

If you read the first edition of The Greater Cincinnati PET PAGES (surely you did) you are currently practicing your communication skills with your pet.

We learned about some fun and easy techniques in last years PET PAGES that will enable you to visually send messages to your animal.

In this years edition we are going to practice receiving messages from your pet. This exercise is going to take a little more effort on your part. Try it. It is worth the effort.

You will need to take a little time with your animal. Don't rush through this exercise. Your pet should be awake and in an area near you. I personally like to touch the animal during communication sessions but it is not necessary. You can be petting, grooming or simply sitting or walking with you pet. Relax. This should be fun for you and your animal. Try to empty your head of all the constant chatter that continually runs through the human mind. Simply let your thoughts "be quiet".

You may have a variety of experiences or sensations. Sometimes I have "feelings" about an animals emotions. Most often I actually see quick little flashes on an animals thoughts. It is like seeing a black and white photograph in my mind for a few seconds. (When visiting with someone else's animal I try to put the images I see into words. Using my words the owner of the animal is able to know what their animal is thinking or "saying".)

At first you will feel like nothing is happening. Don't give up. Give it a little time.

Many of the animal communicators that I know work in different ways. Just because the information I am giving you works for me does not mean that it is the only way to communicate with animals. If my method doesn't work for you try something else.

Trust you feelings, impressions, and thoughts. Don't dismiss any information that comes in to your head as nonsense. Put the thoughts, images and feelings you are receiving into words.

For many years I was embarrassed to say something that might be incorrect or make me sound foolish. For that reason I wouldn't repeat some of the images I was receiving from an animal. One day at the race track I had an experience that changed my hesitation. I was visiting a race horse that was having some minor problems with his racing. His owner and trainer were very interested in how the horse felt about his racing experiences. As I was "talking" to him I got an overwhelming sense of, "I eat cheeseburgers". I ignored the thought. We continued discussing his racing problems and again he said, "I eat cheeseburgers." The third time I could not ignore him. "He said he eats cheeseburgers" I blurted out to the owner and trainer. They looked at me with stunned faces. I can only imagine how discouraged they were with my ridiculous comments. After a few awkward moments of silence the horses groom spoke up. "Every day on my way to work I stop at McDonalds and buy two cheeseburgers for lunch. I eat one and give him the other," she said. Everyone roared with laughter and I

learned a very important lesson. Trust your feelings and intuitions. Something so absurd had been correct.

After you have practiced for a while you will find it easier than you imagined to “read the mental messages” animals are sending to us all the time. Be patient. Above all have fun with this technique. While you are practicing you are also spending quality time with your pet and forming a very special bond together.

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