



DONNA NORRIS  
Soul Level Intuitive

## BASIC TIPS FOR CONNECTING WITH YOUR PET

☯ **CHOOSE YOUR WORDS** – Although animals may not often act like they get it, they really do understand everything we say. So when you tell Fido you love him before you leave for work in the morning, he gets it. He likewise gets it when someone says, “I’m going to send that dog to the pound!” because they’re momentarily angry, your animal hears that too. Words have energy, and animals are experts in that because they navigate using energy 24/7.

☯ **THINK AT THEM** – Animals see the images you hold in your head, so use this to help them be successful. For example, if you want them to go outside, envision them outside walking as you hold the door open and say, “Time to go outside!” This works for asking them to move. Visualize where you want them to move to and then say, “Down on the floor” as they’re lounging on the furniture. It’s like the basic obedience commands of “sit” or “down”, where you think of them in the “sit” or “down” position as you give the command.

☯ **NO SECRETS** – You can’t fool an animal. They have developed extraordinary abilities to read emotions in order to survive in the world, and they will use this with you. Have you ever been feeling sad or anxious only to find your animal rubbing against you, or nudging you with a paw, or even jumping into your lap to cuddle? Yes, they really do get you. That being said, if you’re feeling sad or anxious and trying to stuff it down and hide it from the world (or yourself), you’re inviting challenges with your animal. Companion animals can get particularly upset when you’re covering up emotions, and this is often when they start misbehaving. If you find yourself in this situation, it’s better to sit down with them and admit it to yourself and to them. “Well, I guess I was trying to cover up my fear about my job, Fido. Sorry about that.” The best pet connections come from being honest about what you’re really experiencing in life, including the good, the bad, and the ugly. They want to support you, so let them.

☯ **BE PRESENT** – We are not defined by our past and neither are our pets. Animals don’t live in the past, which is how so many rescued animals are able to heal and assimilate into new families after having been abused or neglected. It’s the humans who like to hold on and define them by their story. We call our pet “our rescue” and talk about their story, when it’s really best to let the past be the past and just call them “our boy George”. If you find yourself referring to your animal’s past, simply shift into the NOW. “NOW he loves to give snuggles”, “TODAY he has plenty of love and food and his own bed!” “Right NOW he gets two great walks a day.” Yes, it’s really that easy to build and reinforce a strong connection. Living in the present allows your animal to get on with life and keeps you grounded and more mindful of your blessings at the same time.

☯ **REACH OUT** – If you find yourself running late with errands or work, all you have to do is “think” the thought you want to send to them and imagine it flying through the air and reaching them at home. Animals in the wild connect intuitively all the time. It’s nothing for your pet to pick up your signal because they have this skill too. Just think, “Bluey, I’m be home before dark” or “I’ll be home in time for your supper!” Your pet will get the message. This is also very helpful if you’re out of town. You can think, “I’ll be home in 3 more nighttime sleeps!” or “I’ll be back tomorrow.”



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