

Pea Horsley



The **ANIMAL**
COMMUNICATOR'S
GUIDE

Through Life,
Loss and
Love



FOREWORD BY
RICHARD ALLPORT
MRCVS, VETMFHOM, BVetMED

Praise for *The Animal Communicator's Guide Through Life, Loss and Love*

'A grounded account of real-life communications, this book puts us straight into the minds and hearts of the animals who speak through Pea. The astonishing depth and breadth of what our animals have to tell us is immensely touching and meaningful. An unforgettable read!'

Anna Breytenbach, professional interspecies communicator and subject of the feature documentary, *The Animal Communicator*

'As people face pet loss, their devastation is compounded by fear and guilt. With the help of her dog, Morgan, Pea Horsley illuminates the transition to the afterlife with true stories of animals who communicate when they choose to leave their physical bodies. This book offers hope in a time of sadness.'

Allen and Linda Anderson, founders of Angel Animals Network and authors of *Saying Goodbye to Your Angel Animals*

'A book of deeply touching stories of the sacred and deep bond between animals and humans. I could feel the animals and their people almost right in front of me. It was very compelling!'

Teresa Wagner, animal communicator, Animalsinourhearts.com

'Once again Pea Horsley has brought tears to this vet's eyes, touching me deeply with her astoundingly accurate and emotionally charged stories of what animals (and their owners) experience and gift us in the period around their passing out of this world.'

I highly recommend this book and its compatriot, Heart to Heart, not only to those wanting to know more about animal communication but to everyone who literally wants to experience what it is to be truly present to all our animal companions.'

Tom Farrington, MVB, MRCVS, VetMFHom

'Readers who have loved and lost will feel informed and enriched after reading this book. Pea answers deep questions, revealing insights that will help hearts to heal. Be ready for an emotional journey.'

Sue Parslow, editor, *Your Cat* magazine

'Dealing with the death of your animal is hard for everyone. It helps to explore the possibility that your animal continues to be with you in spirit after death. Pea Horsley's book helps ease the pain of losing an animal and opens the door to new perceptions of life and death.'

Marta Williams, biologist and animal communicator, author of *My Animal, My Self, Learning Their Language, Ask Your Animal* and *Beyond Words*

'After reading about Pea's experiences and the messages from animals during and after their transition from this life, you will understand more about how they feel, which will help to ease your grief and bring acceptance, peace, and eternal communion.'

Penelope Smith, founding animal communication specialist, author of *Animal Talk, When Animals Speak* and *Animals in Spirit*

'When I was asked to read these true-life stories from Pea Horsley, I wasn't prepared for the emotional and inspirational content of the tales. I was moved and intrigued by the warmth, honesty and love that came through on the page. I would recommend this book, sensitively written and from the heart, to anyone who wants to know about the work of an animal communicator and for those who seek comfort and insight from those who have passed before us.'

Avril Price, senior tutor and consultant, the College of Psychic Studies

'This is a must-read book for all those who love their animals and wish to approach their animals' end-times with great compassion, understanding, and sensitivity. You will laugh and you will cry, and you will come to a place of absolute knowing regarding the oneness of all life and that love is eternal.'

Elizabeth Severino, DRS, animal communicator and spiritual healer, author of *The Animals' Viewpoint on Dying, Death and Euthanasia*

'Pea takes a fresh look at pet loss from an entirely new perspective, one that offers the hope and comfort that owners are seeking. The touching and inspiring stories in her book signify that death is not the end, but rather the start of a new journey. Pea's book will give owners an important insight into animal communication and ultimately bring them closer to their animals.'

Kevin Spurgeon, director of the Association of Pet Cemeteries and Crematoria (APPCC.org.uk) and a partner at the award-winning Dignity pet crematorium in Hampshire

'Pea Horsley, animal communicator, gifted writer and friend, is possessed of an acute awareness, love and understanding of the animals with whom we share our living space. In this, her second book, Pea continues to inspire us with her boundless compassion for our animal companions during life and in death.'

Reverend Ganshin E. Rock, Tendai Buddhist priest

The
ANIMAL
COMMUNICATOR'S
GUIDE
Through Life, Loss and Love

Pea Horsley



HAY HOUSE

Carlsbad, California • New York City • London • Sydney
Johannesburg • Vancouver • Hong Kong • New Delhi

This book is dedicated to...
All those facing loss, grieving for a loved
one or caring for the grieving.
All the animals in heaven and on Earth who
are a constant source of inspiration.
And Morgan – who gave me my wings.

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Foreword



I have lost count of the number of people who have said to me ‘I’d love to have been a vet, but I couldn’t cope with putting pets to sleep.’ And, as every vet will freely acknowledge, euthanasia is the most difficult and distressing task to have to carry out, especially as it happens on a regular basis. There are few careers that involve the frequent and intentional taking of life.

But for most vets, the greatest difficulty does not arise from actually carrying out the euthanasia. In fact, as long as a pet’s life is ended to prevent pain and suffering, and is ended calmly and peacefully, there can be a certain sense of satisfaction in bringing that life to a close. The main problem for the majority of vets is coping with the distress of the person or family who has been caring for that pet, often for many years.

Vets have little training in helping clients through the shock and grief of losing a pet. In particular there seem to be no simple answers to the torrent of questions that flow both before and after euthanasia.

- ◇ 'How can I be sure it's the right time to let him go?'
- ◇ 'How can I let her know I'm doing this for her?'
- ◇ 'Will she understand what's going on?'
- ◇ 'Do animals have a soul? Do they go to heaven?'
- ◇ 'How can I let him know I loved him?'
- ◇ 'I feel she is still around – I can feel her presence. How can this be?'

Every vet who has been through such questioning and puzzled over how to give a useful answer, and everybody who has ever had to say goodbye to a loved pet, or has to go through that experience in the future, should read *The Animal Communicator's Guide Through Life, Loss and Love* from cover to cover.

Pea Horsley is able to give realistic and comforting answers to all these questions and more, both from her moving account of losing Morgan, her beagle, and from the many pets she has met and communicated with, both before and after their deaths.

Death seems to be the last taboo in British society, and grieving for a lost pet particularly so. Many of my own clients have said they felt embarrassed to display any signs of grief to friends or work colleagues. Pea explains the process of grief, how normal it is to feel the loss of a pet and how to help to resolve the emotions of bereavement.

The Animal Communicator's Guide Through Life, Loss and Love is a book dealing with a sad and potentially depressing subject, but anyone who reads it will find it comforting, practical and – remarkably – positive and uplifting.

Richard Allport

BVetMed, VetMFHom, MRCVS

Author of *Natural Healthcare for Pets, Heal Your Dog the Natural Way* and *Heal Your Cat the Natural Way*

Introduction



‘**W**e are all connected, all of the time, across any distance’ – this is the key to animal communication as evidenced in Pea Horsley’s beautifully written autobiography, although the message does not come directly from her, but from Morgan, her first dog and interspecies educator.

The insights you will gain from this book are more profound than anything you could ever imagine, and yet so simple and so obvious. Without doubt, animal communication will change your life; and if you have all but lost hope in humanity, given the devastation our species has wreaked on this magnificent Earth, it will offer you the most effective way to restore your original contract with nature – and help save our Earth.

When you live in wild pride-lands, together with the apex predator and the other natural kingdoms in the food chain and great cycle of life, as I do, you realize that God is very much alive, and so, too, the Force of Love that unites all of divine creation.

We are, indeed, all connected. I am fortunate enough to cohabit with the last White Lions in their endemic wilderness lands, and all the other interconnected creatures of their natural ecosystem. Every day, I wake to the birdsong, and every night I go to sleep with the roar of the king of animals on the distant horizons, and I witness the soul-bond of unconditional love and respect that exists in natural biodiversity between all creatures, great and small, wise and wonderful – even, unlikely as it may seem, between predator and prey.

We all lived this way once, as the magnificent paintings in the caves of Lascaux and other prehistoric sites remind us, not in fear but in love and reverence for all of creation – an idyllic condition we all know deep in our heart of hearts, and which we yearn to restore more than anything. Even if you live in the city, as I did when I worked in the fashion centres of Europe, uprooted from nature, alienated and separated, you still know in your soul essence that there is a state of grace, but it can only be reached by helping to restore Paradise on Earth, the gift that the great Creative Force – in whatever name you choose to name It – lovingly gave over into humanity's care.

Today, in the midst of a global meltdown in all matters man-made, not only our impact on climate, animal communication is the most powerful tool we humans possess to re-establish a loving and meaningful relationship with the real world. Through simple, straightforward language and astounding real-life examples, Pea Horsley's book will help you find the way back to a meaningful existence with yourself and the other magnificent animals who share this planet.

The facts speak for themselves. Animal communication is a natural attribute we all once possessed. Although this ability dates back to the most ancient of times, it is critically relevant to

the modern day, and *the key* not only to protecting our planet but also to saving ourselves.

Linda Tucker

CEO, Global White Lion Protection Trust

Shamanic title: Keeper of the White Lions

Author of *Mystery of the White Lions* and *Saving the White Lions*

Author's Note



The Animal Communicator's Guide Through Life, Loss and Love is much more than a collection of communications gathered over time – this book contains my heart and soul and those of my clients as we bring you our personal journeys.

The chapters follow a chronological order which allows you to progress along a path led by your guides – the animals.

The reason for this book has always been, since my dear teacher, Morgan, planted the seed, to offer a source of comfort, support and deeper understanding to those who are grieving the loss of a beloved animal companion.

If you are grieving at this time, please accept my deepest sympathy. I can understand the depth of the pain you are feeling as you come to terms with losing a beloved animal. As you read through the pages of this book you will come to understand that you are not alone with these feelings. Many people have shared a sacred relationship with these incredible beings who truly understand what you are going through. It is my most sincere

hope that this book will bring you comfort and support through this most difficult time.

Please Note

Animal communication, however valuable, is not a substitute for the expert diagnosis of a trusted veterinarian. If you feel your animal is unwell, please seek out a reputable medical professional who is caring, compassionate and respectful to you and your animal.

Chapter 1

‘We Are All Connected’



*‘We are all connected, all of the time,
across any distance.’*

MORGAN

This is the one story I never wanted to write. It is a true story and it is about my own dog, Morgan.

Behind me lies a huge soul in a fragile body. He’s part beagle, part Jack Russell and maybe there’s even a bit of Labrador thrown in there for fun. His eyes are soulful dark chocolate and his lips thick black, which sometimes makes him appear a little like a smiling clown. But not today. Today he’s struggling. Today he finds it hard to walk. He’s not really interested in water. In fact he’s stopped drinking it altogether except when I add it to some cooked coley to create the morning delicacy of fishy soup, a dish he has always loved.

Today is a heartbreaking day, because today he is sad. I feel it deeply. My tears fight to get to the surface and I battle unsuccessfully to keep them down. I know his life force is slipping away. He is slipping away, to a better place for his soul. I know this, but it still hurts. His body is worn out now and frustrating

him most of the time. I can see that. I can feel it. I connect with it every day and I feel tired too. It's hard to be there for my clients, listening to their anxieties and agonies about their elderly or dying animals, especially when they are dogs. I'm professional and hide my feelings, but sometimes when I put the phone down I cry as their pain strikes a chord with my own.

I glance over my right shoulder to where Morgan is lying in his tartan-patterned bed by the garden doors and he tells me to keep going, to continue writing this for others to read as a source of comfort. This dear dog, Morgan, has instructed me to write a book about what it is to live, to let go, to die... and how life continues when the physical body ceases to exist.

Morgan is my biggest love to date. Yes, a dog. But not 'just a dog'.

Not 'Just a Dog'

Morgan is the one who introduced me to animal communication and changed my life forever.

When my pale ginger cat Winston passed over I thought my heart would never be broken in the same way again. Winston was my teenage love-affair and I adored him. If I had to compare, though, I'd say my love for Morgan is on another level. I'm older now and this love is about being in service to others, not about a cat comforting a teenager through offering unconditional love and acceptance. We've moved on from there.

I first laid eyes on Morgan when he was lying on his left side upon a thick duvet in the Mayhew Animal Home administration office. He was at full luxurious stretch. I bent down to stroke his beagle-like head and he looked up at me with soft, gentle chocolate-coloured eyes and I felt safe. Up to this point I had been wary of dogs after being bitten and chased off a farm by Jack Russell terriers and lunged at by a teeth-baring Labrador.

At the time Morgan was probably about seven or eight years old and the rescue home felt he wouldn't cope well in a kennel environment so he was being fostered by a member of staff who took him to the office during the day and allowed him to lie on her sofa at home in the evening. But he wasn't frail in any shape or form – in fact he had a vibrancy about him. He was lying there totally relaxed, with sparkling eyes and a cheeky smile. He looked great but, as I was to discover, he wasn't perfect by any means.

After passing the home check, I was able to adopt Morgan and he moved in. All rescued animals need time to settle, but after a number of weeks I felt Morgan was feeling sad and I believed I must be doing something wrong. I was a big cat-lover, having grown up with them, but I didn't know dogs.

By chance the Mayhew e-mailed me about an animal communication workshop they were hosting. I thought this was a subtle way of saying 'learn to read your dog's body language', so I went along, hoping I would be able to understand Morgan a little more. I was astounded to hear the teacher say it was possible to talk to animals.

With a theatre background and a very successful 15-year career as a stage manager, I considered myself grounded, and I was sceptical too. Yet at this workshop I discovered I could communicate with a rabbit through his photo and that my partner, who was at the time a complete stranger to me, could communicate with my cat, Texas, through the photo I'd brought along of him. It was weird because it was as though she'd had a private viewing of my home: she was able to describe the colour of my sofa, Texas's favourite spot in the garden and what he loved to sit on. That first workshop challenged my belief system, which was based on the premise that animals couldn't communicate. I wanted to know more, so I attended another one.

On the second workshop I had my 'lightbulb' moment: the sudden revelation that I was meant to be an animal communicator and that everything I had experienced up to this point had been preparation for what was to come.

Many years later I was having an e-mail conversation with a vet and columnist for a well-known broadsheet when he commented: 'I can see that your calling is to do exactly what you are doing. You are opening a door to a different way of seeing consciousness in sentient beings.'

At further training workshops I found myself connecting with animals who had passed over, which actually felt like the most natural thing in the world. It was surprising that a self-confessed atheist could do this and I really had to address what I thought was my truth, as my beliefs didn't bear any relation to my current experiences.

When I felt confident enough at communicating with animals, I sat down with Morgan to understand why he was sad. I found myself picturing his previous guardians in my mind. They were an elderly couple. The man had a walking stick. I felt the woman had passed over and he had been taken into care. Morgan had been taken to death row, where his life would have ended if the animal rescue hadn't stepped in, an act for which I will be forever grateful.

It may be hard to understand at this point that I was able to help Morgan by communicating both with him and his deceased guardian. It helps to experience animal communication directly to really grasp that it is possible. But throughout this book I will give you evidence of my telepathic communications with other people's animal companions which have been verified by the guardian themselves or proven to be correct by the animal's own vet.

After my communication with Morgan, the change in him was instant. He was able to move on from his past and settle in with

his new family, and because he was able to do this, Texas, who up to this time had shunned him, welcomed him too – up to a point. After all, it was his home first and he was *the boss*.

Morgan wasn't the only one who was transformed. I gave up my career as a stage manager and founded Animal Thoughts, an animal communication service. Business grew through word of mouth and I started to teach workshops across the world to people interested in connecting with their own animals. I found myself regularly communicating with animals facing the end of their physical life as well as those who had already transitioned to the afterlife. Communicating with an animal whose soul has returned home is one of the greatest privileges of my work.

What is Animal Communication?

You may have never heard of animal communication before and could be wondering how it works.

Animal communication is an intuitive exchange of non-verbal information between humans and animals. 'Inter-species communication' or 'animal telepathy' refer to the same method of connection. But don't confuse this with the terms 'horse whisperer' or 'dog listener', which are forms of reading an animal's body language and understanding a particular species psychology.

In animal communication information is sent and received non-verbally by intention using the senses. The details – thoughts, feelings, sensations – are electromagnetic energy. So, animal communication is essentially an exchange of energetic information.

This means, for example, that a human doesn't have to talk to a tortoise and a tortoise doesn't have to talk to a human for them to understand each other. I am using the word 'talk' in the loosest sense to encompass non-verbal energetic exchange of

information. The communication is subtle, sensitive and takes dedication and practice to fine-tune. To be skilled, you have to work at it, just as you would when learning an instrument, sport or language. But it can be done.

This is just a brief outline, because this isn't a 'how to' book, but you will find out more about the whiskers and tails of animal communication as you read on, and you can use this in attempting to connect with your own animals.

For now, I would like to introduce some interesting truths about animals in relation to emotion, intelligence and consciousness. These concepts will give you the foundation for what you are about to read.

Our Place in the World

Humans often believe they are above the animal kingdom. The truth is they are a *part* of the animal kingdom – humans are animals too.

It is now more commonly accepted that non-human animals have emotional traits and powers of communication beyond verbal expression. You may have heard of Bella, the dog who mourned the loss of her best friend, a beaver, in a display of emotion that clearly showed she felt loss. When Beavis the beaver was alive, he and Bella were inseparable friends. They lived and loved together, and when Beavis died, Bella lay by his side whimpering for hours. Dogs nearby played with balls and wagged their tails without a care in the world, but Bella lay inconsolable next to her best friend, sometimes putting her head on his back, sometimes licking him or nuzzling into his large beaver body.

You may have also seen coverage of the friendship between another Bella, this time a stray dog, and Tarra, an elephant at the Tennessee Elephant Sanctuary. They played and ate together and often slept together in a barn. When Bella suffered a severe

spinal cord injury, she had to be separated from Tarra while undergoing treatment. Tarra stood vigil for three weeks beside a gate to the sanctuary office, although she had 2,200 acres to roam in. Their reunion was breathtaking; they were obviously feeling joy at seeing one another. When Bella was attacked a year later, possibly by coyotes, the sanctuary believed Tarra found her body and carried it to a spot where they had often spent time together. 'The idea that she couldn't leave that body and brought it back home is just heartbreaking, but so inspiring,' said Robert Atkinson, CEO of The Elephant Sanctuary.

Scientists now accept that animals are intelligent. In new research published in the *Proceedings of the National Academy of Science*, scientists at the Indian Institute of Science have found that bottlenose dolphins are able to call each other by a specific name. Just like humans who respond to a verbal name, dolphins are able to identify copies of their own unique signature whistles. This level of communication is beyond general signalling to find food or warn about danger and much more advanced than many scientists previously believed.

We are aware that animals are able to make decisions about what they play with, what they eat, where they sleep and who they have as friends. So wouldn't it also make sense that they are able to make decisions about a whole heap of other things too? Take their health, for instance.

Some animals self-medicate by choosing plants that occur naturally in the wild and provide the essential oils, algae, clay and other natural remedies that they need. This process is known as zoopharmacognosy (from the Greek *zoo*, meaning 'animal', *pharma*, meaning 'drug' and *gnosy* meaning 'knowing'), which was a phrase given by Dr Eloy Rodriguez, a biochemist at Cornell University. His laboratory was instrumental in the study of self-medicating animals in the wild.

If animals are able to make decisions about plants to improve their health, surely this is an indication that they are aware of when their physical body is sick? Could they also be aware when their body is dying? Are they capable of knowing how much time they have left in their physical form? These are interesting questions to consider.

The Oxford English Dictionary defines consciousness as ‘the state of being conscious, the fact of awareness by the mind of itself and the world, one’s awareness or perception of something’. Do animals have conscious awareness?

On 7 December 2012 a group of prominent scientists met at the University of Cambridge at the first annual Francis Crick Memorial Conference on Consciousness in Human and Non-Human Animals. The group consisted of cognitive scientists, neuropharmacologists, neurophysiologists, neuroanatomists and computational neuroscientists. In the presence of Professor Stephen Hawking, the conference participants signed the Cambridge Declaration of Consciousness, in which they publicly made the declaration that: ‘The weight of evidence indicates that humans are not unique in possessing the neurological substrates that generate consciousness.’

The eminent scientists made a list of the non-human animals that they considered to have consciousness. This included all mammals, birds and many other creatures, including the octopus.

Former executive director of the Mind Science Foundation Joseph Dial said to camera that night:

‘This was a very historic evening. What I observed happening tonight... [was] that people finally came to the realization that the way in which we... understood animal consciousness was very primitive and very backward, and everyone tonight said what they’ve always thought... that 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.'

Three eminent neuroscientists publicly concluded that 'Non-human animals have the neuroanatomical, neurochemical, and neurophysiological substrates of conscious states, along with the capacity to exhibit intentional behaviours.'

So, scientists agree that the dog next to you or the cat on your lap or the horse in your paddock and all the other creatures in your life are not insensate machines – they are glorious, bright and aware sentient beings who experience consciousness.

Why this need for a scientific declaration of animal emotion, intelligence and consciousness? As a society we have been taught not to trust our gut feelings until we are informed by a science-based source that they are correct. Setting aside whether that approach is itself correct, perhaps this declaration will help improve our treatment of animals.

Moving into New Awareness

You're about to read a book in which animals telepathically communicate their life and health needs and explain how they view dying and what they feel about death. Some communications are from animals whose soul has already left its physical form.

My journey with Morgan will continue through the book and you will learn about his health challenges, courage and love as we approach his death and how he continues to connect with me now that he has transitioned into non-physical form.

Discovering that the soul essence continues after the body has died has had a huge impact on me, and I now find myself able to talk about death without feeling scared or terribly upset. I am also able to help others. By the end of this book I hope you will come to accept what Morgan told me early on in our relationship: 'We are all connected, all of the time, across any distance.'

It took me a while to truly believe this, but the communications I have had with animals who have crossed over have been the proof I needed to silence my sceptical mind.

You may be facing having to let go of your own animal's physical presence in your life. You may have this book in your hands right now because you are grieving for an animal who has already passed over. You may be reading it because you are caring for an animal who is elderly or gradually declining in health. Maybe you are simply curious to know animals' views on life after death.

Whatever brings you here, I hope that you find this book uplifting for your mind, comforting for your heart and enlightening for your soul. You are holding the book Morgan wanted to share with you. It was written for you, with our love.

To ease you into the world of animal communication, let me first share a story about a cat called Willow and her guardian, Jane.