



# Into the Mystery Welcome to the World of Animal Communication

by Susan Hamlin  
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**A**nimals are intelligent beings with great heart. They are ambassadors to the natural world, holding open a link to instinct, tribal confidence and community we humans often lose in the rush of "progress." People from all walks of life are asking the question, "How do I learn to talk with the animals?" My reply is, "You already do." Here are answers to some of the questions I'm often asked in my Animal Communication workshops.

**How Does This Work?** Animal communication is a mind to mind way of communicating that doesn't use spoken word. It uses energy waves. Just like our eyes translate light waves into visual images, and our ears can tell if it's Black Eyed Peas or our neighbor's garage band, our higher senses can hear the quiet whispers of the natural world. We call this interspecies telepathic communication, or intuitive communication.

People are born with a natural sensitivity to these communications. "Trusting your gut" is one way to connect with this information. But most of us overdevelop our rational minds as we're schooled into adulthood. Add the noise and urgency of the modern lifestyle and the subtler vibrations of "energy instant messaging" are easy to miss. Traditional Aboriginal people still know how to do this, so the human biology is wired for telepathy.

Animals are poking 'round in our heads all the time. Has your dog ever been waiting at the door just when you got home? Or disappeared when you decided to get the nail clippers or bath shampoo? Have you ever "known" when to turn 'round to rescue your pilfered meal from a rascal on four paws?

**What do the animals say?** Animals send pictures, feelings, sounds, smells, tastes and "thought blocks" we can -- sort of -- translate into words. Like people, they talk about what's important in their world -- relationships, their body, fears, pranks, messages for you, philosophical ideas, passing on, what they want for dinner. Their messages are funny, wise, and wonderful. Some animals I consult with can hardly wait to start telling me what's going on while others -- especially wild animals and those in distress -- are naturally protective.

**What about people who don't believe in this sort of thing? After all, we can't measure it in the laboratory.** There's a growing body of research proving the existence of telepathy and psychic phenomenon. Throughout history our physical measuring devices lag behind what we discover -- what we invent -- with our highly evolved senses. Germ theory, radio waves, astronomy, medical advances. For me, it's not about believing in anything -- it's about evidence. One night, as I was sitting at

dinner, my Labrador Retriever stood looking at my food. I playfully sent him the thought, "Sunny, sit down and I'll give you a treat." Wham! His bottom hit the floor, and Sunny happily collected his paycheck. We had such fun playing this game over and over. A Labrador following his bliss... eating from the table... and without spoken words!

**Okay I'm ready to try. Where do I start?** Start with a beginner's mind. Trust. The animal knows how to do this and is curious about *you*. The messages you get *will be different from someone else's*. You were born knowing how to do this -- you're just *remember-ing*. Trust your instincts and work with humility and loving kindness.

**What do I do next?** Nothing. Absolutely nothing. When students ask my kitty Paddy what they can do to communicate better he just answers, "Stop." Rushing into an animal's space like an American Idol contestant hitting the stage will shut him down, especially a formerly feral kitty.

So, gently pull your focus back. Cultivate a quiet, un-crowded, gentle presence. If looking at the animal use a "soft eye." Standing there in trust, gratitude and surrender, focus your attention on your heart and the love within. Wait with patience and respect. If you aren't humble you will be soon. The animal will see to it.

Now, you are focusing completely on what your senses are receiving. Take a few moments to appreciate the magic, the web of life, this beautiful animal before you. Breathe and wait. Animals will sense your sincerity and trust, and you will soon start to feel a link from his heart to yours.

Relax and enjoy being in communion with the animal in his environment. If you can, lie/stand with the animal on his turf. Feel your body, your breath, all your senses. Look out at his level. If you are invited to touch him, do so gently. Sense a soft "ping" of consciousness when he feels your hand. Just like when you sense when a human companion's attention drifts then comes back during a conversation, your animal friend is aware when you link with his world. Feel the shift from your self absorbed awareness to "all that is."

Together you are falling softly into the trust, into the mystery. Take your time. When you are ready, silently ask for permission to talk... "I'm listening." Wait in humility. He will be a gentle and wise teacher.

In future articles we will go more deeply into the process. For now, delight in the simple, heartfelt *communion* with your animal friend. And if you do hear anything, remember to say thank you.

**M**y work with animals is deeply rewarding and I am grateful to them for their honesty and friendship. I sincerely hope you can spend more time hearing the stories carried by your relatives of the land, sea and air. You -- and the world around you -- may never be the same.

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