

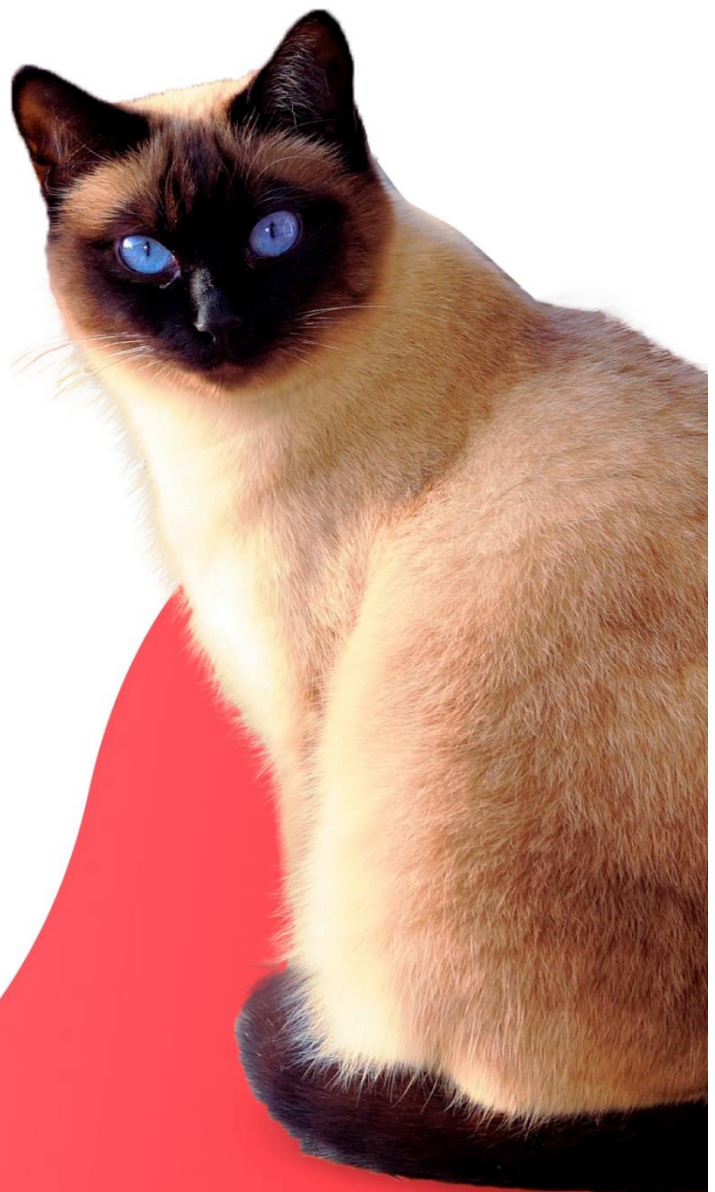
HIDDEN SECRETS TO COMMUNICATING WITH CATS

Discover how to
send messages to
animals using your
intuitive abilities



Val Heart

*The Real Dr. Doolittle & Founder of the
Animal Talk Coaching & Mastery Club®*



The Kitty Fashion Consultant

One morning, my student Angelica was getting dressed for an important meeting.

She pulled a pair of jeans from her closet. Her cat gave her a strange meow.

“Seriously? You don’t think I should wear these?”

Her cat gave the same strange meow again. So she tried another pair. Another objection. Then another.

Finally, Angelica pulled out a newer pair of jeans. This time, her cat gave a much softer, sweeter meow, lowered his head, and closed his eyes as if to say:

Yes. Those will do.

Angelica laughed and wore them. Later that day, someone at her meeting told her how nice her jeans looked.

Kitty fashion consultant? Apparently so.

It was a small moment, but an important one. Angelica had not sat down to perform a formal animal communication exercise. She was simply paying attention. She noticed the pattern. She responded.

Was that my cat talking to me?

Very often, the answer is yes.

Understanding Comes Before Answers

Angelica's experience reflects the heart of the Heart Wisdom Method®.

The Heart Wisdom Method® does not begin with finding answers.

It begins with learning to understand so deeply...

...that the next right step reveals itself.

Wisdom rarely arrives by forcing solutions. It arrives by seeing clearly.

That means slowing down long enough to ask:

- What is my cat experiencing?
- What do they believe is happening?
- What might I be overlooking?
- What does this situation look and feel like from their point of view?
- What question have I not thought to ask yet?

We solve the problems everyone else tells you to live with - not because we have all the answers, but because we have learned to ask better questions.

What is my cat trying to help me understand?

The Heart Wisdom Method® Essentials Collection explores these stories, discoveries, and principles more deeply. Inside it, you can also witness the live Heart Wisdom Method® demonstration connected with Bouffie's remarkable healing experience.

Your Cat Is Already Communicating

Cats communicate constantly. They communicate through:

- behavior, body language, vocalizations, movement, and stillness
- energy, emotions, and physical sensations
- mental images, preferences, and choices
- intuitive, heart-to-heart connection

They may communicate by staring at you from across the room, disappearing before the carrier appears, sitting beside you when you are upset, or changing their behavior when something in the household shifts.

Cats are extraordinarily observant. They notice your routines, emotions, expectations, and the pictures moving through your mind. They also interpret everything from their own point of view.

The question is not whether your cat is communicating. The question is whether you have learned how to recognize, understand, and respond.

BEYOND ORDINARY SIGHT AND SOUND

The Cat Who Heard “Cheese”

Years ago, I worked with a cat who was both blind and deaf. His person and I were sitting in the living room talking about one of his favorite treats: cheese.

He could not see us or hear the words. Yet moments later, he got up, walked straight to the kitchen, sat in front of the refrigerator, and waited expectantly.

Cats often receive much more than spoken language. They notice intention, mental pictures, anticipation, emotion, and where our attention is going.

When you begin noticing these quieter forms of communication, an entirely different relationship becomes possible.

Three Foundational Principles of the Heart Wisdom Method®

Before you send a message to your cat, it helps to understand three important principles. These principles change the way you see your cat - and the way your cat experiences you.

1

Your cat has a viewpoint

Your cat is an intelligent, feeling being with experiences, beliefs, needs, preferences, boundaries, and intentions of their own.

2

Communication is a conversation

What you want your cat to understand matters. What your cat needs you to understand matters too.

3

Clarity begins with you

Your words, pictures, emotions, and intentions need to tell the same story.

Conversation, not interrogation. Partnership, not control. Understanding before solutions.

PRINCIPLE ONE

Your Cat Has a Viewpoint of Their Own

Your cat is not simply reacting to food, comfort, habit, or instinct. They are interpreting what happens around them.

- memories and preferences
- fears and beliefs
- concerns and expectations
- intentions, boundaries, and their own understanding of the world

What looks like stubbornness may be caution. What looks like aloofness may be sensitivity. What looks like defiance may be disagreement. What looks like “bad behavior” may be your cat’s attempt to solve a problem you do not yet understand.

Before trying to stop the behavior, ask what the behavior is trying to tell you.

Understanding does not mean allowing dangerous or destructive behavior. It means discovering what is really happening so you can respond wisely instead of relying on punishment, assumptions, or guesswork.

When you understand your cat's viewpoint, the next right step often becomes clear.

PRINCIPLE TWO

True Communication Is a Two-Way Conversation

Many people begin by wanting to tell their cat something. They want their cat to understand:

- why the carrier is coming out
- why a visitor will arrive
- why the family is moving
- why another animal is joining the household
- why a routine is changing

Sending a clear message is valuable. But sending is only half of communication.

Your cat may have questions. They may be worried. They may disagree. They may know something about the situation that you do not. They may need reassurance, clarification, or another choice.

True animal communication is not mind control, energetic command-giving, or asking question after question without pausing to listen. It is a respectful exchange.

What you want your cat to understand matters. What your cat needs you to understand matters too.

PRINCIPLE THREE

Clear Communication Begins with Your State of Being

Cats notice far more than the words you speak. They notice:

- the images in your mind
- the feelings in your body
- your expectations and tension
- your intention
- whether your message is clear or conflicted

Imagine saying, "Going to the veterinarian is no big deal," while picturing a struggle, expecting your cat to hide, and feeling anxious before the carrier appears. Your words say one thing. Your inner state says another.

Before communicating, pause. Breathe. Notice what you are feeling. Settle your body. Become present. Then decide what you truly want your cat to understand.

Clear communication begins with inner clarity.

See, Hear, and Feel the Whole Message

Cats may see the mental pictures you hold, hear the meaning and intention beneath your words, and feel the emotions and energy moving through you.

The goal is not to become perfectly calm every moment. The goal is to become aware of what you are communicating.

Cats respond beautifully when we become grounded, respectful, and present.

A TRUE STORY

When Peach Called for Help

My beloved tuxedo cat, Peach, was nineteen years old. She had spent much of her life safely exploring the quiet area around our home and always returned when she said she would.

One evening, she did not come home. At first, I tried not to worry. But as more time passed, I knew something was wrong.

I called for her aloud. I reached for her heart to heart and mind to mind. There was no answer. I searched, but I could not find her.

Then, much later, I heard her voice inside my mind. It was faint and fragile:

Where are you? I'm trying to come home. Everything is dark. I hurt.

I followed the feeling of her as best I could. Then I saw her, stumbling toward home, injured and disoriented.

I rushed to her, gathered her carefully, and told her:

I'm here now. You're safe. We're going to get help.

PEACH'S CHOICE

She Had a Voice in What Happened Next

As I drove to the veterinarian, Peach gradually showed me what had happened. She had become dizzy and confused, stumbled into the street, and been struck by a car.

The veterinarian confirmed that her injuries were severe. So I stayed connected with her. I explained what the veterinarian had found. I asked how she felt. I asked whether she wanted help continuing or whether she felt complete and ready to leave her body.

Peach told me she was ready.

Through my tears, I explained what would happen next. I reassured her that she would not be alone. I told her she was loved and safe. She relaxed in my arms.

Communication did not remove the heartbreak. But it meant Peach had a voice. She could tell me what happened, understand what was happening, express what she wanted, and face that final moment with me instead of being frightened, confused, or unheard.

Being heard may not change every outcome. But it changes how the journey is experienced.

HER LIFE AND WISDOM

What Peach Taught Me

Peach had been rescued as a tiny kitten after being thrown away in a dumpster. Before I met her, she had even been injured in a car engine and wore a cast nearly as long as her body. None of it diminished her spirit.

She was brilliant, headstrong, funny, and endlessly opinionated. She sat upright like a squirrel while helping herself to popcorn one kernel at a time. She stole milky cereal from my bowl when I looked away. She offered advice about health, relationships, work, and life - and she was very often right.

Peach reminded me that cats are not passive companions moving through the background of our lives. They are participants, teachers, friends, witnesses, sometimes healers, and sometimes comedians.

When life becomes difficult, they deserve to be included in the conversation.

HEART WISDOM IN ACTION

What Deeper Listening Reveals

Animal communication is about more than collecting interesting answers. It helps you discover the belief beneath the behavior, the fear beneath the resistance, the need beneath the conflict, and the wisdom hidden inside the problem.

The Heart Wisdom Method® Essentials Collection takes you deeper into this way of communicating, healing, and problem-solving. It includes Val's bestselling book, foundational resources, the Author Q&A, and the live demonstration connected with Bouffie's remarkable healing experience.

The Method is not simply a collection of answers. It is a way of seeing, listening, and discovering what the animal and the situation are truly asking for.

How to Send a Message to Your Cat

You are now going to practice sending your cat a simple, respectful message.

Remember: this is not the whole conversation. You are learning how to communicate your side clearly. Receiving and accurately interpreting your cat's response is the next stage of the skill.

1

Get Clear

Decide exactly what you want your cat to understand and why it matters from their viewpoint.

2

Share the Story

Use words, mental pictures, feelings, and intention to show what will happen.

3

Notice Their Response

Pause, observe, and remain open to their reaction, uncertainty, or disagreement.

Get Clear - Share the Story - Notice Their Response

STEP ONE

Get Clear

Before you begin, decide what you want your cat to understand.

- What is going to happen?
- Why does my cat need to know?
- What part might concern them?
- What would help them feel safer?
- Am I sending a clear message, or am I mentally scattered?

Take a few slow breaths. Relax your shoulders. Become present. Feel your affection for your cat. Then gently invite their attention.

Your cat does not have to stare at you, sit still, or appear interested. Cats often listen while looking as though they are doing absolutely nothing. That is one of their special talents.

Instead of asking only, “How do I get my cat to cooperate?” ask, “What does my cat need to understand so we can move through this together?”

STEP TWO

Share the Story

Now tell your cat what is going to happen. Use simple words, but do not rely on words alone. Create a short mental movie and show the events in order.

For example, if you are preparing for a veterinary visit, you might picture:

1. the carrier appearing
2. your cat entering safely
3. traveling with you
4. arriving at the clinic
5. being examined gently
6. returning home
7. resting afterward

Let your feelings support the message. Feel calm, steady, and certain that you will remain with them and bring them home.

If something may be uncomfortable, do not pretend otherwise. Honest reassurance is clearer than false cheerfulness.

There may be a few things you don't like. I will stay with you. We are doing this to help your body. Then we will come home.

STEP THREE

Notice Their Response

When you finish sharing the message, pause. Do not immediately repeat everything over and over.

Notice your cat:

- Did they blink slowly, look toward you, or turn away?
- Did they move closer, leave the room, settle, or become alert?
- Did they sigh, flick their tail, groom, or change posture?
- Did a feeling, image, word, thought, or physical sensation enter your awareness?

A response does not always look like agreement. Your cat may be processing, concerned, wanting space, or disagreeing.

Stay curious. Do not force meaning onto every movement. Simply notice what changed.

Your job is not to overpower your cat's viewpoint. Your job is to understand one another well enough to make better choices together.

Try This Simple Practice

Choose a calm, ordinary situation. You might tell your cat about:

- a visitor arriving
- a temporary feeding-time change
- furniture being moved
- a room becoming unavailable
- a short trip you are taking
- a grooming appointment
- when you plan to return home

Avoid beginning with a highly emotional problem. This is practice, not a test.

1

Get Clear

What is happening, and what does your cat need to know?

2

Share the Story

Use words, images, feelings, and intention.

3

Notice Their Response

Observe what shifts during the conversation and afterward.

Write down what you communicated, how your cat responded, anything intuitive you noticed, and what happened later. Your job is to become more observant.

AN IMPORTANT CAUTION

Communication Supports Good Care

Do not use this beginner exercise as a substitute for veterinary care, behavior support, or safety precautions.

If your cat is ill, injured, not eating, struggling to urinate, breathing abnormally, or behaving in a suddenly alarming way, seek qualified veterinary help.

Communication can help you understand, prepare, reassure, and participate more wisely. But it should not be used to dismiss symptoms or delay appropriate care.

Likewise, a serious behavior problem may require veterinary evaluation, environmental changes, training support, or other practical action.

The Heart Wisdom Method® is not about replacing common sense. It is about adding the animal's voice to the information you already have.

Sending Is Only Half the Conversation

You have practiced communicating your side. The next step is learning how to receive your cat's message back.

A complete conversation requires learning how to:

- quiet mental noise
- recognize your intuitive channels
- receive words, feelings, images, sensations, and direct knowing
- tell the difference between your thoughts and your cat's message
- interpret what you receive accurately
- ask useful follow-up questions
- validate information without forcing it to fit what you hoped to hear

These are learnable skills. You do not have to be born with a rare gift.

You may already be receiving more than you realize. The challenge is learning how to recognize it, work with it consciously, and become more accurate.

DEVELOPING DISCERNMENT

The Difference Between Intuition and Assumption

Many cat lovers have moments when they simply know something: where their cat is hiding, that they do not feel well, that something frightened them, or that they want you to follow.

Then doubt appears.

- Was that really my cat?
- Did I imagine it?
- Am I projecting?

Confidence does not come from insisting that every thought is intuitive. It comes from learning discernment.

You build discernment by understanding how your intuition works, becoming emotionally grounded, practicing with animals you do not know, receiving feedback, noticing patterns, and being willing to correct yourself.

That is how a vague impression becomes a dependable skill.

Ready to Continue the Conversation?

You have now experienced the beginning of the Heart Wisdom Method®.

You learned to:

- recognize your cat as an intelligent being with a viewpoint
- approach communication as a conversation
- become aware of your own inner state
- ask better questions
- send a clear message
- notice your cat's response

Now you are ready for the next part: learning how to receive your cat's messages back.

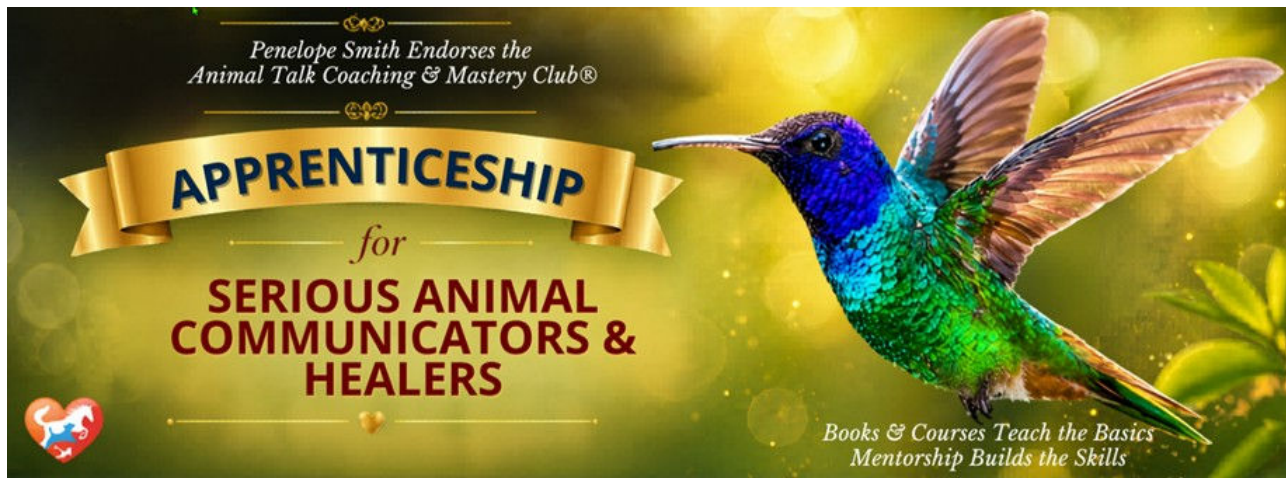
On the next pages, choose the learning path that fits you best.

CHOOSE YOUR PATH

Learn with Guidance or Begin with Self-Study

If you want support, mentoring, and real-world practice, the Club is the best next step. If you prefer to begin on your own, the Beginning Course gives you a strong self-study foundation.

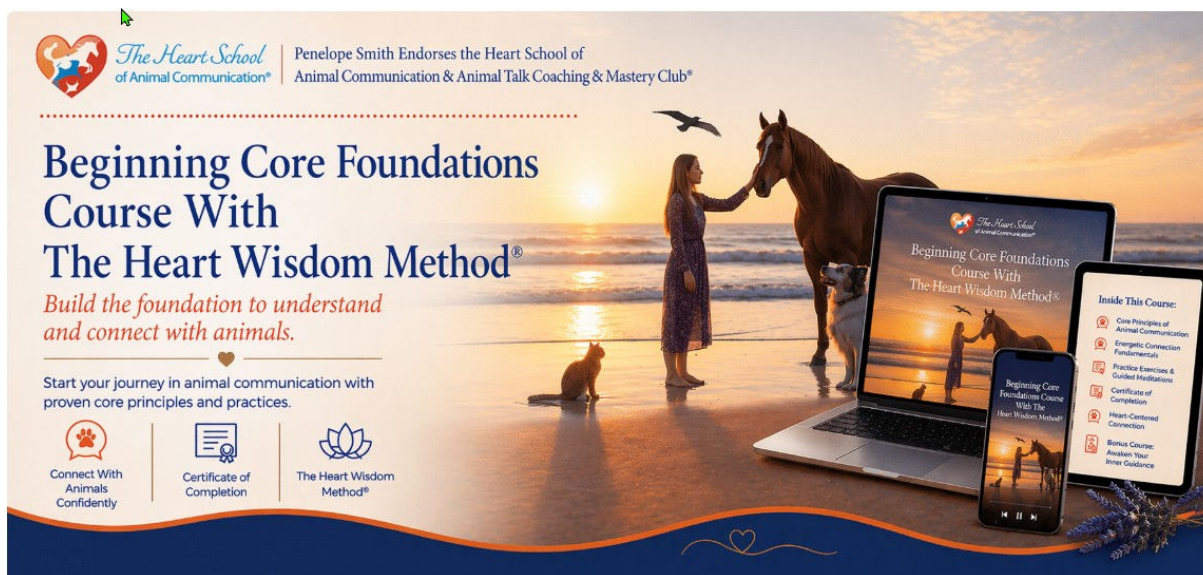
RECOMMENDED PATH



Join the Animal Talk Coaching & Mastery Club® - our apprenticeship community for serious animal communicators and healers who want coaching, practice, Heart Wisdom Method® masterclasses, feedback, and mentoring.

[Join the apprenticeship community](#)

SELF-STUDY OPTION



The Beginning Animal Communication Course helps you open your intuitive channels, connect more clearly with animals, receive messages, understand your intuitive signature style, and begin a true two-way conversation at your own pace.

[Explore the Beginning Course](#)

EXPLORE THE METHOD MORE DEEPLY

The Heart Wisdom Method® Essentials Collection



The Heart Wisdom Method® Essentials Collection is the best place to explore the stories, philosophy, exercises, insights, and hard-won discoveries behind Val's work.

It includes:

- Val's bestselling Heart Wisdom Method® book
- the QuickStart Animal Communication Course
- the Quick Reference Guide and supporting resources
- the Author Q&A
- the live Heart Wisdom Method® demonstration connected with Bouffie's remarkable healing experience

You will see how deeper listening, better questions, and following the clues can reveal possibilities that are easy to miss when we rush to fix the obvious problem.

[Explore the Heart Wisdom Method® Essentials Collection](#)

You may already have seen this special invitation immediately after requesting this ebook.

About Val Heart

Val Heart has been a professional animal communicator since 1993. She is the founder of The Heart School of Animal Communication® and creator of the Heart Wisdom Method®, a practical and deeply relational approach to communicating, healing, and solving problems with animals.

For more than 30 years, Val has helped animal lovers, students, professionals, and families understand what animals are thinking, feeling, experiencing, and trying to communicate.

Her work goes beyond collecting answers. She teaches people how to listen more skillfully, think more clearly, communicate more accurately, ask better questions, and discover the deeper truth beneath behavior, health challenges, emotional distress, and relationship problems.

Val is also a bestselling author and mentor to animal communicators and healers around the world.

Her mission is to raise the standards of animal communication so that more animals are heard, understood, respected, and included as intelligent partners.

Because when we learn to truly understand animals, we do more than improve their lives. We become wiser, more compassionate humans too.

Learn more at LearnHowToTalkToAnimals.com

A FINAL THOUGHT

The Next Right Step

The Heart Wisdom Method® does not begin with finding answers.

It begins with learning to understand so deeply...

...that the next right step reveals itself.

Whether you are helping an animal, healing a relationship, building a business, or navigating your own life, wisdom rarely arrives by forcing solutions. It arrives by seeing clearly.

Your cat has a voice, a viewpoint, feelings, boundaries, questions, wisdom, preferences, and experiences that matter.

Loving them is a beautiful beginning. Learning how to hear and understand them takes the relationship somewhere deeper.

Listen with curiosity. Communicate with clarity. Ask better questions.