Module 8: Having Conversations With Animals

[**Module Introduction**](#_qi3hztj6sa7c) **2**

[Summary of Key Points](#_xr9mshfhyd5k) 3

[Module objectives:](#_ihhnijmi4apl) 3

[**Anthropomorphism in Animal Communication**](#_qgonozcda1bz) **4**

[Anthropomorphism](#_qhet88kiyqrm) 5

[Zoomorphism](#_omi3hopyufi) 5

[A Balanced Approach to Anthropomorphism and Zoomorphism](#_xbtrhudm4qc9) 6

[Summary of Key Points](#_p345jl55gy4l) 7

[Exercise: Reflections of Psychological Projections](#_pjeods71bn98) 7

[Materials](#_2tut2vlrkaye) 7

[Instructions](#_7fmzh736d6lt) 8

[Part 1.](#_jb73pj3dd2cs) 8

[Part 2.](#_r2u1q7njfdks) 8

[**Thinking with the Animal Mind**](#_hvo5qt7h74y5) **8**

[Thinking in The Present Moment](#_30idjxhnuffs) 9

[Mindfulness](#_yeor6vxc9fh1) 9

[Being Connected with Nature](#_stv7jmg89xgo) 10

[Summary of Key Points](#_kw43e1z163w1) 11

[Exercise: Nature Walk](#_4vji01slql2u) 11

[Materials:](#_flzi5v5xo6r3) 11

[Instructions:](#_eor02lsn84gs) 12

[**Asking Questions With Animals**](#_pza11hj1lvzj) **13**

[How to Ask Questions with Animals](#_ij4h3gt8zwyt) 14

[How to Ask Questions to Animals Telepathically](#_fur4hu9m7i4e) 14

[Sample Questions for Telepathic Animal Communication](#_go2jw98tc5cu) 15

[1) Where do you sleep?](#_1z1u33fm11hd) 15

[2) What is your favorite food?](#_q18aw3pv1it) 15

[3) Do you need to feel happier? / What would make you happier?](#_5uuncn4f6trm) 16

[How to Ask Questions Non-Telepathically](#_a0j3od1nl9l8) 16

[Animal Deceit and Lies in Animal Communication](#_crw53e2i4spi) 17

[Summary of Key Points](#_re4kndfsff9a) 19

[Exercise: Using Sample Questions](#_izyokjj9jq4f) 20

[1) Where do you sleep?](#_rqvzva92o5i6) 20

[2) What is your favorite food?](#_2plpe5fgjisv) 21

[3) Do you need to feel happier? / What would make you happier?](#_r7aygfspvjqw) 21

[**Counseling Skills for Animal Communication**](#_y6taofzej55n) **21**

[What Exactly is Counseling?](#_6xr4nxyoba4s) 22

[The Counseling Process](#_j6i71aovl1wy) 23

[Step 1. The Counseling Relationship](#_n20efn2znbio) 23

[Step 2. Exploring the Problem](#_uz90520ecyb) 23

[Step 3. Developing A Plan](#_sds6mzsputei) 23

[Step 4. Putting the Plan Into Action](#_cvwprerb6a79) 23

[Step 5. Evaluating the Counseling](#_yjfmf3wxe30m) 24

[Counseling for Animal Communication](#_o395894lqmvx) 24

[The Counseling Process for Animal Communication](#_hy4ruq810pnb) 24

[Important Counseling Skills and Traits for Animal Communicators](#_4pzm0d1imhc) 25

[Effective Listening](#_nxfy3sx09lt1) 26

[Being a Good Communicator](#_kfkkv5cjhdw8) 26

[Being Analytical](#_kcdk3o7e4o34) 27

[Being Caring](#_iry5bhcd4s70) 27

[Being Genuine](#_fcyh9regelxt) 28

[Being Empathic](#_w28fyo9ixuah) 29

[Counseling Techniques](#_exigk5l2v166) 29

[Challenging](#_leqgm8isn4df) 29

[Creating Self-Talk](#_qj4yw1cecyyp) 30

[Encouragers, Paraphrasing & Summarizing](#_z8j1xuymanzl) 31

[Encouragers](#_i83n7cgmmkb3) 31

[Paraphrasing](#_hpikcl7g2501) 32

[Summarizing](#_hob9dz44igpg) 32

[Summary of Key Points](#_h8yon7nem8cw) 33

[Exercise: Virtual Counselling Session](#_7daupz82vvdw) 35

[Materials](#_9olg10mqq2mk) 35

[Instructions](#_tm5dzxs0od3q) 35

[**Module Conclusion**](#_g7u3qeur56o9) **36**

# Module Introduction

In this module, we will provide guidance on some of the most important aspects of getting prepared and providing effective animal communication.

One of the most important things to remember is that animals think very differently than humans do. To communicate effectively with them, it is necessary to learn how to think like they do. This involves developing empathy and understanding for their perspective, which in turn can help you improve your self-awareness.

In order to ask questions with animals, it is also necessary to learn how to listen. This involves paying close attention to their body language and vocalizations, as well as the context in which they are encountered. It is also important to be patient, as animals often take their time responding.

As with any form of counseling or therapy, there are certain skills that can be helpful when working with animals and their human guardians. One such skill is active listening, which helps build rapport and trust between all parties involved. Another is reflective listening, which allows the animal communication facilitator to paraphrase what has been heard in order to ensure accuracy and understanding.

Finally, it is important to be aware of the dangers of anthropomorphism—the tendency to project our own feelings and assumptions onto others. This can be a trap for anyone involved in animal communication, but especially for beginners. It is essential to be open-minded and humble when working with animals, and to always be willing to learn new things from them.

## Summary of Key Points

* To communicate effectively with animals, it is necessary to learn how to think like they do. It is also necessary to learn how to ask the right question and to listen to the animal.
* As with any form of counseling, active listening and reflective listening can be helpful when working with animals and their human guardians.
* Be aware of the benefits and dangers of anthropomorphism, the tendency to project our own feelings and assumptions onto others, when communicating with animals and their human guardians.
* Be open-minded and humble when working with animals, and always be willing to learn new things from them.

## Module objectives:

The goal of this Module is to teach you the ins and outs of having conversations with animals.

The learning objectives for this module are as follows:

* You will learn to avoid the psychological tendencies to project our feelings and assumptions onto others.
* Learn how to think the way animals do in order to help you build greater empathy with animals, increase your self awareness, and intuit the appropriate scope of conversation.
* Learn how to ask questions with animals and listen for answers
* Learn how to leverage powerful lessons and tools in counseling that will help you better navigate and facilitate communication with animals and their human guardians.

# Anthropomorphism in Animal Communication

As animal communicators, we usually see animals as other people. In most considerations, the animal experience is a personal one that, at its core, is the same as the human experience. We assume animals are capable of the same complex emotions as humans, mostly because we see examples of this every day in our interactions with animals.

This tendency to interpret what is not human in terms of human characteristics is known as "anthropomorphism." It is an innate tendency of human psychology that can be seen in children and adults alike. Anthropomorphism often occurs in stories, but it is especially common in folktales, fantasy, and children's stories. Anthropomorphism is related to, but distinct from personification, in which things are described figuratively (rather than literally) as having human characteristics.

As a literary tool, anthropomorphism can be a powerful tool for storytelling, as it allows readers or listeners to identify with non-human characters and understand their thoughts and feelings. It can also be used to make a character more relatable or sympathetic. In animal communication sessions, anthropomorphism can be a useful tool for helping clients to understand their pets' behavior. For example, if a client reports that their dog has been acting aggressively towards them, the animal communicator might attribute the aggression to the dog feeling fearful or protective of its family. This understanding can help the client to address the issue with their dog in a more effective way.

While anthropomorphism can be a helpful tool for communication, it is important to remember that it should not be used to oversimplify complex behaviors or situations. It is also important to be aware of the potential for anthropomorphism to lead to misunderstandings between people and animals. In animal communication sessions, it is essential for the communicator to maintain a clear boundary between their own thoughts and feelings and those of the animal they are communicating with.

Anthropomorphism also has therapeutic value. When we anthropomorphize an animal, we give it a name and a personality. We create a connection with that animal, and by doing so we can help reduce stress levels and promote healing. In this way, anthropomorphism can be seen as a form of compassion therapy.

Anthropomorphism is not limited to animals, as we often anthropomorphize weather events, and even inanimate objects. For example, we might say "the sun is smiling" or "the wind was howling". Anthropomorphism can be used in a positive way, as a tool to help us understand and connect with the animal world. It can also be used in a negative way, leading to unrealistic expectations and expectations of behavior that the animal is not capable of.

## Anthropomorphism

There are both benefits and costs to anthropomorphism in animal communication. On the one hand, it can help us to understand and empathize with animals. It can also lead to more accurate interpretations of animal behavior. On the other hand, anthropomorphism can lead to misunderstandings

Anthropomorphism can lead to incorrect interpretations of an animal’s communication. This is particularly true in professional animal communication sessions, where it is crucial to correctly interpret an animal’s feelings, thoughts, and intentions. A miscommunication can lead to improper care for an animal or even cause harm.

It is important to remember that animals communicate in their own way, using their own language. Just because we may want to interpret their communication in a certain way doesn’t mean that this is how they are actually communicating. We need to be careful not to project our own human framework onto an animal’s communication.

For example, if an animal seems sad, we may want to comfort it. However, the animal may not actually be sad but could be communicating something else altogether, such as hunger or discomfort. If we misinterpret the communication and comfort the animal when it doesn’t need it, we could end up confusing or upsetting it.

Similarly, if we think an animal is angry with us, we may react defensively. However, the animal may not actually be angry but could be communicating something else such as fear or excitement. If we misinterpret the communication and react defensively when there is no need, we could end up scaring or angering the animal.

It is therefore crucial that we take care when interpreting animal communication and remember that anthropomorphism can lead to dangerous misunderstandings. With experience, we will learn to correctly interpret an animal’s messages, but it is always important to err on the side of caution and not assume that we know what the animal is trying to say.

However, anthropomorphism is not the psychological tendency that animal communicators need to consider.

## Zoomorphism

Zoomorphism is the attribution of animal characteristics and behaviors to non-animals, typically humans. An example of this might be saying someone is "as sly as a fox" or "as brave as a lion". We often use animal characteristics to describe human behavior; this is known as zoomorphism.

Like anthropomorphism, zoomorphism can be used in a positive or negative way. When used in a positive way, it can help us to understand and empathize with others. For example, if we say someone is "as brave as a lion", we are acknowledging their courage. Conversely, if we say someone is "as sly as a fox", we might be suggesting that they are not to be trusted.

Zoomorphism can also have the effect of honoring an animal by creating positive associations with it such as the wisdom of an owl, or the strength of an ox. However, by the same logic, zoomorphism can also create negative energy, as we have negative assumptions and associations with animals as well, such as swine being associated with filth and rats with disease.

This inappropriate use of an animal to symbolize an idea or concept can be dangerous. This is because it can lead to misunderstandings between the animals and the humans involved in professional animal communication sessions. In some cases, an animal may be incorrectly associated with an idea or concept that it does not actually represent. This can lead to confusion and frustration for both the animals and the people involved in the sessions. It can also cause problems for the animals in terms of their welfare and care.

In order to avoid these dangers, it is important to only use animals to symbolize ideas or concepts when there is a clear understanding of what those symbols represent and only if they have positive associations. It is also important to make sure that the animals themselves are comfortable with being used in this way. If they are not, it can be harmful to them and may even cause them to act out in undesirable ways.

When using animals as symbols, it is important to remember that they are living, breathing creatures with their own unique personalities and needs. We must never forget that they are not just pawns in our games of symbolism - they are real beings who deserve our respect.

## A Balanced Approach to Anthropomorphism and Zoomorphism

When it comes to professional animal communicators, there is always a delicate balance to be struck between anthropomorphism and zoomorphism. On the one hand, it is important to ascribe human qualities and emotions to animals in order to better understand their thoughts and feelings. On the other hand, it is also crucial not to go too far in this direction, and instead focus on understanding animals on their own terms.

Finding the right balance between anthropomorphism and zoomorphism can be tricky, but it is essential if professional animal communicators are to be effective in their work. Too much anthropomorphism can lead to inaccurate interpretations of animal behavior, while too much zoomorphism can hamper our ability to connect with animals on an emotional level.

Finding the right balance is about being sensitive to the individual animal's needs and personality. Every animal is different, and will require a different approach from the communicator. Some animals may respond well to anthropomorphic interpretations, while others may prefer a more zoomorphic approach.

It is important for professional animal communicators to be flexible and adaptable in their work, and to be willing to experiment with different approaches until they find the one that works best for each individual animal. Only by finding the right balance can they hope to truly understand the animals they are communicating with.

## Summary of Key Points

* In animal communication sessions, anthropomorphism, the tendency to interpret what is not human in terms of human characteristics, can be a useful tool for helping clients to understand their pets' behavior.
* While anthropomorphism can be a helpful tool for communication, it is important to remember that it should not be used to oversimplify complex behaviors or situations.
* There are both benefits and costs to anthropomorphism in animal communication. On the one hand, it can help us to understand and empathize with animals. It can also lead to more accurate interpretations of animal behavior. On the other hand, anthropomorphism can lead to misunderstandings
* It is important to remember that animals communicate in their own way, using their own language.
* Zoomorphism is the attribution of animal characteristics and behaviors to non-animals, typically humans.
* Like anthropomorphism, zoomorphism can be used in a positive or negative way.
* Finding the right balance between anthropomorphism and zoomorphism can be tricky, but it is essential if professional animal communicators are to be effective in their work.
* Professional animal communicators should be flexible and adaptable in their work, and be willing to experiment with different approaches until they find the one that works best for each individual animal. Finding the right balance is about being sensitive to the individual animal's needs and personality.

## Exercise: Reflections of Psychological Projections

In this exercise, you will develop a greater awareness of your own psychological projections. You may not realize to what point you have turned these projections into assumptions that create barriers to communication that can only be overcome by first recognizing them.  
  
Once you have identified these assumptions, you can take action to eliminate them.

### Materials

* A pen or pencil
* 2 pieces of paper that you can discard
* Your animal communication Journal

### 

### Instructions

#### Part 1.

* On a piece of scrap paper, list 3 recent times when you perhaps incorrectly anthropomorphized an animal that you interacted with.
* Make sure it’s a time when you perhaps should not have done so.
* Be specific and explain why you were wrong
* Now in your animal communication journal write what you would do next time to make sure you avoid anthropomorphizing
* Once you are done, crumple up the piece of paper and throw it in the trash.

#### Part 2.

* On the other piece of paper, list 3 recent times when you negatively zoomorphized a person or an object.
* It should be a time when you evoked an animal to insult or demean someone or an object.
* Be specific and explain why it was wrong
* Now in your animal communication journal write what you would do next time to make sure you avoid negative zoomorphisms.
* Once you are done, crumple up the piece of paper and throw it in the trash.

# Thinking with the Animal Mind

Though we have mentioned this many times before during this training, we also simply have an intuitive feeling that animals are not concerned with the same petty trifles that we humans are. Unlike us humans, animals are not constantly stressing over the future, nor do they tend to dwell in the past, though this can happen through traumatic experiences, in the same way we humans do.

An animal may experience trauma from a past experience that was so terrible or frequent that it marked their behavior and personality almost permanently. However, what they do not experience in the same way as humans is regret. They are not dwelling on their past decisions, thinking that they should have acted differently at some pivotal time in their lives. Animals are not so self absorbed, and they do not see themselves as separate from their environment in the same way humans do.

Though an animal does have a concept of self, it is far less defined than that of humans. The conceptual barriers that an animal perceives between itself and its environment are not so rigid. Animals operate as though they were part of the environment and the moment, whereas humans operate as though they are separate from them.

Therefore, there are two main differences between how humans and animals think and experience being. Firstly, animals are mindful and live in the moment. Secondly, animals conceive of themselves as part of nature and their environments rather than divorced from it.

## Thinking in The Present Moment

When it comes to thinking in the present moment, animals are typically much better at it than humans. Animals are not typically worried about their future unless they are in immediate danger, and usually they don't dwell on the past either. Some animals have been shown to grieve their lost loved ones for extended periods of time, but most animals only think of the past when prompted by familiar stimuli. They recall past context to help them navigate similar ones in the present.

Humans, on the other hand, often worry about things that may happen in the future, even if they are not currently happening. For example, many people worry about getting sick even if they are currently healthy. Humans also often dwell on things that have happened in the past, sometimes to the point where it negatively affects their present day lives. Additionally, humans are not always good at navigating unfamiliar situations, often because they rely too much on past experiences instead of figuring out what is going on in the present.

Overall, animals tend to be better at staying in the present moment and focusing on what is happening right now, while humans tend to be more prone to worrying and dwelling on things from the past and future.

### Mindfulness

This thinking in the moment that animals do is known as “mindfulness”. It is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. It is used as a therapeutic technique to help people deal with stress, anxiety, and depression.

When you are in a state of mindfulness, you are completely focused on the present moment. You are not thinking about the past or the future, you are just living in the present. This can be helpful because it allows you to focus on what is happening right now and not worry about things that have already happened or might happen in the future.

Mindfulness also allows you to accept your feelings and thoughts without judgment. You do not have to agree with them or like them, you just acknowledge them and move on. This can be helpful because it allows you to deal with negative feelings in a more constructive way.

Lastly, mindfulness can help you connect with your body more. You become more aware of how your body feels and what it is telling you. This can be helpful because it allows you to listen to your body's signals and respond to them accordingly.

In order to be better communicators with animals, it is important to train our own mindfulness. One way to do this is through meditation. This allows us to quiet the mind and focus on the present moment. It allows us to connect with our intuition and any messages that the animals may be trying to send us.

Another way to become more mindful is through breath work. This helps us focus on the breath and connect with our bodies. It can help us get out of our heads and into the present moment. This can be helpful when trying to connect with animals, as it can help us to stay grounded and in the present.

Exercise can also help us to become more mindful. When we are focused on our body and moving, it can help to clear the mind and allow us to connect with our intuition more easily. This can be especially helpful when working with animals, as we want to be as tuned in as possible to their thoughts and feelings.

Sensory deprivation can also help us to achieve a more mindful state. When we are not bombarded by all of the distractions of everyday life, we are able to focus more easily on what is going on around us. This can be helpful when trying to communicate with animals, as we want to be as aware as possible of their thoughts and feelings.

Lastly, it often helps to simply cultivate the habit of recognizing when you are overly absorbed in your own thoughts. When you realize it, take a moment to quiet your analytical mind and simply draw in the immediate experience of your surroundings.

## Being Connected with Nature

Contrary to humans, animals experience less conceptual distinctions between themselves and their environments. When animals are in the wild, they are constantly interacting with their environment. They are constantly sensing and reacting to the things around them. They don't put up any conceptual barriers between themselves and their surroundings. They simply exist in the moment and are one with their ecosystem.

Humans, on the other hand, are not as connected to nature. We rely on verbal language and tools to communicate and interact with our environment. This over reliance on words and tools conceptually distances us from nature. We see nature as something we can control and dominate. We don't trust our own instincts as much as animals do.

It's important to practice getting back in touch with nature. Spend time outside in nature, without any electronic devices. Listen to the sounds of the birds, the wind blowing through the trees, and the water flowing downstream. Smell the fresh air and feel the sun on your skin. When you take the time to really experience nature, you'll get a better sense of connectedness with it.

## Summary of Key Points

* Unlike us humans, animals are not constantly stressing over the future, nor do they tend to dwell in the past in the same way we humans do.
* Animals do not see themselves as separate from their environment in the same way humans do.
* Firstly, animals are mindful and live in the present moment.
* When you are in a state of mindfulness, you are completely focused on the present moment. Mindfulness can help you connect with your body more.
* In order to be better communicators with animals, it is important to develop our own mindfulness.
* When we are focused on our body and moving, it can help to clear the mind and allow us to connect with our intuition more easily.
* Contrary to humans, animals experience less conceptual distinctions between themselves and their environments.
* Humans are not as connected to nature. Our over reliance on words and tools conceptually distances us from nature.
* It's important to practice getting back in touch with nature. Spend time outside in nature, without any electronic devices.

## Exercise: Nature Walk

To help you connect with nature, one of the best things you can do is go on a walk. However, not just any walk. You’ll be walking with the express intention of becoming more connected with nature to help you enter a similar mind state as animals.

In this exercise we will provide explicit instructions on how to get the most out of your nature walk so that you can connect as deeply as possible with the natural world.

### Materials:

* A comfortable pair of shoes and clothes
* Your Animal communication journal
* Your smart-phone
* A pen or pencil

### Instructions:

1. Plan ahead. Choose a local park or natural area that has a variety of plants and animals to observe. Consider the time of day, the weather, and your fitness level when planning your walk.
2. Prepare for your walk. Wear comfortable clothes and shoes, and bring water and snacks. You may also want to bring a hat, sunscreen, and insect repellent, depending on the conditions. Depending on the weather and terrain you can even try walking barefoot.
3. Start your walk with a mindful intention. As you begin your walk, take a few deep breaths and quiet your mind. Set an intention for your walk, such as learning about the local plants and animals, or simply enjoying the beauty of nature.
4. Engage your senses. As you walk, pay attention to the sights, sounds, smells, and textures of the natural environment. Notice the colors, shapes, and patterns of the plants and animals you see. Listen to the sounds of birds singing, leaves rustling, and water flowing. Smell the fragrances of flowers and trees. Touch the bark of a tree, the leaves of a plant, or the ground beneath your feet.
5. Observe and learn. As you walk, take note of the different plants and animals you see. You can use a field guide, app, or website to identify them. Look for signs of wildlife, such as tracks, nests, burrows, and feathers. Learn about the habitats, behaviors, and natural history of the plants and animals you see.
6. Reflect and connect. As you continue your walk, take some time to reflect on your observations and experiences. Consider how you feel as you connect with nature. How does nature make you feel calm, peaceful, or energized? How do the plants and animals you see depend on each other, and on the natural environment? How can you protect and conserve the natural areas in your community?
7. End your walk with gratitude. As you finish your walk, find a comfortable place to sit and take a few moments to thank and appreciate the natural world around you. Reflect on the beauty and wonder of nature, and the connections you have made. Consider how you can continue to connect with nature in your daily life. Record your reflections and work through them in your animal communication journal

# Asking Questions With Animals

It is important to be able to ask questions of animals if we want to establish effective communication with them. Practical communication with animals cannot be achieved unless we can request specific information from the animal in the form of questions. If we cannot ask questions, then we can only receive whatever messages the animals choose to send us. We cannot be in control of the communication without the ability to successfully ask questions to animals. In order to be able to ask effective questions, we must understand how the animal communicates and what it is trying to say. This requires knowledge about body language, vocalizations, and energy. We also need to be aware of any possible deceptions that the animal may try to use on us.

There are a few different types of questions that we can ask animals. The first type is called a content question. A content question is one that asks for specific information about a certain topic or situation. For example, if we want to know what a particular animal is feeling, we would ask a content question like "What are you feeling right now?" Content questions allow us to get detailed information about a particular subject.

Another type of question is called an open-ended question. An open-ended question is one that does not have a specific answer. It is used more for getting general information from the animal. For example, we might ask an open-ended question like "How are you today?" Open-ended questions allow us to get a sense of the animal's overall mood or state of mind. They can also be useful for prompting the animal to give us more detailed information about a particular subject.

The last type of question that is important to consider is a binary question. Binary questions are questions that can be answered with a simple yes or no. For example, we might ask a binary question like "Are you happy?" Binary questions are useful for getting specific information from the animal. However, they can also be used to confirm or deny information that we have already received.

Binary questions have the advantage of being easier to formulate and easier to respond to. However, they can also be limiting in terms of the information that they provide. They can also be subject to the error of our assumptions, as yes-or-no questions can often be formulated as leading questions. For example, a question like "You're not happy, are you?" is a leading question that usually results in a negative response, even if the animal is actually happy. We also run the risk of creating confusing double negatives that the animal may not understand.

It is important to be aware of these different types of questions and how to use them effectively. Remember that each animal is unique and will respond differently to different types of questions; it is best to use a mix of all three types of questions when communicating with animals. This will give you the most complete picture of what the animal is trying to communicate.

Content questions, open-ended questions, and binary questions can all be asked in telepathic or non-telepathic contexts. It is important to note that not all animals are capable of answering questions formulated in physical ways, or communicated by the five senses, if you prefer. Only those animals who possess the appropriate faculties of perception, cognition, and experience can respond effectively to any given question, however it may be formulated. Telepathic questioning, on the other hand, works with all animals, regardless of whether they are capable of responding physically or not, though analytical and conceptual abilities also vary from animal to animal.

## How to Ask Questions with Animals

The kinds of communication mediums we use to ask a question are integral to how we formulate that question. For example, asking a question on a phone call is much different than answering a question with only facial expressions. They are different in almost every way except for the meaning they convey. Similarly, formulating a question using telepathy as the medium is vastly different from formulating it in verbal language or other means mediated by the five senses.

### How to Ask Questions to Animals Telepathically

When asking questions telepathically, it is important to remember that we are not limited by the same constraints as when asking questions physically. We do not have to worry about the animal's ability to understand our language, or to see and hear us. We also do not have to worry about whether the animal is capable of responding to us physically. Instead, we can focus on asking the animal questions that will elicit the information we are seeking.

The best way to do this is to focus on the animal's mind and send our question into the animal's consciousness. It is important to remember that we are not limited to asking questions that can be answered with a simple yes or no. We can ask open-ended questions, content questions, and binary questions. How we formulate our questions will depend on the information we are seeking and the animal's ability to understand us.

When asking questions telepathically, it is also important to be aware of the animal's emotional state. If the animal is feeling fear, anger, or other negative emotions, this can impact our ability to communicate with the animal and to receive accurate information. It is best to wait until the animal is feeling calm and relaxed before trying to establish communication.

Finally, it is important to remember that all animals are capable of communicating telepathically. However, only those animals who possess the appropriate faculties of perception, cognition, and experience can respond effectively to any given question. For example, an animal that has no concept of the color red cannot share a telepathic impulse for it. You may receive the color red as a telepathic message, but in this case, red would be a symbolic representation created by your own mind to help you understand a concept that the animal is sharing.

However, it may happen that you specifically asked this animal that could not see the color red what its favorite color was, and the impulse you received was red. This may be an indication that there is either confusion in the messaging or that noise may be spilling into the telepathic channel from other sources than your target.

#### Sample Questions for Telepathic Animal Communication

##### 1) Do you feel good?

This is likely the best question to start with for two reasons. Firstly, because it is a binary yes or no question, making it easier for the animal to respond and for you to interpret the answer since there can only be one of two answers to a binary question. This will allow you to warm up your telepathic ability before moving on to more open ended questions. Secondly, it allows us to gain insight into the animal's state of mind before proceeding with further questioning. In a sense this question acts as a greeting in the same way as you would ask a person "How do you do?" when meeting them.

Expand extensively on the above question; how it can be important; how one could interpret the answer through negative or positive feelings, energy, and vibrations.

Asking the animal if it feels good is an important way of gauging the emotional state of the animal and understanding its current disposition. Depending on the answer, it can give us an indication of how the animal is feeling in that moment – whether it is feeling positive, relaxed and content, or negative, anxious and fearful. This can be interpreted through a variety of methods such as detecting subtle changes in energy and vibrations around the animal or sensing its emotional state through our own intuitive senses.

For example, if the animal is feeling positive, we may be able to sense a calm energy in the air around it or feel happy feelings emanating from its being. Similarly, if the animal is feeling negative, we may be able to detect tension and fear in its energy field or pick up on anxious thoughts that it may be sending out telepathically. Close your eyes after asking the question and you will much more easily sense whether the animal is emanating negative or positive energy as a response to your question.

In addition to being able to gauge the current emotional state of the animal, asking this question can also help establish a connection between you and your animal friend. Since this is such a non intrusive question that intrinsically respects the animal through an implicit concern for its well-being.

##### 2) Where do you sleep?

This question is particularly useful for training telepathic animal communication. That's because for all animals, sleep is associated with warm, cozy feelings. These feelings are strong and easy to recall. We just need to think of our beds and all our body responds. We get the urge to stretch and roll our shoulders. Our eyes become relaxed and we smile gently. The image of our bed comes rushing to mind and for a moment the mind is transported to those cozy sheets and pillows.

Animals typically feel the same way about their sleep, but they may not always sleep in exactly the same place, and their answer may not be as clear as you would like. However, the question is easy to formulate telepathically; without even consulting verbal language, we can easily muster the experience of beds, and the concept is easily transmitted to any animal with a sleep cycle.

To formulate this question telepathically, we need to combine two feelings: the feeling of asking questions and the feeling of where you sleep.

Think about your bed and how it feels to lie in it. Recall how your body feels when you are just about to drift off to sleep. How do the sheets feel? How does your pillow feel?

Now, superimpose the feeling of asking questions on top of that. How does it feel to ask where you sleep? How does your mind feel when you are seeking this information?

Asking the question telepathically is simply a matter of holding these two feelings together in your mind and projecting them towards the animal.

##### 3) What is your favorite food?

This question is a bit more challenging than the previous one, as it requires that we think about both the feeling of asking questions and the specific feeling of a particular food.

The good news is that we can start by thinking about our own favorite food and how it makes us feel. What is it about this food that we love so much? Is it the taste? The texture? The smell?

Recall how our bodies feel when we eat our favorite food. How does it feel in our mouths? How does it make our stomachs feel? What emotions do we experience?

Now, superimpose the feeling of asking questions on top of that. How does it feel to ask what is your favorite food? How does your mind feel when you are seeking this information?

Asking the question telepathically is simply a matter of holding these two feelings together in your mind and projecting them towards the animal.

##### 4) Do you need to feel happier? / What would make you happier?

This is a question that you will likely be asking in almost every professional animal communication session. You also likely use it on a daily basis if you have an animal companion, just to check up on them and see how you can help improve their lives. If you're the guardian of an animal, then you are familiar with the feeling of wanting to make sure you are doing everything you can to make them happy.

The feeling of happiness is one that we are all familiar with. It is a light, airy feeling that is often accompanied by a smile. When we feel happiness, we might feel our heart opening up and a sense of warmth spreading through our body.

To formulate this question telepathically, we need to combine two feelings: the feeling of asking questions and the feeling of happiness.

Think about a time when you were really happy. Recall how your body felt. How did your emotions feel? How did your mind feel?

Now, superimpose the feeling of asking questions on top of that. How does it feel to ask what would make you happier? How does your mind feel when you are seeking this information?

### How to Ask Questions Non-Telepathically

When asking questions non-telepathically, we are limited by the animal's ability to understand our language and to see and hear us. We also have to worry about whether the animal is capable of responding to us physically. This means that we have to be careful about how we formulate our questions.

The easiest way to formulate a question for an animal non-telepathically is to present it with a series of options. The options should be in the form of "this or that" where the animal selects one option over another, indicating preference. A good example of this would be showing a dog two different kinds of food, one of which the dog prefers, and seeing which food the dog selects. We can theoretically use this method to uncover an animal's entire value structure.

However, it is unclear in these circumstances if the animals are intentionally communicating to us or if we are simply reading cues that give us true information about the animal. In a sense, this would be more like reading the animal than speaking with it. A dog's preference for one food over another does not necessarily indicate that the dog understands the question. It is possible that the dog is simply reacting to the stimulus, but not to the fact that we want to know something about them.

We can also use binary questions by simply assessing an animal's excitement at or aversion to a given stimulus that can be experienced in a significant way by the animal. Binary communication is the basis of animal conditioning and training, and it is how they learn the meanings of human words. That's because training works on the same system of yes/no, good/bad, pain/pleasure. We pair affirmative and positive animal behaviors with affirmative and positive rewards. The result is that the animal learns what the human wants and the human learns what the animal wants, the result is a meaningful sharing of concepts from one species to another.

One of the challenges we face when asking questions with animals is deception.

Binary communication is when an animal experiences a stimulus and then has a reaction to that stimulus. The animal learns to associate the stimulus with the reaction. For example, a dog might learn that when it hears the sound " sit" it should sit down by conditioning this response with rewards and praise. The stimulus in this case is the word "sit" and the reaction is sitting down. The animal experiences the stimulus and then has a reaction to that stimulus. The animal learns to associate the stimulus with the reaction.

This is how animals learn the meaning of human words. We use binary communication to train and condition animals . We pair affirmative and positive animal behaviors with affirmative and positive rewards. The result is that the animal learns what the human wants and the human learns what the animal wants, the result is a meaningful sharing of concepts from one species to another.

## Animal Deceit and Lies in Animal Communication

One of the potential issues animal communicators need to be prepared for is deception. Whether that deception comes from the animals you work with or their human guardians, lies and deceptions must be mitigated at all costs in order for clear and accurate communication to take place.

Humans you work with may sometimes be less forthright than they should be, often omitting pertinent information or actually just lying to hide some shame they have. You might find that the animal has been mistreated by their guardian, who will not admit to it.

You may think you are being deceived after noticing a discrepancy between the message you've received from the animal, and their guardian's account of the very same fact. You do not want to find yourself in a situation where you are being gaslighted by your client. This can have detrimental effects on your confidence and, more indirectly, on your performance as an animal communicator.

The more you train in animal communication, the more sensitive you will become to deception. Your experience and intuition will tell you whether the client or their animal is lying to you.

The ability of animals to deceive is a complex tool that has been honed through the process of natural selection. In some cases, animals may be aware that they are deceiving others, while in others, the animal’s behavior may be instinctual and not consciously controlled. What is interesting about animal deception is that it can take many different forms, from hiding oneself to coordinating distractions in order to steal food.

One way in which animals may use deception is in the context of telepathy. In telepathy, one animal can communicate directly with another without using physical means such as sound or sight. This communication can take many different forms, including sending thoughts, images, or feelings. Some animals are known to be better at telepathy than others; for example, dolphins are thought to be particularly adept at this form of communication.

What makes telepathy interesting is that it opens up the possibility that animals may be deceiving us in ways that we are not aware of. For example, an animal may send us a false image or thought in order to get what it wants. This raises the possibility that we may not be able to trust what we see or think when interacting with animals, and that they may be capable of lying to us telepathically.

It is possible that some animals may learn how to exploit the weaknesses of humans in order to get what they want. This raises ethical questions about our interactions with animals and how much we can trust what they tell us.

This is part of the reason why it is so important to set positive intentions when entering into communication with animals. They are very intuitive and will likely distrust us if they are not convinced of our positive intentions.

More important than detecting deceptions is not becoming the deceiver yourself. As an animal communicator, you have a responsibility to be truthful and honest with the animals you work with. This means being careful not to make promises you can't keep, and not to tell the animal or their guardian things you're not sure of.

Deceit and lies have no place in animal communication, and if you want to be an effective and respected animal communicator, you must always be truthful.

## Summary of Key Points

* It is important to be able to ask questions of animals if we want to establish effective communication with them.
* Types of questions that we can ask animals include content questions, open-ended questions and binary questions.
* Remember that each animal is unique and will respond differently to different types of questions, it is best to use a mix of all three types of questions when communicating with animals.
* The kinds of communication mediums we use to ask a question are integral to how we formulate that question. When asking questions telepathically, it is important to be aware of the animal's emotional state.
* To formulate a question telepathically we need to combine two feelings: the feeling of asking questions and the feeling of the particular circumstance.
* The easiest way to formulate a question for an animal non-telepathically is to present it with a series of options.
* Binary questions work well in telepathic communication. Binary questions are also used to train and condition animals.
* Animal communicators need to be prepared for deception; from the animals you work with or their human guardians. The more you train in animal communication, the more sensitive you will become to deception.
* Your experience and intuition will tell you whether the client or their animal is lying to you.
* Telepathy opens up the possibility that animals may be deceiving us in ways that we are not aware of.
* This is part of the reason why it is so important to set positive intentions when entering into communication with animals.
* Animals are very intuitive and will likely distrust us if they are not convinced of our positive intentions.
* As an animal communicator, you have a responsibility to be truthful and honest with the animals you work with.
* Deceit and lies have no place in animal communication, and if you want to be an effective and respected animal communicator, you must always be truthful.

## Exercise: Using Sample Questions

In this exercise, you will practice your ability to ask questions of animals. In order to do this, we have provided a set of sample questions that will provide a strong foundation upon which to cultivate your ability to formulate questions with animals, ask them, and verify their answers.

Materials

* An animal that could be your pet or any other animal, even if you are not particularly close to it.

Instructions

Ask the following sample questions in order:

##### 1) Where do you sleep?

This question is particularly useful for training telepathic animal communication. That's because for all animals, sleep is associated with warm, cozy feelings. These feelings are strong and easy to recall. We just need to think of our beds, and all our body responds. We get the urge to stretch and roll our shoulders. Our eyes become relaxed and we smile gently. The image of our bed comes rushing to mind, and for a moment, the mind is transported to those cozy sheets and pillows.

Animals typically feel the same way about their sleep, but they may not always sleep in exactly the same place, and their answer may not be as clear as you would like. However, the question is easy to formulate telepathically; without even consulting verbal language, we can easily muster the experience of beds, and the concept is easily transmitted to any animal with a sleep cycle.

To formulate this question telepathically, we need to combine two feelings: the feeling of asking questions and the feeling of where you sleep.

Think about your bed and how it feels to lie in it. Recall how your body feels when you are just about to drift off to sleep. How do the sheets feel? How does your pillow feel?

Now, superimpose the feeling of asking questions on top of that. How does it feel to ask where you sleep? How does your mind feel when you are seeking this information?

Asking the question telepathically is simply a matter of holding these two feelings together in your mind and projecting them towards the animal.

##### 2) What is your favorite food?

This question is a bit more challenging than the previous one, as it requires that we think about both the feeling of asking questions and the specific feeling of a particular food.

The good news is that we can start by thinking about our own favorite food and how it makes us feel. What is it about this food that we love so much? Is it the taste? The texture? The smell?

Recall how our bodies feel when we eat our favorite food. How does it feel in our mouths? How does it make our stomachs feel? What emotions do we experience?

Now, superimpose the feeling of asking questions on top of that. How does it feel to ask what is your favorite food? How does your mind feel when you are seeking this information?

Asking the question telepathically is simply a matter of holding these two feelings together in your mind and projecting them towards the animal.

##### 3) Do you need to feel happier? / What would make you happier?

This is a question that you will likely be asking in almost every professional animal communication session. You also likely use it on a daily basis if you have an animal companion, just to check up on them and see how you can help improve their lives. If you're the guardian of an animal, then you are familiar with the feeling of wanting to make sure you are doing everything you can to make them happy.

The feeling of happiness is one that we are all familiar with. It is a light, airy feeling that is often accompanied by a smile. When we feel happiness, we might feel our heart opening up and a sense of warmth spreading through our body.

To formulate this question telepathically, we need to combine two feelings: the feeling of asking questions and the feeling of happiness.

Think about a time when you were really happy. Recall how your body felt. How did your emotions feel? How did your mind feel?

Now, superimpose the feeling of asking questions on top of that. How does it feel to ask what would make you happier? How does your mind feel when you are seeking this information?

# Counseling Skills for Animal Communication

In the context of animal communication, we often want to get more from our communications than matters of fact. We often try to communicate with animals in order to help the animal and their guardian work through some kind of pain, trauma, or other emotional challenge. That is why simply being able to communicate is sometimes not enough.

You will most likely not be satisfied with simple surface interactions with animals. Most animal communicators have a strong desire to help animals and their guardians work through their emotional issues. For this reason, many professional animal communicators find it useful to learn counseling skills in order to better help the animals and humans they communicate with. Counseling is a form of therapy that helps people work through their emotions and problems. It can be very helpful for professional communicators to understand the counseling process they've adopted as well as the different counseling theories and models.

There are a number of reasons why counseling skills can be beneficial for professional animal communicators. First, many of the animals we communicate with have experienced some sort of pain or trauma. They may be struggling emotionally as a result of this. By understanding and utilizing counseling skills, professional communicators can provide support and guidance to these animals and their guardians.

Second, professional communicators often work with people who are struggling emotionally. Many times, these people turn to animal communication in order to find relief from their problems. By understanding and using counseling skills, communicators can provide more holistic support to these people.

Finally, counseling skills can help professional communicators better understand themselves. When working with others, it is important to be aware of your own personal biases and assumptions. Counseling skills can help you explore these areas more thoroughly, so that you can be more effective when working with others.

Though we are not licensed therapists, clients often value results. They want to see that we tried to help them resolve the issue with their pets through our communication, not just communicating with them. eg., communicating with a lost animal is not just to chat but to find the animal and resolve the emotional distress that they've been dealing with.

## What Exactly is Counseling?

Counseling is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance. The exact meaning of counseling might vary among individuals. But in general, it is the process where you talk about your issues in detail, either intending to overcome them or exploring your thoughts comprehensively. The role of a counselor doesn’t limit to suggesting you do this or that. Rather, they encourage you to speak about your problems in detail to identify the primary cause behind them. Furthermore, they develop an action plan to help you cope with the issue or overcome it.

Counseling helps people by giving them a safe and confidential place to talk about their problems, feelings, and thoughts. It can help people deal with a wide range of issues, both big and small. Counseling can help people who are struggling with relationships, mental health issues, addiction, abuse, and more.

The goal of counseling is not to judge or criticize, but to help people find ways to resolve their issues and improve their lives. Counseling can provide people with the tools they need to cope with difficult situations and feelings. It can also help them learn new ways of thinking and coping that they can use long after counseling has ended.

### The Counseling Process

Counseling is a process that helps people deal with their problems. It is a journey that starts with the first counseling session and ends when the counseling relationship has ended. The counseling process usually involves five stages.

#### Step 1. The Counseling Relationship

This is the stage where the counselor and client form a relationship and begin to trust each other. This stage is important because it lays the foundation for the rest of the counseling process.

During this stage, the counselor will usually ask the client about their problem and why they have decided to seek counseling. The counselor will also explain what counseling is and how it can help the client. This is a good time for the client to ask any questions they have about counseling.

#### Step 2. Exploring the Problem

In this stage, the client and counselor work together to explore the problem. The counselor will help the client to understand their problem better and identify any patterns or behaviors that are contributing to it.

The counseling sessions during this stage are usually very open-ended, which means that the client can talk about anything they want. The counselor will ask questions and offer feedback but will not give advice.

#### Step 3. Developing A Plan

In this stage, the client and counselor work together to develop a plan to address the problem. This plan may involve making changes to the way the client thinks, feels, or behaves. The counselor will help the client set realistic goals and identify any obstacles that might get in the way.

#### Step 4. Putting the Plan Into Action

In this stage, the client begins to put their plan into action. The counselor will provide support and encouragement, but it is up to the client to make the changes they have agreed to.

#### Step 5. Evaluating the Counseling

In this stage, the client and counselor evaluate the counseling process. They will discuss what has worked well and what could be improved. This is a good time for the client to ask any final questions they have about counseling.

The counseling process can be helpful for both humans and animals who are struggling with any kind of problem. Counseling can help them understand their problems better, set goals, and make changes that will improve their lives. And believe it or not, this counseling process works with humans and animals alike.

## Counseling for Animal Communication

As animal communicators, our primary goal is to mediate communication between animals and their owners. The role of counseling is a little more involved and requires greater specialization and qualifications in order to legally practice counseling in a clinical setting.

However, the skills and tools that counselors and therapists use to facilitate communication can just as easily be used in animal communication. Though you will not prescribe clinical advice for their health or wellbeing, you can help guide animals and their human guardians.

If you find that the client is rather unstable and dealing with a host of issues that are or are not related to the issues, you may want to refer them to a licensed therapist.

Often, owners are in distress over some behavior their animal has. They may also be grieving. Counseling skills help owners feel understood and help them cope with the stress and anxiety that they may be facing from their experiences with their animals.

Counseling can also be a helpful tool for helping animals. Though not all counseling tools are directly applicable to animals, many are. Helping animals deal with trauma and depression, when that is what they communicate to you, can be mediated by the use of counseling skills and tools.

If an animal is clearly communicating that it is in severe emotional pain, you may consider referring them to a pet psychologist or even a veterinarian, depending on the severity and nature of the issue.

### The Counseling Process for Animal Communication

The counseling process is mostly the same for animals as it is for humans. You still need to build a warm relationship with them in order to gain their trust and have them communicate transparently.

You still need to analyze the communication and interpret what they are saying to get to the root or fundamental cause or meaning. We do much the same thing with an animal, only we are interpreting their feelings and sensations as they are transmitted to us rather than the root cause of a feeling being expressed by your client. Both require an analysis that cuts through the noise and gets to the truth.

For animal communicators, the goal is often set from the start. We usually already have an idea of what we will be trying to communicate to the animal since the owner sets those directives.

After assessing the conversation, you might set a goal like persuading the animal to agree with you or getting them to voluntarily change their actions in a way that will help them work through their emotional trauma.

For example, if you were counseling an animal whose human guardian had passed away, your goal might be to help the animal through the grieving process so that they can begin to heal and move on. To do this, you would need to help the animal understand their feelings and sensations, and then help them find ways to cope with and work through those emotions.

Let’s say, for example, that the animal has not been eating or drinking since the loss; one goal you might set would be to get them eating and drinking again. This can be done by counseling the animal on how important it is for their health and helping them understand that even though their guardian is gone, they still need to take care of themselves. and that their lost guardian would not want them to waste away.

A plan of action is typically much simpler for animal communicators than for traditional counselors, since often the key to resolution just lies in accurately mediating communication between the human and their animal. Repeat sessions are not typically required. If they are, it may be an indication that more is needed for your client than clear and open communication with their animal. Refer them to more specialized help.

### Important Counseling Skills and Traits for Animal Communicators

There are certain counseling skills and traits that are essential for effective animal communicators. These skills and traits will serve you very well as an animal communicator. Not only will it help make all parties in the communication more receptive and open, they will build trust and rapport, ensuring that the communication is respectful, clear, and accurate.

The following is a list of the most important traits a counselor should have and how you can develop them:

#### Effective Listening

Good listening skills are one of the most important traits for a counselor. By hearing the client minutely and giving full attention to their details, the counselor can provide better assistance and support. There are many powerful strategies that counselors can use to become more effective listeners.

An effective listener practices active listening. This involves being fully present with your client and giving them your undivided attention. It also means listening not just to the words they are saying but also to the tone of their voice and their body language. This can be a challenge when communicating with animals, as they do not use words. However, it is still possible to actively listen to an animal by paying close attention to their energy, their body language, and the images they show you.

As an active listener, you'll have to focus on the client and not let distractions get in the way. This includes making eye contact, paying attention to body language, and not checking emails or texting during a session.

Showing genuine interest in what the client is saying is also very important. This can be done by paraphrasing back what you’ve heard, or asking questions to clarify any points that are unclear.

Be sure to stay patient, even if the client is speaking slowly or struggling to find words. It’s important to remember that it can take time for some people to open up about their feelings.

You should also avoid making judgmental comments or giving unwanted advice. The goal of counseling is to help the client explore their feelings and come to their own conclusions.

Keep an open mind, and allow the client to explore all of their feelings, even if they seem irrational or contradictory. It’s often during this exploration process that the most progress is made.

#### Being a Good Communicator

Being a good communicator is essential for counseling. When working with human and animal clients, it is important to create a safe and comfortable environment where they feel free to speak openly. This can be accomplished by establishing trust and building rapport with them. A good communicator is able to do this by being attentive, interested, and responsive. They avoid interrupting or talking over clients, and instead allow them to fully express themselves.

In order to build rapport with the client, it is important to be supportive and understanding. A good communicator establishes a positive relationship by being warm and friendly, and showing interest in the client’s wellbeing. They will often mirror the client’s body language and use similar language, in order to create a sense of rapport.

It is also important to be aware of non-verbal communication. The way we communicate through our body language can be just as powerful as the words we use. Good communicators are sensitive to non-verbal cues and use them to build rapport with their clients. They are also aware of their own body language and adjust their behavior accordingly.

Finally, good communicators are adaptable and flexible. They are able to adjust their style depending on the situation and the person they are speaking to. They are patient and willing to take the time needed for effective communication.

#### Being Analytical

Being analytical is one of the most important traits that a communicator can have. This is because without analysis, the entire process is in vain, as no goals can be set and the client will not be able to undergo any plan of action. Noticing patterns and putting the pieces together to offer a coherent and true account of things is what separates good communicators from great ones. They help us to understand the situation better and allow us to make better decisions when it comes to interacting with animals.

Animal communicators are often thought to be all intuitive and not analytical, but this is only partly true. The intuition is for receiving the communication, while the analysis is for learning from experience and identifying patterns and potential flaws in the interpretations. It also helps us identify deceit or deception on the parts of the parties involved in the communication. Being analytic takes time and practice, but it is well worth it in the end.

One way that you can help develop your analytical abilities is by keeping a journal. In your journal, you should record all of the animal communications that you have. Include as much detail as possible, such as what was said, how it was said, and what the animal’s energy was like. You can also include any non-verbal communication that occurred. Reviewing your journal entries on a regular basis will help you see patterns and notice things that you may have missed the first time around.

#### Being Caring

When it comes to counseling, being caring is perhaps one of the most important traits that an animal communicator can have. After all, if you don't care about your clients and their well-being, then what is the point of counseling? Caring creates a connection between the counselor and client and allows for trust to develop. This trust is essential for counselors, as it allows them to build rapport with their clients and helps to create a safe space for them to share their thoughts and feelings.

One of the best ways to become more caring is by developing empathy for others. This can be done by spending time with people who are different from you, and trying to understand their perspective. It is also important to be accepting of others, even if you don't agree with them. This can be difficult at times, but it's important to remember that we are all humans and that we all make mistakes.

Another way to become more caring is by volunteering your time or donating money to charities or organizations that support people and animals in need. This allows you to see firsthand how your help can make a difference in someone's life. It also allows you to develop compassion for others, which is another key component of being caring.

Finally, remember that being caring is a journey, not a destination. There will be times when you fall short of your ideals, but it's important to acknowledge these mistakes and learn from them. By doing this, you will become a more compassionate and caring person overall.

#### Being Genuine

When it comes to counseling, being genuine is one of the most essential traits that a practitioner can have. This is because it is only through being genuine that trust can be fostered between the counselor and client, as well as the counselor and animal communication recipient. When trust is not established, it becomes increasingly difficult for authentic communication to take place. The reason for this is that when we are not genuine, our intentions tend to be negative and self-serving rather than helping others. We may actually make the situation worse by trying to fake communication instead of coming from a place of honesty and helping others.

So, what can you do to become more genuine in your counseling? Here are some powerful strategies:

Establish clear boundaries at the beginning of your relationship with your clients. This will help them to know what they can expect from you, and also help you to stay true to yourself.

Be honest with your clients about what you can and cannot do. If you do not feel comfortable working with a particular client or animal, be sure to tell them so. This will help to build trust between you and them.

Come from a place of compassion and understanding in your counseling sessions. Remember that your clients are coming to you for help, so be respectful of their feelings and needs.

Be yourself! Trust is key in any counseling relationship, so let your clients see the real you. They will appreciate your honesty and openness, which will help them trust you more.

Finally, remember that it takes time to build trust; don’t expect it to happen overnight. Be patient, and let the relationship evolve gradually over time.

#### Being Empathic

We have already stressed the critical importance of empathy many times throughout this training. It plays a similar role in counseling, helping the client feel understood and supported. Empathy is the ability to understand and share the feelings of another being. To be empathic, it is important to be able to put yourself in the other being's shoes and see things from their perspective. This involves listening attentively and paying close attention to both their verbal and nonverbal communication.

Being empathic allows you to develop a stronger connection with your clients and helps them feel seen and heard. It also allows you to better understand what they are feeling and how they are thinking. This can help you better reflect their thoughts and feelings back to them, which can help them explore and process their emotions.

To become more empathic, it is important to be aware of your own emotions and reactions. Pay attention to your body language and try to keep your mind open and non-judgemental. It is also important to be patient and allow the client time to express themselves. Be prepared to listen without interruption and do not rush to give advice or solutions.

All of these traits will serve to make you a better counselor and also a better animal communicator. They will allow you to develop deeper relationships with your clients and also help you to better understand the animals that you are communicating with. So, make sure to keep them in mind the next time you find yourself in a counseling session!

## Counseling Techniques

Though certain traits help us become better counselors and animal communicators passively, we can also make use of powerful counseling techniques for more active use. These counseling techniques can be very helpful in promoting trust, developing empathy, and overall helping the counseling process along. Here are some of the most popular counseling techniques:

### Challenging

Challenging is a powerful counseling technique that helps clients to question their existing perceptions and explore new perspectives. The following guidelines can help develop the skill of challenging without confronting:

Reflecting thoughts

Begin by showing the client that they have been heard and understood. Use reflective listening techniques such as “So you feel like...” or “It sounds like you think...” to help them express their thoughts and feelings. This will help to build trust and rapport before challenging them.

Helping clients challenge themselves

Challenging clients by asking them to back up their arguments encourages them to question their internal frame of reference. For example, you might ask a client what other possible explanations there could be for a situation, or ask them to give evidence for their argument.

Challenges should not be put-downs

Avoid messages that begin with "you” which can be taken negatively. For example, don’t say, “You’re wrong” or “You’re being stupid.” Instead, use phrases such as “I wonder if there might be another way of looking at this….” or “What do you think?”

Avoiding Strong Challenges

Challenging too hard can create resistance. Start with gentle challenges and increase the intensity depending on the client’s reaction.

Avoiding Threats

Avoid verbal or nonverbal threats, such as pointing or raising your voice. This will only make the client defensive and less likely to listen to your suggestions.

### Creating Self-Talk

Self talk has a great effect on the mind, and can be used to change the way we think and feel. Counselors take advantage of this natural phenomenon to help clients change their mindsets, explore their thoughts and feelings, and develop more positive ways of thinking. It can help clients become more aware of their thoughts and feelings. It also helps to increase self-esteem and confidence, and can be used to challenge negative thinking patterns. It is important to pay attention to the way clients talk about themselves.

The self talk that your clients engage in can reveal valuable insights about their potentially pathological beliefs and mental habits. Sometimes it can even help to ask your clients about the kinds of self-talk that they regularly engage in. Though that might be difficult for animals, your human clients should have no problem answering this question and will provide valuable insights that can help inform the best course of action to tackle any emotional issues.

Creating self-talk is a valuable intervention for clients learning to cope with stress and anger. Skilled therapists help clients with self-talk in the following ways:

1. Highlight negative self-talk. Clients often use damaging, negative self-talk. Skilled therapists can show clients how to explore their statements in problematic situations, such as presenting at work or forming relationships.

2. Educate clients about coping self-talk. Clients can learn to use positive self-talk as a helpful coping strategy, supporting an internal dialogue that calms nerves and focuses on the task at hand.

3. Capture helpful self-talk. Clients can discover how to capture positive self-talk and use it at the correct time.

### Encouragers, Paraphrasing & Summarizing

Encouragers, paraphrasing, and summarizing are all techniques used in counseling to help build a relationship with the client and accurately assess the situation. Encouragers are words or phrases that show support and concern for the client. Paraphrasing is when the counselor repeats what the client has said, but in their own words, to ensure that they have understood correctly. Summarizing is when the counselor pulls together all of the information provided by the client and presents it in a condensed form.

All of these techniques serve to build a rapport with the client and to ensure that the counselor has a clear understanding of the situation. They also allow the client to feel heard and understood, which can be very therapeutic. By using these techniques, the counselor is able to provide support and guidance to the client, while also ensuring that they remain respectful of the client's autonomy and feelings.

#### Encouragers

Encouragers are a minimal response technique used to encourage the client to keep talking. They are non-verbal minimal responses such as nods of the head or positive facial expressions, and verbal minimal responses such as "uh-huh" and "I hear what you're saying." Brief invitations to continue, such as "Tell me more" can also be transmitted telepathically through intention.

Many encouragers that we use with humans also work with animals, such as nods, smiles, and maintaining eye contact. Try out different types of encouragers with your animal clients and see what works best for them.

Encouragers are a valuable tool for counselors, as they help the client feel heard and understood. The counselor can use them to build rapport and to gently steer the conversation in the direction they want it to go. In animal communication, encouragers can be used to help the client feel safe and comfortable, and to encourage them to keep talking about their issue.

For example, if a client is discussing a problem they have with their horse, you as the animal communicator may apply your counseling skills and use encouragers to help the client feel safe and comfortable. They might say something like, "It sounds like you're really upset about this." "Can you tell me more about what's going on?" This will help the client feel like they're being listened to, and it will also give the counselor more information about the situation.

You might also use encouragers for the horse once you begin the communication session. For example, if the horse is hesitant to talk about their problem, you can use an encourager such as, "It's okay; I'm here to listen." "There's no rush, take your time." This will help the horse feel safe and comfortable enough to open up and share their feelings. Though they may not understand the words, animals will pick up on the intentions behind them, and that will go a long way to making them feel comfortable.

#### Paraphrasing

In counseling, paraphrasing is a technique used to help the client explore their feelings and thoughts. It involves capturing the essence of what the client is saying, through rephrasing. This helps the counselor understand the client's perspective and encourages them to continue talking about their issue.

Paraphrasing can also be an important tool for animal communicators. By accurately capturing the client's feelings or intention, we can ask the right questions and avoid miscommunications. This can help to create a more effective communication and achieve better outcomes for all involved.

For example, imagine you are working with a client who is struggling with anxiety. By paraphrasing their feelings back to them, you might ask questions like "So you're feeling anxious because you're worried about your pet?" This allows the client to explore their thoughts and feelings further, and potentially find a resolution to their problem.

#### Summarizing

Summarization is a technique used in counseling whereby the therapist pulls together key parts of the extended communication, restating them for the client as accurately as possible. Summaries can be useful for the animal and client alike since they can help to confirm the broader issues or sentiments of the communication. Summarization is often used at the end of a session in order to identify key points of the communication and possible inconsistencies or broader emergent patterns in the communication.

An animal communicator may use summarization at the end of a session to identify the key points of the communication and to also identify possible inconsistencies or broader emergent patterns in the communication. Summarization can be useful for both the animal and client alike, as it can help to confirm the broader issues or sentiments of the communication.

As an example, consider a situation where a client has been communicating with their animal companion about a recent move. The therapist may use summarization to identify key points from the conversation, such as whether or not both parties are adjusting well to the new situation. This information can be helpful for both parties involved in order to ensure that they are on track with regards to their communication goals.

All these counseling techniques have their place in animal communication. By using these techniques, we can encourage our clients to open up and explore their thoughts and feelings. This will help to create more effective communication and achieve better outcomes for all involved.

## Summary of Key Points

* We often try to communicate with animals in order to help the animal and their guardian work through some kind of pain, trauma, or other emotional challenge.
* For this reason, many professional animal communicators find it useful to learn counseling skills in order to better help the animals and humans they communicate with.
* Counseling is the process where you talk about your issues in detail either intending to overcome the same or to explore your thoughts comprehensively.
* By understanding and using counseling skills, communicators can provide more holistic support to these people.
* Our primary goal as animal communicators is to mediate communication between animals and humans. The skills and tools that counselors and therapists use to facilitate communication can be useful in animal communication.
* There are several counseling skills and traits that must be mastered by animal communicators. These include:
  + Effective Listening: Be present with your client and give them your undivided attention. Listen not just to the words they are saying, but also to the tone of their voice and their body language. Pay close attention to the animal; to their energy, their body language, and the images they convey to you.
  + Good Communication: Be attentive, interested, and responsive. Avoid interrupting or talking over clients, and instead allow them to fully express themselves.
  + Be Analytical: Noticing patterns and putting the pieces together to offer a coherent and true account of things helps us to understand the situation better and allow us to make better decisions when it comes to interacting with animals.
  + Be Caring: Caring creates a connection between the counselor and client and allows for trust to develop. This is essential for counselors, as it allows them to build rapport with their clients and helps to create a safe space for them to share their thoughts and feelings.
  + Be Genuine: Establish clear boundaries at the beginning of your relationship with your clients. Let them know what they can expect from you and what you can and cannot do. If you do not feel comfortable working with a particular client or animal, be sure to tell them so.
  + Be Empathic: It is important to be able to put yourself in the other being's shoes and see things from their perspective. This will help to develop stronger connections with your clients and helps them feel seen and heard.
* There are also several counseling techniques that must be mastered by animal communicators. These techniques serve to build a rapport with the client and to ensure that the counselor has a clear understanding of the situation. Here are some of the most popular counseling techniques:
  + Challenging: Use insightful questions to challenge clients' existing perceptions and thereby guide them to explore new perspectives.
  + Creating Self-Talk: Self-talk is a valuable intervention for clients learning to cope with stress and anger. Clients can learn to use positive self-talk as a helpful coping strategy, supporting an internal dialogue that calms nerves and focuses on the task at hand.
  + Encouragers: Encouragers are words or phrases that show support and concern for the client.
  + Paraphrasing: Repeat what the client has said, but in your own words, to confirm understanding.
  + Summarizing: Pull together all of the information provided by the client and present it in a condensed form.
* These techniques allow the client to feel heard and understood, which can be very therapeutic.

# 

## Exercise: Virtual Counseling Session

In this exercise you will practice your ability as a counselor. You will practice identifying and responding to communication challenges and improve your ability to navigate them effectively towards positive outcomes.

### Materials

* Access to your favorite show. The show should have an element of drama in it.
* Your animal communication journal
* A pen or pencil

### Instructions

1. Begin by choosing a TV show or movie that has well-developed characters and interesting dialogue. This can be a drama, comedy, or any other genre that you enjoy.
2. Find a comfortable and quiet place to watch the show. Make sure you will not be disturbed during the exercise.
3. As you watch the show, pay attention to the way the characters communicate with each other. Notice their body language, tone of voice, and choice of words.
4. As you observe the characters, try to identify their emotions and intentions. How do their words and actions reflect their feelings and thoughts? How do they respond to each other's emotions and needs? Make sure you pause frequently, to take the time you need to record everything.
5. As the show progresses, consider how the characters could improve their communication skills. For example, they might benefit from using more active listening, empathy, or assertiveness. They might need to practice managing their emotions or setting boundaries in their relationships.
6. As the show comes to an end, take some time to reflect on what you have learned. What communication skills did you notice in the characters? Which ones do you think you could use in your own life? What challenges or obstacles did the characters face, and how did they help each other overcome them or not?

# Module Conclusion

Our primary goal as animal communicators is to mediate communication between animals and humans. In this module, we learned techniques and approaches for effective counseling and communication with animals and their human companions.

Contrary to humans, animals experience less conceptual distinctions between themselves and their environments. They are very intuitive and will likely distrust us if they are not convinced of our positive intentions. As an animal communicator, you have a responsibility to be truthful and honest with the animals with whom you work. Establish clear boundaries at the beginning of your relationship with your clients. In order to be better communicators with animals, it is important to develop our own mindfulness.

Many professional animal communicators find it useful to learn counseling skills in order to better help the animals and humans with whom they communicate. As with any form of counseling or therapy, there are certain skills, including, active listening and reflective listening, that can be helpful when working with animals and their human guardians. There are several counseling techniques that must be mastered by animal communicators. These techniques serve to build a rapport with the client and ensure that the counselor has a clear understanding of the situation.

It is important to be able to ask questions of animals and their human companions if we want to establish effective communication with them. Avoid interrupting or talking over clients, and instead allow them to fully express themselves. Use insightful questions to challenge clients' existing perceptions and guide them to explore new perspectives. Cultivate positive self-talk; it is a valuable intervention for clients learning to cope with stress and anger. These techniques allow the client to feel heard and understood, which can be very therapeutic. Pay close attention to the animal; to their energy, their body language, and the images they convey to you.

Professional animal communicators should be flexible and adaptable in their work and be willing to experiment with different approaches until they find the one that works best for each individual animal. Finding the right balance is about being sensitive to the individual animal's needs and personality.