

Learn How to

Talk With Your Horse

A Heart Wisdom
Introduction to
Animal
Communication

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

Val Heart



When Moonglow Lost Her Spark

Moonglow was a beautiful young racehorse beginning her training away from home. Instead of becoming stronger and more eager, she was becoming depressed, irritable, and withdrawn.

Her head hung low. She deliberately lay in the muck in her stall. The veterinarian had examined her several times, but no physical explanation had been found. Her family was frightened that something might be terribly wrong with her.

So I asked Glow what was happening.

She told me the saddle hurt her shoulders. The bit hurt her mouth. Her growing two-year-old body ached. She missed her family herd and did not understand why she had been taken away without saying goodbye.

The trainer and groom felt unfriendly to her. The other horses mocked her because she did not know what a racehorse was supposed to do. No one had explained why she was there, what she was learning, or that she would eventually go home.

I took my time and explained everything in a way Glow could understand. I answered her questions, acknowledged her pain and fear, and told her why she had been sent to the training farm.

Then we discovered something important: one of Glow's greatest joys was running very fast. Suddenly, racing made sense to her. Training was no longer a collection of painful, confusing demands. It had a purpose connected to something she loved.

The change was immediate. Glow lifted her head, came forward, nuzzled me, and became curious about racing strategies and how the game worked. She stopped lying in the muck, made friends, embraced her training, and later won many races before retiring into a new career.

Being listened to with respect and understood changes everything.

THE HEART WISDOM METHOD®

Understanding Comes Before Answers

Moonglow's story 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 horse 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?

You can solve the problems everyone else tells you to live with because you can enjoy deeper conversations.

The first question is often very simple:

What is my horse trying to help me understand?

THE CONVERSATION HAS ALREADY BEGUN

Your Horse Is Already Communicating

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

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

Horses are extraordinarily sensitive and observant. They notice subtle shifts in your breathing, muscles, attention, emotions, expectations, and energy. They often know what you intend before you touch the lead rope, lift the saddle, or walk toward the trailer.

They are also constantly interpreting everything from their own viewpoint.

Animal communication does not begin with forcing an answer, trying to control behavior, or bombarding your horse 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 horse 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 horse, it helps to understand three important principles. These principles will change the way you see your horse - and the way your horse experiences you.

PRINCIPLE ONE

Your Horse Has a Viewpoint of Their Own

Your horse is not simply reacting to cues, pressure, tack, routines, or rewards. They are interpreting what is happening.

- 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 laziness may be pain, fatigue, or discouragement. What looks like defiance may be fear or disagreement. What looks like a training problem may be a communication problem.

Consider a horse who refuses the trailer. The reason may involve pain, a frightening memory, concern about where they are going, a problem with the trailer itself, or something you have not thought to ask yet.

Understanding does not mean ignoring safety or allowing dangerous behavior. It means discovering what is driving the behavior so you can respond wisely instead of relying on force, assumptions, or labels.

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

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

PRINCIPLE TWO

True Communication Is a Two-Way Conversation

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

- why the trailer is coming
- what will happen at a competition or clinic
- why a new rider, trainer, or stable is involved
- what a veterinary or farrier visit will include
- why a routine or training expectation is changing

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

Your horse may have questions. They may disagree. They may be worried about something you have not considered. They may know something about their body, environment, tack, rider, or herd that you do not.

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

**What you want your horse to understand matters.
What your horse needs you to understand matters too.**

Clear Communication Begins with Your State of Being

Your horse receives much more than your spoken words. They 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 grounded or afraid
- whether your message is clear or conflicted
- whether your words match your true feelings

Imagine telling your horse, “This trailer ride will be fine,” while picturing resistance, danger, or disaster. Your words say one thing. Your inner state says another.

Before communicating, pause. Breathe. Feel your feet. Soften your body. Become present. Then decide what you truly want your horse to understand.

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

Clear communication begins with inner clarity.

A HEART WISDOM CASE FILE

When Valkyrie Finally Felt Heard

In January 1993, I was helping a friend with her beautiful black Percheron mare, Valkyrie. She had suffered a serious hip injury that was not healing.

As I stood with her, I heard Valkyrie’s voice as clearly as a human voice. She told me what had happened, how angry and frightened she felt, and how deeply the experience had hurt her.

Her body was hurting, but there was more to the story than the physical injury.

Valkyrie needed someone to understand what the experience had meant to her - not simply what had happened to her body.

I listened while she shared the fear, anger, memories, and emotions she had been carrying.

As Valkyrie shared and finally felt understood, something remarkable happened in front of us.

Hearing Her Story Was Part of the Healing Puzzle

A fist-sized knot on her hip that had remained for months visibly disappeared before our eyes.

That moment changed the course of my life and the way I understood communication, healing, and the intelligence of animals.

- It taught me to look beyond the obvious physical problem.
- It taught me that a horse's emotions and memories can matter.
- And it taught me how powerful it can be when a horse finally has the opportunity to tell their side of the story.

Valkyrie did not need me to interrogate her or force an answer. She needed to be listened to and understood.

Valkyrie had been in pain for months and nothing seemed to help her. Communication revealed the part nobody knew but her.

Her experience became one of the earliest lessons that shaped what would eventually become the Heart Wisdom Method®.

The better question is not only "What is wrong?" It is also "what is my horse trying to help me understand?"

Sometimes the next right step appears only after your horse has had the chance to tell their side of the story.

**When Valkyrie finally felt heard,
a fist-sized knot on her hip visibly disappeared before our eyes.**

YOUR FIRST PRACTICE

How to Send a Message to Your Horse

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

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

Get Clear

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

- What is going to happen?
- Why does my horse need to know?
- What part might concern them?
- What would help them feel more secure or prepared?

- Am I carrying fear, frustration, or pressure that could muddy the message?

Take a few slow breaths. Relax your body. Feel your feet and your connection with the ground. Bring your attention into the present moment. Feel your affection and respect for your horse.

Your horse does not have to stand perfectly still or look directly at you. Let them be comfortable while you communicate.

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 horse's viewpoint. What might they wonder? What might concern them? What is in it for them?

Share the Story

Now tell your horse 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 trailer trip, you might picture:

the trailer arriving or being prepared

1. your horse loading calmly
2. traveling safely with you
3. arriving at the destination
4. what will happen while you are there
5. loading for the trip home
6. returning safely to familiar surroundings

Let your feelings support the message. Feel calm. Feel steady. Feel the certainty of moving through the experience together.

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

Keep your message simple, honest, and internally consistent.

Notice Their Response

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

Notice your horse:

- Did their body soften, their breathing change, or their head lower?
- Did they lick, chew, sigh, blink, turn toward you, or move away?
- Did their posture, attention, or energy shift?
- Did a feeling, image, word, thought, or physical sensation enter your awareness?

A response does not always look like agreement. Your horse may be processing, concerned, curious, or disagreeing.

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

Your job is not to overpower your horse'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 Horse

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

- a farrier or veterinary visit
- a lesson, clinic, or competition
- a trailer trip
- a change in turnout or feeding routine
- a new horse joining the herd
- a new rider, trainer, or caregiver
- when you plan to return

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

1

Get Clear

What will happen, and what does your horse 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.

AN IMPORTANT DISTINCTION

What Sending a Message Can - and Cannot - Do

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

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

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

A complete conversation requires learning how to:

- receive your horse's messages
- recognize which intuitive channel the information is arriving through
- interpret what you receive accurately
- distinguish your own thoughts from your horse'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, and practical action - it does not replace them.

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

DEVELOPING REAL CONFIDENCE

The Difference Between a Lucky Guess and a Reliable Skill

Many horse lovers already receive intuitive information. You may have experienced moments when you simply knew your horse was worried, uncomfortable, anticipating something, or trying to get your attention before you could explain why.

Then doubt crept in.

- Was that really my horse?
- 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 responsibly.

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

**Animal communication is a skill - not a mysterious gift
that some people have and others do not.**

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

You've just learned how to become clearer, more thoughtful, and more intentional when sending a message to your horse. That alone can change a great deal.

Imagine what becomes possible when your horse 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.

And sometimes, as you saw with Moonglow and Valkyrie, they can reveal the missing piece that changes how you understand the entire situation.

That is when communication becomes a conversation - and conversations are where understanding deepens, problems begin to make sense, and possibilities appear that you could never discover by talking at your horse instead of talking with them.

YOUR NEXT STEP

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

Now it's time to learn how to enjoy a real conversation with your horse.

This is only the beginning. The next step is learning how to receive, interpret, clarify, and continue the conversation.

But sending is only half of communication. To enjoy a real two-way conversation, you need to learn how to receive your horse's thoughts and feelings, recognize how the information is arriving, understand what it means, and reply.

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

Val's vision is a world where animals are no longer silenced, misunderstood, or treated as less-than - a world where people learn to listen with compassion, act with wisdom, and walk beside animals as soul partners.

Every true conversation becomes a bridge of love and understanding. As you learn to communicate with animals, you are not simply learning a skill; you are helping create a world where their voices, feelings, wisdom, and purpose are honored - and where the love you share can change both of you.

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 way I listen, think, ask questions, and uncover what is really happening before trying to solve the problem. It is not the Beginning Course. The two are entirely different and work together. The Collection helps you understand the Method, see it in action, and recognize how much more may be going on beneath the surface - and it includes the QuickStart course as a bonus for newer communicators.



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 demonstrated, and begin expanding what you notice beyond the obvious behavior or question.

Explore the Heart Wisdom Method® Essentials Collection →

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

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

NEXT

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

You have practiced sending a message. Now comes the part horse lovers want most: learning how to receive what your horse is thinking and feeling, understand what it means, 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 horse's messages instead of only sending your own
- recognize and interpret the information you receive
- understand what your horse 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.

Discover How to Enjoy Real Two-Way Conversations With Your Horse →

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

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

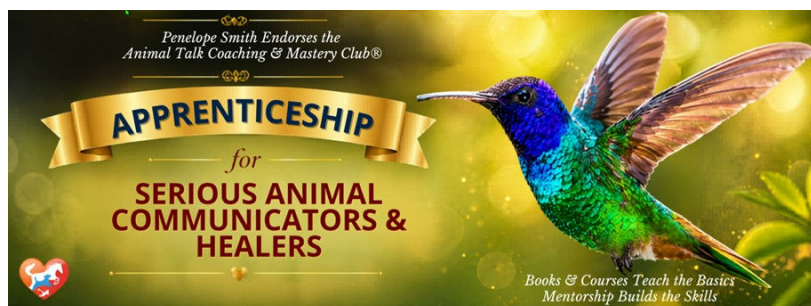
"Animal communication is enhancing my career as a dog trainer. It's been a huge growth experience. After just the second class, I could already see results. I'm learning to utilize their strengths in a way I never could before." — Marlene Ring, PAWSitive Solutions Dog & Puppy Training, TX

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

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 experience with many different horses, animals, and situations.



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 real skill.

Explore the Animal Talk Coaching & Mastery Club® →

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

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

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 your horse, healing a relationship, building a business, or navigating your own life, wisdom rarely arrives by forcing solutions. It arrives by seeing clearly, asking better questions, and experiencing real conversation.

Your horse has a voice, a viewpoint, feelings, 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.

MEET YOUR TEACHER & MENTOR

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/0dgggCFR>

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)