**Module 6: Meditation**

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# Introduction to Meditation

As we have seen since the beginning of our training, animal communication is as much about self discovery as it is about discovering the inner lives of animals. That’s why we are introducing you to meditation in this module. Indeed, it is one of the best practices any animal communicator and any human can use to improve these essential aspects.

Meditation has been around for centuries and is growing in popularity today. Many of us even practice it. However, most people do not know much about meditation or how you use it effectively to help them achieve their goals. Meditation is a practice that’s evolving in many fields, and animal communication is no exception.

The purpose of meditation is to focus the mind and become more aware of the present moment. This can be helpful for any activity, and in your goal to be better animal communicators, it is particularly interesting, as you’ll discover throughout the module. Animal communicators must be in tune with their own emotions and feelings as well as the emotions and feelings of the animals they are communicating with. Meditation can help to cultivate this awareness and increase empathy for both yourself and others.

The benefits of meditation are vast and can improve many areas of your life. In addition to increasing empathy, it can also help to improve mental clarity, focus, concentration, memory, and creativity. It can also reduce stress, anxiety, and depression, as well as help to boost the immune system. Meditation can be helpful for all ages and all levels of experience.

When meditating, you work on your empathy, your intuition, your presence and focus, and your conscious awareness of things both inside and outside of ourselves. Meditation can also be used to calm and focus the mind. It can help you become more aware of your thoughts and feelings, and develop greater self-awareness. In addition, it can increase your sense of connection with other beings, both human and non-human. This increased sense of connection can be helpful in developing better communication with animals.

The practice of meditation can be beneficial for both people and animals. For people, it can help to increase physical and mental health, reduce stress, anxiety, and depression, and increase feelings of well-being. For animals, it can help to create a deeper bond between the animal and human caregiver, improve obedience training, and reduce stress and anxiety in animals.

## Summary of Key Points:

* Meditation is a practice that’s evolving in many fields, and animal communication is no exception.
* The purpose of meditation is to focus the mind and become more aware of the present moment.
* Meditation can help to cultivate awareness and increase empathy for both yourself and others, including animals.
* The benefits of meditation are vast and can improve many areas of your life.
* When meditating, you work on your empathy, your intuition, your presence and focus, and your conscious awareness of things both inside and outside of ourselves.
* One of the many benefits of meditating is that it can help to create a deeper bond between the animal and human caregiver, improve obedience training, and reduce stress and anxiety in animals.

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## Module Objectives

The goal of this module is to understand how meditation can help your practice as an animal communicator. By the end of this module, you will be able to:

* Understand what meditation is and what are its origins.
* Get to know the effects of meditation on your mind and body.
* Learn how to use meditation to serve your animal communication practice.

# Understand what Meditation Is

## What is Meditation?

Meditation is an ancient practice that has been used for centuries to find inner peace and deepen self-awareness. Today, meditation is often used as a way to focus and calm the mind, and there is growing scientific evidence that it can be beneficial to your mental and physical health.

Meditation is an action that involves focusing the mind and clearing the thoughts and distractions that tend to get in the way. This is accomplished through a combination of mental and physical techniques, such as deep breathing, visualization, and concentration exercises.

The goal of meditation is to achieve a state of mindfulness. In this condition, you are completely present in the moment and focused on your current experience. You are not thinking about the past or the future, and you are not judging or reacting to what is happening around you. This can be a challenge for many of us, as our minds are constantly jumping from one thought to another. But with practice, you can learn to focus on your breath or on an affirmation and let go of distractions.

On the outside, someone who is meditating may simply appear to be sitting quietly or repeating an affirmation over and over again. But inside their brain, there is actually a lot going on. Modern diagnostic tools like electroencephalography (EEG) or functional magnetic resonance imaging (fMRI) can show us how meditation can have a positive impact on your mental health and well-being.

There are many different types of meditation, and you may need to experiment a bit to find the type that works best for you. Some people prefer to meditate in silence, while others find that music or nature sounds help them to focus. You can also try different postures, such as sitting cross-legged or lying down.

As with many other animal communication tools, meditation works by tapping into the instinctual parts of your brain that allow you to connect with yourself and others at a deeper level. Through regular practice, you can learn to quiet your minds, reduce stress and anxiety, improve concentration, and even increase your levels of empathy and compassion.

There is no one right way to meditate: this is because different people will find different techniques that work best for them. Some common methods include focusing on your breath, using visualization or guided imagery techniques, practicing mindfulness or gratitude exercises, or connecting with your inner self through deep relaxation or trance-like states.

The goal when meditating isn’t becoming a different person, a new person, or even a better person. It's about gaining awareness and understanding through training, so that you can have a healthier perspective about things or events that surround you. The goal is not to silence your thoughts or emotions. Rather, you are working on developing the ability to view them without passing judgment. And eventually, you may start to better understand them as well.

Finally, and this is your ambition here, meditation can be a powerful tool for deepening your connection with animals. When you quiet your mind and open your heart, you can begin to understand an animal's thoughts and feelings more clearly. You may also find that animals are drawn to you more easily when you are meditating, as they can sense the peace and tranquility that comes from within.

## The Origins of Meditation

The origins of meditation are difficult to trace, as the practice itself is often seen as an inward experience that cannot be easily observed. However, there are a number of theories about where and how meditation began. One theory by Dr. Svend Davanger, a neuroscientist at the University of Oslo and author, suggests that meditation is as old as humanity itself, and that Neanderthals may have possessed some form of meditative capacity. This theory is based on the idea that the ability to focus and concentrate one's thoughts is a basic element of human consciousness and that the practice of meditation simply builds on this innate ability.

Other schools of thought have placed the origin of meditation within a structured set of practices and techniques based on artifacts and references in Eastern countries. This theory is based on the idea that these cultures have a longer history of spiritual practices, which often include forms of meditation. The earliest written records of meditation come from Hindu traditions in India, which date back to around 1500 BCE. These traditions describe a path for spiritual enlightenment called Vendatism.

Vendatism includes a number of different practices, including meditation, that are designed to help the practitioner achieve a state of union with the divine. One of the most well-known forms of meditation in Vendatism is Transcendental Meditation (TM), which was popularized in the West by Maharishi Mahesh Yogi.

Another speculation is that meditation originated in Buddhist India and Taoist China in the 6th and 5th centuries BCE. There were also early written accounts of meditation in the Pāli Canon, a set of scriptures from the Theravada Buddhist tradition. The precise origins are heavily debated, especially around Buddhist meditation.

Some evidence has also connected meditative practices with Judaism, thought to be inherited from its earlier traditions. The Torah (the first five books of the Tanakh, the Hebrew Bible) contains a description of the patriarch Isaac engaging in meditative prayer. Aryeh Kaplan, an American Orthodox rabbi, author and translator of the Torah, argues in 1985 that there are numerous examples in the Hebrew Bible of a central meditative tradition dating back to the time of the patriarchs. For example, in the book of Genesis chapter 24 verse 63, Isaac is described as going "lasuach", which means to meditate in Hebrew.

The Talmud mentions three types of meditation:

1. hitbonenut: means "contemplation" or "insight" meditation, in which one tries to attain a deeper understanding of a concept.
2. hisbodedut: translating as "seclusion" meditation, in which one meditates in solitude.
3. shmirat ha-nefesh: meaning "self-restraint" meditation, in which one tries to develop self-control and discipline.

Kaplan argues that these three types of meditation were always part of Judaism, and were later adopted by other traditions, such as Christianity and Buddhism.

Another form of meditation can be found in Islam, more specifically within the Sufi school of thought and tradition. Sufism dates back as far as 1400 years and is a practice in which Muslims seek to connect with Allah, meaning God through self-reflection and contemplation, and by shunning material goods. Sufism developed its particular practice of meditation, which includes a focus on breathing and the use of mantras.

The fact that meditation may be as old as humanity itself suggests that the practice is biologically grounded rather than culturally. As for animals, they have always been natural mediators, with their peaceful minds and open hearts. They are anchored in the now and they provide a great example of what we should aim to achieve during meditation. Also, animals experience life without all of the judgmental tendencies that humans have, making them ideal partners for those hoping to learn how to love unconditionally.

## Summary of Key Points:

* Meditation is an action that involves focusing the mind and clearing the thoughts and distractions that tend to get in the way. This is accomplished through a combination of mental and physical techniques, such as deep breathing, visualization, and concentration exercises.
* The goal of meditation is to achieve a state of mindfulness. In this condition, you are completely present in the moment and focused on your current experience.
* On the outside, someone who is meditating may simply appear to be sitting quietly or repeating a mantra over and over again. But brain scans show that meditation can have a positive impact on your mental health and well-being.
* There are many different types of meditation, and you may need to experiment a bit to find the type that works best for you.
* As with many other animal communication tools, meditation works by tapping into the instinctual parts of your brain that allow you to connect with yourself and others at a deeper level.
* Meditation is often seen as an inward experience that cannot be easily observed.
* The origins of meditation are difficult to trace, but the earliest written records of meditation come from Hindu traditions in India, which date back to around 1500 BCE. These traditions describe a path for spiritual enlightenment called Vendatism.
* Some evidence has also connected meditative practices with Judaism, thought to be inherited from its earlier traditions.
* Another form of meditation can be found in Islam, more specifically within the Sufi school of thought and tradition.
* The fact that meditation may be as old as humanity itself suggests that the practice is biologically grounded rather than culturally. As for animals, they have always been natural mediators, with their peaceful minds and open hearts.

## Exercice: A Prelude to Meditating

As you can imagine, there are many different ways to meditate. For a start, here is a simple guided meditation that you can use to discover how meditation works, and take notice of the effects it has on you.

Instructions:

1. Sit in a comfortable position with your spine straight.
2. Close your eyes and take a few deep breaths, allowing yourself to relax. Once you are relaxed, begin to focus on your breath.
3. Notice the sensation of the air as it goes in and out of your lungs. As you focus on your breath, allow all other thoughts and distractions to fall away. When your mind wanders, simply bring your attention back to your breath.
4. Stay in this state for 5-10 minutes. When you are finished, slowly open your eyes and take a few deep breaths before standing up.

This is one of the most simple ways to meditate. It could be great if you could engage in this exercise every day for a week, to give yourself an initiation to meditation. Take notes of your experience every day, and compare them at the end of the week to see your evolution, the effects meditation has on your stress levels, and, of course, how you’re better equipped to properly connect with animals.

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# Get to Know the Effects of Meditation on your Mind & Body

## Decreased Symptoms of Anxiety, Depression or Post-Traumatic Stress Disorder (PTSD)

People who meditate are more likely to see the following benefits: decreased symptoms of anxiety, depression, or post-traumatic stress disorder (PTSD). Meditation has been found to be an effective practice for these conditions. In a study by Johns Hopkins University School of Medicine, meditation was shown to be as effective as medication in treating patients with anxiety and depression. Madhav Goyal, assistant professor in the Division of General Internal Medicine at the Johns Hopkins University School of Medicine and leader of a study published online Jan. 6 in JAMA Internal Medicine, says: “in our study, meditation appeared to provide as much relief from some anxiety and depression symptoms as what other studies have found from antidepressants."

In another study, participants who completed an eight-week meditation program showed significant reductions in symptoms of PTSD. They also had a decrease in cortisol levels, which is a hormone released in response to stress. The production of cortisol in your body includes the release of inflammatory chemicals called cytokines, which can disrupt sleep, promote depression and anxiety, increase blood pressure, and contribute to fatigue and cloudy thinking. Meditation can thus help to regulate the body’s stress response and improve symptoms of PTSD.

In addition, meditation has been shown to increase resilience to stress. A study published in the journal Psychoneuroendocrinology showed that participants who meditated for eight weeks had a decrease in the reactivity of their stress response system. This suggests that meditation may help to buffer against the negative effects of stress on our health. Similarly, a meta-analysis including nearly 1,300 adults found that meditation may decrease anxiety. Notably, this effect was strongest in those with the highest levels of anxiety.

## Better Cognitive Function, Emotional Balance and Concentration

Meditation has also shown to improve cognitive function. A study published in the journal NeuroImage showed that people who meditated for eight weeks had increased gray matter density in certain areas of the brain. Meditation may also help to protect against age-related cognitive decline. It not only helps with regular memory loss that comes with age, but it can also improve the memory of those who suffer from dementia. This calming activity can also lower stress levels and help caregivers cope with loved ones who have dementia.

When it comes to improving attention and emotional balance, meditation has also shown notable results. “Meditation training can enhance various cognitive processes, such as emotional regulation, executive control and attention, particularly sustained attention”, according to a [study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3541490/) cited in the Social Cognitive and Affective Neuroscience Journal.

Having problems concentrating affects millions of adults. Interestingly but not surprisingly, one of the central benefits of meditation is that it improves attention and concentration: One [study](https://journals.sagepub.com/doi/10.1177/0956797612459659) found that just a couple of weeks of meditation training improved people’s focus and memory.

## Better Ability to Accept Your Emotional Reactions

Meditation practice trains the individual to notice and observe emotions simply as they are and to accept emotional reactions as they arise. That’s why [studies conducted have](https://www.frontiersin.org/articles/10.3389/fnins.2019.01074/full) proven meditation to be an effective, convenient, safe, and standardized way to improve emotion processing and to remain focused and peaceful.

Some meditation techniques can train people to change their behaviors based on current goals, rather than remaining inflexible.

The practice of meditation needs to be regular and taken seriously if you want to reach your goal of becoming a better animal communicator. It is consistency, regularity, and discipline that will bring you the desired results. One session of meditation from time to time will give you direct and brief effects, but it’s the long-term practice that will show practical results.

## How Does Meditation Work?

The precise mechanics behind how meditation works on energetic levels are still relatively unknown, but we have a good understanding of how it affects the brain. Studies have found that people who meditate regularly have differences in their brain structure, usually involving brain tissue that’s denser or certain areas of the brain that are larger than expected. This study is to be taken with caution, though, as another study claims there aren’t any differences when comparing changes in gray matter density, gray matter volume, or cortical thickness among the groups after several weeks of regular meditation.

These changes usually indicate that the neurons in those areas have more connections to each other and that the connections are stronger. The parts of the brain that are typically affected are those that manage or control your senses (vision, hearing, etc.), your ability to think and concentrate, and your ability to process emotions.

Researchers also found that people who practiced the mindfulness meditation-based techniques for more than 22 minutes each day had significantly smaller [amygdalas,](https://www.the-scientist.com/the-literature/distinct-regions-drive-responses-to-anxiety-fear-30158) a region of the body associated with stress and fear, after eight weeks. Mindfulness meditation is a type of meditation we’ll develop later in the course.

There is still much research to be done on the effects of meditation, but the evidence we have so far suggests that it can be a powerful tool for improving mental health and well-being.

Meditation is often used as a way to relax and de-stress, but it also has a number of other benefits. The brains of people who meditate regularly are healthier and less likely to show age-related loss of function. They also have a stronger ability to deal with and process negative emotions like fear, anger, and grief. Therefore, it seems that meditation works by exercising underactive parts of your brain and relaxing overstimulated parts. In short, it brings greater balance to your brain.

By increasing your awareness, focus, and emotional processing abilities, meditation also makes you more sensitive to perceive, intuit, and process stimuli that you would not normally detect underneath all the noise and distractions of your standard sensory experience. In this way, meditation can help you connect with yourself and the world around you in a deeper way.

## Summary of Key Points:

* People who meditate are more likely to see the following benefits: decreased symptoms of anxiety, depression or post-traumatic stress disorder (PTSD)
* Meditation can help to regulate the body’s stress response and improve symptoms of PTSD.
* Meditation may help to protect against age-related cognitive decline.
* When it comes to improving attention and emotional balance, meditation has also shown notable results.
* One study found that just a couple of weeks of meditation training helped people’s focus and memory.
* Meditation practice trains the individual to notice and observe emotions simply as they are and to accept emotional reactions as they arise, which can make you a much more sensitive communicator.
* Studies have found that people who meditate regularly have differences in their brain structure, usually involving brain tissue that’s denser or certain areas of the brain that are larger than expected.
* The brains of people who meditate regularly are healthier and less likely to show age-related loss of function.

## Exercice: A Meditation to Immediately Decrease Your Stress-levels

The benefits of meditation are many, and in this meditation exercise, you will be guided through a process designed to reduce the effects of stress on your mind and body. Through a combination of deep breathing, mindful awareness, and visualization techniques, you will learn to let go of stress in a safe and calming way.

Instructions:

1. Begin by finding a comfortable position in which you can relax without any distractions or discomfort. It’s best if you can sit upright with your spine straight so that your breath can flow freely. You may want to close your eyes if that helps to focus your attention inwardly or keep them open if feeling more connected to the world around you helps with concentration.
2. Now take a few moments to check in with how you’re feeling physically and emotionally; be aware of any tension or discomfort in the body but don’t try to force it away yet, just note it calmly without judgment or expectation. As thoughts come up in the mind, simply acknowledge them before letting them drift away like clouds in the sky. This is not a time for engaging with worries but for resting and releasing any stresses held within the body & mind.
3. Bring some awareness now to your breath; notice the sensations as air flows in and out of your body, feel how each inhalation brings nourishment and energy into the cells while each exhalation allows those tensions from earlier, both physical & emotional, to soften away from their places of storage within the body like melting ice cubes slowly dissolving into water…
4. Now begin to deepen your breath; consciously breathe deeper than usual without strain or forcing it too much. As you inhale, imagine that fresh air is filling up like a balloon lifting up all areas where tension was felt earlier until they’re full and overflowing with lightness and calm… On each out-breath release anything unwanted and heavy back down towards the ground... Continue this cycle several times so that all parts of your being benefit from this relaxation process ...
5. To finish off this meditation exercise, bring some attention now towards an image or sensation that evokes feelings of peace and relaxation. It could be walking along a beach at sunset watching waves break onto sand... Imagine being there now surrounded by serenity and tranquility noticing every detail until thoroughly soaked up by its beauty… Stay here as long as needed before opening eyes gently when ready...

When you are back to reality, take a little moment to process what just happened to you. Take notice of the sensations in your body, and analyze the quality of your thoughts. You can record the experience in your animal communication journal for reference and reflection.

## 

# Learn How to Use Meditation to Serve your Animal Communication Practice

Meditation is a very powerful technique when you want to enhance the quality of your connections with animals. That is because the benefits of meditating have a direct effect on your ability to observe animals around you, stay grounded in the present, and be receptive to anything they want to share with you. When you are used to meditating, you open yourself to receiving intuitive messages that can help you better understand and learn from the animals in your life.

When you practice meditation regularly, you will become more in tune with your body’s energy flow and be better able to recognize subtle non-verbal cues from other species. You can also use meditation to strengthen your intuition, allowing you to access deeper levels of understanding during animal interactions. Meditation helps you clear mental clutter and open up channels for experiencing a deeper connection with animals on an emotional and spiritual level.

## The Benefits of Meditation on Your Animal Communication Practice

Meditation keeps you mindful and present:

You are more likely to be mindful and present when you meditate. This is because when you clear your mind, you are able to focus on the present moment more effectively. And when you do, you can be more aware of the animal’s body language, vocalizations, and other nonverbal cues.

In communicating with animals, meditation is one of the most efficient tools you have at your disposal, as it allows you to quiet your mind and become grounded in the now. This is important, because animals are very sensitive to your energy and emotions. If you are not focused and present, they will be able to pick up on that, and it will interfere with your ability to connect with them.

Meditation quiets your mind:

You’ll be more likely to quiet your mind when you meditate because you are essentially training your brain to focus on one thing at a time. You’ll become available to receive an animal’s signal without even realizing it.

Quieting the mind is essential because it allows you to access higher levels of intuition and understanding. In order to communicate effectively with animals, you need to be able to understand their language on another level. This means being able to read their body language and sense their emotions. When your mind is cluttered, it is difficult to focus on anything but the chatter in your head. This prevents you from being able to connect with animals in a meaningful way.

Meditation helps align your chakras:

People who meditate are able to align their Chakras, because you are bringing your body and mind into balance.

Aligning your chakras helps improve your communication with animals. The chakras are energy centers in the body that correspond with different aspects of your life. When they are out of balance, it can affect your ability to connect with others and communicate effectively. By aligning your chakras through meditation, you can create a more balanced and open state of mind that will allow you to better connect with animals.

Meditation makes you better at visualization:

The practice of visualization gets better with meditation as well. Indeed, when you meditate, you are able to visualize yourself achieving your goals with a quiet mind and via a stress-free spectrum.

When it comes to improving communication with animals, meditation helps achieve that goal. When you visualize connecting with an animal, you create a strong energetic connection between the two of you. This opens up communication channels that allow you to understand the animal's thoughts and feelings more clearly.

Meditation to achieve a state of heart coherence:

Mediators tend to achieve a state of heart coherence. This means that your heart rate and rhythm will be in sync. When this happens, you are able to reduce stress and anxiety levels, and your telepathic abilities to communicate with animals become much more important.

Not only can achieving heart-rate coherence provide you with a sense of relaxation, but it also generates a magnetic field that is strong enough to be detected by magnetic receptors from any significant distance. You may go back to Module 3, "The Neuroanatomy Of Animal Telepathic Communication," if you wish to go in-depth about the mechanics behind heart-rate coherence. Not only does this improve your ability to communicate telepathically, but it also improves your focus and performance in all activities.

Meditation helps amplify the power of affirmations:

Finally, affirmations can also play an important role in improving communication with animals. Affirmations are positive statements about yourself that you recite when meditating. They help you focus on your positive qualities and increase your self-confidence.

## How To Incorporate Meditation Into Your Animal Communication Practice

You’ve understood that meditation has many benefits for your animal communication practice. Indeed, when meditating, you can have a deeper, more genuine connection with your animal. It actually goes much deeper than a simple connection. Meditation can help you send specific messages or emotions to your animal. When you enter a state of mindfulness, and are able to keep your concentration like you do when meditating, it is possible to share the things you want with your animal companion.

The energy emanating from a person who is in a state of meditation is so powerful that it releases an ability to send signals like messages or emotions that can be felt by your animal.

Not only can meditation help you send messages to animals, but it also helps you open up to being receptive to whatever your animal needs you to know. Knowing that meditation is an exercise to cultivate being in a quiet and focused mind, we understand that it is a vehicle for enabling animal communication. It gets you to open up and become more receptive to any information or emotion your animal wants you to get simply because your mind will be ready to receive them.

To incorporate meditation into your animal communication practice, you have to train your mind to be quiet and focused. Meditation prepares and supports you in sending a message or emotion to an animal. When activating this energy, as you release your message to the animal, you’ll have the opportunity to receive a response from your conversation partner.

To enter into a state of meditation to communicate with your animal, find a quiet and comfortable place to be when practicing this meditation, and make sure nobody will disturb you for the next 15 to 20 minutes.

Follow these steps to get into a meditative state in order to connect with your animal companion.

1. Begin by connecting with the breath. Breathe deeply and easily and with your gentle awareness, allow your breath to slow and deepen to a peaceful pace. As your breath expands, it first fills your belly and then moves all the way up to the heart, to fill your chest.
2. Connect with the abundance of breath and know that the air that you draw in is shared with the animal with whom you wish to connect. All beings share the sacred breath.
3. You are already connected by the sacred breath of life. Your animal is filled with life, with energy, with love, just as you are. You too share much more than what our limited imagination makes us believe.
4. Take a moment to feel your connection to earth. Notice gravity. Notice that this is a faithful energy.
5. Direct your attention to your heart center, feeling the power of this unconditional love.
6. Now visualize the being with whom you would like to connect. Allow this being to be there as a witness as you turn your attention to the message that would like to extend.
7. The message might be healing, balance, support, or perhaps it is peace, appreciation, or anything you wish. Hold the energy of the message in your heart. Your heart surrounds it with unconditional love. Allow this message to be charged up with the intention of the highest good for all concerned. Know that the universe is composed of love, and therefore, the highest good, the highest love.
8. Take one more moment to focus upon your message. And now allow your heart to release the message with your intention: send this message to the animal that you would like to receive it. It is an offering, it is a gift. Release it so gently.
9. Now from this space of satisfaction, from having created this message of love, perhaps you would like to sit a moment with your heart open, receive your message back from your conversation partner. Allow yourself to feel gratitude and as you feel gratitude and you may feel it from the other. Recognize that this is a co-creation between the two of you. Recognize that the gratitude you feel is a message back to you.

You can practice meditation whenever you feel the need to connect with your animal to send him a particular message. Adapt it to what you want to share. The most important thing to keep in mind is that you need to clear your mind, so that it is calm and quiet. Ground yourself in the present moment, and concentrate on the message you want to share. Nothing else matters at that particular moment. This can be achieved when focusing on your breath (steps 1,2 and 3).

Your animal will feel the energy that is being sent. This involves sending loving energy and information through thought and intention. Make sure to be positive and full of love, as this will help create a stronger energetic connection between the two of you. It is important not to become frustrated if you do not immediately feel the connection; simply remain in the moment and know that whatever energy you are sending out will be received by your animal companion. With consistent practice, eventually this mindful connection should become easier and more natural over time, allowing for deeper understanding between both species. But it can also be an immediate and powerful connection.

## Summary of Key Points:

* You are more likely to be mindful and present when you meditate. This is because when you clear your mind, you are able to focus on the present moment more effectively.
* In communicating with animals, meditation is one of the most efficient tools you have at your disposal as it allows you to quiet your mind and become grounded in the now.
* Meditation keeps you mindful and present: You are more in sync with your animal, and you become more aware of the animal’s body language, vocalizations, and other nonverbal cues
* Meditation quiets your mind: You’ll become available to receive an animal’s signal without even realizing it.
* Meditation helps align your chakras: By aligning your chakras, you can create a more balanced and open state of mind that will allow you to better connect with animals.
* Meditation makes you better at visualization: This opens up communication channels that allow you to understand the animal's thoughts and feelings more clearly.
* Meditation to achieve a state of heart coherence: Your heart rate and rhythm sync. Stress and anxiety levels are lowered, and your telepathic abilities to communicate with animals become much more elevated.
* Meditation helps amplify the power of affirmations: Affirmations increase positivity and confidence which help to improve communication with animals.
* Meditation can help you send specific messages or emotions to your animal. It also helps you open up to being receptive to whatever your animal needs you to know.
* To incorporate meditation into your animal communication practice, you have to train your mind to be quiet and focused.
* You can practice meditation whenever you feel the need to connect with your animal to send him a particular message.

## Exercice: Receive a Message From Your Animal Companion

Meditation can help you send messages to your animal, but it can also help you receive a message from them. Indeed, with a calm and quiet mind, you put yourself in the best possible conditions to allow signals and emotions to get to you.

Instructions:

1. Begin by sitting or lying in a comfortable position. Make sure your back is straight and both feet are flat on the ground. Close your eyes and take a few slow, deep breaths to relax your body and quiet your mind.

2. Visualize yourself surrounded by a warm and comforting light. Allow yourself to feel safe and relaxed in this environment, free of judgment or expectation.

3. Bring your attention to the breath and begin counting each inhale and exhale as you breathe deeply into the belly. On the inhale say “one”, on the exhale say “two”, continuing up to ten before starting over again at one. If you find yourself getting distracted, simply start counting from one again without judgment or frustration.

4. Once you feel settled into this rhythm, bring your attention to an animal companion of your choice—it could be a pet or wild animal that has appeared in your life recently or with whom you have had close contact in the past. Focus all of your awareness onto this creature, allowing yourself to fully visualize its shape, size, features, coloration, etc., while also noticing any emotions or sensations that arise within you as you do this exercise.

5. Now spend some time sending positive energy towards this animal companion, visualizing a bright white light emanating from within your heart center towards them, while also inviting their presence through deep listening with no expectations other than to receive whatever message they may have for you at this moment in time. Remember that communication can come in many forms, including physical sensations.

6. When ready, allow yourself to ask any questions that may be present for you in an open-ended way, such as, "What would my animal want me to know right now?" or "What specific emotion can they send me?" Then allow yourself plenty of space for silence, within which any answers may arise either through visualizations, feelings, sensations, or words, messages heard clearly through inner hearing; although try not to force anything, simply notice what arises naturally without judgment before slowly releasing any expectations around desired outcomes from the exercise itself...

7. When it feels appropriate, slowly return back into the room or space in which you are physically located while retaining any visuals, feelings, or words that arose throughout the meditation practice, appreciating these as gifts brought forth through opening up to dialogue with animals alike.

8. End the session with gratitude and appreciation.

When receiving a message or an emotion from your animal, it is important to accept whatever comes to you. Don’t jump into the meditation with expectations, so that your mind won’t be influenced by them.

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## Module Conclusion

Meditation can be an incredibly powerful tool for improving physical and mental health, as well as your ability to communicate with animals. By taking the time to quiet the mind and focus on the present moment, you can gain a greater understanding of all species of animals. Through meditation, you are better able to clear away distractions and focus your attention, allowing yourself to become more mindful and present at any moment.

When it comes to meditating, it is important to remember that it involves both physical and mental techniques. Deep breathing, visualization, concentration—all of these tools can be used in order to achieve a state of relaxation. Through the use of these techniques, individuals will be able to create a peaceful environment where their thoughts can flow freely and they can connect more deeply with the animals they interact with. When it comes to heart-rate coherence, it not only makes telepathic communication easier but also improves your focus and general performance in all activities.

Benefits associated with meditating include improved physical well-being, such as reduced stress levels and enhanced sleep quality, as well as improved mental health, such as increased mindfulness and awareness. By becoming more present in each moment, we are better able to understand the needs of an animal and communicate accordingly by sending and receiving messages from them. Additionally, regular meditation can lead you towards greater self-awareness, which helps you become more compassionate individuals overall.

The power of meditation lies in its ability to help you clear your thoughts so that you can stay focused on the moment at hand. This makes it one of the most efficient techniques available when communicating with animals. There are many ways to meditate, and it’s important to go through a little introspection to find out which one will best serve your animal communication goals. Implementing a regular practice into your life will only bring positive outcomes in terms of connecting with your family members. With just a few minutes of dedicated practice each day, you’ll be well on your way towards connecting with animals like never before.