

GETTING • STARTED



A Guide To Animal Communication *Pea Horsley*

*The **Getting Started** Guide Will Walk You Through The Essentials.
Start today.*

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Welcome from Pea

Welcome! I am so happy you have joined me here and that you have the desire to understand and engage with Animal Communication.

My personal passion is to empower others who wish to help animals and awaken to the teaching they wish to share.

Animal Communication enhances our interspecies relationships, our respect for Nature and it raises consciousness.

You've probably heard of animal communication but you don't know where to start.

The subject might be feeling both exciting and daunting. Maybe you question, 'What's the best way to start?' or you're feeling, 'I want this so much I don't want to get it wrong.'

How you can understand something that you've never felt? If you let me I will help you.



I've always been an animal lover yet I didn't start consciously communicating with animals until 2004. It's never too late to start. Now of course my perspective is different and it baffles me why everyone isn't communicating with animals and living their life in deep connection with other species.

But...then I remember back to when I used to work in theatre as a Company Stage Manager and a time when I'd never even heard Animal Communication. If you'd mentioned animal communication to me back then I would have probably laughed. I was skeptical until I rehomed a rescue dog called Morgan and through a funny coincidence (aka synchronicity) he "introduced" me. When I was able to experience Animal Communication for myself everything changed.

Nothing beats the feeling of have an authentic communication with another species of the Animal Kingdom. A journey into Animal Communication can bring your life deeper meaning and open your heart even wider to embrace all of life.

I am so happy you are ready to Get Started.

Come this way.



What's It All About?

“When you touch one thing with deep awareness, you touch everything.”
—*Thich Nhat Hanh*

Animal communication is based on deep intuition. We are all born intuitive and repeatedly experience intuitive moments but how much do we trust them?

Could we believe in more subtle experiences? Could we open our minds to possibilities beyond our current knowledge? What if our current belief is out dated and we are already more connected to other species than we really comprehend?

Some intuitive moments you may have experienced:

You think of a friend and then the phone rings and it's them.

You think I better take doggie for a walk and find they're sitting at the door waiting.

You go to view a new home and get a feeling of the vibes of the place.

You get a sense when someone is looking at you only to discover they are.

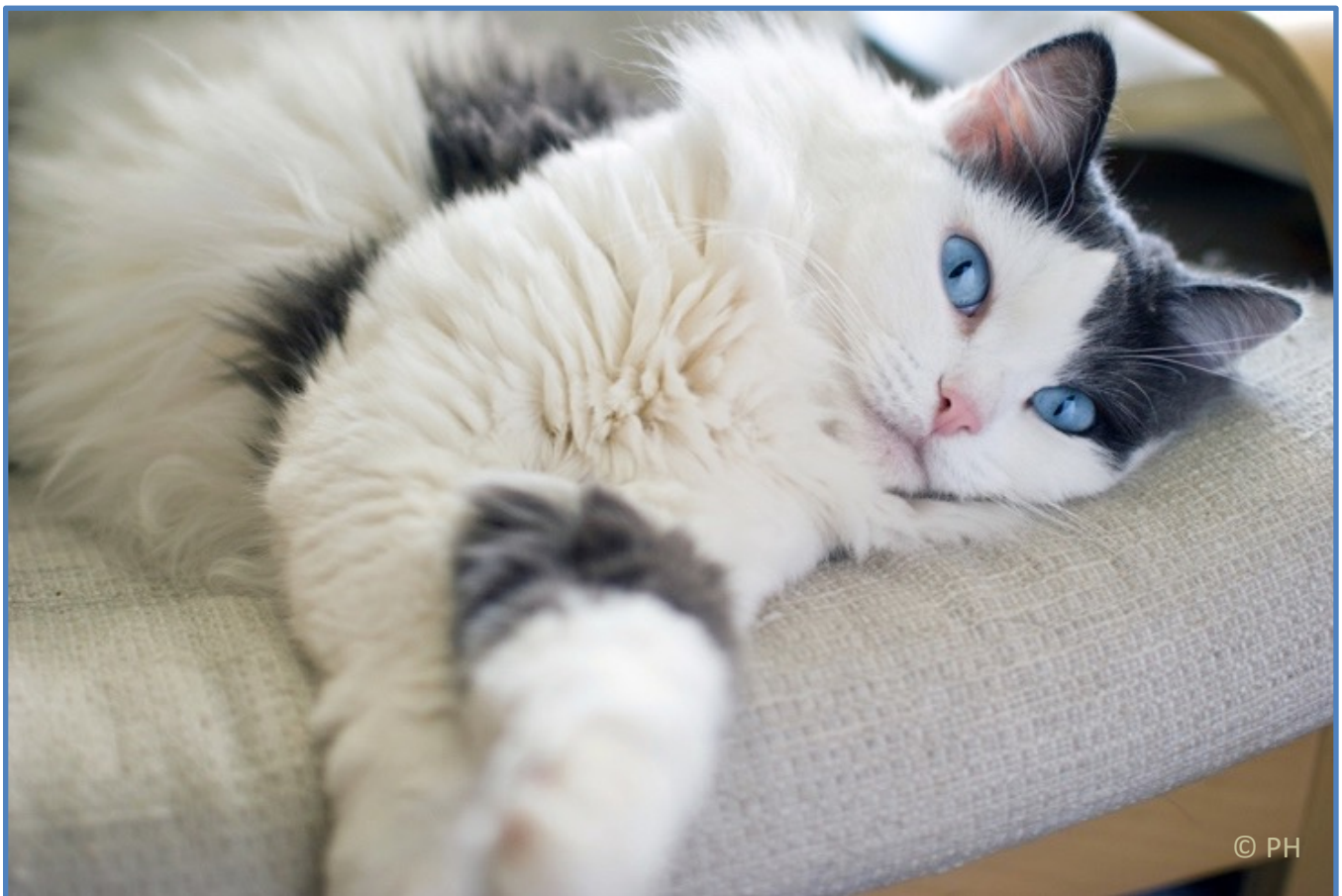
You wonder where your puss is and discover them just where you expected.

Task: My Intuitive Moments

Sit down now and make a list of all of the times when you've experienced an intuitive moment. You know...a gut feeling about something. You're going to discover there are many but perhaps you've never really thought of them in that way. There you go, you are already flexing your intuitive muscle. Over the next few days really listen to your intuition and pay attention.

What's It All About...

We are all connected on the Web of Life. Energy links us to other species and them to us. Our own energy literally extends beyond our skin, beyond where we think we end, and out into the space around us. We are linked to other species on a web of energy vibration.



Exercise: Sensing Energy

Stand with your feet shoulder width apart and rub your palms together. Hold your palms facing in at chest height in front. Slowly bounce your palms inwards without touching. Glide your hands apart. Bounce them in again, then glide them apart. Notice what you are sensing. Close your eyes and really tune in to the subtle sensation. You are becoming aware of energy.

“...animal consciousness and human consciousness are of **such similarity** that we have to ask ourselves **how** we treat animals and **why** we treat them the way that we do.”

JOSEPH
DIAL

Who Is It For?

YOU! If you love animals, if you want to make their lives better, to understand them on a deeper level, to raise your own awareness and become more connected with Nature.

Communicating with animals isn't magic and it's not a gift for the select few. Everyone has the ability to communicate with non-human animals.



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Who Would Not Be a Good Fit?

Someone who just wants to use animal communication to control animals, to make them stop something or to get them to do exactly what they want without considering the animal's own feelings and thoughts. Someone who fails to grasp that animals are sentient beings with intelligence and wisdom. Someone who would find it impossible to show an animal respect and love would not be a good fit here.



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How Does It Work?

It's based on a telepathic communication. Telepathy is Greek for feeling across a distance. Tele = distance. Pathy = feeling. When we communicate we are feeling impressions across a distance. This enables us to connect with an animal in front of us as well as animals far away in a different location.

We are all born with the natural ability to communicate using the language of telepathy. However, as we grow up we are subject to expectations and demands of parents, teachers and society that dismiss our 'gut feelings' and put an emphasis on scientific and electronic forms of connection.

When our species developed verbal and then written language we stopped communicating telepathically. We lost something so beautiful and natural to our way of life. Now we've got smart phones, tablets and WIFI and we've stepped even further away from the inner connection...our in-tuition.

This isn't a New Age phenomenon it has its roots in ancient tradition. Indigenous peoples have been working with Nature. It helps to remember the Human species was just another member of the Animal Kingdom.

.
Thankfully, what has been lost...can be recovered.

Communication with other species, the non-human animals of the Animal Kingdom, is our birthright, and I truly believe from witnessing first hand over and over again that it is possible for anyone to rediscover their ability – it just takes commitment and practice.

How Does It Work?

Each feeling, thought and sensation is a physical energy with its own frequency. It helps to think of information as sound waves. Once we learn how to be in-tune with those frequencies we are able to understand other species on a subtle and deeper level.

Physical sensations – you feel within your own body.

Pictures/images/video – you comprehend with your inner-eye

Thoughts – you hear with your inner voice

Smells & tastes – you can sense a smell or comprehend a taste

A gut-knowing – the information just pops in and you ‘just know’



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Why would you want to communicate with animals?

“Not to hurt our humble brethren is our first duty to them, but to stop there is not enough. We have a higher mission — to be of service to them wherever they require it.”
—Francis of Assisi

- To deepen and improve your relationship with your animal friend
- To learn what an animal wishes to express about life from their point of view
- To discover explanations for behavioral problems like separation anxiety, fear, aggression
- To find a beneficial approach to quality of life issues - what your animal wants and needs
- To assist in tracking lost or missing animals
- To learn about health or physical imbalances
- To understand a rescued animal's past so that you can help them to move into the future more positively
- To prepare your animal companion for changes - a move of home, your holiday, a new baby or partner, medical treatments
- To compassionately support both animal and human in the dying process
- To connect with transitioned animal companions

Benefits are not limited to domesticated animals, there are many benefits to communicating with wild animals, those who are in captivity and living wild.



IT'S A CONVERSATION

Consider animal communication like a conversation.

You engage in a direct 1-2-1 'conversation' with an animal.

The only difference is that it's non-verbal, subtle and based on exchanging energetic information.

Start 'talking' with your best friends.

You can communicate to get to the bottom of *why* they are doing things you just don't understand. If you are concerned about their health you can ask them what they are feeling in their body and if they can advise you on what they may need to improve their health. Then you can take this information to a trusted animal health professional because it may help them when creating a treatment plan. If there are changes coming up you can give them options and ask them how they will feel happiest.

Before You Get Started



Lets talk about preparation. Preparation is key. Just think about it from the animal's point of view...there's this human racing around, thinking about the jobs they need to do and worrying about this-that-and-the-other. When suddenly they reach out and say, "Hi! I want to talk to you?" Well...if you were the animal would you want to connect? Probably not. Wouldn't you prefer the Human to be relaxed and open to the potential of what you as the animal wish to communicate.

Before You Get Started

These steps are going to help you. Don't skip them.

Relax – notice how your body is feeling. Do some stretches, open up your body and breath deeply into any tension.

Observe your thoughts – are you distracted, is this a good time, are feelings of anger, frustration or fear going to get in the way? In which case, now is not the right time for you or the animal.

Prep a notepad and pen – you might also want to write down a few sentences of thanks to begin your communication with the animal. This is such a lovely way to open a conversation. It can be as simple as “Thank you so much for being part of my life.”

Make sure you are somewhere quiet where you won't be disturbed. Disconnect your technology and find a quiet space inside or out, wherever will make you feel most comfortable.

Now...be positive.

Many people stop before they even get started because they doubt the animal is communicating with them. Lets have a change of mindset please. I'd like you to expect the animal to respond to you – as long as you are showing respect and reverence they will – and that they have many things to share. Animals *want* to be heard. They want you to give them a voice.

Start Here



A Communication is about reaching deeper understanding based on love and respect:

- Breathe. Use your breath to relax and find your inner stillness.
- Heart-Space. Focus on your heart-space and your love of animals. This is the foundation of each communication.
- Connect. Imagine or visualize a link between you and the animal you wish to connect with.
- Express. Express your love to the animal.

Start Here...

- Introduce: State you wish to communicate with them. I prefer to do this in my mind but you can do it out loud if you prefer.
- Wait. Accept any impressions you receive in whatever form they take.
- Notes. It helps to take notes as you go. It's easy to forget what is communicated once you are in the flow and it's lovely to look back on your communications.
- Gratitude. Once you've finished your 'conversation' remember to thank the animal.
- Dissolve. Using your imagination dissolve the connection between you.
- Reground. Remember your connection with the Earth energy.



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Vital To Remember

‘Monkey chatter’ and self doubt seem to have become a greater part of human life. Our lifestyles seem to feel busier than ever. It’s hard to find our inner stillness. Here are a few ideas to help you reconnect with your inner stillness:

- Be in Nature: It’s the biggest healer and will also help you find inner stillness.
- Invite Silence: Turn the noise off...the TV, Radio etc...bask in silence.
- Walk: This not only helps you find a meditative state, it can help you release tension.
- Inner Child: Self doubt can be a big block to effective communication. Sometimes a little inner child work is needed to release limiting feelings and thoughts.
- Ego: The Ego voice of negativity, fear and self put downs is not your friend. Listen only to the encouraging voice that wills you to succeed.

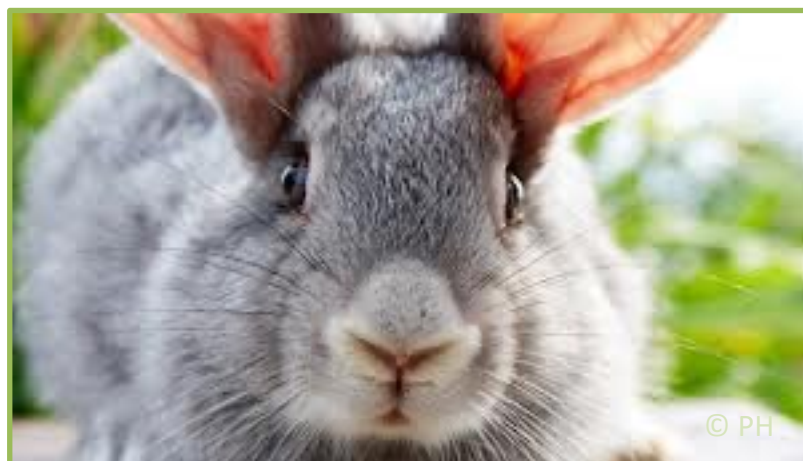


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Ethics Are Important

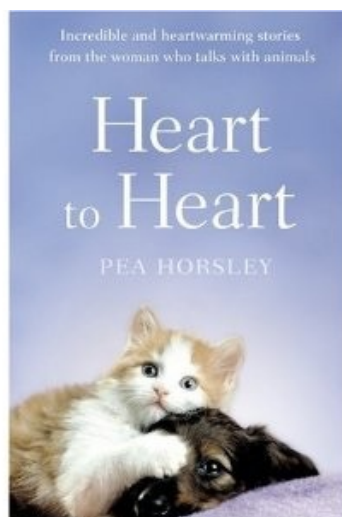
1. When starting out keep your practice to your own animals and those of willing friends making it fun and rewarding for all of you.
2. Refer your friends lost and missing animals and emotional or behaviour issues to professionals with experience.
3. To improve your ability focus on continuing to grow spiritually.
4. Understand that it is possible for telepathic communication to be clouded or overlaid by unfulfilled emotions, critical judgments, or lack of love for self or others. Work on these areas.
5. When starting the journey into animal communication be willing to recognize and clear up your own barriers to gain clarity.
6. Acknowledge personal limitations and seek help from other professionals as needed.
7. It is not an animal communicators role to name and treat diseases, refer to reputable veterinarians and animal health professionals.
8. Follow the heart, honour the spirit and life of all beings as One.

For a more detailed list of Ethics visit www.animalthoughts.com



Animal Communication Books

Start reading about animal communication and some of the ways it has helped stop suffering and saved lives

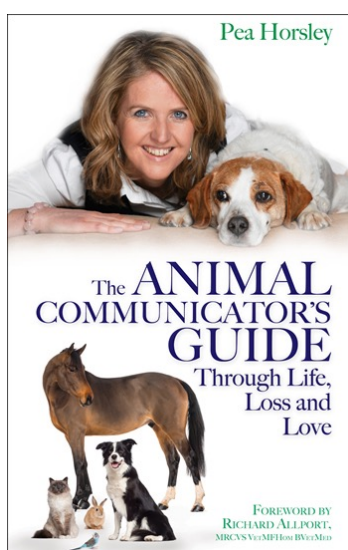


Heart to Heart

Read the heartwarming story of Pea Horsley, the UK's first professional animal communicator, as she tracks lost animals, tackles troublesome pets and helps people to truly understand their devoted friends.

Pea Horsley never set out to be an animal communicator, so you can imagine her surprise when she realized that animals could talk, and that she could hear them. Heartwarming and funny, Pea describes how she learnt to harness her powers and, in doing so, the incredible characters that she meets - on two legs and four!

[Amazon.co.uk](https://www.amazon.co.uk/dp/1473310000) [Amazon.com](https://www.amazon.com/dp/1473310000)



The Animal Communicator's Guide

He was just a pet,' people sometimes say, and yet our animal companions are so much more to us than this, and we may feel we have nowhere to turn when faced with their loss. Millions of people have sought answers to questions like 'What happens to animals when they die?' 'What is life like for them on the other side?' and 'Will they ever come back to me?'

Pea Horsley shares ground-breaking true stories which reveal animals' thoughts and feelings on life, death and life after death. By hearing their views we come to understand that animals are spiritual beings and great teachers and that we are all connected.

This collection of inspirational tales is woven together with Pea's moving story of her own dog, Morgan, and his physical struggle, his awareness of the right time to go and his insights and support from beyond the grave.

[Amazon.co.uk](https://www.amazon.co.uk/dp/1473310000) [Amazon.com](https://www.amazon.com/dp/1473310000)

Animal Communication Made Easy

Pea Horsley

Animal Communication Made Easy

Strengthen Your Bond and Deepen
Your Connection with Animals

In this book, world-renowned animal communicator Pea Horsley teaches you the essentials of animal communication to enable you to communicate intuitively with the animals you love. Pea leads you through ground-breaking preparation processes to calm your body and release your mind, and then her effective five-step method to create a deep, spiritual connection with your animal.

Drawing on her many years of experience teaching people to communicate with both wild and domesticated creatures, Pea's unique blend of exercises, affirmations and meditations will empower you to connect with all living beings.

Available through Amazon, Barnes and Noble, and Booktopia.

You can also take the **Animal Communication Made Easy online course** which includes extra teachings, and downloadable worksheets and meditations.



And Where Next?

Group Workshops

Join like minded animal lovers at various locations across the world from beginner level onwards and learn how to communicate with animals with expert facilitation and gentle guidance.

The Pride Membership

Join Pea's monthly members community, a safe place for animal lovers, sensitives, intuitive's and those seeking conscious creating with the Animal Kingdom. Affordably and from the comfort of your own home, you'll have access to the Animal Kingdom for healing, guidance and wisdom. The Pride community is a priceless!

Animal Communication Made Easy Course

Start experiencing incredible communications with your animals and connect at a deeper, more profound and more loving level than ever before. Through opening up your senses, developing your intuitive gifts, and following these amazing methods, techniques and exercises, you'll find yourself experiencing incredible connections with animals and viewing the natural world from a completely different and loving perspective.

Wild Animal Communication Retreats

Join Pea in the wild animal's natural habitat to experience deep connections with species including dolphins, whales, turtles, manta rays, orcas and brown bears.

“The greatness of a nation and its moral progress can be judged by the way its animals are treated”.

- Mohandas Karamchand Gandhi



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Animal Communication

The language of inter-species communication