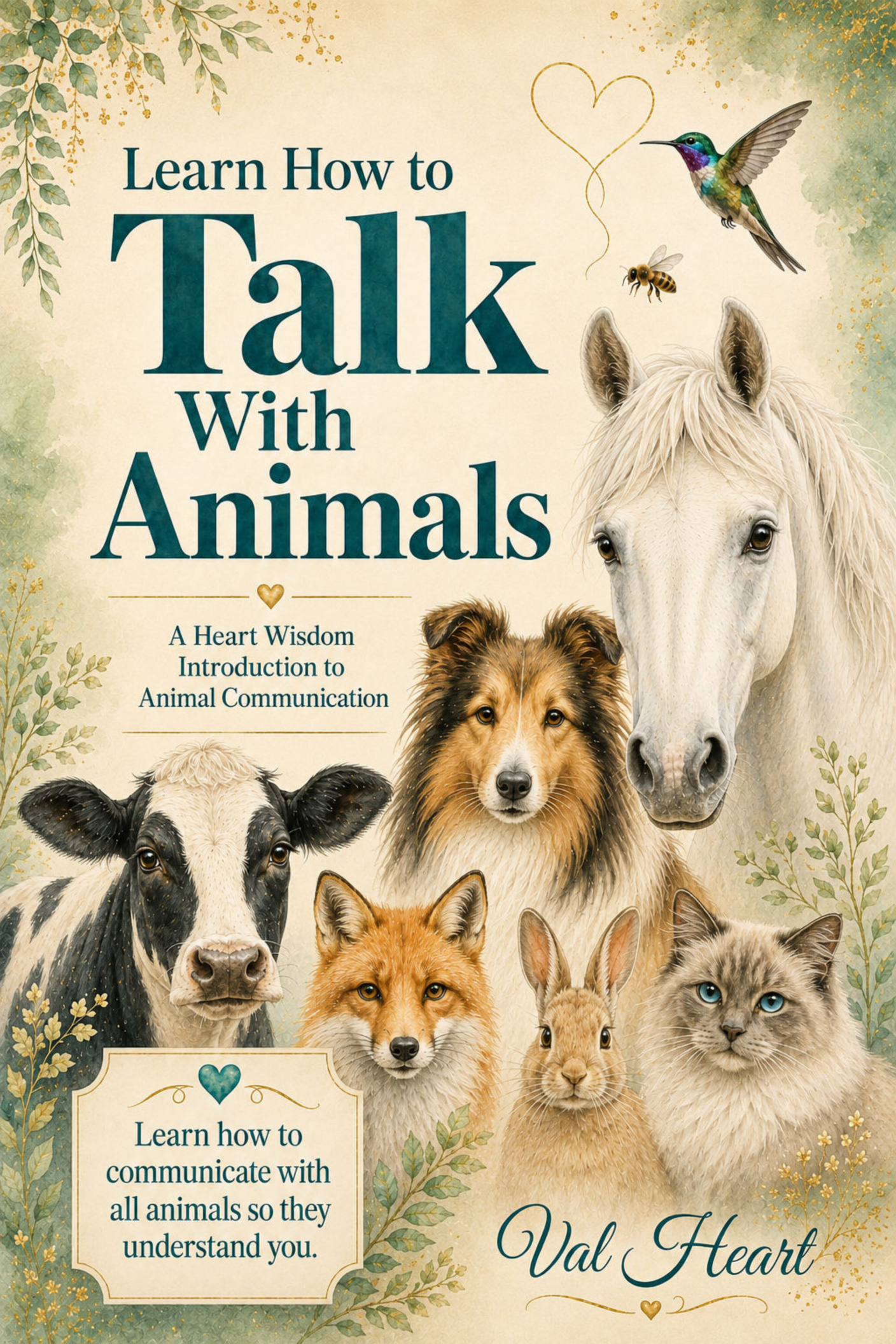




Learn How to Talk With Animals

—  —
A Heart Wisdom
Introduction to
Animal Communication


Learn how to
communicate with
all animals so they
understand you.

Val Heart

The Bee Who Finished the Race With Me

During a canoe race, I glanced down and saw a honeybee floating inside the boat on its back. Its wings were waterlogged, its fuzzy body was soaked, and the current kept washing it away before I could reach it.

When it floated past again, I stopped paddling and reached down. I placed my finger against its tiny belly. For one long moment, nothing happened.

Then its tiny feet grabbed hold of me.

I lifted the bee from the water and placed it safely on my pant leg. We finished the race together while it dried. As I paddled, I told it that the world needed it, that bees mattered, and that I hoped it would recover and continue its life.

The bee responded with weariness, gratitude, and a story of its own.

At shore, I carried it to a leafy bush so it could finish drying. But the bee did not want to leave. It crawled back onto my finger and stayed with me for a long time, communing.

It shared what life is like for bees, how hard their work can be, what they worry about, and how deeply their lives are woven into the life of plants, nature, and all of us. I felt its concern about what pesticides and other human choices have done to their world. With tears streaming down my face, I thanked the bee and asked forgiveness on behalf of humankind for the harm we have caused while so many of us are also working to protect them.

When our conversation felt complete, the bee finally stepped from my finger onto the leaf. I left that riverbank changed by the experience.

Then, about a month later, something extraordinary happened. I went kayaking, and as I got out of the car near the river, I was suddenly surrounded by dozens of bees - forty or more - buzzing close around me and landing on my hat, clothes, gloves, and body.

For one startled moment I worried they might sting me. Then I connected and listened. What I felt from them was joy and gratitude. I understood that they had come to acknowledge the bee I had rescued. I stood there laughing and crying while they swirled around me - and then, almost as one, they flew away.

Every being has a viewpoint, a purpose, and something worth hearing.

THE HEART WISDOM METHOD®

Understanding Comes Before Answers

The bee's story reflects the heart of the Heart Wisdom Method®. The Method does not begin with finding answers. It begins with learning to understand so deeply that the next right step reveals itself.

That means slowing down long enough to ask:

- What is this animal 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?

What is this animal trying to help me understand?

Animals Are Already Communicating

Animal communication is not limited to dogs, cats, or horses. Companion animals, birds, reptiles, farm animals, wildlife, insects, and other beings all experience life from their own point of view.

Depending on the species and individual, they may communicate through:

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

A dog may bring you a toy. A cat may stare from the doorway. A horse may tighten before you touch the saddle. A bird may call when your attention turns toward them. A snake, pig, mouse, bee, or bull may respond in ways that make perfect sense once you understand their viewpoint.

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

THE HEART WISDOM FOUNDATION

Three Foundational Principles of the Heart Wisdom Method®

Before you try to send a message to an animal, it helps to understand three important principles. These principles change the way you approach communication from the very beginning.

1

Every animal has a viewpoint

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

2

Communication is a conversation

What you want the animal to understand matters.
What the animal needs you to understand matters too.

3

Clarity begins with you

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

PRINCIPLE ONE

Every Animal Has a Viewpoint of Their Own

An animal is not simply reacting to commands, routines, rewards, instinct, or the environment. They are interpreting what is happening through:

- memories and past experiences
- preferences, fears, and beliefs
- physical comfort and emotional needs

- intentions, boundaries, and their understanding of the situation

What looks like stubbornness may be confusion. What looks like disobedience may be fear. What looks like aggression may be protection. What looks like withdrawal may be pain, discouragement, or a need for safety.

The behavior you see is often only the outside of a much bigger story.

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

PRINCIPLE TWO

True Communication Is a Two-Way Conversation

Sending a clear message is valuable, but sending is only half of communication. The animal may have questions. They may be worried. They may disagree. They may know something about their body, environment, relationships, or needs that you do not.

What you want the animal to understand matters. What the animal needs you to understand matters, too.

True animal communication is not mind control, energetic command-giving, or expecting automatic obedience. It is a respectful exchange between intelligent beings.

**Animal communication done right is not an interrogation.
It is a conversation.**

PRINCIPLE THREE

Clear Communication Begins with Your State of Being

Animals receive much more than your spoken words. They may also notice:

- the pictures you hold in your mind
- the emotions and tension moving through your body
- what you expect to happen
- whether you feel calm or afraid
- whether your message is clear or conflicted
- whether your words match your true feelings

Imagine saying, “Everything is fine,” while picturing danger or disaster. Your words say one thing. Your inner state says another.

Before communicating, pause. Breathe. Become present. Feel your respect and affection for the animal. Then decide what you truly want them to understand.

The more congruent your words, images, emotions, and intentions are, the easier it is for the animal to understand you.

When an Injured Longhorn Said Yes

My friend Bonnie was managing a ranch when she discovered that one of two untamed longhorn bulls had become badly tangled in barbed wire. The wire was cutting into his hind leg, blood was dripping, and every attempt to pull free made the injury worse.

This was not a friendly pet accustomed to handling. He weighed about 1,200 pounds, carried a horn spread wider than six feet, and knew exactly how to use it.

Bonnie was alone. Waiting for help would take time, but approaching him without trust could put both of them in greater danger.

So she became calm and connected. She told him she was sorry he was hurt. She explained what the wire was doing, what could happen if it stayed in place, exactly how she wanted to help, and what she needed from him so they could both remain safe.

Then she asked his permission to approach.

The longhorn was badly injured and powerful enough to seriously hurt Bonnie. Communication revealed whether he understood her intention and would allow her to help.

THE LONGHORN'S CHOICE

Understanding Made Safe Action Possible

The longhorn nodded his enormous head. Bonnie walked toward him with wire cutters. He stood like a statue as she touched him, knelt beside his injured leg, and carefully cut and unwrapped every piece of barbed wire from his flesh.

For about twenty minutes, the massive bull remained completely still while she checked that no wire remained and applied ointment. When Bonnie stood and thanked him, he nodded again, looked into her eyes, and carefully kept his horns away from her body. Then he walked back into the pasture.

Communication did not overpower a dangerous animal. It created the understanding and agreement that made safe action possible.

Bonnie explained, listened, asked permission, and honored the bull as an intelligent participant in his own care. The next right step became possible because both beings understood what needed to happen.

**When we stop assuming and start communicating,
possibilities appear that force and guesswork can miss.**

YOUR FIRST PRACTICE

How to Send a Message to an Animal

You are now going to practice sending a simple, respectful message to an animal you know.

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

START HERE

Get Clear

Before you begin, decide exactly what you want the animal to understand.

- What is going to happen?
- Why does this animal need to know?
- What part might matter most to them?
- What would help them feel more secure, informed, or prepared?
- Am I carrying fear, frustration, or expectations that could muddy the message?

Take a few slow breaths. Relax your body. Bring your attention into the present moment. Feel your respect and affection for the animal, then invite their attention.

Consider the situation from the animal's viewpoint. What might they wonder? What might concern them? What is in it for them?

NEXT

Share the Story

Tell the animal what is going to happen. You can speak aloud, silently, or both. Create a short mental movie and show the experience in order.

- what is happening now
- the change that is coming
- what the animal will experience during it
- who will be involved
- what you want them to know about their safety and care
- what happens afterward

Keep your message simple, honest, and internally consistent.

THEN

Notice Their Response

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

Notice the animal:

- Did their posture, breathing, movement, or expression change?
- Did they sigh, blink, vocalize, settle, turn toward you, move away, or become curious?

- Did their attention or energy seem to shift?
- Did a feeling, image, word, thought, or physical sensation enter your awareness?

A response does not always look like agreement. The animal may be processing, concerned, curious, or disagreeing. Stay curious and notice what changed.

Your job is not to overpower the animal's viewpoint. Your job is to communicate clearly enough that both of you can make better choices together.

PUT IT INTO PRACTICE

Try This With an Animal You Know

Choose a calm, everyday situation. You might tell them about:

- a visitor, caregiver, veterinarian, or farrier arriving
- a short absence or trip
- a carrier, trailer, grooming, or handling experience
- a change in feeding, turnout, enclosure, or household routine
- a new animal or person joining the family
- something unfamiliar happening in their environment

Choose something that is not emotionally overwhelming. Then use the three steps:

- 1 Get Clear** What will happen, and what does the animal need to understand?
- 2 Share the Story** Use words, mental pictures, feelings, and intention.
- 3 Notice Their Response** Observe what changes during the conversation and afterward.

AN IMPORTANT DISTINCTION

What Sending a Message Can - and Cannot - Do

Sending a message can help an animal understand plans, changes, expectations, routines, boundaries, choices, and how you feel.

But communication is not a guarantee that an animal will agree or behave exactly as you want. They are not machines. They have their own viewpoint, needs, instincts, feelings, and choices.

A complete conversation requires learning how to:

- receive the animal's messages
- recognize which intuitive channel the information is arriving through
- interpret what you receive accurately
- distinguish your own thoughts from the animal's
- ask useful follow-up questions
- remain grounded when the topic is emotional or important

Those are learnable skills. Communication also supports good veterinary care, training, behavior work, and practical action - it does not replace them.

DEVELOPING REAL CONFIDENCE

The Difference Between a Lucky Guess and a Reliable Skill

Many animal lovers already receive intuitive information. You may suddenly know an animal needs something, feels uncomfortable, or is trying to get your attention. Then doubt appears: Was that really the animal? Did I imagine it? Was I projecting?

Confidence grows when you understand how communication works, how your intuitive senses deliver information, what can interfere with accuracy, and how to validate what you receive.

You already have intuitive abilities. The next step is learning how to use them consciously, responsibly, and accurately.

A HEART WISDOM INSIGHT

Sending a Message Is Powerful. Hearing Their Answer Changes Everything.

Imagine what becomes possible when animals can talk to you.

- They can tell you what they think happened.
- What they are worried about.
- What hurts or what they need.
- Why they made a particular choice.
- What they misunderstood.
- What they want you to understand.

YOUR NEXT STEP

Congratulations! Now You Know How to Send Messages to Animals.

Communication is better when you know how to enjoy real conversations with them, about anything, anytime, anywhere.

Sending is only half of communication. Next, learn how to receive what animals are thinking and feeling, interpret their messages, ask useful questions, and continue the conversation.

THE ONLY ANIMAL COMMUNICATION TRAINING PROGRAM PERSONALLY ENDORSED BY PENELOPE SMITH

“Val Heart has created a comprehensive program of teaching, coaching, and mentoring. The extensive offerings of the Animal Talk Coaching & Mastery Club® enable aspiring professionals to get continued practice with live one-on-one guidance and master classes. What a cornucopia of training from a very experienced teacher!”

— Penelope Smith, Grandmother of Interspecies Telepathic Communication · Author of *Animal Talk, When Animals Speak* · animaltalk.net

YOUR HEART WISDOM LEARNING PATH

START HERE

See How the Heart Wisdom Method® Works in Real Conversations

This ebook introduced you to a few essential Heart Wisdom principles. The Heart Wisdom Method® Essentials Collection takes you much deeper into the philosophy, stories, questions, and problem-solving approach behind the Method.



The Collection includes:

- Val's bestselling Heart Wisdom Method® book
- the QuickStart experience and Quick Reference Guide
- the Author Q&A and observed communication experience
- Bouffie's remarkable healing story and Val's live demonstration of the Method in action

This is the next step when you want to understand why the Heart Wisdom approach works, see deeper communication and problem-solving in action, and discover what becomes possible when you stop guessing and start listening.

WHAT STUDENTS EXPERIENCE

"This is the best animal communication book and training I have found, and I own quite a few." — Klaudia Schmidt

"This is a heartfelt journey into a world many of us long for, one where every animal is truly heard, loved, and understood. Val Heart's Heart Wisdom Method isn't just a technique; it's a doorway into a whole new way of being with animals. Her approach is compassionate, grounded, and deeply intuitive." — Jade Dumestre

[Explore the Heart Wisdom Method® Essentials Collection →](https://learnhowtotalktoanimals.com/the-heart-wisdom-method-essentials)

<https://learnhowtotalktoanimals.com/the-heart-wisdom-method-essentials>

NEXT

Learn How to Receive Their Thoughts & Feelings to Enjoy Full Two Way Conversations

You have practiced sending a message. Now comes the part animal lovers want most: learning how to receive what animals are thinking and feeling, understand what their messages mean, and continue the conversation.



The Beginning Core Foundations Course is where you learn the foundational communication skills in depth.

- receive animals' messages instead of only sending your own
- recognize and interpret the information you receive
- understand what the animal means instead of stopping at the first impression
- ask useful questions that keep the conversation moving
- develop true two-way communication you can continue practicing and improving

This is the training that gives you the basics you need before advanced practice and coaching can really help you grow.

WHAT STUDENTS SAY

“I was able to connect with animals at will; fine tune my interpretations and increase confidence in my sending ability.” — Sarah Griffith, SKG Dressage

“Animal communication is enhancing my career as a dog trainer. It's been a huge growth experience. After just the second class, I could already see results. I'm learning to utilize their strengths in a way I never could before.” — Marlene Ring, PAWSitive Solutions Dog & Puppy Training, TX

“This is incredibly comprehensive. Your trauma-informed, multidimensional approach — plus Penelope Smith's endorsement — really stands out.” — Antonina Hartley

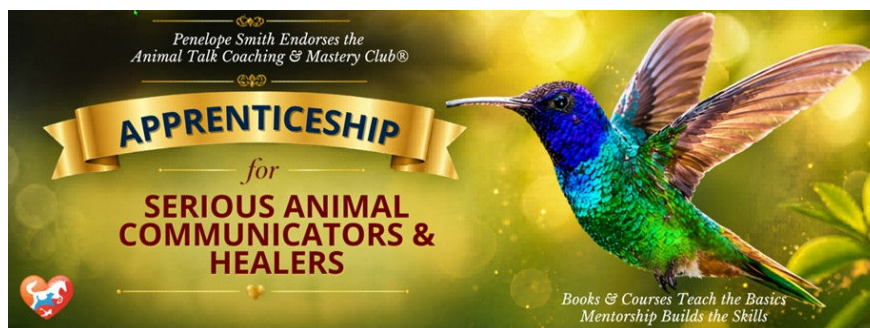
[Learn the Beginning Core Foundations of Animal Communication →](https://learnhowtotalktoanimals.com/all-online-courses/beginning-animal-communication/)

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

THEN

Practice With Expert Coaching to Build Confidence & Accuracy

Learning the basics opens the door. Becoming confident and accurate takes practice, useful feedback, expert coaching, troubleshooting, and continued growth.



The Animal Talk Coaching & Mastery Club® is where serious communicators and healers keep developing their skills.

- practice what you have learned instead of trying to figure everything out alone
- get coaching and feedback when you are confused, stuck, or unsure
- strengthen your accuracy, confidence, and clinical thinking
- learn from real cases, advanced Masterclasses, and other communicators
- keep growing from the basics into more capable, reliable communication and healing work

Think of the Club as your ongoing apprenticeship: the place where the basics get practiced, challenged, refined, and turned into reliable real-world skills.

[Explore the Animal Talk Coaching & Mastery Club® →](https://go.learnhowtotalktoanimals.com/animal-talk-coaching-club-main)

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WHAT MEMBERS SAY

“Superb! What a profound confidence booster! I feel overwhelmed with gratitude for you, what you teach, your wisdom, and your willingness to share your hard earned knowledge and experience with us. When I started on this path not once did it cross my mind that your teachings would transcend the physical world and reach into my soul and brighten it too. Your mentorship is truly incredible and such a blessing.” — Stephanie L. Brown, professional communicator

“The Masterclasses have changed the way I do ALL my communication sessions.” — Penny Stone, professional communicator

“I was doubting myself, but this changed everything. Val's courses, teaching and Club mentorship helped me recognize, embrace and learn how to use claircognizance and all the other intuitive abilities in my work. If you wish to go pro like I did, Val has provided all the steps and they work!” — Barb Grout, professional communicator

“I’ve gone through 5 Masterclasses in the Treasure Vault on day 1 of my membership!! Your program is massive, a lifetime of great information!” — Susie Townsley

“When Val moves into the heart connection flow during communication and healing demonstrations, I can feel it and ride that flow with her. That helps me get where I want to go with my own skills.” — Mary Helen Schmidt

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.

Every animal has a voice, a viewpoint, feelings, questions, wisdom, preferences, and experiences that matter.

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

About Val Heart

Val Heart is a professional animal communicator, master healer for pets and people, teacher, author, mentor, and founder of The Heart School of Animal Communication® and the Animal Talk Coaching & Mastery Club®.

Since 1993, she has guided animal lovers, students, professionals, and families around the world to communicate more clearly with animals, understand the deeper reasons behind behavior and health concerns, and develop the intuitive skills needed to help animals with greater confidence and accuracy.

Val is the creator of the Heart Wisdom Method®, an approach to animal communication built on listening with curiosity, understanding the animal's unique point of view, asking better questions, and working in partnership with animals to get the best results.

Val is the #1 International Bestselling Author of Advanced Animal Communication with the Heart Wisdom Method®, a next-level roadmap for communicators who want to improve their skills and results.

The book shares advanced teachings, real cases, and practical insights from Val's decades of experience. Readers can find it through The Heart Wisdom Method® Essentials Collection at The Heart School of Animal Communication® and on Amazon:

<https://a.co/d/0dqqgCFR>

Through her books, courses, Masterclasses, private work, and ongoing mentoring, Val's mission is to raise the standard of animal communication and healing so animals are listened to with respect, understood more deeply, and helped more effectively.

“When we learn to truly understand animals, we do more than improve their lives. We become wiser, more compassionate, and more fully ourselves.”

Learn more at [**LearnHowToTalkToAnimals.com**](https://LearnHowToTalkToAnimals.com)