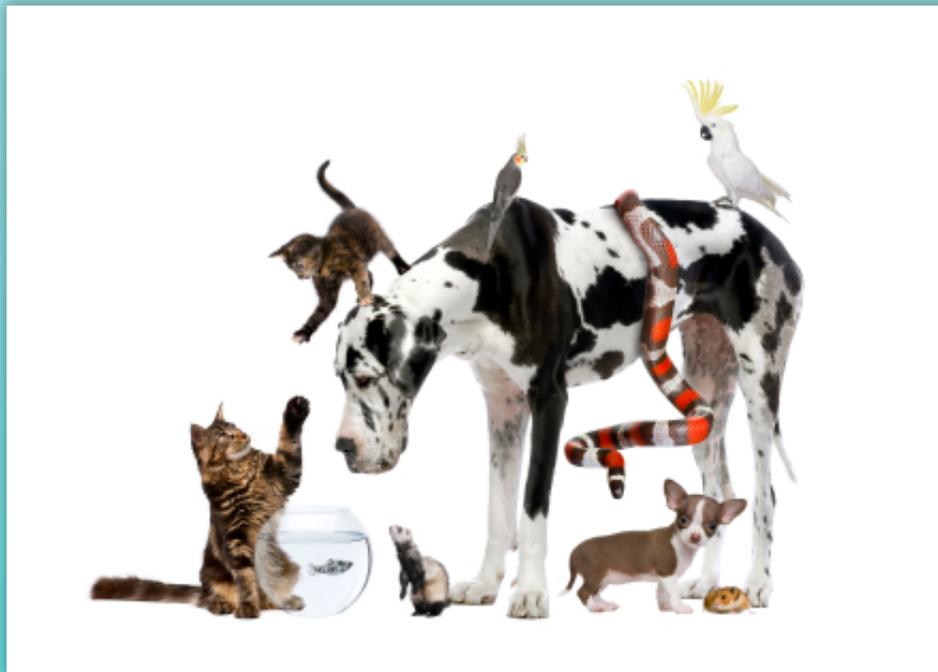


10 Tools for Telepathic Communication with Animals

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Welcome!

I'm so excited to share this e-book with you, and to help you get started on your journey with telepathic animal communication. You are about to enter a magical world...a world of connection, love, and understanding...a world we are ALL meant to live in...a world that waits for us to simply rediscover it. This is the world of full telepathic connection and unity with all life...the animals, plants, nature spirits...all of the beings who inhabit our beautiful world.



Nancy and Tara Lily (Afghan hound)

I have what I think is the best “job” in the world...but it is not really a job. It is my dharma (divine soul work), and it brings me more joy than I can express. I get to work with wonderful animals and people from all over the world through sharing my gifts as an animal communicator, energy healer, and animal communication teacher, coach, and mentor.

My greatest joy is to help people to better understand their animal friends' viewpoints, feelings, and perspectives through the universal language of telepathy. I also LOVE to help other people to awaken their natural ability to use telepathic communication in their daily lives.

Re-discovering our ability to communicate telepathically brings us back into full participation and connection with the Web of Life.



This is the most important thing I want to share with you:

Telepathic communication is not reserved for a few “gifted” people who have this ability. Telepathic communication is available to all of us—every single one of us, and yes, that includes you...if we have the desire and the commitment to uncover it, nurture it, and develop it. We were born with this ability. It’s not hard, it’s fun, and it is natural.

Telepathic communication is our birthright as living, breathing, feeling, sentient beings.

I love teaching telepathic animal communication, helping people to rediscover and reclaim this natural ability, and feeling the joy light up in people’s hearts as they begin to hear their animal friends (and all other beings) clearly and deeply. It is a magical world...and it is a world that is very, very real.

This e-book will give you some important tools that can help you to awaken to your own natural telepathic abilities and begin to experience this joyful, EASY way of communicating for yourself. This is the magical world that we knew as children...and the one that often we were told was “just your imagination.” JUST your imagination? What could be more important than imagination, than magic, than joy, than connection with all life?

Telepathy is the foundational “language” of the universe. Are you ready to begin the journey of a lifetime?



What is Telepathic Communication?



The word telepathy has two parts: **“tele”**, which means **distance**, and **“pathy”**, which means **feeling**. So, telepathic communication is **“feeling across a distance”**—being able understand what is going on with another being at a deep, feeling level.

Telepathic communication is non-verbal communication of thoughts, feelings, and experiences. It is a direct form of communication that is different than body language or spoken language. Telepathy is a universal language that all species share. We humans tend to forget this ability because of our culture’s emphasis on verbal and written language. But, this is an ability that we are all born with.

Telepathic communication is our birthright, and I truly believe that it is possible for anyone to begin to rediscover this ability with a willingness to learn and practice.

How Does Telepathic Communication Work?



Telepathic communication can be transmitted in a variety of ways. Our challenge as humans as we rediscover our ability to communicate in this way is to learn to recognize telepathic communication when it happens, and to pay attention to it.

Here are some of the ways that we can receive telepathic communication:

- Feelings and emotions
- Body sensations
- Visual pictures
- Smells
- Tastes
- Sounds
- Messages or words (these are often our human brain's immediate translations of the understanding that the animal is giving us)
- A general sense of knowing what is going on with an animal or person—understanding all of the layers of the “big picture”.

Telepathic communication generally happens very quickly, in an instant. What often takes more time is translating the telepathic communication into human

language (as one cat I talked with exclaimed, “Human language is SO slow and cumbersome! How do you manage to communicate in this way?”)

Telepathic communication can also be surprising—something that was not what you expected to hear from the animal--or it may offer a unique perspective that would be outside of our human understanding.

For example, being able to smell from a dog’s perspective through the telepathic transmission of scent can open up a whole new world of understanding that can be rather “mind-blowing” for us humans. A dog’s nose can detect the most incredible details of her environment and provides a whole encyclopedia of information, pictures, and data. Being able to experience the world through the point of view of a dog and her sense of smell is COMPLETELY different from anything that is possible to experience through our human nose.

How Can Telepathic Communication Help You and Your Animal Friends?



To me, the most important benefit of telepathic communication with animals is that it can help to create deeper, more harmonious, and often life-changing relationships with our animals. When we really understand what our animals are

thinking and feeling, and what their perspectives are, we gain a richer, deeper understanding that can transform our relationship with each other.

Telepathic communication can also be extremely helpful for problem solving: for example, with behavior or training issues. Telepathic communication can help you to understand your animals' reason for doing things (remember that behavior always makes sense from an animal's point of view).

Communication is also very helpful for helping to heal emotional or physical trauma, for family transitions (for example, moving or bringing a new animal or child into the family), and for understanding your animal's needs and wishes during times of illness or end of life.

It is also possible to communicate with animals in spirit telepathically—it works the same way as talking with an animal when they are alive. These are some of the most moving and beautiful types of consultations that I am privileged to be a part of in my work. Communication with a beloved animal in spirit can bring healing, resolution, and peace to people who are grieving.

Are you ready to open your life to the wonderful experience of direct telepathic communication with your animal friends? Let's begin!

Tool #1:

Be open to telepathic communication.



Just the fact that you are reading this e-book indicates that you at least feel that telepathic communication with animals is a possibility. Once you are open to something, you have the possibility to begin to experience it.

We have to be able to imagine that something is possible for us in order to experience it. If people hadn't been able to imagine that one day we might be able to achieve space travel, we would not have landed on the moon. If we can't imagine being able to drive a car, run a marathon, or any number of things that we may wish to do, we won't be able to experience them—they will not be in our reality.

So, the first tool for learning to communicate telepathically with animals is simply to be open to it as a potential, a possibility. And it is important to open to this possibility, not just for "some people", but FOR YOU.

Tool #2:

Recognize how you may be using telepathic communication already.



Have you ever known who was calling even before the phone rang? Have you ever had a thought like, “once I am through washing the dishes, I think I will take my dog for a walk”? And no sooner than you have had the thought, your dog grabs his leash and runs to the door. Or perhaps you have just had a “feeling” that something was wrong with your animal friend—and so made an appointment with your veterinarian that uncovered a physical problem that needed treatment.

We all have had some experience with telepathic communication, whether with our animals or our human loved ones. Parents often experience this kind of connection with their children. It is sometimes called “mothers’ intuition”—and it is really telepathy.

The more that you recognize how you are using telepathic communication already, the more you will start to honor and strengthen your telepathic “muscles” and increase your telepathic ability.

Tool #3:

Ask your animal friends for help.



Once you begin to open to the possibility of communicating with your animals telepathically, you will be amazed at what may start to happen. Your animals will be thrilled that you want to learn to “speak their language”, and they will begin to help you.

Tell your animal friends (either aloud, in language, or telepathically, with your thoughts and feelings) that you want to learn how to use telepathic communication more fluently. Ask them for their help.

Your animal friends are ready and waiting to have conversations with you, and they will be SO EXCITED when you ask for their assistance. I have had so many animals tell me, “I have been waiting to help my person with this! THIS is one of the reasons I am with her!” I even had a dog tell me, “I don’t mind slowing it waaaaay down for her... I love her so much, and she really needs my help.”

Tool #4:

Expect telepathic communication from your animal friends.



Once you open to the possibility of being able to communicate telepathically, and ask your animal friends for their help, the next step is to learn to EXPECT telepathic communication from your animal friends.

When you do this, you will start to pay more attention to your animals' thoughts, feelings, and perspectives. You will start to open to allowing them to show you how they view the world and experience their lives. Once you expect to be able to hear them, they will really step up to the plate to help you, and may become more "talkative" than you ever imagined they could be!

I have one client who now has several notebooks filled with transcriptions of communications with her cat—once her cat started 'talking' and her person started 'listening', the cat began to share VOLUMES of information that she had been waiting to transmit to her person.

Tool #5:

Learn to quiet your mind.



Yup, this is the hard one.

Often, as humans, our ability to receive telepathic communication is limited by our linear, rational, “non-stop chattering” intellect and mind. We all have one of these—it’s part of the “human game”. There is no point in trying to get rid of it, argue with it, stop it...it is just there. In some spiritual traditions, this is called “monkey mind”—because it runs around and around in our heads like a bunch of adolescent monkeys playing in the trees.

As humans, our thinking, rational minds are a necessary and useful part of living in our physical reality. I’m using my mind to write this book; we use our minds to organize and attend to any number of details and tasks in our daily lives. This is what our minds are good at, what they are made for. It’s just that we humans tend to rely solely on this part of ourselves, and value it more highly than other skills or ways of being and knowing.

Monkey Mind only becomes a problem when we listen to it, pay attention to it, and become distracted by it. I have found that smiling at my Monkey Mind when it

gets out of control, approaching it with neutrality and kindness: “I see how much you enjoy twisting yourself up in the branches like that! Very interesting! Now...back to my conversation with this dog here...”--is the best way to handle it, rather than engaging it in a pitched battle: “stop it! Stop It! STOP IT! be quiet! Be Quiet! BE QUIET!”, or pretending it doesn’t exist: “Monkeys? What Monkeys? I don’t see any monkeys! I’m all bliss and peace!”

We can’t get rid of our chattering mind, but we can learn to quiet ourselves enough, by opening to our deeper core and essence, so that we are not distracted by Monkey Mind. ANYTHING that you can do to learn to quiet yourself so that you don’t pay too much attention to your chattering mind will help you with learning to receive telepathic communication more clearly.

Here is something I get asked about a lot and want to make very clear: You DO NOT need to be a Zen Monk or meditate for hours a day to communicate telepathically, nor do you need to shut your mind off completely like a big blank. All you need to learn to do is put your active mind in “park” or “pause” (also known as “ignore”), while you learn to get quiet, present, and listen to the animals.

Yoga, meditation, martial arts, certain kinds of sports, playing music, contemplative prayer, spending time quietly in nature or the garden—all of these are things that can help you to learn to quiet your mind and discern the difference between your “ideas” and the authentic communication of your animal friends. Choose a practice or practices that you resonate with and enjoy, and use them daily to help you to quiet your mind.

A note about practice: Simple is Good. Keep your mind-quieting practice simple and straightforward, especially at the beginning. You need to teach yourself that

this is easy, it's natural, it's how you were meant to live...and a complicated, rigid practice isn't going to help a whole lot with that. Even a couple of slow, deep breaths, done consciously, and with attention (particularly to the exhalations) can be a deep practice that will help you tremendously...and it only takes a few seconds.

If you are interested in exploring more, you may wish to check out my class, **“Creating a Spiritual Practice”**: <http://www.nancywindheart.com/yoga-and-spirituality/creating-a-spiritual-practice.html>

Quieting our minds seems to be one of the hardest things for we as humans to do. This is why I've also created the meditation mp3 **“Open your Heart to the Animals”** that you can use to help you quiet your mind and connect with your animal friends. This meditation is a free gift along with this e-book.



Tool #6:

Approach animals with respect for them as fellow sentient, spiritual beings.



We all contain a spiritual, divine essence or energy. This energy has many different names in different cultures and spiritual traditions: spirit, soul, chi, life-force...but the names all refer to the same thing: that part of all beings that is conscious, sentient, aware, eternal, and exists beyond our physical body and circumstances.

We differ in our physical bodies, purposes, expressions, and experiences, but everything that is alive contains this divine energy. An attitude of respect for animals as fellow soulful, sentient (aware) beings will automatically put you in a place where you will be more able to receive authentic communication from them.

Treating animals as inferior, less-than humans, soul-less, or as babies will limit your ability to receive telepathic communication from them; whereas an attitude of respect and honoring will cause them to WANT to communicate with you.

The beautiful word "*namaste*", which comes from the ancient Sanskrit language, can be translated, "The Divine Essence in me recognizes and honors the Divine Essence in you." This is the attitude we can take with all beings, including animals, in order to deepen our understanding, connection, and communication with them.

Tool #7:

Trust what you receive from the animal.



Trust what you get. Get confirmation if necessary from an animal communication teacher, if it's your own animal, or from the animal's person, if you are practicing with someone else's animal friend, but trust what you receive. This is especially important for beginners because it is a natural tendency to not trust that you have heard the animal accurately when you are first starting out.

It is helpful to practice with other peoples' animals in the beginning, and to ask "low stakes" questions that are verifiable but not too deep, like, "what is your favorite toy?" or, "what's your favorite thing to do with your person?" Don't start with the big "life and death" questions, or try to solve difficult or long standing problems—you can do that later—just stay in a place of play, fun, and curiosity about what the animals may be able to show you and teach you.

Tool #8:

Acknowledge to yourself and your animal friends that you have received the message.



Even if you're not sure that you received the communication accurately, say, "thank you", or "I heard you." This will encourage both you and your animal friends to keep communicating.

If you aren't sure that you understood, it's fine to ask for clarification or more information. For example, you may ask a dog about his favorite activity, and you may get a telepathic picture of water. Perhaps you don't fully understand what that means. So you ask him to clarify, and he shows you an image of running along the beach...or sitting with his person by the swimming pool...which clarifies his response and shows you the activity that he really loves.

If you don't understand something, ask the animal for clarification, rather than "interpreting"—guessing or adding your ideas about what he may be communicating. Keep going back to the animal; keep your ideas out of the mix. Sometimes you may get a communication that is difficult to clarify or understand. In this case, it is perfectly okay to come back to it later. Sometimes, after a break, or additional information from your animal, the meaning will unfold.

Tool #9:
Find a Teacher.



(my hair looks like this sometimes!)

Like this beautiful Secretary Bird, we are all unique. We each resonate with different types of teachers at different times in our lives. Sometimes we need a particular kind of energy in a teacher or mentor, sometimes we need another. Sometimes we need several teachers. Sometimes we need to explore on our own.

If you are just beginning your journey with telepathic animal communication, I really recommend that you take an animal communication workshop, home study class, or teleclass. Find a teacher whose particular style resonates with you.

I feel that it is vitally important as you begin your search for a teacher that you find someone with whom you are comfortable, who will support and encourage you in your journey—someone who will be a cheerleader for you and help you with any bumps, blocks or fears. A teacher will also be able to guide you with getting good practice and feedback. We all need this in the early stages—so find someone to support you, mentor you, and help you to uncover your telepathic abilities.

I believe that uncovering and unblocking our telepathic abilities is sacred experience, and one that should be treated with the utmost caring and support, along with a healthy dose of lightheartedness and good humor. As beginners, we are often tentative and shy about this tender place in ourselves that so longs for deep connection with our animal friends and all of life. This is a place where we are like vulnerable young plants—we need lots of fertilizer, water, and sunshine in order to grow and blossom.

After awhile, we also may need some weeding—a teacher who can, with clarity and honesty and presence, help us see where our patterns, our “weeds”, are choking us, blocking us, stunting our growth; and lovingly help us to remove them so that we can grow strong and bloom with our biggest, brightest, most beautiful blossoms.



After all, that is what we are doing here...recognizing each other as precious, divine beings, whether we are in animal or human form. We all need support on our journey, especially in the early stages—so find someone to support you, mentor you, and help you uncover your telepathic abilities.

And that brings me to my favorite tool of all....drumroll, please.....

Tool #10:

Say Yes!



The Pink Dolphins applaud you!

Saying **YES** to the experience of telepathic communication is the one thing that can help you more than anything else to open your life to beautiful communication with your animals and all life. Say **YES** to **yourself**, and **YES** to **your animal friends!** Acknowledge your ability to do this, accept that you may not be perfect at it, but say **YES** to your willingness to begin this journey. You are opening the door and beginning a wonderful, life-expanding journey for you and your animals.

I believe that telepathic communication will soon regain its rightful place as a natural, easy, and common way for all beings, animals and people, to communicate. This way of communing and living together enriches all of us and makes our world a more tolerant, peaceful place.

Thank you for joining me on this journey of communication, inspiration, and transformation. I wish you and your animal friends abundant blessings and joy in your lives together.

About Nancy Windheart:



Nancy and Belinda (photo: Penelope Smith)

My animal family and I live in the beautiful Verde Valley in northern Arizona, near the spiritual center of Sedona and close to many exquisite natural areas and sacred sites. My animal communication, teaching, and healing services are available to clients all over the world via phone, internet, and Skype, and I also work in-person here in my community and wherever I am invited to travel.

You can find information about my services—consultations, private coaching/mentoring, retreats and intensives, healing circles—and classes, both “live” and recorded, on my website: www.nancywindheart.com. I also write a blog and publish regularly in a variety of media.

I'd love to have you join me on:

Facebook: <https://www.facebook.com/Animal.Communication.Reiki>

Twitter: @nancywindheart

I wish you and your animal friends much fun, happiness, joy, and love!