

HIDDEN SECRETS TO COMMUNICATING WITH HORSES

Discover how to
send messages to
animals using your
intuitive abilities



Val Heart

*The Real Dr Doolittle & Founder
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Imagine how much more wonderful your relationship with your horse could be if you knew how to speak their language?

Once upon a time there was a racehorse named Moonglow...

When I first started communicating with horses, one of my clients was a couple devoted to [Appendix racehorses](#) (Thoroughbred and Quarter Horse cross). They bred, raised, and trained them in a small family ranch operation.

They loved each and every one of their wonderful horses and poured their heart and soul into them.

One day they asked me to work with 'Glow. She had just started training and was doing badly.

She was depressed, irritable and sad. Her head hung low, and she was deliberately laying in the muck in her stall which was highly unusual.

Something was seriously off kilter with this young filly. It was sad to see.

Glow had been checked out by the vet several times, and nothing was found to be wrong with her. They had tried a number of things to help her, nothing worked.

They were seriously afraid there was something wrong in her head which would mean they might have to put her down.

When I tuned in to communicate, I lovingly asked her what was wrong. And she poured her heart out.

Tearfully she told me how homesick she was, and how much she disliked what the trainer was asking her to do.

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The saddle hurt her shoulders and felt heavy on her back.

The bit hurt her mouth, and their actions sometimes scared her.

It all made her very mad, but nobody was listening to her complaints or answering her questions.

She couldn't understand why she was here in the first place, and when her 2-year-old body hurt with growing pains, nobody seemed to notice or care.

The trainer and groom were not friendly, she didn't like them at all, and they didn't like her either.

Even worse, the other horses in the stable laughed at her, and told her she was a sorry excuse for a racehorse, which hurt her feelings, a lot. She didn't even know what a racehorse was.

As I felt the depth of her despair listening to her sweet voice, it brought tears to my eyes. I realized that no one had ever bothered to tell this amazing filly how incredible she really was.

They had not prepared her for the grueling, challenging life of a racehorse, or the thrill of a race well run.

They hadn't ever expressed to her the joy of being in the Winners Circle with the blanket of roses draped across her withers, or why that was important.

They'd not explained to her why she had been relocated to the trainer's stable, or what they wanted her to learn, or that she'd be going home once she learned what she needed to know.

She missed her family herd back home and hadn't even been given time to say goodbye before she was hauled away.

So I told her everything she needed to know. I took my time, and I carefully explained things in a way she could understand. I answered all her questions, concerns, and fears.

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I explained why she was there, and how to best use her time so she could go home faster.

And, I gave her insight into why the other horses were so mean and why the people seemed to be angry and hurtful with her.

Together we discovered that one of her great joys in life was to run very fast, and in that extraordinary moment?

Voila! It clicked and everything finally made sense to her.

She transformed before our eyes from a sad depressed young filly with her head hung low, manure saturating her beautiful black mane, tail and chestnut coat, standing dejectedly in the back corner of her stall....

And in the space of just a few minutes, she became a spirited eager curious filly. Her head up, she came towards me and nuzzled me.

She was happy again and full of questions about racing strategies and how the game worked.

From that day forward, she embraced her training because she finally understood the WHY behind it all.

She stopped laying in her muck because she wasn't depressed anymore!



She even made friends with some of the other horses and started enjoying life again.

I'm delighted to report that we enjoyed more fascinating conversations, and she excelled at her job. She went on to win many races before a knee injury retired her and she started a whole new life and career.

There's more to Glow's story, but those are tales for another day.

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For now, take a moment to feel your love for your horse.

Pay attention to what they're saying.

Pay attention to what they are feeling and most of all, give as much love to them as possible because they give you their hearts and lives in return.

Learning to speak their language makes ALL the difference in the world.

So much of healing and living a good life is about being able to tell somebody what's happened so you feel understood, respected, loved.

It's amazing how much the simple act of animal communication done the right way can make in someone's life.

**Being able to communicate telepathically so you can
share life experiences with other species is a priceless gift.**

Communication allows us to better understand that we are not alone, that we are connected, and that we can help each other, and it also enriches our own lives through the sharing of our experiences with each another.

Remember to listen to your horse. Have the courage to consider their viewpoints, their intelligence, knowledge, and wisdom, and ask them for help when you need it.

People experiencing all kinds of horse problems seek my assistance, and I love doing communication and healing sessions because the transformations are deep, intimate and extraordinary...

...Sometimes even miraculous.

It always begins with a conversation. In the HEART System for solving problems with horses, talking with them is the very best place to start solving any kind of problem.

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Often you have a powerful sense that your horse needs to tell you something...

Through my Heart Wisdom Methods of learning animal communication, you can hear and receive the wisdom they want you to know.

Because here's the thing:

Horses are in your life for a reason. They are God's gifts on loan to you.

They can act as your Teachers, Healers, Angels, Soulmates, Guardians, and Guides. When you learn how to recognize, respect, and revere them as the spiritual beings they truly are, they can help you become a better human.

And when you learn to speak their language, you'll become a better communicator with all animals and people too!

You want your big hearted good will horse to be healthy, well-behaved, live a long life, and be happy, to know they are loved.

How can you know if they feel that way without speaking their language?

Your horse needs to be able to talk to you about things every day, like what's bothering them, if they got hurt or feel sick, how bad the pain is, where they hurt, what makes them feel worse or better, what confuses them, what makes them feel sad, and what makes them happy.

Some of their wisdom is funny, loving and kind, and some of what they have to say is life changing, profound, wise, and insightful.

Learning how to communicate telepathically, heart to heart, mind to mind, is important because people misunderstand their horses all the time.

That leads to a lot of what I call chasing your tail on expensive guesswork with vets and trainers, investments in unnecessary – or the wrong tack or equipment - and replacing damaged items.

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The truth is, without knowing what your horse is thinking or feeling – or really needs - you can get into interesting and sometimes awful predicaments.

Your horse mirrors, acts out, and reflects your own imbalances, illness, inner wounds, stress, and issues.

They become your best teachers and healers.

Learning how to communicate with your horse will completely transform the quality of your and your horse's life, and could even wind up saving their life – and yours - one day too.

They try to tell you what their purpose is and when things aren't right in their world. They may also be trying to tell you things aren't right in YOUR world!

Like Glow's story, you need to be able to hear your animals so they can tell you if they're happy, if they're in pain or feel sick, or if they need to tell you something important so you can enjoy a wonderful heart connection and spiritual bond.

Are you frustrated by not knowing why your horse is behaving badly? If they are happy or unwell?

Make sure that your horse's life is as happy, pain-free and as full as it can possibly be through animal communication.

Because without communicating directly with your horse, you can't know why they behave the way they do or how to best resolve problems.

I first started helping people communicate with and solve problems with their horses all over the world in 1993 as a professional horse whisperer.

I worked with champion cutting horses, Grand Prix dressage horses, endurance horses, hunter jumpers, Western Pleasure horses, racehorses, pleasure horses, trail horses, of all breeds, all disciplines, all ages, and even competing mules and donkeys too.

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Everyday people contact me desperate for insight into why their horse is sick, why they behave in aggressive, dangerous, obstinate, or confusing ways, feeling worried they are missing something important because their horse seems depressed or unhappy.

You may be having problems with an ill horse, one struggling with mystery lameness problems, and don't know how to help them feel better.

You may be struggling with training, performance, or behavior issues, when everything you've tried so far hasn't worked very well, and you don't know what to do next.

You may be worried about a pending euthanasia decision, you may be in agony of indecision about whether it's time to put your horse to sleep or not, wondering if they are suffering.

How do you know if what you're doing to help them is actually helping – or causing them more pain?

Wouldn't you love to know exactly what your horse is thinking and feeling?

What if you could simply ask them what was wrong, where they hurt, how they felt, why they behaved the way they did?

Would knowing how to talk with your horse change and improve your life?

You would be able to help your animal to feel safer, more loved, respected and understood.

I've got good news for you!

You CAN learn how to hear your pets' thoughts, feel their feelings.

You owe it to yourself and to your horse to make the effort. They work hard to be your best friend. They love you unconditionally. They are there for you when you're sad, lonely, or confused.

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Discovering just one piece of information, exploring one exercise, trying one tip or technique, or receiving one insight or revelation -- that took just a few minutes to "get" and talk about -- can change everything.

For instance, here's what Hannah discovered that saved her horse:

"I had a horse come into my life with lots of problems. Washy had a real rough time before he came to me.

He got very sick earlier this year, and veterinary advice was for him to have expensive brain scans to look for a tumor.

His behavior had become such that he was dangerous to handle, and he would refuse to go out to the field to graze, his world was starting to look very bleak and my heart was breaking.

When I communicated with him using what I learned in [Val's beginning communication course](#), I found out that something had really frightened him, out in the field.

He also told me that he had ingested a bacteria whilst grazing that had completely compromised his nervous system. When he got frightened, he felt like he had electric shocks running through his body and was unable to contain himself.

Armed with this knowledge, we started with natural remedies for his nervous system, and Shiatsu massage to move his blocked energies, gradually he recovered enough to have 10 minutes a day grazing, which we built up, and then I moved him to another field, where he is away from the situation that frightened him.

I'm delighted to say that Washy is now happy and healthy!

If he had gone for a brain scan - it would have cost thousands of pounds, and not shown us what was wrong. And, at that stage, the vet advice would have been to put him to sleep.

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I would recommend this course to anyone who would like to have a deeper understanding of their animals, or would like to be able to train their animals better, but struggle with conventional training - which can sometimes ignore how the animal feels.

I cannot wait to get [Val's Advanced Animal Talk Topics Course](#), and I am joining the [Animal Talk Coaching & Mastery Club](#) too. This really has been life changing."

Amazing, right?

Communicating with horses is totally WORTH it.

Learning how to talk with your horse saves you money, worry, frustration, sleepless nights, and time because until you know for sure what the real problem actually is from their viewpoint (instead of your guessing or assuming wrongly), you can spin your wheels and get nowhere.

As they say, when you're going in the wrong direction, more speed doesn't help.

Just as you would talk things over with your best friend, your teacher, boss or coworker, a senior parent or a child, if you don't connect and communicate up front so you understand each other, then you can go way off track quickly.

In fact, you can make things a lot worse in a hurry, or end up wasting a great deal of time, energy, and money with little or no results.

Horses continually share their thoughts and feelings with you every day.

You are already receiving their messages, but you may not feel clear or consciously aware enough (yet) to decipher, interpret, or understand the information properly so you know what they are saying.

The key is to learn how to use your intuitive abilities properly, be fully present with them (not lost in your head or disconnected) so you can enjoy telepathic, heart to heart, mind to mind conversations.

Hidden Secrets To Communicating With Horses

To do that, all you need is to learn and practice the practical steps, tips, and techniques to succeed, and which you are about to learn.

Horses are spiritual beings disguised in physical bodies, with intuitive and telepathic abilities, just like you.

Let me explain what that means.

Telepathy is just a fancy way of saying that you can feel, sense and hear others over a distance, like using an intuition telephone. You already do this every day, all day long even if you're not aware of it.

You were born knowing how to do this. You may have shut down your senses in some way, or don't know how you're receiving or sharing information with others, but you're still doing it.

Your horse sees what is in your mind's eye, and they feel what you are feeling.

Have you ever noticed how your horse can appear almost magically when you have something good to eat, or are thinking about giving them their favorite treat?

I remember working with a client and we were in her bedroom on the second floor of her home discussing her mare and what she wanted my help with that day.

We happened to glance out the window toward the large pasture by her house, and at that exact moment, her mare stopped what she was doing about a quarter mile away and looked straight at us.

Then she headed toward the barn to meet us there and begin.

This isn't an accident or a coincidence. If your horse is paying attention, they always know what's going on with you.

And when you learn how to pay attention, how to connect, you can know what's going on with them too.

Hidden Secrets To Communicating With Horses

Today I invite you to step into the wonderful, amazing world of horse communication and discover this for yourself.

Animal communication is essential to your ability to enjoy loving, happy, and healthy relationships with horses.

I'm Val Heart. At various times in my long career as a leading, internationally known animal communication expert, I've been called The Real Dr. Doolittle™ and Animal Communicator to the Stars.



I'm a bestselling author and co-author and the founder of the HEART System™ for solving problems with pets. I'm also the host and founder of The Heart School of Animal Communication, and the Animal Talk Coaching & Mastery Club, where students around the world come for education, community, mentoring, advanced training, and inspiration in improving their abilities.

People all over the world seek me out because they care about their animals who are struggling. They've heard that I can solve problems in minutes, rather than years.

The way I do that is by giving your horse a voice so they can tell you how they feel, if they are in pain, and what confuses them or makes them sad.

Before knowing how to communicate with horses, I remember yearning for a more fulfilling, intimate relationship with them.

I wanted to understand what they knew about the world around us that I didn't know. They have viewpoints, insights, and wisdom all their own, and I wanted to learn from them.

One day, I had a life transforming experience when I heard a voice.

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There's a scripture in the Bible where a donkey was telling the person who was riding him not to go to the city where he was going because that was not the calling; that it was not the prophet's mission. And the donkey talked to him, and the prophet heard him.

Some people laughed at that. But I know, on that one special day in January 1993 that I heard a voice from an animal as clear as the human voices I hear on a regular basis.

And that **changed the course of my life.**

I never saw animals in quite the same way again. The wall of limitation came down and I experienced a moment of enlightenment, an epiphany.

What happened? I'm glad you asked because it's an amazing story.

On that chilly overcast, rainy day in January 1993, I was helping my friend who had an injured horse. We were in her barn on the outskirts of San Antonio, Texas. She was working with her gorgeous glossy black Percheron mare named Valkyrie who had suffered a serious physical injury in her hip that wasn't healing.

Her young German Shepherd Beau was there guarding us, playing with the cats, and generally getting into trouble and making a nuisance of himself. He was also being disobedient which frustrated my friend – his mom - to no end.

Clear as a bell, in a breakthrough moment, I heard the horse share her heart with me. She told me all about the horrible things that had happened to her, how upsetting it was, how angry she felt and how much it hurt. Her body was hurting but the real pain was in her memories, her emotions and in her mind.

She needed someone to hear her, to understand, to care enough to talk to her.

And as we watched and as I listened to and shared her story, the fist-sized knot on her hip that had not healed in months?

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It literally disappeared before our eyes... all because, for the first time, a human was able to hear the horse's heart and listen to her story. She finally felt respected and understood, and she could let the trauma go.

And at one point, she commented on Beau's bad behavior and told my friend what to do to make him behave. Astonished, my friend did what her horse said, and within moments Beau's behavior changed for the better.

You can know and understand your horse's thoughts, feelings, and experiences. You are connected at the deepest energetic level.

The problem is that most of us have not discovered how to connect at a heart-to-heart, mind to mind level. You haven't learned how to use your intuitive abilities to meet them where they are so they can talk to you, and you can understand them.

Do you need superpowers to communicate with horses?

You may think that you could never be able to talk to animals like I do.

That's simply not true.

I'm human just like you.

I love animals, just like you.

I am not special.

I am not superhuman.

I don't have magical powers or connections (*although I confess, at times it feels like it!*).

So what's the difference between us?

It's simple.

I've been working at this and practicing communicating with animals since 1992.

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I've spent a *lot* of time with animals (over 60 years and counting). In fact, I fell in love with horses when I was just 5 years old, and, my first job at 13 years old was as a horse trainer for a summer day camp.

I've educated myself to learn how to hear their voices, and then worked to build the intuitive muscles for animal communication.

You can do this too and with my guidance and the Heart Wisdom Method, it won't take you as long either.

Let's begin now, you'll see it's easier than you may think.



Horses think about things in their life, they feel emotions, they reason situations through to figure out how to solve puzzles and games.

Often their answers, questions, comments, and insights will delight and surprise you! You may even catch yourself laughing out loud.

It's important to realize your horse is way more intelligent, sensitive, and feeling than you may realize.

When you pull the curtain back and look beyond their physical body suit, you could discover a master healer, a wise teacher, guide, angel... your very own best guru and you don't even have to climb a mountain, sequester yourself in a monastery or go to an ashram.

You can even experience deeper spiritual meaning, bonding, clarity, and peace of mind by learning to speak their language.

Let me share with you a few things that you can do that will deepen your relationship with your horse that goes far beyond the norm.

Hidden Secrets To Communicating With Horses

So the next time you are with your horse or any animal around you, wild or domestic, you will know how to recognize, respect and revere them for who they truly are.

What Horse Communication Is and What it is Not

Animal communication is a telepathic sharing of energy, impressions, images, feelings, concepts, and ideas.

If you're alive reading this right now, then trust me, you are already communicating telepathically by sending, sharing, and receiving energetic impressions and feelings with everyone around you.

Animal Communication is NOT mind control.

Just because you tell a horse something YOU want them to do, it doesn't mean that they will do it. They have a right to push back or resist something they don't agree with or understand or feel it in their best interests.

They have their own unique viewpoint, understanding, concerns, needs and wants. Things that are important to them, and things they need you to know too.

They often feel sad, upset, and frustrated when you can't hear them.

Telepathic communication works by sharing your energy with each other, your heart to their heart, your mind to theirs. It doesn't just focus on your words or language, it's actually an energetic exchange of information.

Horses don't always think in mental thoughts like people do.

They think in feelings, concepts, and images.

For instance, do you know how it feels to feel sad? To grieve? To feel angry? To feel upset, or worried or frightened?

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If you can feel these emotions in yourself, then you already know how they feel. That means you can learn to recognize these energies in others with just a little practice.

It's time to learn about the importance of understanding and working with emotions and energy. *(I teach much more about accessing and using your own individual Intuitive Signature Styles in the Beginning Core Foundations, Advanced Animal Talk Mastery Courses and the Animal Talk Coaching & Mastery Club [in The Heart School of Animal Communication](#).)*

Understanding feelings and how to work with them is critical to your success in talking with horses.

The point is that if you can feel these energies and get clear about them, then you can in fact sense what your horse is thinking and feeling.

It's important to learn how to be emotionally peaceful and comfortable with what you're feeling before you'll be able to feel someone else's emotions accurately.

Horses share energy, thoughts, feelings, understand concepts, beliefs, and attitudes.

Saying that, some horses are much easier to talk to than others. It depends on what they think of humans and what they expect from you.

Once you know the basics of how to communicate with horses, you'll need to learn how to carry on a good and productive conversation with them.

Animal communication isn't just for fun!

Yes, it's a great deal of fun AND, it's also about improving behavior and training, performance, preparing for a peaceful transition, reconnecting in the afterlife and find them when they reincarnate.

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Learn how to listen not just with your ears and eyes but with your whole heart.

You can even help your pet heal when they're sick -- when you know how and yes, this is a more advanced skill.

And yes, communicating with horses is an awesome rewarding experience as you'll soon discover for yourself.

3 Fundamental Horse Communication Principles

Let's begin by learning these 3 Principles, then I'll teach you how to use them to deliver a message to any horse at any time, using my 3 Step telepathic process.

A lot of students get extraordinary results with their horses just by using these techniques.

That's because these 3 Principles and 3 Steps help bridge the communication gap between you and everyone in your life, because as you'll discover if you choose to continue your training with me, communicating with animals is a spiritual journey.

Principle #1: Horses SEE You.

Okay, I can hear you thinking (because I'm psychic, of course!).

"But Val, of course they see me! If I'm in their line of sight, if they're looking at me, they see me, and I see them! What do you mean?"

Let me explain so you can understand what horses REALLY see and what I see when I connect and communicate with animals!

Have you seen the movie Avatar? It's one of my favorite movies. There is a scene in it where the native people known as the Navi say "*I SEE YOU*".

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It means, they GET you. They SEE the essence of you, your Soul, your Spirit, WHO you really are. It's deep, it's spiritual, it's your HEART, your Truth connecting you with another being at a deep spiritual level.

When I say horses SEE you, that's what I mean. They see through to the heart of you, your essence, your Spirit.

Of course, they also see your body language, just like you do theirs. They watch you, like you do them.

They also see deeply into your heart, your mind, your spirit. They read your unique energetic frequencies, the part of you that makes you YOU.

We are spiritual beings disguised in physical human bodies. They are spiritual beings disguised as horses.

So, Principle #1 is that horses SEE who you really are, both physically AND subtly.

If your body language is closed off, they sense that. If you are feeling impatient with them, they feel it. They see your truth.

The real question is, can you see them?

Look at your horse right now, or another horse or a picture of a horse is fine. You can even do this with a picture of a deceased horse.

Notice what you “see” or sense about their energy, their life force.

Take a minute and use your imagination to see their aura, the energy field around their body.

If you could see it, what would it look like? How big would it be and what color is it?

Does it feel strong and vibrant or soft, quiet, peaceful?

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Is it a solid field of energy and/or color? Or is it broken, weak in some areas, strong in other areas?

What else do you notice? Be aware.

Principle #2: Horses HEAR You!

If you call their name, clap your hands, make noises, shout or yell at them... If they are within earshot and aren't deaf, then yes, of course, they can hear you!

But let's dive in a little deeper. There is a major difference between physical hearing and subtle hearing.

Your tone of voice, volume, timbre, dialect, cadence, are all things that make up your voice and what they hear physically.

Subtly, they also hear your intention, your *meaning* behind the odd combination of sounds coming out of your mouth which could be very different from someone else saying the exact same thing!

They get the context, attitude, and beliefs behind your words.

You can tell them the same exact story (cue or signal) and they'll receive it differently depending on what energy and context you put into it.

Think for a minute... How does a parent know when their baby's cry means "I'm wet" or "I'm just having a bad day" or "I'm in pain" or "I'm scared?"

Ever wonder how a parent knows the difference? It's because they are listening with their heart.

Principle #2 is that horses HEAR you, both physically AND subtly.

The real QUESTION is, can you hear them?

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Imagine what might happen if you *could* magically put a microphone inside their minds, what do you think you might hear them say? Would they have an accent?

What might they be thinking about? If you greeted them or asked them a question, what do you imagine they would say in return?

With the proper training, you can know the exact context behind the sounds they are making, both subtle and physical, on the inside and on the outside.

Principle #3: Horses can FEEL you.

This is the BIG one that most people overlook or are simply clueless about, or gloss over, and it could easily be the most important Principle. I'm talking about emotions, feelings, the sharing of energy, life force, or, your chi.

Emotions are energy in motion. They are generated inside our body by our neural network and endocrine system, they follow thoughts.

Emotions resonate deeply in the body in various places.

And, they are expressed through the body's pores, scent glands and via physical expression like body language.

Emotional energy can get disconnected from our conscious mind and awareness.

Mentally you may not be conscious of what you're feeling in any given moment. In our society, all too often we are trained to suppress our emotions, to be polite and politically correct at all times, to hide behind a social mask so others don't know what we're really thinking or feeling.

And when you have many emotions suppressed below the surface of your consciousness awareness, you may not even know what you are feeling.

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Highly sensitive empathic people struggle with this because they can feel overwhelmed with too much information and often shut down so they don't feel so much that is painful, they simply numb out.

One of the gifts of horses is they can FEEL and share those feelings with you.

They feel your heart, your spirit, and are aware of all the emotions held and expressed through various places in your body.

Have you ever noticed that when you're upset, or sad, or in pain, that your horse will act differently?



Maybe they come check on you... nudge you with their nose or put their head in your shoulder offering comfort.

Sometimes they will come stare at you for a long time, trying so hard to share their heart with you, to tell you something they want you to know.

Did you know that horses think humans are incredibly dense?

They worry about us, a lot. They can tell when we are at risk of getting sick, or something is going wrong in our lives or relationships...

They try their best to break through our barriers, so they can help us heal.

When your innate intuitive ability to subtly see, hear and feel them is compromised, blocked or limited, your communication can become incoherent, rambling, and confusing to animals because you are disconnected, you are not fully present, you aren't really listening, and you can't pay attention because you're too distracted.

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You wind up being scattered all over the place. Often *you* don't even know what you're saying or thinking!

You need to help them understand you by simplifying your thoughts, gaining clarity about what you really want/need, being fully present, mentally quiet and receptive.

If you want to send a coherent, understandable message to an animal they can understand, it's your job to do your inner healing work so they can understand you.

So to recap, the 3rd Principle is your horses can FEEL you.

The real question is... Can YOU feel them?

Imagine looking across a room at a friend or stranger and that you immediately know or have a sense of what they are feeling, whether they are angry, sad, depressed, excited, happy, lighthearted, or in love...

If you can do that, and I know you can, then you can do this too. Now you know the 3 Fundamental Principles to communicating with all horses:

See - Hear - Feel.

Practice these Principles frequently, in every communication you have, and with every animal teacher you meet.

Next, you are ready to learn how to send a direct message to any horse, anywhere, any time.

3 Steps to Send a Telepathic Message to Your Horse

Now you have the principles, let's go further into how this works by learning how to send messages to your horse.

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Remember that if your horses are paying attention to you, they already have some clues about what you're thinking and how you're feeling.

They know things about you that *you* don't even know!

They see inside your mind's eye (the images in your mind, what you project using your mental monitor).

They feel the emotions you're resonating with.

They hear the words coming out of your mouth and reverberating inside your head.

They do their very best to make sense of what you're thinking, from their viewpoint.

To send a telepathic message to your horse:

1. GET CLEAR!

First get clear within yourself about what you want to tell them and why it's important. Get their attention so they are listening to you and aren't distracted.

TIP: Consider the story or message from their viewpoint, not just your own. Why is it important to them? What's in it for them?

2. TELL THE STORY!

Talk through the story message out loud, both in your mind's voice and your speaking voice, take time to see the story happening in your mind's eye like you are filming your own movie video.

Be sure to feel the feelings that you want them to feel while you tell the story, so they know if it's good/happy/positive story or bad/painful/ negative message of warning.

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TIP: If you are working with a behavior problem, you can explore the best-case scenarios about what you want to have happen ideally. And how happy that would make you feel.

You can also explore the worst-case scenarios with the consequences or risks clearly presented. And how sad or heartbroken that would make you feel.

This way they can be better informed, know what they didn't know before, and can make better choices and decisions for themselves.

3. TEST IT!

This isn't rocket science. Horse communication is subjective, feeling based, energetic communication from heart to heart, mind to mind.

As you learned earlier, communication is not mind control! You cannot make them do things just by telling them a story from your viewpoint.

Instead, watch what they do in response. Look for anything different. There could be subtle changes in mood, energy or attitude, or more obvious changes.

They may do exactly what you told them, or they may not, depending on their viewpoint, whether they agree with you or not, or they may be confused if you haven't been clear enough.

Your job is to inform them properly so they can make better choices on their own and understand the consequences of their actions.

TIP: During the story and afterward, practice being sensitive to their concerns, mood, and their energy in response. If you feel any hesitation, wariness, caution, or pushback, then stop and ask about what's come up.

Did you go too fast? Where were you not clear enough?

Hidden Secrets To Communicating With Horses

Did you touch on something that is worrisome to them?

Or is what's important to you NOT important to them?

Notice where you were in the story when something shifted and stop to ask them for help understanding their viewpoint. Be in the space of it with them and see what comes up for you to know, consider or do.

You can do this!

Get Clear -- Tell the Story – Test It.

If you get stuck or feel blocked, here's what to do about it.

Sometimes students have a little trouble getting out of their head and into their heart so they can make a connection and communicate with animals...

And they wonder why they aren't receiving animal messages back.

And sometimes once they have connected, they get a little lost in the conversation and don't know what to do after the initial greeting.

"OMG! You heard me! You actually responded!?! That's amazing! Uh... what do I do now??"

Sometimes they feel dread, sadness or grief at the thought of talking to an animal who is in pain or getting close to making their transition.

"What if when I talk to you it breaks my heart with sadness, grief, and too much pain... I don't want to feel your pain, I don't think I can take it..."

Sometimes they don't know how – or if it's even possible - to connect and communicate with an animal that has already crossed over.

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"Are you still out there? Did you get stuck, are you still in pain, are you in a bad place? What's it like on the other side, in the unknown? Are you okay? I'm not okay, I'm still grieving what happened, missing you, and every time I think of you, I break down and cry..."

Do you worry about that too?

Other students felt all these things, but after a bit of coaching, guidance and the opportunity to experience breakthroughs in every one of these situations, they realized something very important.

There isn't anything to fear or worry about, once you know what you're doing.

And with that astonishing realization, EVERYTHING changed for them *and* the animals they are talking to.

They discovered that animals are amazing regardless of where they are in their life's journey, that they can reach and teach us, and that they are able to communicate with us wherever they are and whatever they are going through.

The beauty of it is that you can access all kinds of amazing information really quickly, almost in the blink of an eye.

Of course, I've been practicing for years now (since 1992), and you may be just getting started. Once you know what you don't know yet, it'll be so much easier.

All you have to do is get out of your own way, stop overthinking, and connect, heart to heart, mind to mind.

To communicate confidently, proficiently, and accurately, you must:

1. Quiet your mind so it stops interfering and blocking you...
2. Deepen your connections to all of life by awakening and activating ALL your intuitive senses...

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3. Increase your conscious awareness while you explore your relatedness to others.

The energy between you can change as you connect and communicate, and it helps to be aware of that also.

Energy is supposed to flow.

Because we are all spiritual, energetic beings, having physical experiences, and that goes for horses too.

When you practice becoming one with an animal, you'll notice that your own energy frequency will begin to match theirs.

A big part of your journey is learning how to sensitize your ability to feel, send and receive messages with animals is about noticing subtle energetic changes.

Once you have your basics down...

Practicing the right way in a safe community so you get proper feedback is the only way to improve and grow your proficiency.

These are the kinds of lessons and experiences I coach and guide my students on.

Imagine that. :-)

There are always more steps, more questions, more answers... because ultimately this is a life's journey all about healing, evolving, and growing into your BEST Self.

If your goal is to become competent as a horse whisperer, so you understand their messages back to you, then you should know that this is only the beginning.



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It gets even more wonderful the more experience and practice you have, when you know how to receive and interpret their messages back to you, so you can enjoy a two-way dialogue.

Imagine talking to a whole group of animals, a pack, herd, flock!

You could hear their jokes, their concerns, how they feel about the world around them, and who among them is strong, and who is in trouble and needs help.

In a remarkably short period of time, you can learn how to RECEIVE their messages too.

Soon you'll find yourself talking with animals as easily as chatting with your best friend.

Remember that TRUE heart to heart, mind to mind communication is always a two-way conversation.

What you need to tell them – your message - is only half the story.

What they need to tell you is equally important.

Becoming proficient and competent simply requires your dedication and commitment, opportunities to experience excellent education from really good teachers, and regular practice with proper feedback to master your skills.

Horses need us and we need them. With a bit more training on using your intuitive abilities, gifts, and skills, you can begin communicating with animals at a deeper level so you can experience a beautiful, mutually beneficial dialogue and relationship with the pets you love.

In the complete *How to Talk to Animals Heart Wisdom Method Program*, I teach students how to hear their animal's emotions, wisdom, and thoughts so that you know where problems are really coming from, so you know what to do to help, and what not to do.

If you truly want to be able to communicate with your horse, so that you can connect more deeply and take better care of their needs, you don't want to skip this important step.

Hidden Secrets To Communicating With Horses

Horse communication is the key to a lasting bond and learning this skill can save you time and money and, like with Kim and Jody, could even save your animal's life!

Learn How to Talk to Animals: Beginning Animal Communication Foundations Course

Now you know the 3 Fundamental Principles that work to connect with every animal, anywhere, anytime.

You also know the 3 Steps to SEND a telepathic message to an animal.

Your next step is to know how to open the channels, use all your intuitive abilities, and connect so you can RECEIVE their messages back to you, and interpret what you get accurately. To learn how to do that takes more training.

Communication is the lifeblood of all your relationships. No matter what kind of animals you have in your life, no matter how much you love them, no matter how much you do for them... *everything comes down to your ability to understand and communicate with animals.*

If you can't communicate consciously, accurately, and directly so they can tell you what they are thinking and feeling, then you both will continue to struggle and feel frustrated or disheartened.

Hidden Secrets To Communicating With Horses



The complete Beginning Core Foundations Course shows you how to develop your intuitive skills with tried and true, step by step techniques.

You'll discover how to tune in and connect properly until you are so IN SYNC with your horse, you can't help but KNOW, at a deeply intimate level, what they are thinking, what they need and how they really feel, what they sense when they look at the world around them.

You'll also know what makes them happy and, in the process, you'll be able to hear what they are thinking.

This life changing experience will blow your mind!

Once you do this, you'll never look at an animal the same again. Eliminate doubt and create self-confidence in your growing skills.

This Course also teaches you the fastest, most direct way to communicate with any animal, anywhere, anytime you want to.

There's No Risk to try it out! All The Heart School of Animal Communication self-study courses are fully guaranteed.

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Click the link below to find out how this wonderful program can change your life.

The Heart School of Animal Communication

Everything you need at your fingertips is at this link:

<https://learnhowtotalktoanimals.com/animal-communication-online-courses-core/>

You have 2 ways to get my expertise for communication, medical intuitive scanning, healing, and student mentoring for yourself and/or your pet:

Start with the Beginning Core Foundations Course and join me and your fellow students in the Animal Talk Coaching & Mastery Club so you can participate in our monthly Live Q&A Coaching Calls and participate in the Heart Wisdom Masterclasses.

We also offer a 6 Months to Animal Communication Mastery Program, aka the FastTrack Program.

It's designed to take you from A - Z with your intuitive abilities, help you heal your inner wounds and develop all your intuitive abilities, and prepare you to enjoy a successful career communicating with animals if that's something that lights you up.

This is the link to find out more and how to join us:

<https://go.learnhowtotalktoanimals.com/animal-talk-coaching-club-main/>

All the Heart Wisdom School syllabus with self-study courses, programs and memberships are here:

<https://learnhowtotalktoanimals.com/animal-communication-online-courses-core/>

2. Would you prefer to private coaching/mentoring and/or healing sessions with me?

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Here's where to find out more and get started:

<https://ValHeart.com>

ABOUT VAL HEART

Val Heart specializes in helping people who are struggling with their pets. She is called The Real Dr Doolittle™, Animal Communicator to the Stars and is the leading animal problem-solving expert.

A bestselling author, Val is the founder of The H.E.A.R.T. System™ a 5 step process for solving problems with animals.

She also works with under-performing show horses and their riders to Improve performance, health and well-being.

Val loves teaching animal lovers how to talk with animals so you can save money at the vet, solve your own behavior, performance and training problems.



Her mission and passion is to improve the lives of animals the world over by helping humans learn how to speak their language, understand their viewpoints, and heal.

After all, it's our love of animals that helps us learn how to be better humans, and the more balanced and healthier we are, the more balanced and healthier they can be too.

Learn how easy it is to hear your animal's voice and wisdom so that you can save money at the vet, resolve your own behavior, performance, and training problems, and learn how to deepen your heart connection with all animals.

People come to her who are struggling with their pet, and then she helps the pets who are struggling with their people.

Find out how to hire Val to help you privately with your pet:

www.ValHeart.com

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