

# HIDDEN SECRETS TO COMMUNICATING WITH ANIMALS



Discover how to  
send messages to  
animals using your  
intuitive abilities



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## Imagine how much more wonderful your relationship with animals could be if you knew how to speak their language?

A few years ago I had a heart touching, life-changing experience with a bee when I was in a canoe race.

Paddling as fast as I could, I happened to glance down and was astonished to see there, in the water, floating inside the boat on its back, a honeybee.

Its wings were waterlogged, it's hair was soggy and it's body felt very heavy.



I could feel it's distress, discomfort, and how sad it was to be dying, how hard it was for it to breath and stay afloat against the powerful current.

I was so afraid it would drown but before I could get to it, the water washed it away again.

I confess, I had a moment of concern wondering if it would sting me if I touched it... but I prayed for it and hoped for the best... and went back to paddling.

A short time later, I saw it float by again.

YES! Here's my second chance to be of service to the bees. I decided that I wouldn't fail this time.

I immediately propped my paddle on my lap and reached for it, hoping it wasn't already dead.

I didn't care if it stung me for my troubles. I felt compelled to reach out and do my best to help it.

I carefully placed my finger on its tiny little furry belly, hoping against my fear that it still had the strength to respond.

I held my breath and waited patiently to see what would happen.

Tears sprung to my eyes when its tiny little feeler hands suddenly grabbed onto me and I could lift it out of the water.

It clung precariously and shakily to my finger, dripping wet. Its wings were too soggy to even unfurl.

Still being in the middle of the race, I carefully placed it on my pants leg out of harm's way, and continued the race hoping it would have a chance to dry out a bit and recover.

It stayed with me the entire rest of the way; we finished the race together.

And it was still on my leg.

As I paddled, I communicated with it and the bee responded wearily, with gratitude.

I told it that the world needs it, that it's not its time to go, that we love the bees and appreciate them so very much. That I hoped it could recover and go on to live a happy productive life.

As soon as we got back to shore, I carefully took it over to a good bush by the river bank.

It crawled back on my finger, and I invited it to step aboard the leaf so it could finish drying off.

But... it didn't want to go.

It stayed with me, clinging to my finger, for a long time. Communing with me.

It told me about what it's like to be a bee. How hard it is sometimes, and what bees worry about.

It shared with me the fabric of life and how the bees fit into the life of plants and nature, and what the pesticides have done to our environment.

Without bees none of us would be alive today, they are that important.

On behalf of the entire human race, I asked for forgiveness because in spite the fact that my race is responsible for having done so much harm to ourselves, the planet and to the bees, many of us truly deeply care about their plight.

We are working hard to reverse what's happened, and we need the bees to help us do right.

When we finished our conversation, my face was wet with tears.

And the bee crawled off my finger and onto the leaf.

**Something truly extraordinary had just happened, and I felt changed by the experience.**

A month or so later, I went kayaking on a different river miles away from where the canoe race was held, and when I got out of the car to go down to the river...

I was SWARMED by bees!

Literally, 40 or more bees flew all around me, buzzing, so very close to me, landing on me, in my face, on my hat, my gloves, my pants and shirt!

I've never experienced anything like it!

It was a bit alarming honestly, and I confess I had a moment of panic thinking they were going to sting me...

But then I tuned in, connected, and communicated with them as I know how and as I teach my students how to do.

I was astonished because I realized that they wanted to thank me for rescuing one of their own.

Their energy was joyful!

Word had spread of my encounter and rescue of one of their kind, and they were grateful.

They flew around me, all over me, making it hard to walk, as I laughed and smiled, tears wet my cheeks, as I felt gratitude for the gift of bees in our world.

And then as one, they all flew away.

I hope that you have grown into the very BEST version of your Self, someone who is helping and doing your part to make our world a better place for all beings.

I hope you are following your destiny, fulfilling your purpose, creating your legacy, doing important things in your life, things that make a difference.

If you're not there quite yet, today can be the beginning of a brand life full of opportunity, resolve, hope, vision and intention.

**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 yet extraordinary act of Heart Wisdom animal communication done the right way can make.

**Being able to communicate telepathically and  
share life experiences with other Beings 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.

Many companion animals choose to spend their lives attempting to break through our barriers, help us heal and become reconnected with all of Life and our Divine Nature.

**Remember to listen to your animals. 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 pet dilemmas seek my assistance, and I love doing healing sessions with people and their pets because the transformations are deep, intimate and extraordinary...

...Sometimes even miraculous.

Change, evolving and growth always begins with a conversation. In the HEART System for solving problems with pets, talking with animals is the very best place to start solving any kind of problem.

Because once you know precisely what your pet is thinking, how they are feeling, if they are confused or in pain, and what helps or makes things worse...

You can stop chasing your tail on expensive guesswork and can work together to solve problems in true partnership.

I LOVE teaching highly sensitive, empathic, spiritually oriented animal lovers who are worried about your pets health, pain or mystery illness/lameness issues.

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

Use the techniques you're about to learn and take some time today to talk to your pet.

Feel your love for them.

Feel your connection.

Because here's the thing:

**Animals are in your life for a reason. You have a purpose together.**

**They are God's gifts on loan to you, acting as Divine Messengers.**

They can be 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 pet to be healthy, well-behaved, live a long life, and be happy, to know they are loved. How can you know if they are without speaking their language?

Your animal needs to be able to talk to you about things every day, like what's bothering them, if they got hurt, had an accident, got attacked 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.

Just like with human children, your pet has a lot to share with you too. 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 animals 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 equipment (or replacing damaged items, food they won't eat, wrong supplements or medications that aren't right for them, and worse).

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

Because your animal also mirrors, acts out, and reflects your own imbalances, illness, inner wounds and issues, they also become your best teachers and healers. I call this the Human Animal Body Mind Connection.

You can make their life and your own a lot better, more fun, happier, and healthier through the power of a heart-to-heart conversation.

**Learning animal communication will completely transform the quality of your and your pet's life and could even wind up saving their life one day too.**

Consider what happened for Kim and her amazing agility dog, Jody.

Kim, a fellow dog lover, dog trainer and performer, was horrified when out of the blue, Jody become horribly aggressive...

Jody had always been sweet, loving and kind, and she could do the most amazing agility tricks, and everyone loved her... up until now.

She'd turned into a devil dog!

She couldn't even take Jody out for a walk without fear that there would be a fight! Jody went after other dogs and even people with a vengeance.

Kim couldn't figure out why suddenly this was an issue when it had never been a problem before.

She was at the point where she thought she might have to find a new home for Jody... or put her down.

Dog aggression is a deal breaker in a show dog and ruins many a good career. And because Kim is a dog trainer, she was afraid that her clients would think she wasn't good enough to hire her, either.

She felt heartbroken as she and her kids loved Jody very much. Jody had always been sweet, loving, and kind, and she could do the most amazing agility tricks.

It was heart wrenching to see, and Jody's behavior was at a critical point. She just wanted to know WHY her dog's behavior made a turn for the worse.

She felt guilty... Was it something she was doing wrong?

Did something bad happen to Jody or was something else happening that she didn't know about?

Was Jody sick with a brain cancer or in desperate pain causing her to behave dangerously?



Kim just needed to know that she was doing everything she could before she made the final decision. And she needed those answers FAST!

Thank goodness she found me! She signed up for a private communication consultation so that I could talk to her dog and find out what was going on.

**It turns out this was all a HUGE misunderstanding!**

And it almost cost Jody her life.

Jody told us that she'd been paying attention when Kim and the kids had been watching TV. They'd watched several shows where some really bad things had happened to neighbors in their community... tragic stories of people attacking and hurting other innocent people... and where dogs had attacked and hurt people too.

It had made her family feel sad and afraid. And guess what?

Jody got the message alright.

*There are bad people and dogs out there!*

After that, Jody just wanted to protect her family from all those bad things... but since she didn't know exactly where or who the bad people or dogs were?

She became indiscriminate in her guard dog, protector role.

**Finally, we knew what the REAL problem was, so we could discuss it together.**

Jody's behavior changed dramatically after our consultation, and I'm delighted to report that she is still happily living with her loved ones and doing her job – and performing too.

*Kim said "I was at my wits' end, struggling with my dog's out of control behavior. I'd tried everything I could think of, and since I am a dog trainer and compete with my dogs, that's saying a LOT! But nothing was working so I decided to give Val a call. I was so amazed! In one session, my dog's behavior changed, and I could tell we were working together as a team for the first time.*

*It was like she understood me now where she hadn't before. AND, I was so impressed, that I began working with Val for my own health problems. I am happy to say that I am so much better, life is easier, my relationship with myself and my husband has improved, my business is taking off.... I don't know where I'd be without Val — don't want to know!! She's a remarkable resource and facilitator for me and my clients too. Thank You, Val!!"*

– Kim M., Montana

### **Your animals are trying to tell you things every day.**

They try to tell you that they love 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 Kim and Jody'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 pet is behaving badly? If they are happy or unwell?

You may think everything is ok but... *is it?*

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

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

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

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

You may be having problems with a sick animal and don't know how to help them feel better.

You may be struggling with obedience, training 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 animal 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?

If it's their time to go... or not?

### **Wouldn't you love to know exactly what your animal 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 animal change and improve your life?

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

Maybe in a moment of desperation, you wished you could just magically stick a microphone right inside your pet's head so you could know what they're thinking?!

### **I've got good news for you!**

You CAN learn how to hear your pets' thoughts, feel their feelings (no microphone needed!).

You owe it to yourself and to your pet 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.

They don't care if you're having a bad hair day, are over or underweight, and they couldn't care less if you aren't wearing any makeup or are going bald.

Time to become their best friend, to discover how to speak their language because they give you their life, their heart and their love.

**Are you having problems with your animal? The first place to begin solving problems is always with communication.**

Learning how to talk with your pet 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 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 so you understand each other, then you can go way off track quickly.

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

Animals share their thoughts and feelings with you every day.

And in many ways, 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 become consciously awakened, 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 connection.

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.

**Animals are spiritual beings in physical bodies, Souls, 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.

**Animals can see what is in your mind's eye, and they can feel what you are feeling or projecting energetically. They also hear what you say with both your inside "inner mind's voice" and your vocal "outside" voice.**

Have you ever noticed how your pet disappears when it's time to go to the veterinarian, or when it's time for a bath?

Or how they can appear almost magically when you have something good to eat?

I once worked with a blind and deaf cocker spaniel. We were in the living room, and his person and I started discussing one of his favorite treats, cheese.

The next thing we knew, he got up and headed to the kitchen where he sat down and eagerly waited on us to come open the refrigerator and get him a cheese snack!

Another time my client and I were discussing her issues with her horse who was outside a half a mile away in her pasture. We glanced out the window, and at that exact moment, her horse lifted her head, looked directly at us in the window, and then headed directly to the barn to meet us there.

This isn't an accident or a coincidence. If your pet 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.

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

## **Animal communication is essential to your ability to enjoy loving, happy, and healthy relationships with all animals.**

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 animals a voice so they can tell you how they feel, if they are in pain, what makes them sick, and what confuses them or makes them sad.

Before knowing how to communicate, I remember yearning for a more fulfilling, intimate relationship with them. A stronger spiritual bond.

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.**

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, chasing the cats, barking, 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. I heard her voice in my head, and could feel what she felt.

She told me all about the horrible things that had happened to her, how upsetting it was, how angry she felt. 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?

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 animal'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.

Scientists have discovered what animal lovers already know in our heart of hearts: animals are sentient, wise, intelligent creatures.

They think, they feel, and they remember and know things we do not.

### **Consider the wisdom of the different species.**

For instance...

Dolphins can tell us about things they've never seen with their physical eyes.

Birds have been tested and shown to have the intelligence of a 5-year-old child. Crows and ravens can solve puzzles as quickly as humans, and yes, they create and use tools when needed.



Elephants have very long memories and can recognize caretakers or rescuers after many years apart. They've been known to track down humans or other species who have hurt or injured one of their own to take revenge too.

Gorillas taught sign language can make up new words to say what they need to express if they haven't been taught the word or phrase for it.

Even plants communicate with each other about insect invaders and other problems in various parts of the garden or forest – that has been studied and documented.

Animals 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 that the animal currently disguised as your kitty or doggo or bird or reptile or fish is way more intelligent than you may realize.

Do you have any idea who you could be living with?

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.

**Do you ever get the sense that an animal is trying to tell you something... but try as you might to figure it out, you just don't get it?**

Well, I've got news for you – they ARE trying to tell you something. Animals spend their entire lives trying to break through, so you can hear them. They want to help you.

They work hard to heal you, to inspire you, to protect you, and to share their wisdom with you.

You *can* receive the wisdom your dog wants to share, learn to take actions that improve their behavior and even help them heal. You can even experience deeper spiritual meaning, clarity, and peace of mind. How? By learning to speak their language.

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

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

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

## **What Animal 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 an animal something YOU want them to do, it doesn't mean that they will do it.

They have their own viewpoint, understanding, concerns, needs and wants. Things that are important to them, and information they need you to know or understand.

They want to discuss things, to know why you're asking them to do that, what is in it for them.

They may have better ideas than you too!

And yes, 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 an energetic exchange of information.

**Animals 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?

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 animals.

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

**Animals share energy, thoughts, feelings, impressions, images, and they understand concepts, beliefs, and attitudes.**

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

And, it depends on how competent you are in communicating with them.

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

Animal communication is great fun, and, it isn't just for fun!

It's also about improving behavior and training, performance, preparing for a peaceful transition, reconnecting in the afterlife and find them when they reincarnate.

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

**Let the journey begin...**

## **3 Fundamental Animal 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 animal at any time, using my 3 Step Telepathic process.

A lot of students get extraordinary results with their animals just by using these 3 Steps.

That's because these 3 Principles 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: Animals 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 dogs 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*”.

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 animals 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 animals.

So, Principle #1 is that animals 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 pet right now, or another animal or a picture of an animal is fine. You can even do this with a picture of a deceased pet in spirit form.

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?

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: Animals 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. They are tuned in, connected energetically, telepathically.

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

*The real QUESTION is, can you hear them?*

Imagine what might happen if you *could* magically put a microphone inside their head, 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: Animals 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, 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

always correct, 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.

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 animals is they can FEEL and share – and even mirror - those feelings back to 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 pet will act differently?

Maybe they come check on you... put their head in your lap 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 pets 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.

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 animals 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 animals:

**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 animal, anywhere, about anything, any time.

## 3 Steps to Send a Telepathic Message

Talking to animals is easy once you understand the concepts, practice so you get good at it.

Remember that if your animal is 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 on 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.

Here are the 3 Steps to send a telepathic message:

### 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!

While you 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.

**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. Animal 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. Your agenda is not their agenda.

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?

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.

*"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 telepathically with animals confidently, proficiently, and effortlessly, 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...

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 all animals 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. You need to know if what you received is right, partly right and partly not, or, you completely missed the mark.

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 so you understand their messages back to you so you can enjoy full 2 way conversations, this is the beginning.

It gets even more wonderful the more experience and practice you have!

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.

Animals 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 pets, so that you can connect more deeply and take better care of their needs, then take the next step in your training.

## **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.

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.



The 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 pet, 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.

Once you can speak their language, you'll never look at an animal the same again.

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

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:**

1. Start with the Beginning Core Foundations Course and then 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.

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?**

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.

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](http://www.ValHeart.com)



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