time. Perhaps it was because I preferred the silent world of the animals that I didn't correlate that with communication. Somewhere, I probably believed communication required an exchange of words.

Either way, like you, I loved animals more than anything else. That love provided the intention to know more, be better with them and to be in their world more.

I share my very specific story in *Communication with all Life, Revelations of an Animal Communicator* (Hay House) but the most important part of that very long journey is that I had grown up with horses, dogs and cats. In fact, I joke that I was raised as a small lap dog. There isn't a single picture of me as a child without the dog.

I also grew up with horses. As an adult, after the death of my sister in 1986, I got a horse while living in Los Angeles. It was then that I used an animal communicator. After each session, I felt deeply connected with my horse. Sometimes the animal communicator said things that blew my mind, sometimes she simply confirmed my own intuition. Most importantly, it was *that* feeling that I couldn't put a finger on. More than once. I used to ask her how I could become an animal communicator and she kept telling me "you are already doing it."

It wasn't until after tragedy struck again, this time with my soul mate horse, Pet One, that I took it seriously. The next few horses I had provided me with several challenges. I decided to take an animal communication class. I had no intention of becoming an animal communicator, I just wanted to deepen my understanding of my own horses.

Once word got out that I was communicating with animals, while the world was largely skeptical about it at that time, there were enough people who were curious about their own animals that they had me communicate with them. Because I still doubted myself, even though I had taken a year-long course, I didn't charge money for quite some time.

Thankfully, the world verified all of it for me, one client at a time. The more I got out there, the more fun it was. The more I was able to help others. The more fulfilling my life became. There wasn't an animal communicator box to check in the college curriculum: I had no idea this was my life's calling. But it was.

I was so busy, I had to start charging gas money. And by 1997, I was making a very great living at it.

When I started charging money, I got even busier. By the late 90s I was so busy, I couldn't see straight. I started teaching in 1998. By 2008 I started the school Communication with all Life University.

Since it began, many of the graduates are having wonderful careers themselves. Ellie Laks, who founded the Gentle Barn, whose story you will hear a few times in here, has an amazing animal communication and energy healing career. She actually writes about it in her newest book *Cow Hug Therapy* (New World Library):

"Learning animal communication, connecting to my intuition, believing in myself and taking myself seriously was the best opportunity for self-discovery and growth I had ever experienced. Joan's school changed my life and validated my animal communication skills, and afterward Jay generously set me up with a website and with his encouragement, I started doing animal communication professionally. With this work I am helping people and animals, loving every minute of it, and finally feeling unabashedly aligned with who I am and who I was always supposed to be!"

Some of the People I've helped Become a Professional Animal Communicator

Noelene was a little like me. She was a lifelong equestrian. She had gone into PR and Marketing but she knew somewhere she wanted a deeper relationship with her own animals. She started slowly so that she could have her own experience with her own animals and once she discovered how much the school could help her, there was no looking back. She jumped all in and while she still does a teeny bit of marketing, she has a wonderful budding practice in Australia.

Claudia Goodman is an animal communicator and energy healer. Her history with rescue work and love of helping has culminated in her helping to establish the Outreach program for CWALU. She is assisting me with the Shelter Initiative, a program of creating sustainable adoption through education, using animal communication and energy healing. Claudia teaches for Communication with all Life University (CWALU) regularly and runs the Animal Communication Level 4, Advanced work with Rescues, Shelters, Rehabs and Centers. This course alone has helped hundreds of animals get adopted and to create peace for other animals living out their lives in sanctuaries.

Shannon Myers started studying with me before I founded CWALU (Communication with all Life University). Her desire to learn helped create the foundational courses back in the day. Shannon was in the first graduating class. She has since combined animal communication with her passion for human health. As a certified CWALU graduate, a human health coach and an animal nutrition coach, she can help with animal communication, energy healing and health (both human and animal).

Melissa Chandler is a dog trainer who now combines animal communication, energy healing and dog training.

Julie Webb is a Lutheran Pastor who has a congregation in Northern California, has completed the Animal Mastery Program, and is in the teaching program for CWALU. She blends animal communication with her faith and her work. She is in service to both humans and animals.

Lorin Maughan has brought Equine Assisted Gestalt Coaching to her career as an animal communicator and energy healer. She is also part of CWALU's Outreach International Program for Endangered Species.

Becky MacPherson was an angel reader and artist. She saw one of my books in a bookstore and ended up taking classes. Now she is an animal communicator. She is also the rockstar illustrator for my books and on my website.

Leah Pancheri came to animal communication with a deep desire to help. She is especially interested in animal ambassadorship (animals in shelters) though she is an amazing animal communicator for everyone!! Her mother was a famous intuitive, healer and shaman. In many ways, Leah comes by this naturally, yet, she found the teaching and the school invaluable for her journey.

Val Smith was a tarot reader. She started coming to classes and is now an animal communicator and energy healer, artist and continues to read tarot cards. Animals in Transition is her jam.

Jess Neverett is a lot like me. She loved what she was doing but loved her dog more. She came to this work because she wanted to know more about her dog. Then she got interested in animal communication in general and the rest is history.

The list goes on.

Many of the other graduates have built very successful careers. Some work in rescues, and some bring the skills they learned at the school to their veterinary, massage, grooming, training and vet tech practices. Several of our graduates are people who just wanted to be an animal communicator. They go through the program with that dream, they walk through all of the steps, including our Animal Business Academy (part of CWALU) and are off and running.

More Stories: Reawakening the Animal Kingdom after a World of Hurt

Our graduate Kate was someone who started out as a client. She had a boisterous horse, a delightful dog and a wonderful husband. Slowly but surely each of these beings were on the decline and within a very short painful period of serious caretaking, she lost all three: the horse, the dog and the husband (who was the love of her life).

Animals were always a part of her life, they were her joy growing up. Now, it was all a source of pain. I didn't see Kate for many years. Until she got a little dog that lit up her world.

At first she joined some classes to help her with her dog. Then she took more advanced classes to get through her loss and grief. The next thing you know she joined the Animal Mastery Program.

Now she helps others in grief and loss by being the animal communicator out of a veterinarian's office. While she uses animal communication for any circumstance, through her own healing, she is able to focus on the death and dying aspect, acting as a death midwife.

Why We Don't Want to *Just* Communicate with Our Own Animals

When Getting Started

While we all want to talk to our own animals or hear what is going on with and for them, we always have an agenda. We want to think that they love the food we are feeding them and that they love all the people we bring around and adore every activity we do!! In other words, we aren't usually very neutral and we often only ask questions when something is really "up" like when they are sick, injured or just did something that we would consider super naughty.

Because we are "in it" emotionally, we often don't have a clear channel of communication.

The first steps are learning to be neutral and then trusting the information. There are plenty of exercises to get neutral and practice helps you trust yourself. We walk through all sorts of scenarios in this book.

In the last chapter, I address some ways to get started with this path. But you don't want to make this harder for yourself than you need it to be when you are getting started.

Actually, it is deceptively simple to communicate with animals. As you will hear me say over and over, the hardest part is trusting yourself.

And when we first get started, we get all excited and want to save the world. We want to rush out and help in the biggest circumstances. And, we really need to be patient so that we can gain a skill set and be very able to help.

Why you don't want to start out with harder situations like:

- Shelter animals

- End of life

- Animals who have crossed over

- Lost animals

- Medical intuition

First and foremost I always say you can only make a first impression once. Secondly, the scenarios above often include life or death stress. Let me address each one.

For shelter animals, we often see them very shut down. Or overly exuberant. This is not their real, true essence. You must be very seasoned to be able to pull this information out of them even though they are living in a state of fight or flight in that present moment.

Secondly, and most importantly, if you get a sense an animal is great with kids and then the kid gets bitten and the dog gets returned, you might never know why but the shelter will remember that they trusted your "insight" and that someone got hurt.

In the case of end of life, these are very tender moments when animals (and humans) are in pain, they can't imagine feeling better and may demand help for getting out of their body. Yet, if they get on

the right pain meds or thyroid dose, they suddenly are back to their normal self. Pain and being shut down can tell a very different story.

With animals who have crossed over, unless you are seasoned with the essence and favorite things, a reading with the other side can be unverifiable.

Lost animals are tricky because they may wish they were home, are often in fear and they certainly don't have a direct route they are following and could easily share that. For example, unless you are a true remote viewer, you aren't going to get information like "they are sitting on 3rd and Cherry".

Medical Intuition is also hard to verify when you are getting started. And you never want to be casual about a tummy ache when it can be a fatal colic for a horse or a bloat for a dog.

Awareness, Self-Reflection, and Practicing in a Safe Space: Mentally, Physically, Emotionally and Spiritually

Verifiable, true, accurate. All of these words mean that you are working toward a sense of an authentic reading.

The four main places that safety would apply are: mentally, physically, emotionally and spiritually.

What makes me feel mentally safe?

Feeling safe mentally would mean that thoughts could be cast aside. In meditation, this can be a common practice.

For those at home that don't know what that even means, you would start with:

Imagine your mind is a blank space.

The minute you say that, you can imagine the mind filling up like air in a balloon with the one million thoughts that you have in a day.

And then you gently ask each one to leave.

If you could take those moments of acknowledgement, that would be so grand. And Being receptive to all of the thoughts that come in would be a good place to start. Remember, this is an ongoing process.

I always say that if we know what our thoughts feel like, we are starting to understand the landscape of the mind. When we know that, when someone else's thoughts come in, it will literally feel different and this is when we know what is not ours.

That takes a lot of practice, but it's well worth the work.

As far as what is safe physically? This is twofold.

1. We want to know the landscape of our body and be able to clear ourselves after the work. Taking a moment to make sure we are not bringing the work home so to speak. We don't need to carry anyone else's aches, pains and/or conditions.

2. Being safe physically is knowing you are grounded when you are working with animals. Horses can be unpredictable if something spooks them. Be aware if a dog feels safe with you when you are working with them.

What makes me feel safe emotionally?

What doesn't feel safe emotionally is having people "testing" you. What doesn't feel safe emotionally is having people around you not believe in the work.

What does feel safe is community, support, appreciation and acknowledgement. Find ways that you experience that. Especially in the beginning.

What makes me feel safe Spiritually?

You may ask for the assistance of God/Spirit/Universe or the help from above. Perhaps your deceased loved ones are going to help you. You may call upon the angels to help heal someone.

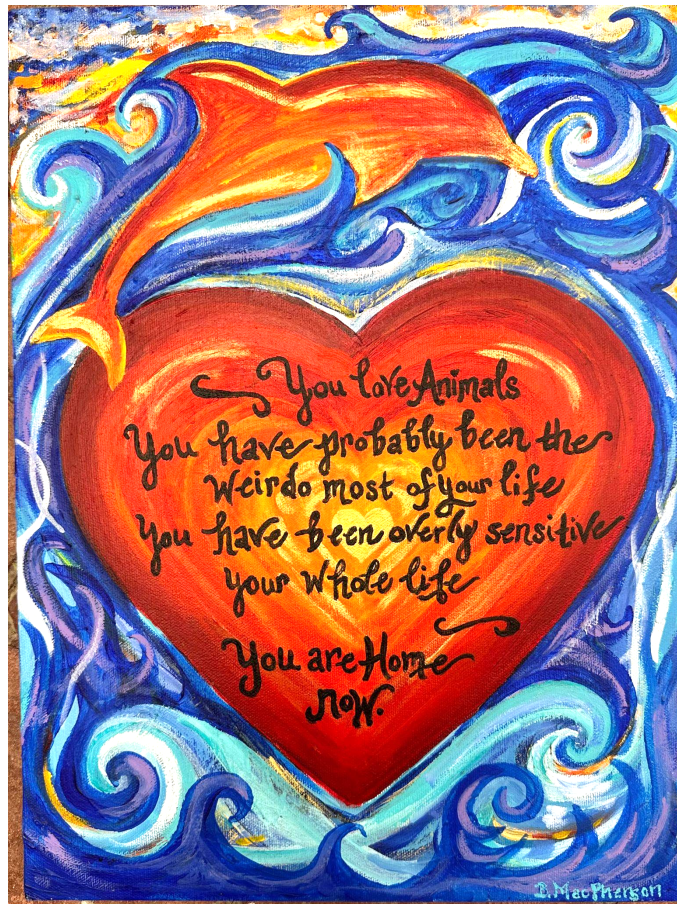
This is an ongoing process. This may be where the journal and prayer come in. Finding our true center is key.

Chapter 2: Being an Animal Empath isn't Enough

I used to say there was an invisible sign above the door to my house as you entered to take a workshop saying:

- You love animals
- You have probably been the weirdo most of your life
- You have been overly sensitive your whole life
- You are home now

And one day, one of my students showed up at a workshop. She painted it! It was suddenly even more real.



I now call this the Animal Empath as Becky MacPherson grounded it with this beautiful work. She has since done the illustrations in all of my books. I have seen so many walk through my door. I have seen so many confidently walk out. (Remember confidence is trust + humility + compassion).

In this chapter, I will share a bit about what obstacles others go through in order to do animal communication, but first, I will share a bit about my own journey.

I started out this way. I was the weirdo. I had popular periods, but without trying, accepting my lot in life, I have had weird slow climbs to popularity. I was a little rare if you will and sometimes wild. My oversensitivity was unpredictable. This made me an acquired taste.

Where I found myself most comfortable was either with other animal lovers, horse girls, and eventually the theater, which was a wonderful expression for all of this weirdness.

But in the end, those outlets or connections weren't a substitute for the deep work I had to do. It was a mental, spiritual, emotional and physical journey. I say that I didn't have a dark night of the soul, I had a dark decade of the soul.

On top of all of that my lifelong deep love for animals didn't always soothe me, it often pained me. I couldn't stand to see suffering. I could never walk into a shelter, I became a vegetarian (and later in life a vegan), and I couldn't even stand the thought of a zoo. I didn't want to become a veterinarian because I didn't want to see blood. I didn't want to see animals in pain. I couldn't, I just couldn't.

And it almost stopped me from becoming an animal communicator.

It wasn't until I upped my game in my mid 20s with meditation/prayer, exercise, and being outdoors—it is still part of my daily "work". I developed tools like boundaries, self care and stayed the course with therapy combined with energy healing. I found I could do a little animal communication, I became a professional animal communicator and eventually I founded Communication with all Life University. We have a Shelter Initiative where we help unadoptable animals. I have been called to help in sanctuaries, zoos and more. We are able to combine the animal communication and the two healing modalities I teach in the school, Scalar Wave and EFT (Emotional Freedom Technique) for animals. I know that if I hadn't been in my own cocoon of deep work early on, I wouldn't be able to share all of this with you and continue on with this amazing work. So I'm always grateful for my dark night (decade) of the soul.

Animal communication helps us target what the challenge is at the core, the EFT tapping helps us to shift the emotions with the animal and transform the behavior. We also work with the humans (animal guardian, shelter/sanctuary staff and volunteers) so that they can shift their perspective on the animal and see that animal as able to either fit into their new world better or to actually visualize the animals in their new home.

The daily self work combined with the animal communication and energy healing skill set has enabled me to take this work as far as I can. Everyday I ask God/Universe/Creator "how far can we take this?" and I just smile and wait. The opportunities right now are next level to anything I imagined 10, 15, 20, 25, 30 years ago. It is a continuous smile in my world.

As a kid my love of animals, oversensitivity and weirdness seemed to be a weakness. Now they are my superpowers. I always tell my students, **your mission is bigger than your feelings!**

Through the school, we have created a direct flight to get to those superpowers much faster than my long, circuitous and windy road with really dumb layovers. If we're going to have a movement, we have to get going! I envision a world where we empty the shelters through sustainable adoption by educating and training humans and supporting animals better. I envision a world where trophy hunting and poaching have been extinguished and animals can live their best life in the wild. I envision a

world where endangered species have the ability to come back and flourish. I see a world where people and animals are in relationship with each other by consent.

This book and these techniques are the very first steps. And truth be told, you will see as you read on - these simple steps, done well, become the advanced work.

Your Own Pictures, Words, and Feelings

When it comes to communicating with animals in your own life, the transference of pictures, words, and feelings—telepathy—is happening all the time. If you come into your home after a bad day at work, still angry from road rage, or unconsciously thinking about something your sibling said (the list goes on and on), you are carrying a certain vibration associated with those experiences.

If you are super nervous about a test, if you are completely unsure about your first date, if you are going to be in the parade and don't like your costume and forget how to twirl a baton, you are going to have a nervous vibration.

If you are so happy and in love and all you can think about is your new intended lover, if you are so excited about a new job that you are bouncing off the walls: these emotions generate a different vibration.

None of these vibrations are good or bad; they just *are*. They are a reality of our daily lives. We fluctuate among many feelings. We bounce around among many thoughts. And our pictures, words, and feelings take up precious real estate in our minds and cause our electromagnetic field to resonate with electricity or static. *Of course* our animals will notice. Sure, some of them will just pick up their head for a second, take note, think, *oh, that again*, and go back to sleep. Others might display behavior not unlike smoking among humans, like digging or chewing all of a sudden.

Our animals look to us for guidance; they look to us to lead. In a pack, a herd, a pride, there is always a leader. In our homes, they are looking to us for that emotional leadership. That's why you have to say what you mean and mean what you say. Any challenge we have with animals is generally, on some level, a *people* challenge; we are ultimately responsible for their behavior. So even if you don't decide to run off and become a famous pet psychic, inspired by all of the amazing things you are able to see on behalf of the entire animal kingdom, at least you can learn to be responsible for your pictures, words, and feelings in your home and barn.

To sum up, we are responsible for the pictures, words, and feelings that float around in our own little spheres—our brains, our homes, and our worlds. Our animals are simply receptive to this energy. This means they also pick up on the pictures, words, and feelings of any other humans who live in our households. They also pick up on each other's pictures, words, and feelings—the energies of any other dogs, cats, or other animal companions sharing their space.

And there's a flip side to this. That's right.

You Pick Things Up Telepathically Too

You happen to call it your own thought. You think it's your feeling. You think that the ache in your back belongs to you. *Au contraire!* Much of what you think, feel, and picture has nothing to do with you.

Very little of your experience is actually a thought originating in your own head. I like to joke that people can wind up at the chiropractor for their *spouse's* back pain!

We stand receptive to the whole world, 24/7. We are part of a vast web, a matrix: One Mind. We are connected with each other's worlds. When something is wrong with a loved one, we deeply know it. We felt together the fear and sadness of 9/11 in the United States, the global trepidation during COVID and we always sense the collective fear and excitement of uprisings abroad. We experience group fear when there are steep plunges in the financial markets, and we also experience collective numbness.

Our homes are little microcosms of this connection as well, and our animals are part of this. So it stands to reason that the day you drive to the barn thinking you are going to redo the dressage test before the big horse show and then you get a "hit" to relax and take a trail ride instead because it will be better for your overall performance ... that was probably not your idea. That was probably your horse saying, "Come on, we have it down. Let's take a peaceful walk through the woods—we both need it."

Or you're sitting on the couch and suddenly want to throw the dog the ball. Again, this is not your idea. And let's face it: getting treats for the cat is rarely your original thought!

We do pick up on animals' feelings and what they are thinking about. We can get a sense of where their aches and pains are. We can develop this into a significant and profoundly powerful skill. (I think of this ability as a skill rather than a gift.) We are all capable of perceiving the thoughts, feelings, and pictures of others. As I mentioned earlier, this was our original communication form. It was only as we learned language that telepathy subsided.

Self reflection:

- Do you ever pick up feelings from animals?
- Do you ever pick up feelings from your own animals?
- Do you ever see pictures from animals? Do you ever see pictures from your own animals?
- Do you ever hear words or articulate a concept from animals?
- Do you ever hear words or articulate a concept from your own animals?

So you Already Talk to Animals?

Like I said before, the animal empath process can be painful. If we don't have a step-by-step map to follow, we can get triggered by something and shut the whole telepathic muscle down. This can be a temporary "strain" to the muscle so to speak. Muscle has its own memory. I want you to be able to trust that each time you set out to communicate with an animal, your ability to follow the simple steps creates an "on/off" button. This way, your empathy doesn't rule your life.

I want you to trust that you will receive information whether you are having a dull day, you are about to get a book deal or you are getting a divorce. Meaning, so much of being an animal empath is about how we "feel". When we get past that and get to neutral (one of the steps here) it is easier to calm our own system down and receive information.

Even when you don't have those big distractions, there are other distractions when you go to learn animal communication!!

Why Do I Have to Go Through the School when SHE is there?

Mary is a big fan of Ellie Laks at the Gentle Barn. In fact, when I offered a class to benefit the Gentle Barn, Mary signed up. Following that class, she joined my Animal Mastery Program.

Mary found herself in class with one of her biggest heroes, Ellie Laks. That should have been outstanding for Mary. Rather, Mary is one of those students who is easy to teach. She has a slow bloom and I, along with the other teachers in the school, get to cheerlead and guide each step of the way. That slow bloom ensures a very high accuracy throughout their time in the school. They walk out confident with a solid telepathic muscle.

Ellie on the other hand grew up believing she communicated with animals from when she was very young. I share more of her story in the next chapter. Suffice it to say, that between her childhood communication with animals and founding the Gentle Barn, one of the biggest farm sanctuaries on the planet, Ellie is confident. The Gentle Barn is the home to animals who were neglected, abused and the lucky ones who have escaped factory farming. Once the animals are healed, they go on to heal people who have been abused, veterans, underprivileged kids, etc. Ellie's intuition kicks in the minute she hears about an animal and is keen to help them on their healing path, immediately. Ellie started out in class with a fair amount of confidence.

For the others in her year and a half cohort, it was intimidating. Ellie was very compassionate and encouraging, so it wasn't competitive. Yet, for the people who were doubting themselves at first, it was beyond intimidating.

To the point that even Mary, Ellie's biggest fan, said to me, "Why did I start the year that I would have to be in class with HER?"

I get it. It is hard to say what you think you got in front of a bunch of other people. And even harder when you are in a class with someone who is FAMOUS for working with animals.

I always say that animal communication is not a democracy. Just because 5 people got something and you got something else, it is not a numbers game. You have to learn to trust the information you received, write it down and make peace with it. And share it.

More often than not, it is 100% accurate.

In the end, Mary found peace with how she got information and became more vocal and confident. And Ellie always supported her.

But I'm Already a Professional: The Case of Mariellen

Mariellen said she was a confident professional animal communicator when she stumbled upon me and the school at a workshop at Edgar Cayce's Association for Research and Enlightenment in Virginia Beach, VA.

When I say confident, I really mean cocky. And as a school, we are anything but that. Mariellen said she wanted to study with me to get even better. She hadn't really learned from one teacher. She had cobbled together her practice from this, that and the other, a mix of other teachers, some digital, some live. For some reason, in that moment, she resonated with my grounded approach. While she had clients, it was hit or miss. On top of it all, under that cockiness was some big doubt.

I asked her to pause her practice (put her business on hold) while she went through the deep transformational work that Communication with all Life University (CWALU) is known for. I knew she would be a much more powerful animal communicator and healer once she went through the program. And it would be worth the wait for her eager clients. I always say that when you go through CWALU, it is a soul journey, harmony will be restored in your household and you end up with a solid skillset or three.

She was hesitant but did pause her practice. Not only did she go through the program, she did some advanced Animal Medical Intuition work with me and joined the teacher program for the school.

Her own reluctance was her biggest barrier and also her biggest teacher. Thankfully, she discovered her own self-sabotage. As she went through each stage of the school, she became more and more accurate about everything. She now has a flourishing practice as an animal communicator and teaches many classes that she created. It was well worth every fight she had with herself!

Everyone is on a journey of their own.

And speaking of journeys, journaling is a great way to assess your journey.

I like to journal and take assessment of where I am with my animal family and where I am in life. The following would be wonderful questions to ponder for yourself with a journal over a cup of coffee or tea.

Self-Assessment:

- Are you someone who feels as though you communicate well with your own animals?
- Are you currently struggling with a behavior or relationship with one of your animals?
- Are you already aware of your intuition?
- Are you currently working with animals?
- Have you always dreamed of working with animals?

I think it is important to take stock of my own household. When I know better, I do better.

And in the next few chapters, you will learn the basic steps and setbacks to communicating with animals so hopefully you can do the same!

Chapter 3: I'm Pretty Sure This Is A Gift, and I Don't Have It!

If I had a dime for anytime someone called animal communication a gift, I would be VERY RICH!!!! It's a skill. Whether you are "gifted" or you recognize this is a skill to be learned, step by step, the biggest challenge is overcoming doubt.

Doubt and How Verification Develops the Telepathic Muscle

Here is a story from CWALU graduate Shannon Myers:

"Even after graduating from Communication with All Life University, I still find it amazing the connections I make with animals. I remember in the beginning not being convinced I was actually getting information from the animal and I really thought I was overthinking it and assuming things I knew to be true about the species.

There was, however, one particular moment when I was convinced I was not in fact making any of the information up. I was talking to a horse for a horse rescue organization and went through several facts about the horse, and how it felt emotionally and physically, and what its favorite things were. I had asked about the favorite things in the beginning and I saw a small, round, hard, dark yellow object. My mind started right away trying to "think" about what this could be and I knew since I had horses this didn't fit anything that you usually give a horse.

So, I stopped "thinking" and got quiet and asked what this was, and heard clearly the word butterscotch candy.

Butterscotch? I knew people gave their horses peppermint candies, but not butterscotch. I gave the reading to the lady who had requested it and saved that bit of info for the very end of the reading. When we got to that part she was unable to help ease my mind about this piece of information. I figured, well at least the rest of what I provided seemed accurate, and I let it go.

The next morning at 7:30 I got a call from the lady at the horse rescue and she was so excited. She had spoken to the lady who actually cared for this horse on a daily basis and told her about the butterscotch candy. This lady was totally shocked. She said, "No one could know about that. I gave all the other horses a peppermint candy but ran out before I got to this horse. So I dug in my purse and all I had was a butterscotch candy, so I gave it to her and she seemed to love it." So the lady I did the reading for was so happy to be able to verify the information I had given her and she was most excited about this piece.

Not only, at that moment, did I know I wasn't "making it up," I also learned to just write down and deliver what I get, even though it may not make sense to me or even the person I'm giving the information to until much later. I still have the photo of that horse in my journal with the reading and read it on occasion to remind myself to trust what I get. And I am still amazed by this work."

Shannon's experience is like that of so many others who don't say the information they get out loud because they doubt themselves. Classes where everyone talks to the same animal are a big help

with that – you see how much gets confirmed as we go around the room. One person won't speak up because the impression she received seems too far-fetched, yet it blew through her mind as a snippet. Then the next person in the group says that very same thing, and even if the first person didn't speak up, her fellow student has just confirmed the impression she experienced.

This helps build trust. And the good news is that if you aren't able to take a class, your own personal journal becomes a similar tool for trusting yourself as you refer back to all your successes.

Another big hurdle you will find is:

Building Accuracy

Being accurate is more important than being right. We have a lot of emotional charge on being wrong or right. Feeling wrong can shut down your communication with humans and animals for a very long time or make you feel bad, and then you bring that bad feeling to the next animal. But feeling right doesn't help either, and it's especially difficult if you become self-righteous about the information you have received. Judging whether you are right or wrong makes the whole thing about you. Instead, focus on being accurate for the animal's sake. The most important thing is to know that you felt something *ring true*. That's accuracy, and being accurate is like developing a muscle, creating a neural pathway to heightened intuition and better understanding of all beings. With that, you can compassionately help shift, adjust, or facilitate healing for all life.

The following exercise can help:

- Close your eyes and imagine that you're *wrong*. Do you feel the sharp edges of that word? It often brings in experiences from childhood when we've been doubted. Does it make you want to give up? After all, if you're wrong, there's no point keeping at it, right?
- Now think about what you're getting as *inaccurate* instead of wrong. See how much easier that is to hear? Now you have the freedom to keep going to see if that leads to an impression that's *more* accurate.
- Now imagine that you're *right*. Do you feel how that's all about you, not the information you're getting?

More hurdles:

The 65% Factor

Back in 2010, I was teaching animal communication at my friend, Shannon's farm in Osteen, Florida. I taught there regularly as it was then part of the curriculum for Communication with all Life University.

Shannon was just about to graduate from the program; this particular weekend workshop was her "final". There were many other students there, some were in various places in the program, others were there just for the weekend.

Each session during a workshop has a familiar feeling. We either read or did energy healing with the animal. If it was an animal communication reading, the students got quiet, communicated with the animal and received very specific information. It was my job (or one of the CWALU teachers) to make

sure the information was verified. Then we processed the experience. We created a “standard operating procedure” around each event so the student can naturally progress.

This particular workshop, “Jamie” walks in. She has a New York air about her and didn’t stop talking prior to the meditation. In other words, her inside voice was out and it was busy.

When we did the process of getting quiet, doing the guidance to the essence and favorite things and the deep communication, you could see everyone else in the room in deep meditation. On occasion they would write something down and then go back to their eye shut contemplation.

Not Jamie. She was writing away, and making sure that her page turning was audible. There were a few people glancing her direction as they were not in that flow. I could feel the dissatisfaction. I could feel that nobody was “getting what Jamie was getting.”

When I finally said, “let’s wrap this up and write the last thing you saw, felt or heard from the animal”, Jamie was still writing away as if she were in the journal Olympics.

Dramatically, she took an audible breath and put her pen away and shut her notebook.

As I went around the room, each person shared what they got. They were notably intimidated by what they perceived Jamie had received from the animal.

Yet, each of these people gave 100% accurate information on the essence and favorite things of my dog Olivia. And then it was Jamie’s turn. She had a full on theatrical novel and the reading matched it.

I wrote some things down, took it all in and thought, “wow, these people are intimidated by someone who holds only 65% of the truth.” The rest of the people may have only said 3-10 things but it was 100% accurate.

Later, Shannon and I processed as I knew she would have otherwise been proud of her reading because she dug in deep and found some beautiful truths. I had to let her know that the reading Jamie gave was barely, at best, 65% accurate. And that was unacceptable.

The problem with a 65% accuracy is twofold:

1. This becomes a very bad habit as the person doing the reading goes so into some fabricated story, they actually believe it.
2. They are now creating some very bad habits in their imagination and not actually following the path of telepathy.

And ultimately, when your accuracy isn’t that great, you lose credibility with people...

I have worked too hard in this world to have people go out and lose credibility with this work because people are arrogant and fabricate stories.

It is easier to work with people who have only received a few things vs. having to undo the “story” of the 65% accuracy. Like I’ve said before, telepathy is a muscle. Using it for the first time in a targeted situation can be very challenging and a slippery slope. But after several instances where the information is verified, the student will receive more and more information and builds on that muscle.

Otherwise, the 65% accurate types begin to believe their “story” if it isn’t under strict guidance. Then it is hard to convince them there may be another version of this situation.

Then there is the opposite of 65%:

The Green Dot

One of the graduates of the Animal Mastery Program, Kimberly, was seen as one of the most prolific and gifted animal communicators of all. But she didn’t start out that way. In fact there were times when I actually wondered if I could help her.

Each time I came around to Kimberly to see what information she received from the animal in the communication, she said she only saw a green dot.

Literally.

As a teacher, I can’t deny that the information she received could be perceived as a green dot. Nor do I have to “buy into” the green dot.

So after a few sessions of green dots I asked “is the green dot related to anything with this particular animal or person?”

Kimberly paused and then she said, “I believe the green dot is the color of the dog bed.” And then within a few more moments, Kimberly focused on the green dot more and found more specific information from the animal about their essence and favorite people, animals and things to do.

From then on, I didn’t question the green dot, I asked more questions about the green dot.

Eventually, Kimberly didn’t need the green dot as a crutch and gave profound readings, expounding upon challenges that the human/animal were having and was able to target exactly what the animal was experiencing so the human could make different choices.

Her readings were so spot on and specific that after most workshops, people wanted her information because they wanted their animals read by Kimberly.

Now let’s take a peak at another instance with Ellie Laks:

From Childlike Wonder to Shut Down (the Case of Ellie)

Our friend Ellie Laks, (as mentioned in Chapter 1) is a perfect example of the animal empath who had to shut down her gift and skill. In her first book *My Gentle Barn* by Ellie Laks (Random House) she shares that she was always out saving animals, talking to birds and in a magical realm. She assumed everyone was that way. It wasn’t until she got to high school that she realized that she was alone.

She was made fun of until she simply shut it down, became toughened by the world and even started to abuse drugs. Eventually she got off the drugs and started a dog rescue. Then, she started rescuing small farm animals and founded The Gentle Barn.

Even through that, she was unable to ‘count on’ her animal communication. As she returned to it later in life it was our simple method that got her back on track. She eventually went through the whole

Animal Mastery Program and has a very successful animal communication practice and is still running the Gentle Barn.

You may experience this as well, where you have deep intuition and knowing, yet, it is not always there. I love to call this the “on/off” button we develop through the teachings of CWALU.

And how do we get that on/off button?

Confidence and How Experience Creates a Lift Off

As I keep saying, in this case, confidence is the beautiful combination of trust, humility and compassion. When you have this kind of confidence, you can have what you think is an “off” read or a “bad” day and you can still deliver amazing results.

So many times students will come to the Advanced Animal Communication class and will have had some earth shattering event or a long, stressful day at work. They will say that there is no place they would rather be than in class. They aren’t expecting much from their reading. They really came for the community of like-minded, animal loving people and a place to get out of their head.

Once they settle in, do the meditation and are present, the meditation helps them feel at home. The camaraderie in the advanced animal communication helps them settle into the work. To their surprise, they give such valuable information in the animal communication reading. And they always help the person reframe their situation. And that’s how students gain confidence, by getting verification and knowing they helped someone.

Intuition Comes and Goes: How we Develop an On and Off Button

Intuition can be a lot like inspiration. It feels like it comes and goes. It doesn’t always feel like something we can count on. And we don’t always get it the same way. Sometimes we get it through our gut, our hearing, our sight, it could come in the form of “knowing”. But the process itself is nebulous and the feeling we are left with is often one of uncertainty. Like I will be spot on this Friday under the full moon if I wear my pink crystal and hide my mood ring and say Om 4 times, not 3. Don’t forget the special intuitive red underwear!!

Rather than having those kinds of rituals that aren’t really grounded, we want to have an ability to get quiet and have a very direct connection. You will see in the next section, I call it “dropping in”. Being able to trust that feeling of dropping in is literally the on/off button for telepathic animal communication. It can be done where it is loud, where it is quiet, even where there are non-believers. It becomes a muscle.

The other reason for an “on/off” button is, if you are working with an animal who is scared or ungrounded, you need to be the safety, the grounding rod for the animal. You are grounded, and helping them to literally come back to their body. The “on/off” button is creating boundaries. By having good boundaries, you aren’t “taking on” their fear or their panic.

Boundaries are very important for self preservation. While it seems like this would be lonely, you will meet other people along the way who are going through the same thing.

I Don't Have Support and How we Create a Community

Many people feel very alone in this work. They either have spouses, parents or a peer group who don't believe animal communication works. On top of it all, for the people who dream of doing this for a living and have had a big fancy job or even just a steady job, it could look insane to someone outside your circle.

For this reason, we have a special Facebook group called Learn to Communicate with Animals with Joan. We have tips, challenges, giveaways, and a whole lot of animal fun. I also do a weekly Facebook live called Live with Joan.

It is a beautiful community.

When I first got started as an animal communicator, I didn't have a big community. Slowly I built one. I now also have a community of fellow authors. And I have a community of founders of organizations like Ellie Laks, Founder of the Gentle Barn, Linda Tucker, Founder of the Global White Lion Protection Trust and Lola Michelin, Founder of the Northwest School of Animal Massage.

Having support is everything in the beginning. Because like the hero's journey, as animal empaths, we have to leave that safe world behind and embark upon the new world.

And even more importantly, as an animal empath, you need support when it comes to the end of life transition. There may be people in your world that expect you to just get over it and get another animal immediately after your beloved 15-year-old dog dies. Or they might say "it was just a bird."

They don't get it. And this can be heartbreaking.

Now, before we go on to the next chapter, take a moment to reflect and understand your own process:

Self-Assessment:

- Am I able to ground easily?
- Am I too in my head?
- Am I able to connect?
- Am I helpful to others?
- Do I still feel my heart pull at me with other people's circumstances? Or am I able to remain neutral?
- Do I have other people I can share everything I'm learning with?
- Do people around me find this awkward?

Please find your center with this and join with other animal empaths to feel safe in the world. You have big things to do!!

Chapter 4: From Verification to Valuable Readings

In the beginning, we need the verification to “prove” that we are communicating with animals. The more we hear from the human after an animal communication session that we were accurate, the better it feels to put ourselves out there in front of the next person. We want to be able to trust it and count on it.

Sometimes it doesn't feel like anything and other times it is so solid—the information came in like a neon billboard on Sunset Boulevard!

Even if we are just doing it for ourselves at home with our animals, at some point, there will be reliable evidence by a change in behavior.

Animal Communication is a Muscle

Think of developing your telepathic ability as if you haven't ridden a bike in twenty-five years and you're going to get on the bike now. You may be a little wobbly, you may need training wheels, you may take the big turns slowly, and you may stick to a path you know. In the same way, you can rebuild your telepathy muscle—recreate an opening, a neural pathway that deepens your ability to trust your telepathic muscle and enhance your intuition. The more you do this, the stronger that muscle gets.

The best way to strengthen your telepathic muscle is to practice. But not just practice in a vacuum. What I mean by this is, in order to assuage your doubt, *you want the information to be verified*. Even if you pick up on 3 things about an animal, you want to have all the information verified.

It is also important to be in a guided class. A skilled teacher will be able to either verify the information or help you be able to understand how you are accurate, even if it isn't the exact thing.

When you are blocked, a skilled teacher has tools to help you settle even deeper within yourself and find the place where you are quiet enough to communicate with animals.

When we first come to telepathy, we may get images that we don't know what they are. For example, I always say that when it comes to lost animals, the cat could tell the client that they are behind the teepee because you have translated the triangular object as a teepee. Well, the client could walk right past the pyramid because they are looking for a teepee.

A skilled teacher on the other hand would help get the proper images out of you without the translation and help you to trust the images. They would also help you find the words and ways to help you eventually translate the images more accurately.

The skill of telepathy is also enhanced by these five key elements:

1. Having the ability to quiet the mind.
2. Self-awareness: being aware enough of your own feelings, physical sensations, and recurring thoughts that you can drop them all, for the time being, and become neutral.
3. Trusting yourself, which of course comes after lots of...

4. Practice

5. Confidence (confidence is a beautiful combination of trust, compassion and humility)

Both meditation and exercise are excellent practices for quieting the mind and increasing self-awareness. Being able to remain neutral also greatly enhances telepathic communication. When we first begin working to communicate telepathically with animals, we put a lot of judgment on ourselves. It's easy to think, *Oh, I'm just making it all up*. But you need to set your judgment aside; it breaks up the flow of a communication session. Self-doubt and judgment can sabotage all of your attempts at animal communication.

There are so many other ways to quiet the mind or get mindful, like the Silva Method. I will share about that later.

Being in a safe space with people able to guide and verify helps you to experience "accuracy".

Each time that happens, it is building the telepathy muscle. Then it is building our trust. Then it ultimately develops our confidence.

And then at some point, even if it is your friend who is asking for help or you are called to make this a career, through all of the verification and all of the accuracy, we build confidence. And with that confidence, we don't have to rely so much on the verification from each individual, we know we've done a good job.

This is when we take that next step and offer value in someone else's life. This is one of the best feelings in the world; when you hear that the animal shifted because of the reading or when you know you helped someone forge a deeper connection with an animal they weren't feeling particularly close to, or when you are able to share messages from their animal from the other side.

Many things we do as professionals or even as the friendly neighbor helping with a lost animal, cannot be verified, you have to just take that big leap of faith, literally.

In order to do this, many muscles must be in place:

1. Telepathic Muscle – it must be able to receive and send information.
2. Getting Quiet Muscle – whether that is through meditation or mindfulness.
3. Neutral Muscle - a place we drop into easily and quickly to be able to let go of our own judgments and opinions.
4. Trust Muscle – this gives us the ability to share with another person what their animal has to say or to take action within our home on behalf of our animal companion.
5. Practice Muscle - we have to feel like we want to WORK this muscle. So we find ways to practice. I know that if I don't ride my horse regularly, I feel weak. If I don't exercise other intuitive muscles, I am OUT. I make practice part of my routine. And that practice includes all of the above: telepathy, neutral, and trust.

6. Confidence Muscle - the ability to share with many people what you get without doubting yourself even if they look at you funny. (Eventually they will run into you at Starbucks and tell you that you were accurate about something!! TRUE STORY)

Being guided by a qualified teacher is the best way to receive verification. Proof and evidence come in the forms of seeing a behavior shift or a relationship deepen. Much of this will be revealed in detail in Part 2.

Meanwhile, we can track your accuracy via a journal. A great way to get out of your head and into the flow of writing is something called automatic writing. When you start communicating with animals regularly, you will want to be able to write everything down. You don't want to get cut off from the flow. Try this exercise to see what I mean:

Self-Assessment: Automatic Writing

I encourage my students to practice automatic writing in addition to documenting what happens with their sessions! They take a theme and write on it without thinking about it. Why? Because it gives them practice in getting into a state of flow. Getting familiar with that state can come in really handy when you're in a session and you feel cut off from flow, when you find the situation intimidating for some reason or you're noticing that the owner is really cute, or the person you're working with is famous, or doesn't believe in what you're doing at all. Similar to what happens over time with meditation, once you've given yourself repeated experience of being in the flow, you'll never not know that place again. You can always find your way back there and become more receptive again.

Key takeaways to remember:

- Getting quiet is key
- We want to get neutral
- We want to be able to jot everything down (be in the flow)

Chapter 5: I Can't Even Believe it!

I love it when a seasoned astrologer says to me during an astrology reading "I can't believe this works - it's the greatest!" I feel the same way about animal communication and energy healing. I am constantly filled with wonder and awe and could break down in tears when a seemingly impossible situation is resolved by a dog getting adopted, the cats getting along, the horse getting in the trailer, and on and on and on. I am moved to tears with this work and now even more blown away by the work of my students and graduates. It is humbling.

Everyday I have a little awe and wonder about this work. I have big faith in the work itself.

The work works. Like I said in prior chapters, the work should work not because of anything in our lives or our feelings, or our lucky day of intuition. No, the work works because we put our faith in it, moved our own stuff aside and followed the very simple steps to be of service for an animal.

And we should come to it (here I go again) with confidence: Trust, humility and compassion all at work in harmony.

And how do we get there? All the steps in Part 2, but let's review some other options:

The Typical Digital Class

It is a great way to learn if you want to get your feet wet. Or you've had an experience with a few different teachers and you want to see someone's style to see if you want to invest more.

But it doesn't offer the most efficient way of developing that telepathic muscle. In fact it often has the opposite effect, it leaves people doubting more. It only works if you have had some verifiable experience.

Through the online coursework, the student might begin to understand how everything works. They might find that other people on the recordings are brilliant, but there they are in their room at home, hoping for the clouds to open, the angels to sing and the dog to talk to them.

It is, however, a limited way to learn. A course with live components would be a better option. (Of course we offer live courses, too.)

Because at the end of the day, you need the experience, over and over, rinse and repeat, in order to build that muscle.

The "Group Readings"

When I hear about animal communication "forums" where an animal is named on a website or a Facebook page, I cringe with all the crazy energy that is often projected onto that animal. I also think it is one of the most dangerous energetic things a teacher can do.

These forums end up being more opinion than telepathy, filled with advice which has nothing to do with a telepathic reading. People become competitive and icky. Which is so not the groove of animal communication.

These online forums with minimal to no guidance can topple someone's confidence because they believe what other people got and lose faith in their own abilities.

To me, it feels chaotic, which is the complete opposite of what is required to help a human and animal feel safe in your hands.

The “Messages” from Animals”

I take people on wildlife trips and people often ask me what messages the animals gave me. It's not that I don't believe they could give me messages, but I always say “that giraffe over there wasn't put on the earth to give me sage career advice!”

Sometimes when we seek messages from animals, we are not seeing who they are. This is not animal communication. It is some sort of self seeking.

And who's to say when you get that quiet and finally hear from the lion or the tree, that your higher self isn't saying “Finally, now you're open enough to hear what you need to hear.”

Again, I have met some ambassador animals that have given me “messages” of those kinds, but it is not what I'm seeking from the animal kingdom. As an animal communicator, I am here to bear witness to who they are. As a fellow being on the planet, I am seeking kinship, connection, and mutual respect.

My Animal is a Reflection of Me

Another place where I pause and wonder where the telepathy went is when I hear the readings from people about how the animal is reflecting the human. For example, one of my graduates had a reading done when she was trying to decide whether to keep her newly adopted dog who was fighting with her dog of 4 years. And when I say fight, I mean hospitalization fight. For all of them, herself included.

She contacted an animal communicator and that communicator went on to tell her that the new dog was reflecting her unhealed childhood trauma. This is not only dangerous because the person ends up feeling horrible, it could have led to more hospitalizations and worse. Literally someone could have ended up dead. And it's hard to say with the level of fight those dogs had, whether it would have been a human trying to stop it or the animals who would have died.

Not only that, there is no responsibility or accountability in that reading for who the animal was. How, in these tough cases, does anybody get to the point where they are able to decipher and perhaps unpack the traumatizing behavior of that moment?

In the end, this type of reading then gives animal communication a really bad name because only the reader comes out crazy. But after what? Loss of a dog? Loss of a human due to extreme aggression? Rehoming? What pain does this egocentric / narcissistic reading cause for many beings?

And when the human feels blamed rather than in a co-creation, does it really help? NO. If a human feels blamed, they feel defensive and dismiss the entire reading. Even the good parts.

While an animal can reflect or mirror us mentally, physically, emotionally, and spiritually, it is egocentric and speciest (patronizing) to assume that their mere existence is here for us. It would be like saying your husband or mother is here on the planet, only for you.

No, it is not that simple. If it were, your husband would be in complete compliance as a robot, your cat would only purr, your horse would be a very safe motorcycle and your dog could be just a cuddly stuffed animal. Is this what we want?

I believe and teach that animals have their own soul, their own purpose, their own wounding, their own healing, their own karma, their own trajectory, their own relationships with others, their own contracts, and deserve to have their own agency.

As animal communicators, we are here to focus on who they are on their own as a being, who they are in relation to their human, who they are with other animals and how we can help them live their best lives. In Part 2 we will deep dive into how we find that. Our method helps us see exactly who they are.

PART 2:

DEVELOPING THE TELEPATHIC MUSCLE

Chapter 6: Ready, Set: Communicate

If I were to share my top 3 tips for doing an animal communication reading, I would say:

1. Be able to get very quiet so you can drop right in
2. Find neutral, or as neutral as you can possibly be, and get rid of any filter (your own STUFF)
3. See who this animal is, right in front of you: What is their true essence? What are their favorite things? Who do they love?

We will walk through all of this here.

Telepathy—How It All Works

For years scientists have been studying the ways we are able to “transfer” ourselves into the world of another. One of these is through the mirror neuron: specialized nerve cells that enable us to empathize with others. Whatever other mechanisms may be involved, we know that if someone suddenly gets shot in a movie, we jump. We feel the pain of the dog in the shelter who has lost his family. We feel the elation (and gloating) of the dog who just won best in show at Westminster. In all these cases we are receiving someone else’s experience in the form of pictures, words, and feelings. That’s telepathy.

How Does It Work?

The “how” of telepathy is different for everyone, and there are limits to how useful it is to intellectualize and describe it. In fact, I don’t even try because, like energy work itself, telepathy needs to be experienced directly. If you want an analogy, however, think of a radio. A radio station broadcasts information in the form of radio waves moving at a certain frequency, and when you turn on the radio and tune in to that same frequency, you receive the information or music the station is broadcasting. Learning telepathy is all about practicing tuning in.

Telepathy Starts with Awareness

Awareness is the key to the whole kingdom. If we want to be great at receiving pictures, words, and feelings, we need to be equally vigilant about what we are sending! Clear communication is enhanced by awareness, especially self-awareness. This takes three different forms:

- Awareness of the thoughts that are swimming around our minds.

- Awareness of the feelings we experience as we glide through a day.
- Awareness of the physical sensations we embody.

This kind of awareness is vital to being intuitive. When we can acknowledge our thoughts, feelings, and sensations and then set them aside, we can be in a neutral state, which allows us to really be of service rather than projecting our own “stuff” onto the animals.

Years ago, I broke my ankle and had surgery on it. Now, on some mornings it’s stiff and on others it’s perfectly fine. If I’m working with an animal on one of the stiff mornings, when I check in with myself I make a little mental note of that sensation. Why? Because otherwise I might go to a barn and talk to eight different horses and “find” that every one of them has something going on related to their right hind ankle or leg. I’m not doing my job if I’m not clear about myself and am instead projecting my own experience onto the animal.

I once had a student who, over the course of a weekend workshop, thought that every animal she talked to was fearful, even “terrified.” Two of the animals she said that about were mine, and I knew for a fact that they didn’t fit that description. I gently suggested the student look at some other possibilities and reminded her of what she had shared with me: that she operated from a fight-or-flight place in her own personal life. This is an example of your own feelings getting in the way of a clear reading.

Many of us are not even aware of our mental loops: thinking the same thing over and over again in an unchanging pattern. Unless we can gently move these thoughts aside, they will pervade our mental activity during our animal communication sessions as well and prevent us from having a clear reading.

In addition, we may have an unconscious habit of berating ourselves; this mental loop may include doubts that stand in the way of accepting the subtle pictures, words, and feelings that surface. Falling into this loop provides even more fuel for the self-doubt machine, which will continue to prattle on.

Many of us aren’t aware of how many thoughts and feelings we filter through each day like sand through an hourglass. Many of us aren’t even aware of physical sensations, to the point where some people aren’t even aware that they have bad digestion. But if you practice, you absolutely can increase your awareness.

A great way to do that is to journal, particularly in the form of *noting* what you’re thinking, feeling, and sensing. It can help you start to clear what doesn’t serve you. (There’s more on journaling later in this booklet.)

Bottom line: it is important to always stay on a path of healing and clearing your own physical, emotional, and mental wounds. The clearer you get, the more you can be of service.

Receiving Information

Once you have set your own “stuff” aside and settled into a quiet place of peace, there are several ways to connect with the animal you intend to communicate with. All of these work, whether the

animal is right there in front of you, you just have a picture of it, or you have simply been given the animal's name:

- Connect up with the energy/information and let it enter through your third eye.
- Connect up with the energy/information and let it enter through your heart center.
- Enter the animal's energetic system, almost like a Gestalt-style therapy, feeling and sensing as *if you were the animal*.

Again, having a clear sense of self awareness is key to knowing what style best suits you. In my Communication with All Life Guided Meditation (see the resources section), I briefly concentrate on both the third eye and heart center for this purpose. Spend a few minutes a day in mindful breath work, moving your attention to your third eye, then moving your attention to your heart center for a few minutes. This will not only enhance communication; it will have a calming effect on your own system.

Regardless of how you get the information, remember that the content is what you're after. Do what works for you. Nobody—not the patient or the client—cares about technique!

What is Yours and What is Theirs?

I'm going to say this again, I cannot express strongly enough how important self-awareness is in animal communication work, especially when it comes to knowing whether what you're picking up is yours or theirs. Is it telepathic or just your thoughts? The key is to face that question directly. If you are communicating with an animal and you suddenly get a little ache in your elbow and you aren't sure whether it is yours or theirs—just ask that ache in the elbow, "Is this mine?" If it isn't yours, it will fall away. If it is yours, it will stay. It's the same for emotions and thoughts. A good portion of what you think or feel, emotionally and physically, comes from another source: your spouse, a coworker, a family member, or someone else.

Students who come to my program fresh usually relate the animal they are communicating with to an animal in their own home. But to understand the essence of the animal you are communicating with, you need to get beyond that. Go ahead and think, *This horse reminds me of mine* but then leave it at that.

If you are in a profession involving animals, it's okay to use stories as examples—just make sure you bring them back around to the animal in front of you.

Once we are fully aware, are quiet and are as neutral as we can be, we move our attention to the animal we are to communicate with and get a sense of their essence and favorite things.

Understanding the Essence and Favorite Things

THE ESSENCE

Looking for the animal's essence and understanding what their favorite things are is like the gateway telepathically to who they are and what they are up to in the world. It is another nice way to deepen

your connection. Appreciating and acknowledging the animal's personality quirks gives you good information about their behavior as well.

The essence of an animal is how its persona shows up. I also sometimes refer to it as the archetype the animal embodies.

If you think of the soul as a continuum among all beings, the essence is how the soul shows up in this species and this individual animal. The essence is about the animal's qualities: Is he a mama's boy? Is she independent and aloof?

When we convey the essence of the animal to the human who has called us in, we're helping the person in two ways. First, we're helping them trust us because they will find that information familiar; they know, for example, that their retriever is a ham, so if we identify that as one of the dog's qualities, it will resonate. And if the person has been stuck in a story about an illness or behavior problem, we're also helping them remember what that animal is all about, underneath the upsetting or annoying story.

For example, you might have a dog that's been accused of biting, but you and the dog's owner both know the animal is a people pleaser with a do-the-right-thing ethic. That's a clue that the biting is the result of something physical: a pain somewhere, or an injury. Similarly, if a show horse that is a real team player and has always loved jumping suddenly won't jump, out of nowhere, you know there's a good chance there's a physical reason he doesn't want to jump anymore.

Knowing the animal's essence and its favorite things (see Chapter 10) is really useful in helping determine what should happen next with a behavioral, health, or performance challenge. Let's say you're looking at a dog with severe arthritis. And you pick up on the fact that the dog is happy-go-lucky at her core and you also pick up that one of her favorite things is swimming. Swim therapy could be just the ticket for helping this dog be more comfortable and content.

I can give you another example from my practice. A woman once called me because she was an energy worker (for humans) working out of her home, and she felt like her dog was becoming aggressive with the strangers who came to the house. This dog happened to be half border collie and half lab. The woman was inclined to believe that the dog's behavior was all about bad energy coming into the house and the dog picking up on it.

It didn't take me long to figure out that the dog wasn't getting enough exercise. He had big, expansive energy and he wanted a job. He needed to be out running around. I recommended she look into getting her *shepherd* into sheep herding.

She brushed that suggestion off and told me, "I don't want to promote his neurosis."

"It's not neurosis," I said. "It's instinct!"

So that's how fundamental an animal's essence can be to knowing how to approach a challenge. Instinct is part of that essence. By the way, the woman did ultimately get the dog into sheep herding, to good effect.

A few of the simple essence/archetype profiles you may find telepathically are:

- The mama's boy
- The queen bee
- The boss of the household
- The troublemaker
- The entertainer
- The healer

The list goes on and on.

Acknowledging the essence, archetype, or delightful quirks is also a wonderful way to break the ice with the human by sharing your telepathic connection and the information you received. People who ask for help for their animals truly love them and deserve to be treated with the utmost respect. They are vulnerable. Frequently, they feel enormous guilt. Sharing something delightful about their animal with the person is like giving them a little gift. And from there, they are much better able to hear the rest of the communication and make constructive decisions to shift the dynamics in the household or barn.

On a very personal note, this connecting with the essence is the most natural thing in the world to me. Since I was a child I have thought it my *duty* to acknowledge the soul of each animal who crosses my path. I only grew more resolved when I was just seven and the nuns fought with me over the question of whether animals even *had* souls! I still glance into as many beautiful pairs of animal eyes as I can, even if for just a fleeting second.

These Are a Few of My Favorite Things ...

In every class, the first question I tell my students to ask an animal is “What are your favorite things?” Even the advanced students, who may have asked that question many times, start at the same place.

There are many reasons for connecting with the animal over their favorite things. First of all, if the person who is engaging you to talk to their animal is the least bit skeptical, it puts them at ease; providing specific information shows them that you are indeed connecting with their animal.

Even if the person fully believes in animal communication, it's a nice way to connect with the human over the good things before you go into depth about any health or behavior challenges. And in the case of a person who is grieving the loss of their beloved friend, or someone whose animal is lost, it softens the experience.

Starting with telepathically asking “What are your favorite things?” forges a positive connection with the animal; you're connecting around what they love the most. Then, if you look in the closet and find a repressed traumatic memory and go on to ask deeper or more troubling questions—such as “Why are you afraid of men who wear hats?”—after you've explored that question the animal has a positive and peaceful place to reconnect with you.

And think about it – you wouldn't walk up to a person in a wheelchair you just met and say, "Hey, what happened to you?" You know that would instantly put that person in a defensive mode. The same can be true of animals.

Favorite things can range from the red toy to the feeling of the breeze on a favorite river walk to the family the animal lives with. Allow the impressions of favorite things to flow into you. If they come into your heart chakra, find a way to identify them. If they come in the form of words, write them down quickly and allow the flow. If you receive pictures or images, describe them on paper. Don't question, don't overthink, and don't try to explain it logically. Just let it flow.

Knowing an animal's favorite things and reminding the owner about them can be especially helpful if the animal is older. If an arthritic older dog used to love to hike, and he can't maybe getting him in the wagon and taking him on the old trails will be just the breath of fresh air he needed.

And for an animal that is insecure, incorporating their favorite things in training sessions is a good way to help them gain confidence.

And then sometimes we have to be very careful of...

Interpreting Images

The images that come to us when we listen to animals may not be entirely clear, and we might not know what they mean at first. We have to be very aware that we might not know what it is, but if we stay in description, we can share the information and the human may know exactly what we're sharing.

I once had a client who moved from New York to Los Angeles and wanted to know what her cat missed the most about New York. I saw a picture of a white, scratchy-looking thing. For the life of me, I didn't know what it could be, but I trusted the picture enough that I described it to the owner. She laughed and said she'd had an old futon that was torn at the bottom and that he loved to crawl in there (and of course the inside of the futon was made of white scratchy material). The lesson: always write it down, even if you can't identify the picture at first.

Furthermore, the information you receive may not make sense to you if you don't have a complete picture of what the animal and the household are going through.

Moving your need to interpret images out of the way becomes so important, especially with lost animals.

A Story to Remember When You're Doubting

One time a woman called me about a lost pony, a fjord pony—technically a horse. I happened to know the barn where this horse had disappeared from, so I decided to see if I could help. With a purebred animal, I always wonder if it might have been stolen, and if I can help bring a stolen horse back home, I like to try.

When I tuned into the horse, I saw green all around me. The barn happened to be located near where I lived at that time in rainy western Washington, so lots of green wouldn't be unusual. But what I was seeing was more like a very small green paddock, only without a fence. I heard a highway, and then

trickling water—actually, it was noisier than that, almost like the hard splash of water you’d hear at a car wash.

That was completely illogical if the horse had gotten lost on its own. I’d ridden in the woodsy area around the barn, and it was flat, with no place where water could be splashing that I could recall.

And that was it; I took more time to tune in but that was all I got. A small green paddock—that could be anywhere. But splashing water? The sound was definite in my “mind’s ear,” but I still had real doubts about it.

I had to tell the owner that I wasn’t getting a whole lot of telepathic information. I told them about the green paddock, and after hesitating for a minute, I decided to tell them about the splashing water.

The woman’s husband—who was skeptical about animal communication, to put it mildly—set off on a renewed search, heading toward an area that had been searched before but deciding to hike a little farther. He came upon a narrow rivulet of running water and followed it deeper into the woods. After following it for some time he heard rushing water and followed that sound until he came to the edge of a ravine. There, forty feet below—and with another sixty feet between him and the bottom of the ravine—was the pony, trapped on a green twelve-by-twelve-foot ledge beside the smallest trickling waterfall. She had been there for two days.

She had fallen roughly 40 feet. If she took another step, she would fall another 180 feet down the ravine.

Washington State animal rescue went to work. It took forty-eight hours, over 50 rescue workers, two pulley systems, and some horse drugs, but the fjord pony was returned to her barn.

If I had doubted the sound of the trickling water, she would have fallen to her death.

Meanwhile, no one had told me the horse had been found, but while on a mission to get kitty litter, I had an urge to turn down the road toward the barn. There I found hundreds of people standing around watching, including some reporters. At one point while I looked on, my phone buzzed and I had an email message: a reporter wanted to interview me and hoped we could meet up that day. Looking around in the crowd, I happened to recognize the reporter, so I walked right up to her and said, “I’m Joan, the one you just emailed. How about we do that interview now?” All the local news outlets interviewed me and my favorite title to the story was *The Seattle Times*: Horse stuck in ravine rescued through ‘telepathy’.

Chapter 7: Let's Communicate! We Will Walk Through All of the Steps

What Happens in a Session?

Finally! We are going to walk through the process of communication. What it looks like practically and how we get to the telepathic connection.

Step 1:

Providing a structure helps define a session, giving the person a sense that they have gotten what they came for and ensuring that the animal feels like it has expressed what it needed to share. This means establishing a boundary where you stay on topic and don't get too chitty chatty about other things.

For me, an animal communication session is almost like a dance. At the start, I don't know the person or animal at all. Then I suddenly get very intimate details. Finally, the arc of the session ends with all of us emerging together, healed.

After enough practice, you might be able to travel the whole arc of who the animal is by understanding their essence and favorite things and that will inform you as to the behavior or challenge the humans are dealing with, in just a few minutes. Then you can review the steps the person will take to assist the animal with its health or behavioral challenge. I always strive for a session to feel like sitting down with a good friend over a cup of coffee, talking over the challenges of the day and sifting through different pieces of advice to find the one that fits.

Whether on the phone or in person, I ask a few key questions. Then I close my eyes and get quiet and the communication begins. (Though it is really continuing, because as I mentioned earlier, it started when the person committed to calling me.)

Part of creating structure involves, asking a few key questions:

1. What's the animal's name?
2. How old is it?
3. How long has it been with you?
4. Who else lives in the household? (But if it's a horse in a boarding facility, I don't need to know all of the other horses, dogs, or barn cats!)
5. What breed is the animal?
 - a. If it is a thoroughbred, I ask if it has raced.
 - b. If it is a greyhound, I ask if it has raced.

- c. If it is a warmblood horse of any type, I ask if it has been imported from Europe. Feeding practices with horses vary around the world and knowing this alone can answer a lot of challenges.
- d. If the animal is purebred, I ask if it came from a breeder. Sometimes things happen in larger breeding facilities that easily get overlooked, and there is still a lot of inbreeding.

I like to know who else is living in the household because I want to review the relationships with the other animals and people so I understand the dynamics and any challenges within the household (I cover this in my Behavior and Dynamics book).

I structure the session so that we first review the animal's personality and emotions, and the things the animal loves to do or be—the essence of the animal. From there I dig deeper; I develop an understanding of its relationships to others. I then try to understand the root of whatever the challenge may be and do a physical scan to see how that could be playing into the situation. Next, I see if the person has any questions about their animal companion. To finalize, we review and discuss remedies and options: how to heal a health challenge, improve performance, and help all the animals in the household live in harmony, or improve behavior in general. I maintain this structure whether the session is five, ten, fifteen, thirty, or sixty minutes. The only time it gets thrown out the window is if I'm doing a media appearance.

Step 2:

The following section is the meditation I do that leads directly into communication. This has benefits beyond animal communication!!

These are a few techniques I use to connect telepathically, briefly described. The best way to learn is to jump in and try them for yourself. Be sure you begin by working with an animal you feel fairly neutral about, not one you are emotionally invested in.

This meditation should be done very slowly. Really give yourself time to experience each part of it.

PART 1

Take a very deep breath and breathe into the bottom of your feet. Really connect up with the earth, the floor, your socks, shoes, your bare feet, whatever is connecting with the bottom of your feet now.

Move your awareness up your legs, into your hips and torso.

Feel into each of the organs in there.

Now I want you to move your awareness into your chest and shoulders, your arms, your hands and fingers.

Really feel into your neck and backbones.

Become aware of your throat and head with your hair, your eyes and ears, your nose, your mouth.

Then become aware of your sight, smell, taste, and hearing.

I want you to become aware of all of your senses.

Become aware of your physical being, your whole physical being. (GIVE THIS A MOMENT)

If you have any aches or pains, put them in a pink bubble and have them float away.

If they don't float away, note that those are your aches and pains and move on.

And then I want you to really, really, really just be, neutral, physical being.

Bring as much awareness to physical neutrality as you can. Just breathe in and float in physical neutrality for a few moments. (GIVE THIS A MOMENT)

Now I want you to bring your awareness to your mental state. If thoughts about your day, your frustrations or distractions try to creep in, just move them out of your way. Whatever you already think you know about this situation, just move it out of the way. Move anything that is distracting you mentally out of the way. Put your thoughts into a little pink bubble and let them float out of the way. You can have them all back after this. For right now, put yourself into a neutral mental state and see what that feels like. (GIVE THIS A MOMENT)

And then lastly, your emotions, feel into them. Feel into anything that is getting in the way. Go ahead and move any feelings out of the way. Let's put them in a little pink bubble and watch them float away. I want you to experience feeling as emotionally neutral as you can. (GIVE THIS A MOMENT)

I want you to see what it feels like to be neutral emotionally, physically and mentally.

Sit with that for a moment. And now I want you to move anything out of the way that would prevent you from being completely neutral – physically, mentally, or emotionally. Keep renewing that sense of neutrality.

- Start timer for 3-5 minutes.

At the end of 5 minutes I want you to move into your heart center, fill it with pink (as that is the color of unconditional love). (GIVE THIS A MOMENT) Let it expand.

Now bring the animal you want to communicate with into your heart (name the animal) and get a sense of their Essence and Favorite Things.

- Start a timer for 5 minutes

Just freeflow write what you feel the animal is sharing with you, even if it doesn't make sense. Write it down!

At the end of 5 minutes, I want you to finish the word, phrase, or sentence you are writing.

Bonus! Access the audio for this meditation in the Resources Section.

Having this structure into your session helps you create the "on/off" button I refer to so often. At first it will seem cumbersome or like a lot of instructions. Eventually this becomes a flow for you to move from walking through the awareness of yourself to connecting with the animal.

Being able to drop in and get quiet becomes another muscle, if you will, that builds to the awareness of what is mine and what is another's. It also helps to build the telepathy muscle.

And yes, I close my eyes and drop in like this even when I'm in the presence of another human. It helps me to center and do the best job possible when reading someone else's animal.

When I share the information from the animal to their human, there is a golden rule: Be Kind!

Step 3:

Respecting Yourself and Others

Step 3 in a session is sharing the information with the human. You want to be clear and kind.

Recently I was reviewing ethics and etiquette in a class in Florida when a woman told the group, "A teacher of mine once said, 'Say what you mean, and don't say it mean.'" I love the students who are drawn to my classes! That was just perfect.

Always, always, always be kind. We all want to be treated with kindness.

Respect Others Where They Are

No matter how sure of your opinion you are—no matter how certain you feel that you know what the "right thing" or the "right food" is, or that this particular dog should be put down—the minute you attach the word "should" to advice you're giving an animal's owner, you start pushing that person away. When you come off as strident or a know-it-all, you lose the person. They stop listening, get defensive, and contract. Now you're doing more damage on the animal's behalf than good.

When sharing the information you received from the animal to their human, consider instead truly proactive words that welcome the other person into any choices you are considering, such as "We could consider a no-grain diet" or "We could look at training as a possibility." If you're suggesting bringing in another professional and you're doing the session by phone, be ready to Google dog trainers in the person's locale.

I have found that when I say, "We could think about ..." not only does the person feel more on an equal footing in decision making, but they also don't feel so alone with their challenge. When their load feels lightened and overwhelming feelings subside, they have a chance to truly shift the situation almost immediately. It's as if you are providing light to show the way.

Speaking of overwhelm, people can feel overwhelmed when their animals are ill or having difficult behaviors or performance problems. As animal (and human) communicators, we can help with that. But overwhelm is not really an emotion. It's actually a mix of feelings that are fluttering so fast we can't grasp them: say, fear, frustration, and disappointment all at once. But the overriding characteristic is confusion.

Think of a handler at a dog show who's feeling overwhelmed walking into the ring. Part of that mix may be fear of being judged—"People are going to think I can't even show my dang dog." It really helps if we can tease that out for them. Then they know that's the issue and can see if they can let that fear of judgment go.

And if the dog's essence is being a pleaser, she'll be wondering, *Am I doing the right thing? What are we supposed to be doing?* And (picking up on the handler's overwhelm) *Is my person okay?*

To help animals, we have to heal our issues with other people because we can only help animals when the other person joins us on their behalf. In other words, if we don't like people and remain judgmental, it will show up in the sessions and then the animal is underserved. Believe me, sometimes it is hard to like people but it is worth the effort of finding love and compassion for humanity.

My job is to hear both sides of the story and find a way for the human end of the equation to understand more deeply why the animal is doing what it is doing. From there, we have to come out of the situation together.

Let the Other Person Take the First Step

If someone truly wants a session with me, they call me themselves. But people approach me on behalf of other people all the time, saying, "So-and-so wants a session." When that happens I simply say, "Great, have them go through my website." It's the first step in energetically healing the condition. When people are in an animal crisis, or just love their animal so much and don't know how to help them, they are very vulnerable. They may feel overwhelmed and not know where to start. By setting up a session on the website or calling me—the simple act of dialing my number—they are taking the first step in empowering their relationship. Let your clients engage in that empowering act. I totally honor and respect their action of taking the first step.

Another important step to my methodology is:

Choosing Words Carefully

People are very suggestible, so you always want to be careful what you say about their animal's health and how you say it. It is very easy to instill unnecessary fear if you don't think through your choice of words. Again, think kindness, position what you have to say in a way that is respectful and the other person will hear it.

For example,...

Death and Dying

Telling someone that their animal is on its way out—that it is dying—is inappropriate. It's one thing if that's the kind of reading the person is asking for. Otherwise, if you get a sense of the life force cutting out, rather than expressing that, you might suggest getting a blood test with their veterinarian.

Telling someone how much time their animal has left is also very inappropriate, even if you think you might have a good idea about that. I always say, "I don't know if we're looking at moments, days, weeks, months, or years. The most important thing is the quality of the time you have now with your animal."

And you really *don't* know the best answer here. When you walk into someone's home and see that their dog is so weak it can barely lift its head, you could think that its time is coming close. If you say

that, the human might decide to put the dog down to save it some suffering. But listening to the dog might tell you that he experiences much joy around breakfast, or that he's feeling peaceful just being around the family. When you are dealing with issues of death and dying, a deepened meditation is required to move your judgment out of the way.

When an animal seems to be nearing the end of life, this is a good time to let its essence be your guide. Some dogs, for example, are elegant and super proud by nature, and will lose dignity if they become incontinent. My dog Olivia was just the opposite, very down to earth, and was an amazing teacher about death. She'd be like "Oops, I just went. You can clean that up now." She was the most amazing, agile creature, yet she taught me that we can age and be okay with all the stages of aging.

Diagnosing

Diagnosing without a veterinarian's license is a dangerous and slippery slope; in some states, you can be arrested for doing it. Telling someone their animal has cancer, for instance, is not only a really harsh thing to receive, but it's beyond the scope of your job. Instead you can focus on what you're picking up energetically. "I feel blocked energy around this organ." "Circulation feels slowed down here." "There is murky energy around the abdomen." This kind of information gives the person enough of a picture that they can go get a blood test and make choices from there.

And take care to be specific about where in the body you are sensing something going on. Something my students often do—until they learn not to—is to say "I feel blockage in the second chakra." But what does this really mean? Does it mean a blockage in the bladder or some kind of emotional congestion? It *is* fair to say, "I'm not sure if this is a heaviness in the heart itself or an emotional piece with the heart chakra." In other words, when you're speaking energetically, you have to get real about what things you're picking up might actually mean.

Another challenge with diagnosing is that sometimes there can be referred pain or patterns of compensation, so what you're perceiving is not really the root of the problem. A dog could have fractured their leg below the knee, yet the pain they feel in that moment is actually up in the hip or in the shoulders because they are dragging their hind end along.

Blood Work and Telepathy

Blood work and telepathy do share one commonality – they take a snapshot in time. If you run around the block and have your blood drawn, you'll get very different results than if you lie on the couch and have four hot chocolates, a Big Mac, and large fries.

The same is true of telepathy with animals. If you talk to an animal on a Sunday after they've been at the dog park, taken a walk by the waterfall, and then gone to Starbucks and seen six other dogs, you'll have a different sense of her than if you connect during the human's work week when the dog has only been on the couch.

A disease pattern can show up in the energy field before it shows up in blood work, so be very mindful before you "diagnose," for example, that the cat has kidney failure. The people could run and get blood work done, get a negative result, and conclude their pet psychic must be a flake—and then ignore kidney-related symptoms as they slowly creep up. It's better to suggest that there is "slowing

energy” around the kidney. In that case, the people might choose to find a holistic vet for preventative help over and above blood work. A holistic vet would help them look at how to treat the animal via nutrition, homeopathy, herbs, vitamins, and minerals long before the problem turns into full-blown kidney disease.

In my book *Energy Healing for Animals* (Sounds True, 2015) I cover all the alternative and energy healing modalities and cross-reference them with ailments. Many illnesses can be averted using these methods, before they become a major life-or-death crisis. (You can use this book to research the various options—and your clients can use the book too!)

Specific—But Not Scary

To help people and vets figure out what to test, it's best to be as specific as you can about the *qualities* of what you are sensing. Is it tingly? Prickly? Dull or sharp? That said, keep in mind that you're describing what you find to someone who probably doesn't have a vast knowledge of physiology—and you don't want to use the word “pain” while you're doing it. Not only can that word frighten the person out of their wits, but it can make them feel helpless. And that can lead to euthanizing an animal prematurely. A student who had woken up to that fact once told me, “Oh my gosh—I put my dog down over a hurt ankle!” A hard thing to live with.

Past Lives

Talking at length about past lives is also a red flag for many people. I'm very careful about this because it is not in everyone's belief system. It is also a very easy way for an animal communicator to pass something off and not help the person get to the root of a challenge.

For me, when a practitioner of any kind goes down this path, all I can think is that they're a beginner, or maybe just lazy. I may be a little old school on this. I worked regularly on past life regression from 1989 to 1994 with a Native American Medicine Man named Butch Artichoker, of the Lakota Sioux tribe in South Dakota. He firmly believed, as many true past-life regressionists do, that the patient must experience the same vision, if not be the only vision holder, in order to clear the karma or patterns of past lives.

It's so easy to throw something out like “That's just a past-life pattern.” It may be true, but why mention it? How would that information possibly help the Chihuahua that's been marking the whole household and the very frustrated human sitting before you now? If the information isn't valid, *verifiable*, and helpful in present time and space—if it's not going to move someone into a healthier phase—it isn't reliable, solid information and if you mention it at all, it would be better to do so as an aside. To do otherwise could ruin your reputation locally!

Examples of good ways to frame this aside are, “This is a deeply soulful connection, as if lifetimes have been spent together, *and* you still need a dog trainer” or “This is a very familiar energy for both of you, which is why you chose each other at the shelter.”

Getting Down to Earth—Literally

I once went to a barn to talk to a number of horses that were boarded there. When I got out of my car, before I had even started, a woman ran up to me and said, “I already have my own animal communicator and we have worked through six of our past lives together.”

I replied. “That’s awesome! And today we’re going to figure out why he keeps bucking you off.”

While past-life information can be wildly entertaining, we really need to get to the pattern it presents in this lifetime and solve that. I’m not saying it’s not useful to look at previous lives, but it shouldn’t take a thousand readings; maybe three. And don’t count on these readings to bring you useful information. You really need to look at the animal’s essence in *this* life.

Another component to my methodology is:

Don’t Take the Human’s Word for It

It’s wise *not* to trust what the human tells you about their animal’s behavior. Why? Well, have you ever visited someone’s house who tells you, “Oh, my daughter plays a piano concerto like nobody else. Sheila, go show mommy’s friend how you play the piano”—and then Sheila freezes up and can’t even play chopsticks? Or the opposite: you hear how great and well behaved so-and-so’s kids are but find them so excited and wound up that they’re rolling toilet paper down the hallway. Animals are not too unlike this.

This extends to phone sessions too, and any photos you’ve been sent; the person may have captured the one true moment when the dog picked the ball up in her mouth. Unless the *animal* has told you about a specific behavior, leave it out of the conversation. For a related discussion of pictures and behavior, see Chapter 11, What Is Yours and What Is Theirs?

Keep yourself safe physically!

When people set up a consultation or a session with me, they are not always forthcoming about the issues. It may be an aggression issue, for example. I’ve been scratched by cats, bitten by dogs and nearly kicked by horses.

I am very respectful of animals and humans. If I am in person, I am also very mindful that I need to keep us safe. Meaning, I do not want to pose a threat to the animal and that keeps both of us safe. I am not one to sit on the floor and let the animal jump on top of me. And if the animal is shy, I don’t want to scare it away. So I start out connecting with the human and gathering the human information and allow the animal to calm down.

If I’m in a barn, I always have safe shoes or boots on to be professional and safe.

Chapter 8: Practice Makes Perfect

What Can You Do at Home?

I know, we all want to get to the part where we are able to communicate with our own animals. Whether you are wanting to connect and communicate with your own animals on a deeper level or are hoping to do this professionally, creating a little structure around your day and your space can help. We spoke in the beginning of this book about creating true awareness. Let me repeat my advice that when you have a surprising thought or you experience a feeling coming on or an ache or pain that wasn't there yesterday, you should always ask yourself, "Is this mine?"

If it isn't yours, it will go away instantaneously. If it is yours, you can address it. It can be staggering to realize how many feelings, thoughts, and physical sensations we get during the day that don't belong to us. But this is your first step toward understanding telepathy. Then it's time to figure out who you are picking up on. If I wake up with a hitch in my hip, for example, I check the horses and the dogs, and I usually find that hitch within those two species before I have to start poking around on the cats!

It's important to schedule a quiet time or meditation time into your day, where you clear everything out. I don't stop to meditate between each client, but the rituals I have created for myself are meditative. I meditate, work out, journal, and spend time with my own animals in the mornings. Frequently I also write. Then, when I start sessions around noon, I am very quiet within myself.

The key is practice, practice, practice. And meditating, journaling, cultivating awareness and practice, practice, practice. When you're exhausted, practice some more! Practice builds all the muscles!! We are developing true awareness, an ability to quiet your mind in any circumstance and to then be able to receive information telepathically. Practice is what gets us there with ease.

Another daily practice tool that will support your communication with animals and their humans is journaling. Studies have shown that writing something down imprints it more strongly into your being. If you are trying to remedy a situation, such as having two dogs who don't get along, be careful what you write. Airing your frustration is okay for a while, but then continuing to write and envisioning your desired outcome will contribute greatly to your results.

One of my most favorite things I did when I got started as a confidence builder was: Creating an Evidence Journal

Why journal? Why *not* journal! Getting used to writing down what you experience will help you develop greater accuracy as you chronicle your animal communication journey.

For me, when I was doubting myself and I looked over on the shelf at the "evidence journal" I remembered that I had successfully connected with the animals that were in that journal through the various sessions. It was like a physical piece of telepathic evidence sitting on my shelf.

Once you do a few readings, this "evidence journal" becomes physical evidence that you are doing it!!

Writing down your progress as you become super self-aware is ultimately going to help you see how far you've come as a human. Even catching the negativity present in your thoughts will be very valuable.

I encourage you to begin by making notes about your own animals and your whole household. I consider it my duty to create balance and maintain a high level of harmony for the many animals who live with me. I do this for me and for my animals, and because I have to walk my talk. If you are truly committed to working as an animal communicator, your obligation is first and foremost to your own household companions.

If you have a challenge with one of your animals, or among them, it's wonderful to journal this experience as you untangle yourself from the energetic web that has been woven in the household. One of my CWALU graduates stands out in my memory as being wonderful with the human end of the work. She is highly skilled as an intuitive, has lovely energy and a great sense of humor. She also has two of the most unruly dogs ever! They were little Dachshunds, and she was *proud* of how spoiled they were. So ... after she had journaled and gained some insights into what this was doing to the energy in her household, I suggested dog training as one of her electives. She completed the class and improved her household in ways I don't think she expected. It was an important lesson for her and it still helps her in her work.

You never know when your own seeming weakness will become one of your strengths. So look really closely at your relationships with your animals during your journaling time and consider how they can be improved. As you observe, with detached compassion for yourself, take note of your physical and mental sensations.

I encourage you to commit to writing on the following topics for the next four weeks. Again, this builds awareness and trust in your intuition.

Journaling Topics - Ways to Get Started and Feel Successful with Your Work

Day 1: "Where are my feet now?" Placing your awareness on what your body feels like in time and space is really important. Frequently, we are living so much in our head, or from the fourth chakra (the heart center) up, that we forget where our body is. Most people are unaware of their own digestion! Grounding and aligning through meditation, exercise, and journaling the answer to "Where are my feet now?" can keep you in your body.

Day 2: "Where do I invest my thinking?" Awareness of how quickly your mind says no to things is amazing. You may have an inner dialogue that you are not even aware of that is pushing much in your world away.

Day 3: "What feelings do I have?" Am I happy? Am I sad? Am I all over the map? What triggers this roller coaster of feelings? How could I react differently to these triggers?

Day 4: "What effect does my state have on my animals?" Who am I *being* right now? Is my moodiness affecting my dog or cat at home? When I am mad at my boss, how present am I with my horse? When I am too giddy for words and daydreaming, how much quality time am I spending with my dogs and cats?

Day 5: "How do my animals get along with others (other animals in the household, other people, and in the outside world)?" "How can I make this better?"

Day 6: “If I were to improve my relationship with my animals or their relationship with each other, how would I start?” This is a great opportunity to just write down thoughts and impressions, even if they don’t make sense at first. Magic can come from this.

Day 7: “If we all lived in a perfect world, what would it look like?” This is a fun opportunity to rewrite your future and really stick to it. This could include what it would look like if you left your insurance job and talked to animals all day, or if your animals all slept together on the couch even though they used to be adversaries. This should be great fun. Notice your feelings after you close your journal or shut the computer down. Do you feel like what you have written down is possible? Are you willing to live in that more magical place? Whether you want to change your life or the lives of the animals in your household, these feelings are super important to notice.

When I want a shift in my life, I write in my journal from the perspective that the shift has occurred. I include how grateful I am to be so fulfilled. Because of this practice, I have watched my life change for the better, and I have watched unwanted behaviors with my animals just fade away. Of course, I might also do some Emotional Freedom Technique tapping—on myself—or another technique I’ve learned over the years to shift my energy.

Be sure to approach your journaling in an affirming way. I would never write something like “Oh, I wish Isabella would quit running off.” Isabella was my Labrador, who has since crossed over, though that is a behavior she had at one time. Writing a statement framed that way would affirm the behavior I don’t want; it communicates the undesired behavior. It’s okay to write once or twice about your frustration or other unpleasant feelings. Just make sure that your writing doesn’t become a pattern of repeating the behavior or state of health that you don’t want. Always move toward the outcome you desire—starting with thought. You are writing to recreate the story.

In the case of me and Isabella, my dog, I wrote about how much I loved it that Isabella stuck by my side, that she was part of everything on the farm. I couldn’t feed hay to the horses late at night without her following me up to the hay loft. She truly shifted in the direction I had been leading her through my writing! (The whole dramatic experience of Isabella’s passing is captured in Sounds True’s *Dharma of Dogs*.)

It will be fun to look back on the journaling you have done, and over time you will feel a sense of accomplishment. You may not even notice that your dog stopped chewing or the cat quit hissing at people until you revisit your writing on those topics!

PART 3:

BECOMING AN ANIMAL COMMUNICATOR

This section is all about getting grounded in doing this work regularly, whether it is to solve challenges at home with your own animals, as an add on to your other animal practice/business or if you want to become a professional animal communicator.

Ethics and boundaries become such a key component for this work as we get better and better.

Chapter 9: What if I Don't Get Anything? What if the Animal Won't Talk to Me?

What if I Don't Get Anything?

When you don't get any impressions from an animal, it usually means one of two things: you are caught in a mental loop or you are judging yourself. When this happens it's best to close your eyes and concentrate on your breathing. I like to think of taking an elevator down within myself and truly deepening the meditation so that all the rest of my world dissipates and the only thing that exists is my connection with the animal.

The main thing to do is to allow yourself time and space. Deepen your meditation. If you have a regular meditation practice, it feels like coming home. If you don't, you can always use the meditation we have provided in the Resources Section at the end to help you build your meditation muscle! I like to use the image of taking the elevator down. You may be caught in a loop, or judging yourself, and if you can drop underneath that you will be better able to receive. You might try imagining yourself in a really safe place where just you and the animal are communing. An example would be a safe cove beside the ocean, in the woods, or perhaps in your own garden with your own animal friends around you. Then add the animal you are talking with to this safe spot with you.

Two other little techniques to get you out of your head are muscle testing (applied kinesiology to diagnose by applying muscle strength when asking a question) and the pendulum (used for dowsing or divining guidance). If you are adept at either of these, you could start asking questions and getting a yes or a no from those methods.

If you don't know how to do either of those, try the body sway. Generally, the body sways forward if the answer is a yes and backward if it is a no. Start by asking yourself simple questions like "Is the sky blue?" Your body will either sway forward if the answer is "yes" or backward if it is no. Once you have established which direction your own yes and no sway, you can ask the animal simple yes and no questions and get your body moving. From there, see whether you have established a flow of communication, and if you have, you can rely on telepathy.

What if the Animal Won't Talk to Me?

Something else to keep in mind is that the animal may actually be blocking you from receiving information—out of loyalty to the human. There may be a very personal story the animal—a dog, say—doesn't want to disclose. So, if you have deepened your meditation and you still aren't getting anything, it's fair to ask the person if they have something really deep going on because you think the animal may not want to reveal something. In my experience, the person will often burst into tears immediately and say something like, "I can't believe you're even saying that—I'm going through a divorce and it's awful." And lo and behold, once the human's energy is released, the dog's anxiety is released; he no longer has to sit on the situation.

They really are our best friends. Cats, horses, the same thing applies.

Chapter 10: Ethics and Etiquette

Ethics and Boundaries

First things first: when you're talking to other people's animals, you have to remember what a privilege it is. You need to honor the people, the animals, and the situation they are going through. Whether you are intuitive and simply want to help your neighbor or you are hoping to do this work for a living, it is important in any psychic, intuitive, or healing work (or any work, for that matter) to come from a place of clear intention and high integrity.

Confidentiality, Permission, and More

Next, one of the most important things to keep in mind is that you do not want to tell people other than the owner what an animal tells you. For my part, this extends to the stories I tell in my publications; I change the names of both the people and the animals for my newsletters, books, and Facebook postings unless I have permission to tell those stories.

If I'm walking out of a vet clinic or a pet store or coming out of a horse's stall and someone who is just curious asks me what the animal said to me, I just answer, "He knows he's cute." And I leave it at that. It isn't anyone's business—the owner can tell the animal's story if they choose to! My exception to this rule is if I'm working with a veterinarian, body worker, or trainer; in that case it's in the animal's best interest that I share the information. Sometimes it's even best to include these other professionals in my session with the animal.

A passage in my book *Communication with All Life* offers a good discussion of some of the ethical considerations of this work, so I thought I'd include it here:

Ethics is pretty important when we start tuning in on a deeper level. It's not all right to go tuning in to the neighbor's dog because you assume things are going badly or the animal is being mistreated. If you break down the word assume, it contains "ass of u and me." And of course there is the old saying that opinions are like a**holes—everyone has one. In other words, tuning in should be done with discretion and permission and for the best of intentions.

One of my students told a story about seeing a dog tied to a tree. Horrified by this, she "saved" the dog. A little later that day the police came to her door to arrest her for stealing the dog. Turned out the dog had been tied to the tree next to a school where a young mother was going to pick up her daughters. The dog was not allowed on the school property but loved the kids and lived to pick them up each day.

Of course, not every story is that cheerful. But we have to understand the contractual agreement between animals, their person, and God. It is a contract or a journey with God and their souls. And unless we are asked, it's really none of our business. What may look horrible to you and me may in fact be a very healing experience for them. We can pray for the highest good of all involved. If you find yourself intervening in the case of physical abuse on some level, if you are then pulled in to a "rescue," remember to always look to yourself as to what aspect is healing for you.

We can't begin to know for others. And even if someone does ask for help, we can't be committed or attached to the outcome. It's spiritual arrogance to think we know better than God. Animal communication doesn't solve anything; it just creates an opportunity for the person and the animal to shift out of the locked emotions, behavior, or illness and then get back on track.

I say this because many professions have a code of honor, an association, or rules to live by. While not everyone follows them, guidelines are important to know. The more objective and compassionate we remain, the bigger the opportunity for healing. There is always a set of bylaws inherent in a pack, a herd, a pride, or a flock. All have their own natural order.

When things get off the track in our own homes, it's a message that there is an opportunity to get back on track. It doesn't mean you have to criticize yourself or judge, but step outside of yourself for a second, look objectively, and start again.

Boundaries

Boundaries are another important topic with regard to psychic work and healing. I feel very fortunate to have studied with Caroline Myss, who is a great stickler for being careful with where you place your energy. It is most important to note when the boundary of staying out of other people's business applies to you, the practitioner.

Going back to the theory that pictures, words, and feelings can occupy an enormous amount of brain space, and that we pick up on physical feelings that can readily show up in our own body, we can't afford to take in other people's "stuff." If you do, you should charge them rent!

Self-Clearing

To maintain good boundaries and avoid taking on energy that's not yours, knowing good self-clearing techniques is a must. Here are some ideas to try:

- One technique is to literally shake it off for two to three minutes. In my classes, we often do the hokey pokey! We get everyone up on their feet and dancing around. This is a fun way to discharge energy that is not your own.
- A good long shower with the image of washing away the day's work is a great way to clear energy off.
- Breathing techniques are important. There are lots of books, articles, and blog posts about breathing methods that help discharge energy.
- Creating the intention that when you walk back through your front door you will have left your work on the other side is another way to clear yourself. You want to enter your own home clear!
- Any sort of aerobic exercise, a walk, or a yoga session are all effective energy-clearing methods.

Judgment, “Fixing,” and Detached Compassion

There is no room for judging animal owners in this work. At the end of the day, you can't know what the other person has been through. Their journey may have been so long and arduous that it's a miracle they are standing before you and asking for your help with their animal. The fact that they are doing this is a gift and should be treated as such.

Many times, you will see situations that you won't be able to “fix.” If you like to fix things, you might consider bicycle repair—and I'm not being funny here, because there are times when people simply want to be heard and there is no fix. The burden they carry is great, they're held together by a thread, and their animal's behavior or health challenge has put them over the edge. Sometimes our only job is to listen. The most we can do if we feel compelled to fix a difficult situation is to pray about it.

When we are able to come from a place of detached compassion, we have the greatest ability to heal the situation, even if that means just being present and allowing the situation to right itself. All of us who are drawn to this work are empathic; otherwise, we wouldn't be interested in it. And all of us are still doing our own work here on the planet or we wouldn't still be in physical bodies.

By staying in the grace of detached compassion, we are able to allow the situation to come up and out. We don't have to engage fully in it, and the truth is that a lot of the time the human will see their own way out of the challenge they have with their animal. Working from this stance, we can walk away with our own self-preservation and our boundaries intact instead of needing to untangle from someone else's mess.

“Oh, Poor Baby!”

When we engage detached compassion, we also hold others as able to align themselves. When we feel too deeply sorry for a person or an animal, we are doing something else: we are *enabling*, holding them in a small, weakened position. And when we do that, we are doing more damage than good.

In the first graduating class of my certification program at Communication with All Life University, one of the students, Diane Garwood—now a gifted animal communicator and Healing Touch for Animals practitioner—would “ooh” and “ahh” over every picture an animal handed to her. When anyone mentioned that an animal had surgery or was sick or had lost her person, she would say dramatically, “Oh, *poor* baby!”

I see this phenomenon a lot. There may be an element of creating distance from the animal in doing this, so you don't feel their suffering so acutely, but people don't realize that it is the equivalent of an old-school curse! It keeps the energy stuck where it is. I learned from Diane, and now in my workshops I charge students \$10 if they let a “Poor baby” slip out. Then at the end of the class we donate the money.

Beware: this habit is hard to break! After one weekend workshop, Sarvey Wildlife Center was the recipient of \$180 in “poor baby” funds, which was matched by one of the students, who worked at Microsoft. That little pot of money has endured and is now officially called the Diane Garwood Legendary Poor Baby Fund.

The oohing and ahing seem innocuous, but they're unconsciously perpetuating the energy of "You are sick. You aren't able." The whole point of these workshops and continuing down our path is to enlighten, grow, wake up, and sharpen. Growth also includes respecting others, holding them up in a light we want to be seen in as well, and remembering how deep and vast that mirror is.

Revealing Her Inner Queen

I have a quick story to illustrate how counterproductive this "poor baby" mantra can be. I recently went to my old college to work with its rescue program; you get a scholarship there if you foster an animal that's been saved. There was one dog in particular who had been rescued from a hoarding case, badly neglected and living in filth. They had bathed her and had a vet see her, but she was very timid when several of us animal communicators showed up—at first, she wouldn't engage at all. But then, when we all focused on her, most of us got a sense that inside this timid little girl was a total diva. And as we started sharing those impressions with one another, she went through a complete transformation—she blossomed before our very eyes. She started standing differently and looking around the room at us one by one as if to say, "Okay, you can line up and touch me now." And she actually seemed annoyed when we moved on to talk to other dogs!



Can you imagine the opportunity we would have lost if we had been so busy fixating on the trauma she had experienced and "poor babying" that we couldn't see *her*?

Bless His Little Heart

While it's not quite as bad as "poor baby," I now charge \$5 whenever I hear "Bless his little heart!" There's a subtle message (well, sometimes not so subtle) in those words that places the person above the animal. To hang a single word on it, it's patronizing. So don't do it!

To sum this up, we want to have detached compassion, no judgment and see the animal (and human) as able to be whole and fully step into their next healing/behavior/phase of life. And so moving our perception out and remaining neutral helps the animal and human more than we will ever know.

Chapter 11: What does a professional session look like?

When it comes to animal communication sessions, aim for writing down *everything* you experience. I absolutely have to do this myself. For me, sometimes the information comes in fast, but I want to make sure I write down at least a word or two to remind me of what I'm learning; I can't get every detail on paper, so I quickly jot impressions. It's not poetry, and it's not fancy—just the facts, ma'am!

Each item I write down can lead to quite a bit of explanation to the person. I write a bit on the horse's personality, his essence. He is full of himself: "I am very handsome." I told the owner how funny he is and how much everyone loves him and notices him and that he lives for the attention. Keywords like that lead to the images and impressions I share with the person.

In this case, the horse's "favorite thing" was his work, so he jumped right in with telling me about his gait and his determination. He knows his grit and his competitive spirit matches his bold movement. I also got a clear picture of how he comes into the ring, slightly curled, avoiding being "on the bit": a technical term that means the rider will not have as much contact, connection, or control because the horse is avoiding truly engaging. Because this rider is also a trainer, we talked for quite a bit about creating more engagement and contact. The horse is not lazy, and the avoidance could be related to the right shoulder.

I wrote, "rider L sit bone." This was constructive criticism from the horse for the rider! The guy then told me he had an injury on his right side and that's why he rode stronger from his left seat bone.

When I'm working long distance, by the way, I close my eyes and occasionally glance at the photo on my computer screen, jotting notes as information comes to me. The backside of this card is even more crammed with impressions. The important thing is to get it all down—even if you don't believe it! This one index card may not look like a lot of information but it was enough to fill a half hour on the phone with this highly acclaimed horse trainer. Each one of those impressions, images, and sentences would jog my memory into a story, a topic: basically a portrait of this horse, his rider, and their deep partnership.

It is so important to get used to writing down or even drawing out the impressions you get for two reasons. 1. The information comes so quickly, we don't want to forget anything. 2. Often when we get to telling the person what was conveyed telepathically, we go down bunny trails. We want to be able to always come back to the topics shared telepathically.

This is especially helpful for finding lost animals. You may not even know what you are describing—yet the description is everything. If you have spelled out or drawn out exactly what the animal has shared, the person may know exactly where that is even if it doesn't make any sense to us.

I received this recent thank-you note from a person whose cat was missing for nine days:

Thank you Joan! Our Jack is home where he belongs, he's lost a bit of weight, was pretty hungry, thirsty and tired last night, but healthy and not a mark on him. You pretty much described the house across the street and 3 doors down to a "t."

I don't edit while I'm communicating with animals; I go into an automatic state. The more I can describe what the animal is seeing, feeling, sensing, and knowing, the more effective a session will be. The Encarta Dictionary defines "describe" this way: 1. explain something; 2. characterize somebody or something; 3. draw shape; 4. represent something. In the old days a "scribe" was a transcriber of documents, a writer. I am here to scribe on behalf of the animal!

Keeping a journal of your journey also helps mitigate doubt later on. Sometimes when we walk away from a positive experience, we might think, *Oh, that was just luck, a coincidence*, quickly sabotaging a successful session. When this happens, you can review your journal, which will illustrate your many successes—and these will eventually far outweigh the doubts.

In person sessions are very fun for me because I love people as well as animals and I'm generally nosy. I like to see people's art, gardens or what books they read. But it can also be distracting because I like all of those things. They could also have other cute animals that are demanding attention while you are talking to the older one. Being grounded is very important.

When I go to a barn or a doggy daycare the hardest part is the cute factor. All of the animals are cute or gorgeous so I have to really focus because they are all eye candy to me.

On the phone or Zoom is what I have spent most of my life doing. Before Zoom came along, I had a headset so I was hands free. I could quickly mute if my dogs started barking. People would email me the picture and it was up on my screen.

With all of the above mentioned scenarios, in home, barn, doggy daycare, on the phone or Zoom, I go through the process I shared in Chapter 7.

When I go to a barn or a doggy daycare the hardest part is the cute factor. All of the animals are cute or gorgeous so I have to really focus because they are all eye candy to me. And that's where the system I have set up comes into play.

Veterinary offices, barns, and doggy daycares all offer you so many opportunities for distraction!! Your ability to drop in and get quiet in order to become neutral and receive the telepathic messages has to be the equivalent of a dead lift of a big bar bell at the gym!

Otherwise, you'll end up stealing every animal you meet to communicate with (cute factor) or come home with too many crystals from the New Age bookstore. (Wait, is too many crystals a thing?) Needless to say, creating this solid system for yourself guarantees that no matter how distracting the situation is, you are still able to deliver as an animal communicator. And writing it all down is critical to being able to stay focused. It's like the notepad or journal anchors the experience amidst the distractions.

Chapter 12: More Advanced Animal Communication

Scanning the Body

Scanning an animal for physical issues is another tool in your toolbox. Again, heightened awareness of your own aches and pains helps you be clearer about this. There are two very simple methods with which to scan. With both of them, I always start at the top of the head and then move through the whole body.

1. Close your eyes almost into a squint and look with soft eyes at the animal or picture of the animal, and with this blurred vision, see whether any particular areas “light up” for you or if you see any blocks or stuck areas.
2. Close your eyes completely and go deep within yourself, and then follow through the animal's body as if you are bringing it into your own body in order to feel it for the moment.

A couple once called me over to talk to their beloved dog because they feared their fourteen-and-a-half-year-old Springer mix was nearing the end. The dog was very lively from an energetic standpoint. Yet the people were afraid that the dog was in a lot of pain because she was stumbling and wasn't as spry.

I explained that we're all getting old! As I scanned the body, I had a very strong sense that the inside of the right foot had a burning sensation; the nerve endings felt hot a lot of the time. When I went back through the body, I felt that on the right side in front of the sacrum there was a complete stoppage. My sense was that the nerve endings were shorting out, she had to overwork her right hip in order to even feel the foot at times, and that was creating a vicious cycle. The couple told me that I was describing exactly what they couldn't figure out, yet they were seeing the results.

While she wasn't going to live forever, I suggested homeopathic medicine to assist the nerves, massage and acupuncture for circulation, and some magnesium and omega-3s as well. Many things could make this dog way more comfortable and give her a great quality of life. And being able to go into an acupuncturist's office with a description of what the dog was feeling, which matched what they were seeing, meant the dog could be helped significantly and swiftly.

Advanced Animal Communication: Behavior, Dynamics and Relationships

In our school, CWALU, this is a very specific class we teach because this is the “real life” of what an animal communicator is faced with. The requirements are completing Animal Communication Level 1 and Animal Communication Level 2 (Animal Medical Intuition). When we know who they are through the essence and favorite things and if there is an old injury or trauma, this can often lead to an imbalance in behavior, an unwanted dynamic or a shift in a relationship whether it is with the human or other animals. Being very confident can shift a household back to harmony very quickly. I am very

result oriented with animal communication. I love to hear back from the client that the household is much better or peaceful.

I have had years of experience helping working animals. This could be competition, guide dogs, therapeutic riding horses and moviestar animals. Communication with any one of these is measurable and requires a professional approach.

Other Modalities

In CWALU, we teach two other modalities. One is the Scalar Wave and the other is Emotional Freedom Technique. I love having both of these at my fingertips. I've been teaching Scalar Wave since 1998. It is a powerful and targeted energy technique that we have all had remarkable success with. Normally, we use this more for illness, wounds, general healing and some calming.

Emotional Freedom Technique (EFT) or tapping is miraculous with calming, changing behaviors, bringing down anxiety and numerous other situations. My third book is on this subject *Emotional Freedom Technique for Animals and their Humans*, (Findhorn Press) should suffice to say how much I love it and how powerful it is.

And Finally ... Collaborating with Other Animal Professionals

Sometimes our job as animal communicators is simply to hand-hold. There may be no "fixing" the situation. When it comes to aging or cancer, we can't know what the perfect, right path is; we can only hold space on behalf of the people and animals. When I walk out the person's door or get off the phone or Zoom with them, I don't know what is going to happen. I only know I gave it my best when we were connected.

I see my students doing everything I did in the beginning (like attracts like). In my beginning, I utilized every tool I learned—and I'm a learning junkie. I studied every possible modality simultaneously while finishing the certification program with Carol Gurney and then went on to study for a PhD in energy medicine with Caroline Myss and Norm Shealy. I was using the BioScalar Wave and I had my TTTouch going. I had acupressure and myofascial release. I added craniosacral work. I was adding things on like there was no tomorrow. Finally, I said, "Enough already."

I watch with a smile as all of my students do the same thing until they trust themselves enough with just the animal communication and maybe one or two healing modalities.

I also love to work with other practitioners. So it's much better if I become a master at what I do best rather than a jack of all trades and a one-stop shop.

I continue to learn new techniques for the experience, to see how a particular modality works in case it could be the perfect technique for a particular client or a student. For my part, I want to be the one who gets crystal-clear communication and connects the animal up with great practitioners like a massage therapist, a chiropractor, a Bowen therapist, or holistic veterinarian who has great diet suggestions for the animal. Or even a grief counselor who can help when the animal's condition is way beyond my scope.

My students in Communication with All Life University are required to do two electives with other teachers—to learn one body work modality and one energy work technique—for four reasons:

1. They have that teacher as a referral for their clients.
2. They can start getting out there with a small business based on one or both of those modalities, developing a clientele as they continue their studies in animal communication.
3. They understand a wee bit of physiology/biomechanics and electromagnetic fields.
4. All their new friends from those classes can be a referral base for them and vice versa.

Being a referral base for really wonderful practitioners has served me well. There is plenty of work when we are in an abundant space, and people always refer back and then some. More importantly, the theory of “wherever two or more are gathered” is a very wonderful thing with regard to healing animals. Creating a healing team is important.

Throughout this series of booklets, you will hear about remedies that may help your animals at home. And my book, *Energy Healing for Animals*, offers in-depth descriptions of a host of modalities, as well as guidance for what you can do at home on your own.

Chapter 13: Harmony at Home

Other Methods

Below you will find several other ways you can connect with your own animals. Each of these are very simple yet yield results. And if nothing else, often help us feel closer to our animals.

The Heart Chakra Method

With this method, fill your heart chakra with pink, surround the animal you are communicating with in pink, and create a bridge between the two of you. As you connect in this profound way, you can either ask a question you have in mind or simply get a sense of the animal's essence. This method is great for singling out one dog in a group of dogs or one horse in a herd of horses.

Asking with Soft Eyes

With this technique close your eyes almost to a squint and with blurred vision, simply allow yourself to see or feel the sense of the aura around the animal, then connect with its energy and ask your question or get a sense of the animal's essence.

The Gestalt Method

Here you actually place yourself in the animal's "shoes," so to speak. Put yourself energetically in the animal's position and receive the information as if you were that animal. This is a very important technique to master if you want to specialize in finding lost animals; you can track where the animal is by what it sees, hears, smells, and feels.

Bringing Its Aura into Your Own Aura

This technique entails merging your aura with the animal's, energetically feeling your energy fields connect. Then ask your question or get a sense of the essence of the animal's state.

Simply Looking

Look at the animal's face. Then close your eyes and let your first impressions emerge. Write down what you see, hear, or feel.

Learning Through Your Hands

People who have done a lot of bodywork, like massage therapists, often start receiving information through their hands. Simply through touching, or through hovering their hands over the animal their hands tell them a story. If they're working with a picture, they can imagine the animal hovering in front of them and walking their hands from head to tail, picking up sensations, and then deciphering what they mean. Basically, they're creating a language for themselves that closely resembles the one they have developed by working with humans, using tools they already have. But generally, once they get into it, they get the same impressions without the active "doing" part.

More ways to Harmonize your Home...

Emotional Leadership

Animals know what is going on with us. They are tracking us like they would track the whole herd and especially the leader if they are a predator or prey animal. In the wild, they track to survive. In our homes, they track to survive and are often disappointed because there is no leadership.

I have never liked the term alpha bitch or lead mare to describe who we should be with our animals. One look at you and they know you are not a dog or a horse. You are a human. But if you want to establish harmony in your household, it is necessary that you step into the role of leader.

When we lack confidence, they can be very sweet and lick our tears, build us up, give us a look of love. All the while, they are plotting the take over. Not because of any other reason than they need confident emotional leadership.

When we are in a relationship battle of the wills, much like we can do with a spouse or a child, we are hooked into a dynamic. We can play ping pong with anxiety. First it is the dog with the nervous tummy and then it is the person. Or was it the person to begin with? It doesn't matter, it goes back and forth here like a bad biofeedback infinity loop. Until one day the person gets training or goes to therapy and says "Hey, I want off this roller coaster." And that is when the human steps into what I call "Emotional Leadership".

I always say if you set the tone like you would a thermostat, you are setting it at Harmony. Harmony can mean all different pitches and vibrations but they come together and are coherent. Setting the intention for this is the first step in having the household the way you intend it to be.

CONCLUSION

Thank you for joining me on this journey.

In our time together here, we explored the following:

- Animal communication is a skill, not a gift.
- What animal communication is (telepathically speaking).
- The steps of dropping in to get quiet, staying neutral and receiving telepathic communication from animals.
- How being an animal empath isn't enough to communicate with animals.
- How keeping a journal helps to provide "evidence" we are doing this!
- What a professional session looks like.
- Being able to be a good leader in your own home.
- Working with other practitioners.

What you do from here is up to you. You can utilize the system I have spelled out for you, which is the system I teach in my school, in digital classes, Zoom classes, live events and even on wildlife trips. It is solid but it will have its bumps along the way. And it also may be a little lonely.

Or you can reach out to my team and find out how we can help you. We have a wonderful community, amazing teachers and insightful coaches. We have unbelievable resources and relationships with other organizations, nonprofits and NGOs around the world. And it only continues to grow as we do.

My hope for you is that you are finding harmony in your home with your animal companions. Remember when I said that I believe that animal communication is the gateway to global peace? I believe that when we create that harmony in our home, it can resonate out into the world. We can be beaming peace from our own homes and bring that out into the world. If there are enough of us, we can join and the peace and love will outweigh the rest.

And in the meantime, my heart always has 4 big wishes that myself, teachers, graduates and current students of CWALU are always working towards:

1. That people will treat their animal companions with kindness and see them as family.
2. That shelters and rescues become extinct because people are expanding their family.
3. That extinction of endangered species goes away because we recognize wildlife as family as well.
4. We recognize this extraordinary planet as the only home we have.

In appreciation,
Joan Ranquet

RESOURCES AND WAYS TO WORK WITH ME

Enrollment Discovery Call

One of the best ways you can begin to discover your own unique path to becoming an animal communicator/energy healer is to book an [Enrollment Discovery Call](#) with one of our team! We have bright minds and big hearts to help you take that next step.

Animal Empath Quiz

Are you ready to discover how you most naturally relate to animals and what you can do with that gift? [Take the quiz](#).

Meditation

Excited to try our Communication with All Life Meditation from Chapter 7? [Click here to download a free copy](#).

Joan's Books

<https://joanranquet.com/books/>

Communication with All Life; Revelations of an Animal Communicator (Hay House LLC)

<https://amzn.to/4cshYnb>

Energy Healing for Animals; A Hands-On Guide for Enhancing the Health, Longevity and Happiness of Your Pets (Sounds True)

<https://amzn.to/3WQtOBC>

Emotional Freedom Technique for Animals and Their Humans; Creating Harmonious Relationships through Tapping (Findhorn Press)

<https://amzn.to/3AyQP4M>

Dharma of Dogs, edited by Tami Simon (Sounds True)

<https://amzn.to/3yJSbcd>

Karma of Cats, edited by Diana Ventimiglia (Sounds True)

<https://amzn.to/4drv5WN>

Courses

My courses are designed to launch you into a building process that teaches solid and tangible Animal Communication, Energy Healing with Scalar Wave, EFT (Emotional Freedom Technique), and

Medical Intuition skills. From there, you will go from barely trusting yourself to applying skill sets that will lead you to consistent, confident communication, a better understanding of animals and an increase in income (if you choose to make this a career).

Check out my in-person and live online courses here:

<https://joanranquet.com/store-live-courses/>

Check out my digital only, self-paced courses here:

<https://joanranquet.com/store-self-paced-courses/>

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Media Links

[Horse Stuck in Ravine rescued through 'telepathy'](#) (Seattle Times)

[The Rainbow Bridge, Animals in Transition | Joan Ranquet | TEDxWilmingtonWomen](#)

[Television Appearances](#)

[Featured in Publications](#)

[Interviews](#)

[Published Articles](#)

Booking Animal Communication Sessions

If you'd like to try an animal communication or healing session at no cost, reach out to Sessions and you'll be connected with one of my advanced students who are finishing up their case studies to graduate: sessions@joanranquet.com

Ready to hire a professional animal communicator / energy healer? Here is a list of my recommended graduates:

Becky MacPherson - <https://www.beckymacpherson.com/>

Claudia Goodman - <https://claudiagoodman.com/>

Diane Garwood - <https://spirittouchhealing.com/>

Ellie Laks - <https://ellielaks.com/>

Julie Webb - <https://animalpastor.org/>

Leah Pancheri - <https://leahpancheri.com>

Lorin Maughan - <https://lorrinmaughan.com/>

Melissa Chandler - <https://talkingpawsandenergyhealing.com/>

Melissa Sherman - <https://calmingcreek.com/>

Noelene Graton - <https://heartcentredreiki.com.au/>

Val Smith - <https://lavendercommunications.com/>

Jill & Joan

I have another company with holistic veterinarian, Dr. Jill Todd, called Jill and Joan. Together, we've created animal hemp products and various courses on Acupressure that we offer in digital and live formats, online and in person. Learn more: <https://jillandjoan.com/>

Get in Touch

For all things customer service, including technical questions, my admin team can be reached

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If you're a rescue, shelter, or other organization looking to work with my students or with our Shelter Initiative, contact us here:

outreach@joanranquet.com

ABOUT THE AUTHOR



Animal Communicator, Energy Healer, TEDx speaker, Author, Educator, and animal guardian Joan Ranquet leads an inspired life. It's no surprise MSN has deemed her one of the "Top 25 People Who Do What They Love." Her TEDx talk, "The Rainbow Bridge, Animals in Transition" has over 452,000 views.

Deemed "Celebrity Animal Communicator" in an AMC Channel documentary, Joan has been featured in dozens of media outlets including The Hollywood Reporter, "Pet Nation" on Dateline NBC, Today on NBC, Good Morning America on ABC, Animal Planet, the National Enquirer, and the Los Angeles Times.

Joan is the author of *Emotional Freedom Technique for Animals and Their Humans: Creating a Harmonious Relationship through Tapping* (Findhorn Press, 2023), *Energy Healing for Animals: A Hands-On Guide for Enhancing the Health, Longevity, and Happiness of Your Pets* (Sounds True, 2015) and *Communication with All Life: Revelations of an Animal Communicator* (Hay House, 2007). Her next book, *The Animal Chakra System*, will be published in 2025 by Findhorn Press. Joan also contributed to *The Dharma of Dogs: Our Best Friends as Spiritual Teachers* (Sounds True, 2017) and *The Karma of Cats: Spiritual Wisdom from our Feline Friends* (Sounds True, 2019).

In 2008, Joan founded Communication With All Life University (CWALU), a program that offers beginning through advanced training and certification in animal communication, energy healing, and nature and wildlife.

Joan's hands-on animal communication and energy healing process troubleshoots behavioral and medical issues, stimulates healing (in conjunction with conventional treatment), and deepens her

clients' abilities to care for and understand their animals. She believes the capacity to attune to animals and work with them energetically is not a gift for the select few, but an innate ability we can all access with guidance. Thus, she teaches down-to-earth skills that enable her students to communicate consistently and confidently with animals.

Joan has connected with animals professionally for over thirty years, and she's connected with them personally for as long as she can remember. Her calling has led her to work with hundreds of thousands of animal guardians, animal trainers, barn managers, veterinarians, sanctuaries, wildlife, rehab and therapeutic riding centers — teaching animal communication and energy healing through workshops, wildlife retreats, and private sessions.

Joan has spearheaded trips to swim with wild dolphins (16 trips and counting). She has also facilitated wildlife excursions to South Africa, Rwanda, Namibia, Botswana, Kenya, Thula Thula, Zimbabwe, Zambia, India, and Borneo, focused on endangered species. A highlight for Joan was teaching animal communication in Beijing, China in 2018. In addition to foreign trips, Joan has shared her expertise all over the U.S., speaking on animal communication, human/animal relationships, energy healing, and wildlife.



Through CWALU, an Outreach department has also been born. One branch is the Shelter Initiative to create sustainable adoption through education about the new family values (that include our animal companions), books with stories around tough adoptions, and another is the Shelter Project Curriculum, where Joan and students of the Ambassador Program go in and use the tools of animal communication, EFT and other modalities to get the unadopted animals in forever loving homes. The Outreach department is also developing an International wing to be able to help communities support the most endangered species around the world.

Joan has served as Star-Lioness – an advisory/sounding board for the Global White Lion Protection Trust – and on the Spiritual Council for The Gentle Barn. She is the co-founder of Jill and Joan Healing, a company providing acupressure classes for animals and hemp-based pet products with holistic veterinarian, Dr. Jill Todd.

Today, Joan lives on her ranchette in the gorgeous hills of southern California with her devoted animal family: four horses, two dogs, and three cats. She donates her time to animal rescue missions,

sanctuaries and therapeutic riding centers, and is an avid fundraiser for organizations focused on rescue, recovering, and rehabilitation of compromised animals and endangered species.