



Animal communication – Intermediate course

Grounding/Clearing

If you feel a sensation during a communication and you are not sure if it is coming from yourself or the animal you can ask yourself “Is this mine?” If the feeling disappears then you will know that the animal sent it to you, if the feeling continues then just note it as being your own and carry on with the communication.

Things work slightly differently for people who are highly empathic or Clairsentient. These people can find it difficult to remove the feeling that the animal sent them, even once they are aware that the feeling does not belong to them. If this happens to you, there are several things you can do to remove this energy. Firstly, you can stand up and shake the energy out of your hands and arms, like you would if they were wet, imagining the energy that comes of being absorbed into the ground by the universe to be recycled into good energy. Secondly, you can bring your hands together in a clap in front of your chest. If the energy is really stuck, water is a great energy cleanser. You can put your hands under running water and set the intention or visualize that the water washes away the energy from the animal and anything that you picked up from the connection that does not belong to you.

When we connect with animals, many times they will use that opportunity to share things that may have been bothering them for a long time. This can cause you to feel flooded by emotion that feels overwhelming. It is important to understand that this comes from the animal and let it go. You can set this intention either at the time that the emotion or feeling comes up or after when doing your grounding at the end. Aside from the methods I have already mentioned, you can also release an animal's emotions or physical

sensations, by burping, yawning, crying or wiping the energy from your body with your hands at any time during the communication. You might laugh at some of these suggestions but I mention them because sometimes they will happen involuntarily during a communication, if they do, you know that it is your body's way of releasing what does not belong to you. Once you have released what the animal sent to you, you can continue with the communication and work with the owner to get the animal the help she needs.

Knowing how to clear energy that is not yours will help you a lot when you come across an animal who you cannot help. It can be so hard when an animal sends you strong feelings of sadness; it can make you feel helpless. What is important to know though is that animals do not want us to feel bad for them; they do not want our pity and are always looking to be in the present and not dwell on things that make them sad.

It might seem difficult but it is important to accept that we may not be able help every animal who we communicate with, all we can promise to do is listen to them and try our best to use that information to make their lives better. I spent a very long time feeling devastated that I could not help an animal who so desperately needed me, I had the information to help him see justice but I could do nothing. In the end, I had to walk away. I connected with the horse one last time and explained that maybe no one would ever hear his story but that I had and he was free to move on. I lit a candle for him and asked that his guides bring him peace and I surrounded him in loving pink energy. I apologised sincerely for what he had experienced and I let him go. I never felt another message from him again and although I sometimes think of him, I know it brought him peace to have someone hear his story. Sometimes that is all we can do, having their thoughts and feeling heard and felt can be such a relief for animals. For some it is all they need to start feeling better and to help them move forward.

When it comes to grounding, as you progress with your communications you will learn what works best for you. I highly recommend that you do ground yourself after every communication to help you release built up energy that can cause headaches. Something that I find most successful for me personally is to drink a cup of green tea after a particularly difficult or emotional

communication. I have found that works well to ground me and bring me back to my own energy. If you did decide to buy a Black Tourmaline crystal like the one I mentioned in the beginners course, which is wonderful for protection, you can also use this at the end of your communication to ground yourself. To do this you just need to sit with your feet touching the floor while holding the tourmaline in your dominant hand for a few minutes, it is very simple but works wonderfully. If you do not like tea or crystals then drinking a glass of water or eating something activates your body functions and will also help to ground you. Feel free to try different things and see what works best for you.

If you have finished your grounding and clearing and you find that you are still feeling sensations from the animal you might want to connect with the animal again and ask if there was anything else they needed to tell you. If you are not in a position to connect with the animal at that time, simply tell them that you are very sorry but you cannot do it right now and tell them when you can.