

TEN TIPS ON CONNECTING WITH YOUR ANIMALS FOR ANIMAL COMMUNICATION

1. Meditate daily even if only for one minute. It trains the brain to go from left brain (thinking) to right brain (receiving).
2. Self-care. Taking care of yourself raises your vibration, and in this state, you are better able to connect.
 - a. Actively and regularly doing the practices that keep your mind, body, and spirit in alignment with each other.
 - b. Maintaining good sleep habits.
 - c. Taking time to rest, alone time, being in nature.
 - d. Connecting to your spiritual self on a regular basis. Knowing yourself. Being authentic.
3. Change your self-talk. Let go of doubt. Say “I am able to connect with animals and hear what they want to say. “
4. Observe animals in nature. Ask “who would like to talk with me today” and notice what impressions you get.
5. Practice with someone else’s animals who know the answers and they can validate you.
6. Nonattachment. You are not in charge of fixing them but listening, being aware, asking questions that go below of what’s happening.
7. Let go of logical mind.
8. Don’t worry about getting the answers right. Have fun with it.
9. Just show up and do the best you can.
10. Stay grounded.