

Learn How to

Talk With Your Dog

A Heart Wisdom
Introduction to
Animal
Communication



Learn how to
communicate with
your dog so they
understand you.



Val Heart

A TRUE STORY

The Day Einstein Screamed

My Miniature Schnauzer, Einstein, had only been outside for a few seconds when I heard him scream.

Not bark. Not yelp. Scream.

I ran outside and found him trembling, crying, and holding one paw as high off the ground as he could. Something had happened - but I could not see blood, a thorn, or any obvious injury.

I did what I know how to do.

I asked him. And then, I listened carefully to what he told me.

Einstein showed me the moment it happened: he had stepped down while running, felt a sudden stabbing pain, and become terrified. As I listened, examined his paw, and asked more questions, I understood that he had most likely stepped on a stinging insect.

Knowing what had happened helped me respond quickly and appropriately. But something else mattered just as much: Einstein knew I had heard him.

I stayed connected with him while I cared for his paw. I reassured him, explained what I was doing, and let him know he was safe. As he felt understood, his fear began to settle. Within a few hours, he was out of pain and happy again.

Being heard and understood changes everything.

THE HEART WISDOM METHOD®

Understanding Comes Before Answers

What happened with Einstein 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 the 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?

With the Heart Wisdom Method® you can solve the problems everyone else tells you to live with because you can enjoy deeper conversations.

Your Dog Is Already Communicating

Your dog communicates with you all day long. They communicate through:

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

They notice far more than most people realize. They feel when you are calm, worried, frustrated, excited, or sad. They pay attention to the pictures in your mind, the feelings in your body, the words you speak, and the intentions behind them.

They are also constantly trying to make sense of the world from their own viewpoint.

Animal communication does not begin with forcing an answer, trying to control behavior, or bombarding your dog with questions.

It begins with learning how to become quiet enough, connected enough, and clear enough to have a real conversation.

The question is not whether your dog is 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 your dog, it helps to understand three important principles. These principles will change the way you see your dog - and the way your dog experiences you.

1

Your dog has a viewpoint

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

2

Communication is a conversation

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

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

PRINCIPLE ONE

Your Dog Has a Viewpoint of Their Own

Your dog is not simply reacting to commands, routines, rewards, or corrections. They are interpreting what is happening.

- feelings and memories
- beliefs and concerns
- preferences and needs
- intentions and their own understanding of the situation

Sometimes what looks like stubbornness is confusion. What looks like disobedience may be fear. What looks like aggression may be protection. What looks like a "bad behavior" may be an attempt to solve a problem you do not yet know exists.

Understanding does not mean allowing unsafe behavior. It means discovering what is driving the behavior so you can respond wisely instead of relying on punishment, guesswork, or assumptions.

When you understand your dog's viewpoint, better solutions become possible.

**Instead of asking only, "How do I stop this behavior?"
Ask, "What is my dog trying to communicate?"**

PRINCIPLE TWO

True Communication Is a Two-Way Conversation

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

- where they are going and when they will return
- why a visitor is coming
- what is about to happen at the veterinarian
- why a behavior needs to change
- how deeply they are loved

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

Your dog may have questions. They may disagree. They may be worried about something you have not considered. They may have misunderstood what is happening. They may need more information before they can cooperate.

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

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

PRINCIPLE THREE

Clear Communication Begins with Your State of Being

Your dog receives much more than your spoken words. They also notice:

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

Imagine telling your dog, "Everything is fine," while picturing something going terribly wrong. Your words say one thing. Your feelings and images say something else. That mixed message can create confusion.

Before communicating, take a moment to settle yourself. Breathe. Become present. Feel your connection with your dog. Notice what you are thinking and feeling. Then decide what you genuinely want them to understand.

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

Clear communication begins with inner clarity.

A HEART WISDOM CASE FILE

When No One Asked the Dog

A dog trainer named Kim came to me because her talented agility dog, Jody, had changed dramatically.

Jody had always been sweet, loving, highly trained, and wonderful with people. Then, seemingly out of nowhere, she became dangerously reactive.

- She lunged at dogs.
- She threatened people.
- Kim could no longer take her for an ordinary walk without worrying that someone might get hurt.

Because Kim was an experienced dog trainer, she had already tried everything she knew. Nothing worked.

The situation became so serious that she feared she might have to rehome Jody - or even have her euthanized. Kim was heartbroken.

Had she done something wrong? Was Jody sick? Was she in pain? Had something frightening happened?

Everyone could see the behavior. But no one knew what the behavior meant. No one had asked Jody.

What She Believed Was Happening

When I communicated with Jody, we discovered that her behavior was not random. She believed she was protecting her family.

Jody had been nearby while Kim and her children watched television programs about frightening attacks in their community. The people on the screen were afraid. Kim and her children felt upset. Jody noticed all of it.

Dangerous people and dangerous dogs are out there. My family may be in danger.

The problem was that Jody did not know who the danger was. So she became indiscriminate. Instead of protecting her family from one identifiable threat, she began treating unfamiliar people and dogs as possible enemies.

What looked like sudden, senseless aggression was actually protection based on a misunderstanding.

Once we understood what Jody believed, we could address the real problem. We explained what she had seen, clarified what was and was not happening in her own life, and helped her understand what her family actually needed from her.

Her behavior changed dramatically. She remained with the family she loved and was able to return to her activities.

The breakthrough did not begin with a better correction. It began with a better question: Jody, what do you believe is happening?

That is the Heart Wisdom Method® in action. We did not force a solution onto the behavior. We learned to understand so deeply that the next right step revealed itself.

The Heart Wisdom Method® is a way of seeing, listening, and discovering what the animal is thinking and feeling from their unique viewpoint.

YOUR FIRST PRACTICE

How to Send a Message to Your Dog

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

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

START HERE

Get Clear

Before you begin, decide exactly what you want your dog to understand.

- What is going to happen?

- Why does my dog need to know?
- What part might matter most to them?
- How do I want them to feel?
- Is there anything I am worried about that could muddy the message?

Take a few slow breaths. Relax your body. Bring your attention into the present moment. Feel your affection for your dog. Then gently get their attention.

You can say their name aloud or quietly in your mind. You do not have to stare at them, force them to sit still, or make the moment overly serious. Simply connect.

The clearer you are about their experience, the easier it becomes to communicate in a way that makes sense to them.

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

NEXT

Share the Story

Now tell your dog what is going to happen. You can speak aloud, silently, or both.

As you communicate, imagine the experience like a short movie in your mind. Show the events in order.

For example, if you are leaving the house, you might picture:

1. yourself getting ready
2. walking out the door
3. your dog resting safely at home
4. time passing peacefully
5. you returning
6. greeting one another happily

Include the feelings you want your dog to associate with the experience. Feel calm. Feel safe. Feel the certainty of returning.

Your dog may receive parts of your message as words, but they may also receive the pictures, emotions, physical sensations, and intentions that accompany them.

Keep your message simple, honest, and internally consistent.

THEN

Notice Their Response

After sharing the message, pause. Do not immediately repeat yourself ten times.

Notice your dog:

- Has their body softened?
- Did they sigh, blink, turn toward you, move away, settle down, or become curious?

- Did their energy seem to shift?
- Did you suddenly feel an emotion, thought, image, word, or physical sensation?

Your dog's response may be obvious, or it may be subtle. They may understand and cooperate. They may be uncertain. They may disagree. They may need more information.

Communication is not successful only when your dog does what you hoped. The goal is to create understanding.

Your job is not to overpower your dog'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 Your Dog

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

- a visitor who will arrive later
- a short errand you are going to run
- a walk you plan to take
- a change in their feeding time
- a grooming appointment
- a delivery person coming to the door
- where you would like them to rest while you work

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

1

Get Clear

What will happen, and what does your dog 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.

Write down what you communicated, what you noticed, anything intuitive you received, and what happened later. Do not worry about proving anything. Approach the experience with curiosity.

What Sending a Message Can - and Cannot - Do

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

But communication is not a guarantee that your dog will agree or behave exactly as you want. Your dog is not a machine. They have their own viewpoint.

They may have physical pain, emotional concerns, past experiences, instincts, or unmet needs that also affect what they do.

A complete conversation requires learning how to:

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

Those are learnable skills. You do not have to be born knowing how to do all of this perfectly. But you do need good instruction, thoughtful practice, and reliable feedback.

Sometimes the most important part of the conversation is not what you tell them. It is what they need to tell you.

The Difference Between a Lucky Guess and a Reliable Skill

Many animal lovers already receive intuitive information. You may have experienced moments when you simply knew your dog needed something, was uncomfortable, wanted you to follow them, had been frightened, or was trying to get your attention.

Then doubt crept in.

- Was that really my dog?
- Was I imagining it?
- Was I projecting?
- Did I interpret it correctly?

That uncertainty is normal in the beginning. Confidence does not come from telling yourself to believe harder.

It grows when you learn how communication works, how your intuitive senses deliver information, what can interfere with accuracy, how to validate what you receive, and how to practice with feedback.

Animal communication is a skill - not a mysterious gift that some people have and others do not. You already have intuitive abilities. The next step is learning how to use them consciously, ethically, and accurately.

A QUICK STORY

She Thought the Dog Wasn't Talking

During a class, one of my students greeted a dog. He looked at her, then showed her an image of himself happily digging in the yard.

She decided she was doing it wrong because she did not hear him speaking in words - so she stopped. But the dog had already responded twice. He acknowledged her greeting, then shared something about himself.

She was receiving. She simply had not yet learned how to recognize what she was receiving. That is the next skill that turns sending messages into real conversation.

YOUR NEXT STEP

Congratulations! Now You Know How to Send Messages to Your Dog.

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

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

Introducing The Heart School of Animal Communication®

The Heart Wisdom Method® of Animal Communication Training

From First Steps to Full Practice

From your very first introduction to animal communication through advanced professional-level mastery, The Heart School offers foundational courses, essential skills-development toolkits, live coaching and mentoring, and unique resources designed to build the skills, confidence, and depth that set Heart School students apart.

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 real-world applications 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 learn to listen and think differently.

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)

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NEXT

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

You have practiced sending a message. Now comes the part dog lovers want most: learning how to receive what your dog is thinking and feeling, understand what their messages mean, and enjoy a real back-and-forth conversation.



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

- receive your dog's messages instead of only sending your own
- recognize and interpret the information you receive
- understand what your dog 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

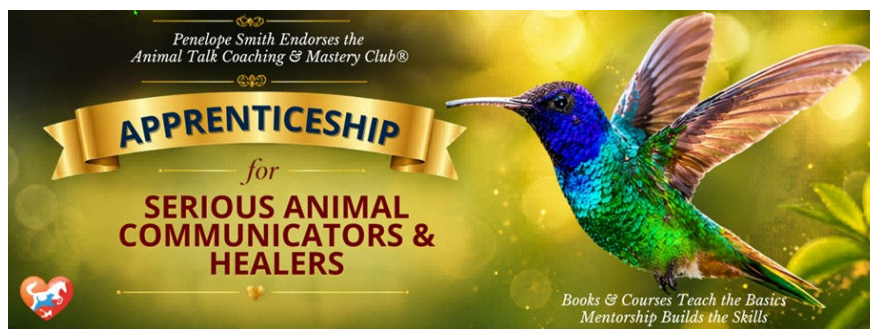
[Learn the Beginning Core Foundations of Animal Communication →](https://learnhowtotalktoanimals.com/all-online-courses/beginning-animal-communication/)

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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.

Your dog 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/0dqggCFR>

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