

Animal Communication Masterclass
One Heart Awaken Animal Communication Steps
Open Ended Questions

Animal Communication Steps & Worksheets

5 Steps to Animal Communication

Step 1) Sensory Breath with Rhythm

- a) Notice senses of air as it comes into the body, and exhaling.
 - b) Count 4 inhale - pause 4 - exhale 4 - Pause 4
- Repeat 3-4 times

Step 2) Connect with the animal

- Ask Permission to have a conversation
- Let the animal know you are learning animal communication. Ask if they are willing to help you learn.
- These are first steps in sending information combined with sensory listening

Step 3) Sensory Listening - Initial Overall Sense

- a) **Gather information** with Sensory Listening to receive an overall sense
- b) **Record information** as gathered by your senses - not interpreting what this means, not trying to solve anything.

Example: When she steps, she shows me her right front wrist hurts. It is not throbbing. It is a shooting pain that does not last long. This is receiving information and reporting what the animal shows/tells you/ you sense.

Vs. She has arthritis, she sprained her wrist - interpreting - and diagnosing. Illegal, unless you are a licensed veterinarian and include diagnostics.

Notes on Sensory Listening with Initial Overall Sensing:

- This creates stepping stones towards more depth
- Helps you develop rapport
- Usually provides information that can get validated by the person

Step 4) Steps to Use Open Ended Questions

- a) Start with 1-2 questions to help you begin gathering information & rapport
- b) Use Sensory Listening to understand their responses
- c) Record their responses and information you are receiving and gathering using sensory listening

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Notes:

- These phrases can be used for open ended info or to direct more specific questions.
- Let the Overall Information gathered inform where to begin
- Let your curiosity draw you into questions

Open Ended Questions

Can you share with me...

Can you tell me....

Can/Will you 'show' me...

I'm curious about this....

Can you help me understand this...

I'd like to know...

Are you willing to share more about this...

Step 5: Closing

a) Once complete, thank the animal for helping you learn, and let them know you will be sharing this information with their person.

Sometimes you will get some additional information as you bring things to a close. Always record your information, and thank them again.

b) This session is now complete is a helpful way to complete, and can help create a clear boundary in bringing things to a complete close.

Continue to next pages for worksheets

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Worksheet #1

Animal's Name:

Age:

Species:

Male/Female

Spayed/Neutered

Follow These Steps:

- 1) Sensory Breathing with Rhythm as Prep
- 2) Connect with the animal and Ask for Permission
- 3) Sensory Listening - Initial Overall Sense
- 4) Gather information with Open Ended Questions
- 5) Record Information below

Write your Overall Sense:

Overall Sense - Record more information with 7 senses:

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

Circle the #1 Open Ended Question You Asked:

Can you share with me...

Can you tell me...

Can/Will you 'show' me...

I'm curious about this....

Can you help me understand this...

I'd like to know...

Are you willing to share more about this...

- NOTE if you asked something else:

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WORKSHEET #1 Continued - Animal's Name _____

Open Ended Question - Record more information gathered using sensory listening

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

Circle the 2nd Open Ended Question Asked:/

Can you share with me...

Can you tell me...

Can/Will you 'show' me...

I'm curious about this...

Can you help me understand this...

I'd like to know...

Are you willing to share more about this...

- NOTE if you asked something else:

Open Ended Question for Animal _____

- Record more information gathered using sensory listening

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

NOTES for Worksheet #1, Animal's Name _____ :

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Worksheet #2

Animal's Name:

Age: Species: Male/Female Spayed/Neutered

Follow These Steps:

- 1) Sensory Breathing with Rhythm as Prep
- 2) Connect with the animal and Ask for Permission
- 3) Sensory Listening - Initial Overall Sense
- 4) Gather information with Open Ended Questions
- 5) Record Information below

Write your Overall Sense for _____:

Overall Sense - Record more information with 7 senses:

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

Open Ended Question #1 Asked with _____:

Open Ended Question #1 - Record info gathered using sensory listening

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

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Worksheet #2 _____

Open Ended Question #2 Asked:

Open Ended Question #2 - Record info gathered using sensory listening

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

Notes for Worksheet #2

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Worksheet #3

Animal's Name:

Age: Species: Male/Female Spayed/Neutered

Follow These Steps:

- 1) Sensory Breathing with Rhythm as Prep
- 2) Connect with the animal and Ask for Permission
- 3) Sensory Listening - Initial Overall Sense
- 4) Gather information with Open Ended Questions
- 5) Record Information below

Write your Overall Sense with _____:

Overall Sense - Record more information with 7 senses:

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

Open Ended Question #1 Asked with _____:

Open Ended Question #1 - Record more info gathered using sensory listening

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

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Worksheet #3 with _____

Open Ended Question #2 Asked:

Open Ended Question #2 - Record info gathered using sensory listening

- 1) I feel kinesthetically
- 2) I sense these emotions
- 3) I intuitively sense
- 4) I sense what kind of loving connection - or disconnection
- 5) I hear, smell, taste
- 6) I see - literal or symbolic
- 7) Overall Sense beyond regular senses, whole picture/story

NOTES for Worksheet #3 with _____