

ANIMAL COMMUNICATION

TALK YOUR PET'S LANGUAGE



By
Patty
Ann

Listen To Us.
We'll Teach
You How!

For
Kids
of All
Ages!

INTERACTIVE PLAYBOOK



**Written, Illustrated & Photographs
By Patty Ann**

*And a BIG Thank YOU
To All the 4-Legged Friends
Who Helped Create this Playbook!*

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Lesson 1: How Animals Communicate

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Intentional Learning!

This guided activity book is created to:

- Nurture awareness of how our pets and wildlife communicate
- Foster an appreciation for animal species contributing to our planet
- Recognize animal and human communication is social and unique
- Encourage and develop your natural ability to talk to any animal

Format = Interactive Play!

This activity guide provides:

- Ideas to try out with your pets
- Cartoon quotes and writing prompts
- Q&As for exploration and discussions
- Lots of creative thoughts to ponder possibilities
- Skill builders to develop inter-species communication

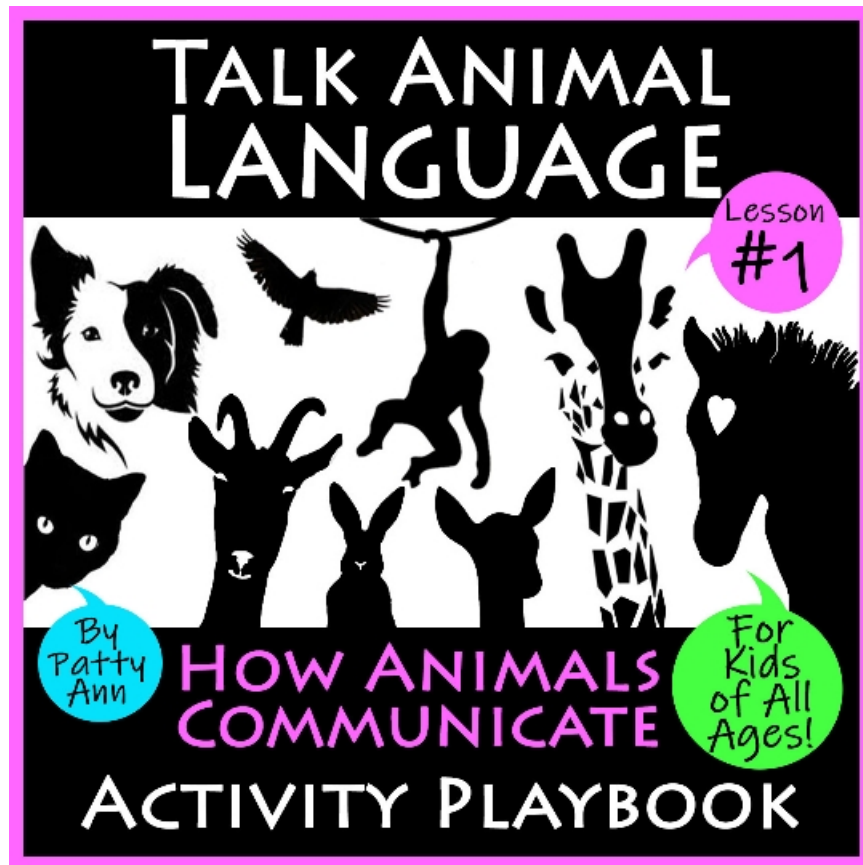


Learning a new language takes practice. Some of the lessons may look repetitive. However, all instructions build upon a foundation of developing awareness. Whether a newcomer, or well-tuned to your intuition, all lessons apply. It is most effective to follow their sequence. The information is progressive and each activity builds on the next.

Interact!

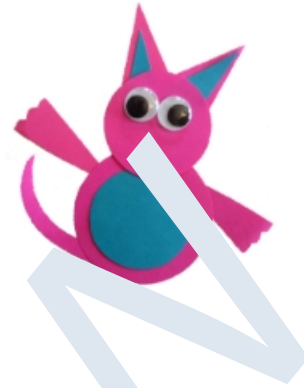
Take this playbook with you when you interact with animals. Bring pens or colored pencils to write your answers and ideas. Use markers to highlight your thoughts or text in this playbook!

Explore Animal Language & Enjoy!



Lesson 1:
How Animals
Communicate

In Lesson 1 You Will Learn...



- ♥ Why Animals Want to Talk
- ♥ Three Ways Animals Communicate
- ♥ How to Use Heart Energy to Communicate
- ♥ How Animals Talk with Behavior
- ♥ How Animals Communicate in Pictures
- ♥ How Animals Send Messages Emotionally
- ♥ Why Animals LOVE to be Appreciated
- ♥ Why Positive People Attract Animals
- ♥ How Intuition Helps Animal Communication
- ♥ How to Assess and Develop Your Intuition
- ♥ Why Animals Love to Hear Our Voice
- ♥ The Comfort of Human Touch

Activities Include...

- ▶ Reflective Writing
- ▶ Self Assessments
- ▶ Check Box Evaluations
- ▶ Fun Animal Quotes to Fill In
- ▶ Thinking and Doing Exercises
- ▶ Lots of Practical PRACTICE



Why Do Animals Talk?

(Check All That Apply)

- To be social and say Hi!
- To be acknowledged
- To ask for help
- To tell their story
- To show you something
- To communicate with you
- To help their owners understand
- To ask for food or water
- To express themselves
- To say Thank you



Why do YOU think animals want to communicate with YOU?
(Write in your ideas in the box below.)

Do you own or know an animal that talks to you? Yes No

What is the animal's name? _____

What does this animal say to you? Explain below.

Animal Greetings

How would these animals greet you? What would they say?

For example, would they meet you with...

“Hi I am a happy cat!”

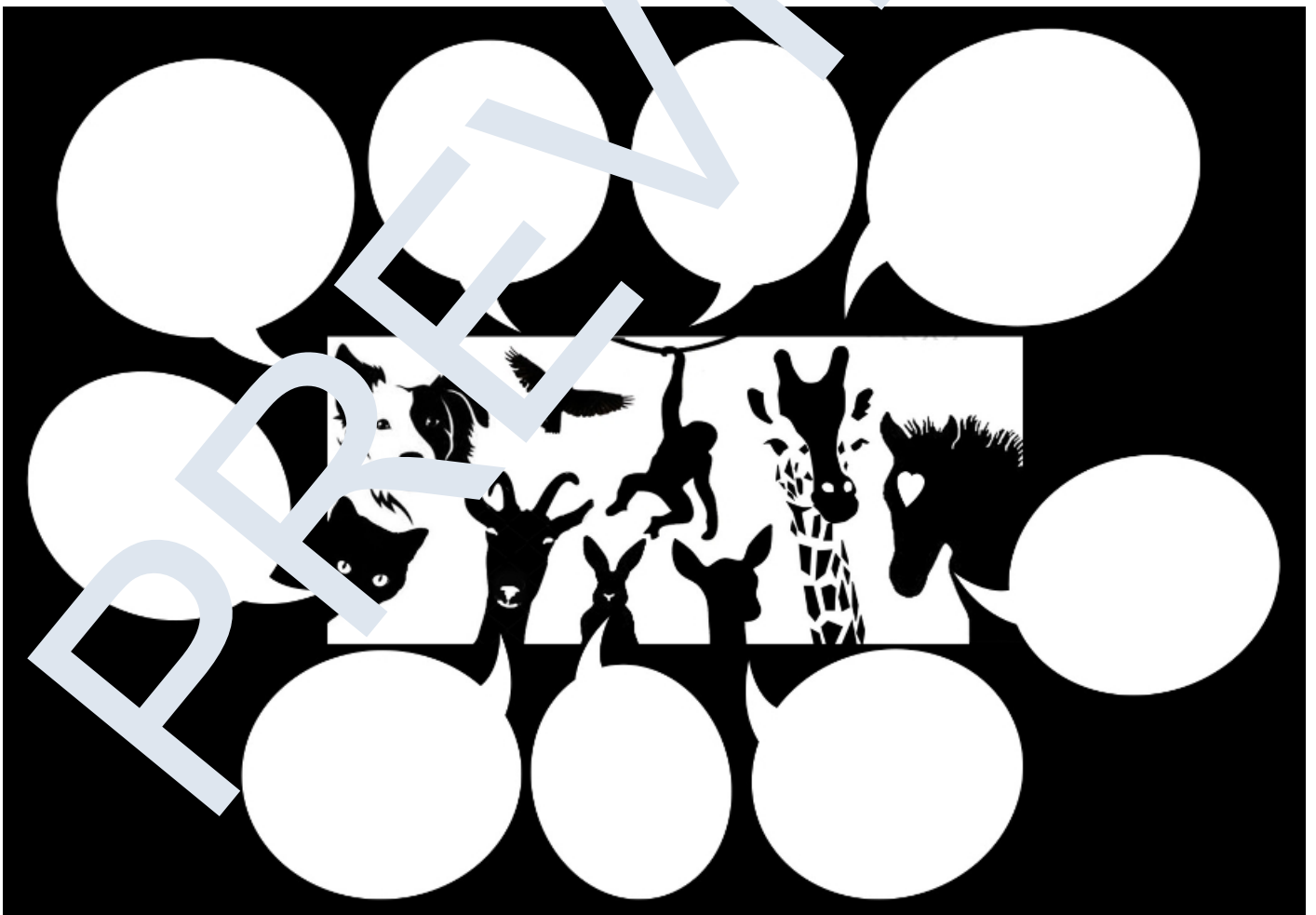
“Hey I am a cool dog!”

“Can you come play with me?”

“Do you have a treat for me?”

“Would you itch my back?”

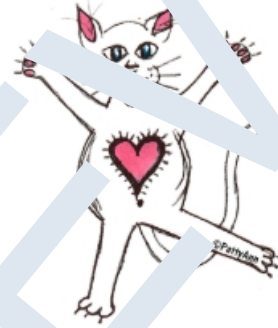
Fill out each cartoon bubbles as if you are the talking animals!



How Animals Communicate

Animals TALK to their own species—and to us humans in 3 ways.

1. By showing their **BEHAVIORS**
2. By sending **PICTURES**
3. By sharing their **EMOTIONS**



All species of animals talk through the language of behaviors, pictures, and emotions. This basic communication is common to all living beings—even YOU!

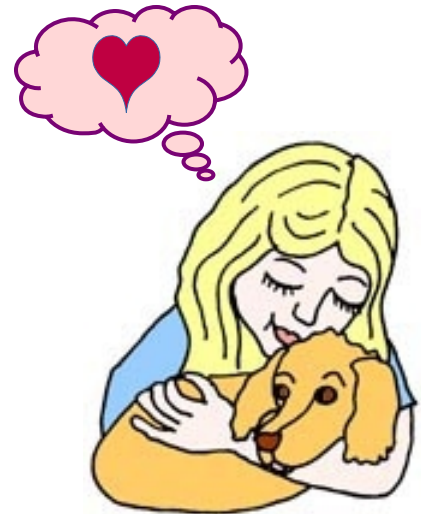
Attuning ourselves to the language of our pets (and other animals) can further deepen our understanding and relationships.

Talking to your animals will bond you together closer. Just like any strong human friendship, animals can be your best friend!

Learning animal language is easy!

Just talk to your pets (and other animals) by:

1. By showing **YOUR BEHAVIORS**
2. By sending **YOUR VISUAL PICTURES**
3. By sharing **YOUR EMOTIONS**
4. And, of course use your **VOICE!**



Vital ♥ Heart ♥ Energy

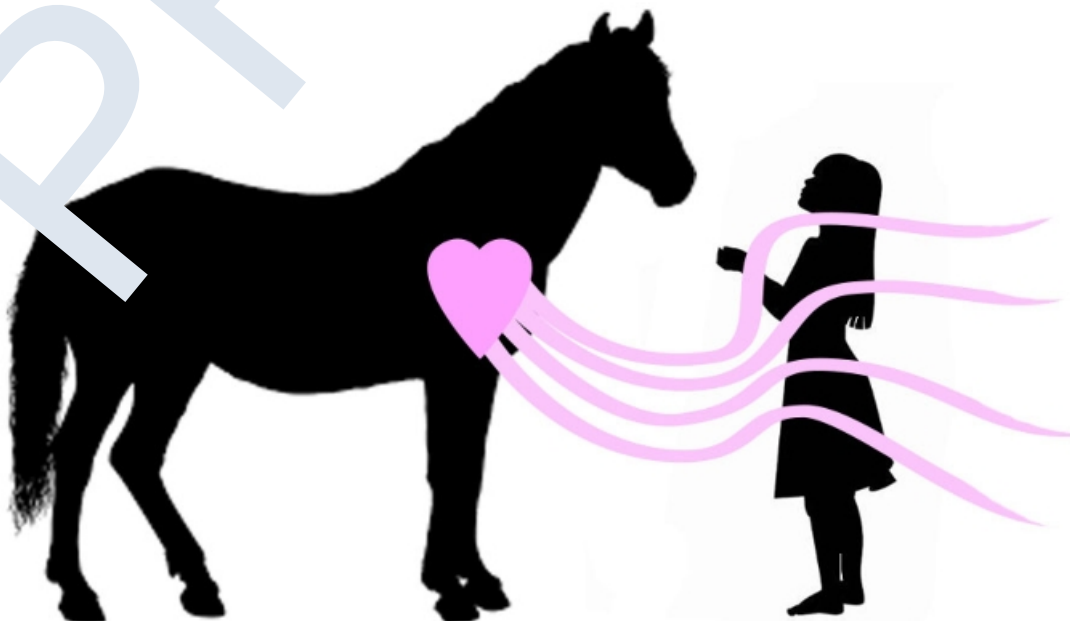
The heart is an amazing organ that is the essence to all life. Not only does it do its obvious job of pumping blood to other organs, and keeping its own, the heart is our tether to our soul self that knows all.

As we are now re-discovering we feel, heal, know and are empathetic through our heart energy. We innately understand that listening to our heart is where truth resides.

When we soften and open our heart, we become better at communicating with others. Expanding and relaxing our heart through our breath increases our awareness and allows our core energy to flow.

Animals are attuned to heart energy, because their emotions and feelings are expressed through the path of their heart. This is why it is important to concentrate and focus on communicating from your heart. It is the primary connection point for sending and receiving animal messages.

This heart energy is why animals are wonderful therapy assistants. Horses in particular have large hearts that have the ability to sync up with humans. Horses have a great ability to empathetically know and feel human energy and moods. Thus, they are often used in equine therapy healing programs.



Open Your Heart & Mind To Possibilities!



What if You
Never Talked
to Someone
Different
From You...
Yet, They
Could
Be Your
Best Friend?!

Many different species of animals get along fine because they all communicate through their BEHAVIORS, PICTURES and EMOTIONS.

Animals that live in the wild can be compatible with other species...as long as one species does not prey upon, or hunt the other species for their food source.

When introducing two different animals, such as a new kitten to your dog's best friend, start slow. Use a crate, or fenced area, to let them get used to each other separately.

Animals that meet for the first time need to learn how their new friend communicates. It takes time to learn someone else's language! This applies to all of us: both animals and humans alike!



How Animals Talk with BEHAVIOR

Behavior is how a person- or animal acts. This includes their body language. When a person or an animal sits down, or pauses for a bit, it can mean several things. For example it can mean...

- Taking a break or rest
- Deciding what path to take
- Looking at the landscape
- Listening to birds chirp

Why is this cat pausing?
Write in the thought bubble what this cat is expressing!



Every body position is a behavior. A dog laying down can have several meanings. A lot depends on a dog's attitude and disposition. How do you interpret this dog's behavior?

How Animals Talk in PICTURES

Ask your pet a question and they will show you a picture. Really!

Picture language is a visual communication without the use of words. It can be interpreted and understood instantaneously.

Pictures are worth 1000 words! Images are powerful story tellers even if shown very briefly.

The language of sharing pictures is universal to all living beings. It is the perfect way for humans and animals to communicate simply, honestly and directly.



Have you ever asked your pet or any animal a question and received a picture back? What did you ask? And to what kind of animal?

Often animals will appear as a quick snap shot image or even a thought or feeling. What type of image did you receive—or did you get an intuitive knowing, an idea, or another physical sensation?

Practice Appreciating Animals!

Start an animal conversation as discussed on the previous page. Answer the questions in the boxes below about your process and observations, which are key to initiating animal friendships.

How did you put yourself in a good mood? What thoughts and feelings did you use?

When you said HELLO with your smile, what animal behavior(s) did you notice?

When you emotionally sent your appreciation to the animal did you notice any particular body language in response? Describe what you observed.

How did you feel during your animal conversation? Were you encouraged, unsure, satisfied? Describe your own feelings.

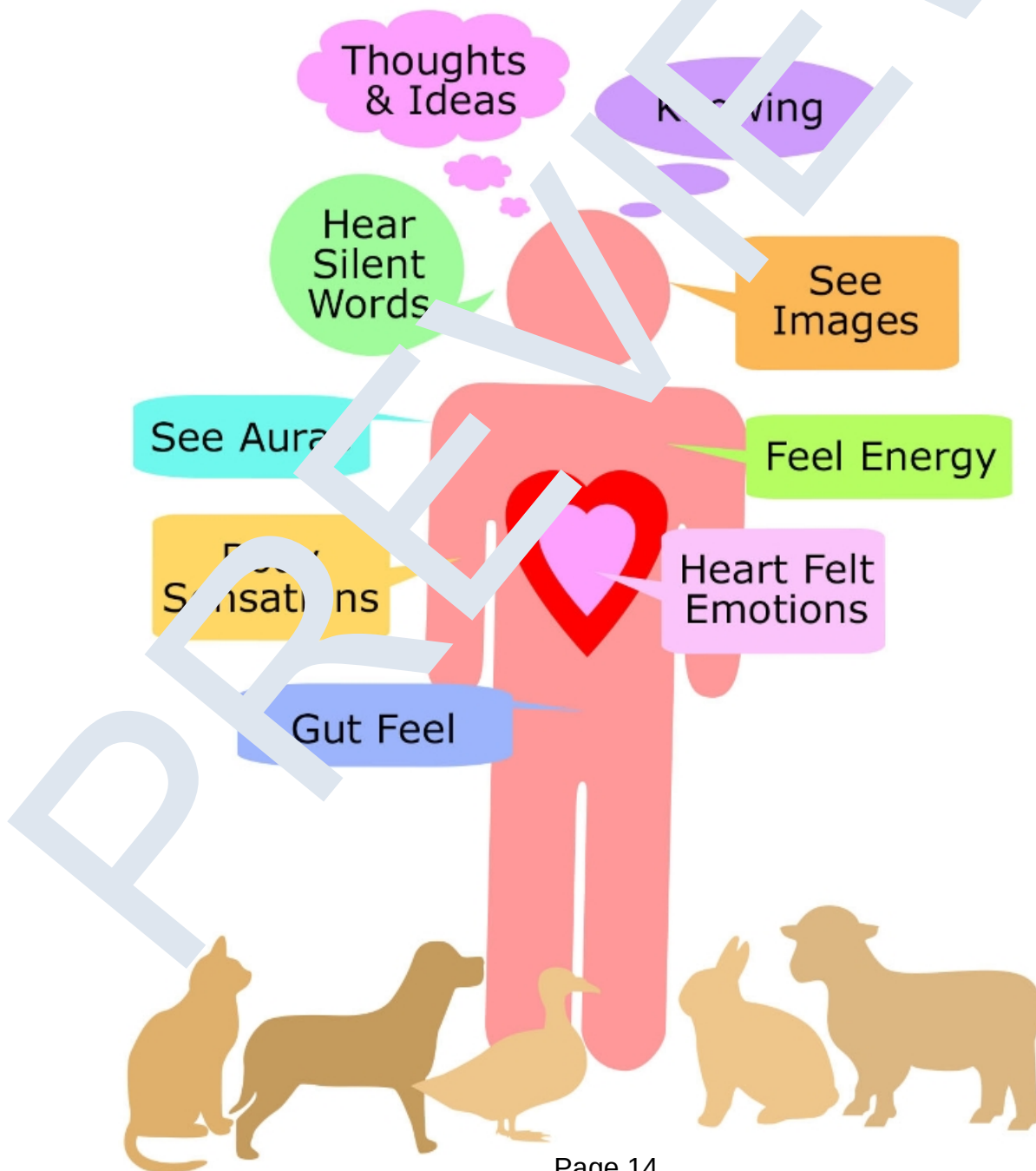


Intuition Increases Awareness

Intuition is a gift from our body talk. As energy beings we are natural receivers of information. We tune in depending on what our environments present.

For instance, we get a gut feeling about a parking space—and one appears. Or, we have a hunch that a road ahead is blocked, so we take another route.

Intuition comes through many of our body sensors. Here is a diagram that shows some of the major receptor points that we experience.



Playtime!

Write what the man and his dog might be thinking during their chat in the sidebar bubbles.

Max- How Are You?

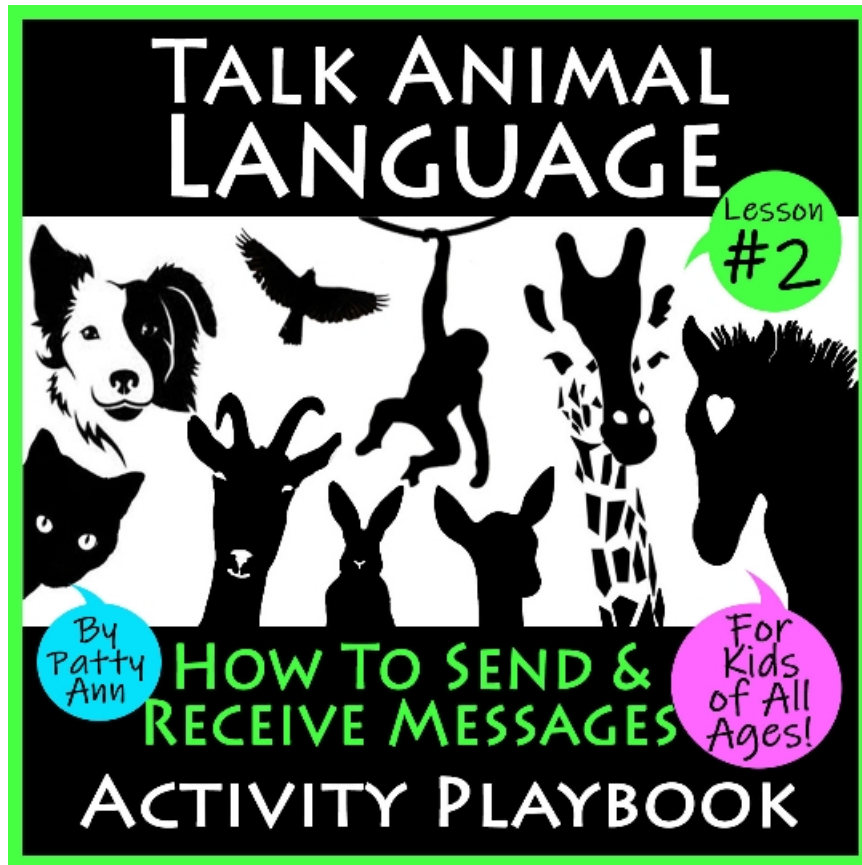
Fine.

Max? How Are You?

Fine!

Max?... OK! Got It!

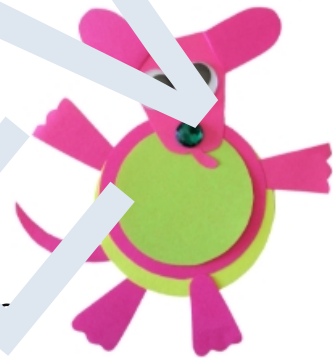
Fine!!



Lesson 2:
How to Send
& Receive
Messages

In Lesson 2 You Will Learn...

- ♥ Animal & Human Communication Skills
- ♥ About Animal Energy Vibrations
- ♥ How to Tune Into the Animal Channel
- ♥ How Animals Talk to Us
- ♥ What Creates a Good Intuition
- ♥ How to Open Your Heart
- ♥ How to Initiate Greetings
- ♥ How to Interpret Animal Behavior
- ♥ What Animal Questions to Ask
- ♥ Conversation Talking Tips
- ♥ Greeting Animals You Know & Don't Know
- ♥ Tuning In to Receiving Messages
- ♥ How to Trust Your Intuition
- ♥ How to Talk to Animals in Distress



Activities Include...

- Communication Skills Between Friends
 - ▶ Tuning into Animal Vibrations
 - ▶ Send an Animal a Hello
 - ▶ Ask an Animal a Question
 - ▶ Send an Animal Appreciation
 - ▶ Apply Practical PRACTICE



Animal & Human Communication

Sending messages and receiving a response are similar, yet distinguishable. We will look at each item separately to recognize the differences of both.

All communication between 2 living beings has the following ingredients:

- All behavior communicates.
- Non-verbal behaviors speak LOUD!
- Thoughts form all communication behaviors
- Intentional communication starts—and maintains—relationships.



All messages have a content and relational aspect.

The content

- What's related with thoughts,
- said words, and
- Expressed through emotions and behaviors.

The relational aspect

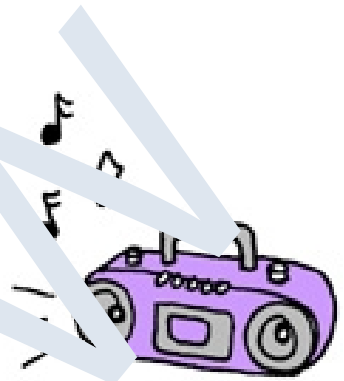
- Begins with how it's felt emotionally, and
- How the message is interpreted and received.

All living species who wish to connect and relate deeply to one another use interpersonal communication skills which includes heart centered empathy.

Feel Your Way to the Animal Channel

Every living being on our planet has an energy field. And we each vibrate at a certain frequency. Think of this as floating on air waves on a channel on a radio station.

To talk with an animal you need to tune into their channel. This takes practice. However, once you find the energy channel of another being you can **feel** your way back to it each time you want to connect.



A cartoon illustration of a woman with long, wavy brown hair, wearing a purple long-sleeved top. She is looking thoughtful, with her hand to her chin. A thought bubble above her head contains the text: "Where Do I TUNE IN? Is IT a Color frequency? Is IT a Channel? Or a Feeling?". To her left is a large, light purple rounded rectangle with a dashed border, containing the text: "Write a few words that describe your thoughts on this subject of tuning in". The background is a vertical rainbow gradient. A large, light blue watermark "PREVIEW" is overlaid diagonally across the entire image. The name "Patty Ann" is written in small text at the bottom right of the illustration.

How Animals Talk to Us

Animals TALK to us humans in 3 ways:

1. By showing their **BEHAVIORS**
2. By sending **PICTURES**
3. By sharing their **EMOTIONS**



All species of animals talk through the language of behaviors, pictures, and emotions. This communication is innate to all living beings—even YOU!

Attuning ourselves to the language of our pets (and other animals) can further deepen our understanding and relationship.

Talking silently with emotions and pictures will bond you and your furry friend closer. Just like any strong human friendship, animals can be your best friend!

Learning animal language is easy, but it takes discipline to develop.

Remember to talk to your pets (and other animals) by:

1. By showing **YOUR BEHAVIORS**
2. By sending **YOUR VISUAL PICTURES**
3. By sharing **YOUR EMOTIONS**
4. And, definitely use your soft **VOICE!**



Initiating Contact

You are in the presence of the animal you wish to speak with. When you open your heart and relax, and focus on the animal, s/he will begin to tune into you.

Note: If you are focusing on a particular animal in their pasture; or one among their pasture mates, many in the herd will hear you too! So this works for groups as well.

Start with a simple Hello. Focus on one animal. Send a very simple message such as:

Hello, I see you.

Hello, Beautiful.

You are pretty.

- **Be patient and wait.**
- **Observe their body language.**
- **Repeat your message. (Pause between messages.)**
- **Keep smiling with your heart.**

Unless the animal knows you, it is best to begin your Hello without touching. You need to build trust first. Let the animal approach you.

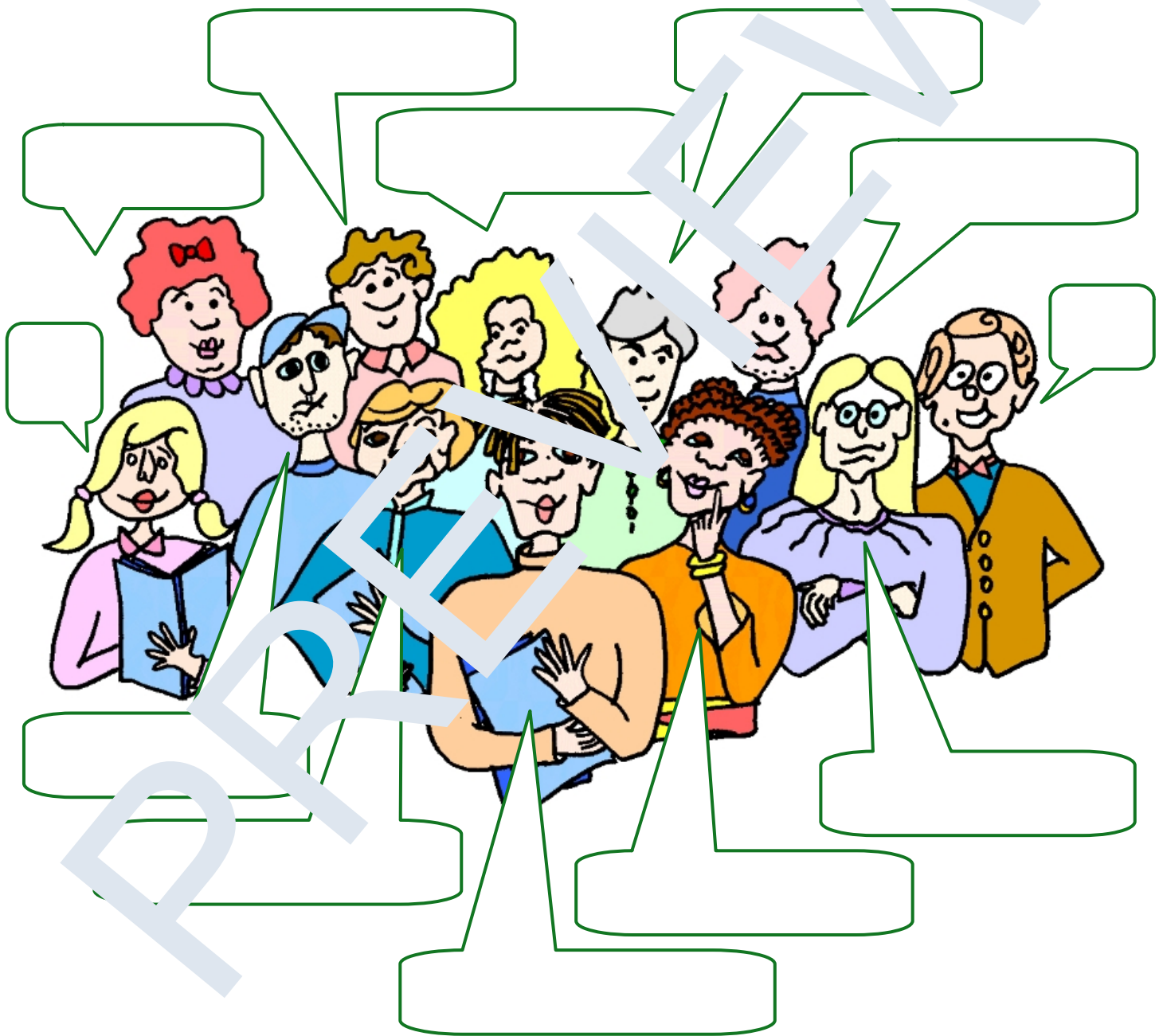
Write 5 easy “Hellos” you can send your pet—or any animal.



Word Play Knowledge Check Up!

You now have an understanding of the good feelings and emotions associated with opening and having a conversation with an animal. Put ONE word in each talking bubble that sticks with you about communicating with animals.

Use your imagination. You may come up with words not in this Picture book!



Let's Have a Conversation!

You have learned the basics for having a successful conversation with an animal.

1. How to say **Hello**
2. How to send **Appreciation**
3. How to ask a **Question**



Now let's talk to your pet – or any animal that you know or are familiar with.

Type of animal are you going to talk with?

What is his/her name?

Animals like their name to be used!

Describe how you will put yourself in a **positive mood**.

How will you say **Hello** or greet this animal?

What thoughts, feelings, emotions, pictures and/or words will you use?

How do you think your animal respond? Describe any behaviors (including their voice), emotions or pictures sent. If there was another response, explain it.

Receiving Animal Messages

Sending a message and receiving one has many similarities. This section discusses how to receive animal messages.

Remember, Animals TALK Through...

Displaying **BEHAVIORS** which includes:

- Body Language, the subtle and the obvious
- Actions and Reactions, inbred or learned
- Verbally, vocal tones and intensity

Describe animal behavior responses you've experienced.



Animals send **PICTURE IMAGES** which includes:

- Snapshots of things, places, people
- Scenes of events or recalled from memory
- Images that tell their story

Describe picture or image responses you've experienced.

Animals send their **EMOTIONS-FEELINGS** which includes:

- States of being; grief, upset, uneasy, relaxed
- Energy transmissions of heart felt emotion
- Feelings flow via sensations of their- or your body

Describe emotions or feelings you've felt from an animal.



Lesson 3:
Connect To
Communicate

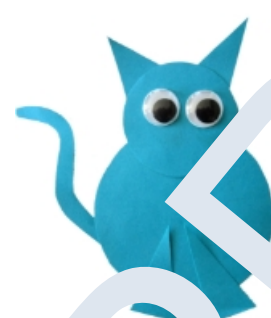
In Lesson 3

You Will Learn...

- ♥ How Animals and People Talk
- ♥ Animal Coaching Advice
- ♥ Why Intuition Plays an Important Role
- ♥ How Good Vibes Send Messages
- ♥ Helpful Receiving Pointers
- ♥ How to Feel the Connection
- ♥ How to See the Image-Picture
- ♥ How to Allow the Reception Flow
- ♥ Why Listening Skills Count Big
- ♥ Intuition Assessment and Checklist
- ♥ How to Validate Messages
- ♥ Reasons Animals Do Not Respond
- ♥ The Power of Touch
- ♥ Why Animal Humor Makes Us Laugh

Activities Include...

- ▶ Reflections Related to Lesson
- ▶ Deeper Proactive Exercises
- ▶ Continuing Self Awareness Exercises
- ▶ Additional Play Practice Sheets



How Animals and People Talk

Animals and Humans can have great conversations by...

- Showing their **BEHAVIORS** (Including **VOICE**),
- Sending Visual **IMAGES** and **PICTURES**
- Sharing their **EMOTIONS**

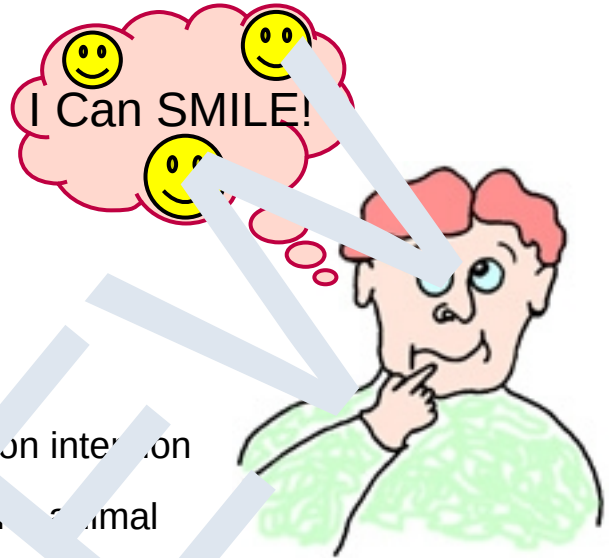
Any or all of the above can be used at the same time!



Good Vibes Sending Tips

How are you going to **PREPARE** yourself?

- 😊 Smile! Get in a good mood
- 😊 Breathe slow and deep
- 😊 Feel your body relax
- 😊 Open your heart energy
- 😊 Set a clear simple communication intention
- 😊 Send your heart energy out to the animal



Is there another way you will prepare yourself to send a message?

How are you going to **SEND** your message?

- ♥ Present a relaxed, confident self
- ♥ Be easy, calm and straight forward
- ♥ Say words vocally, or in thoughts
- ♥ Show a picture or image
- ♥ Send emotions from your heart

What else might you do when sending your message?

Feel the Connection

So **HOW** do you know when you are connected to your animal friend?

By observing behaviors! You can visually see an animal looking at you attentively.

For Instance:

- Horses will often perk, or adjust, their ears.
- Dogs will wag their tails.
- Cats may rub up against you.
- Livestock may lick their lips in acknowledgment.
- An animal may take a step forward or approach you.

Watch closely as behaviors can be obvious, subtle, or delicately quiet.

Your intuition may let you know with silent words, a knowing, a body sensation or a feeling that reciprocal energy is streaming between you and your new furry friend.

Next time you greet an animal pay attention to the slightest of sensations...

- A thought that comes, that is not your own.
- A body-sense tingle, or a heart felt emotion.
- A happy or sad feeling, unlike how you currently feel.



Practice Connecting Play Sheet

How do you mentally and/or physically know a **Connection** Occurred?
Fill out the form below, as you are interacting with the animal. Write down any sensations, observations. If there were none write NA (Not Applicable).

Image/Pictures

Emotions Felt

Feelings Felt

Cognition of Knowing

Auditory (Silent Hearing)

Sensations

Other Information

Intuition Checklist Comparison

Here are common intuitive sensitivities again. But now you are practiced! Check off all that apply during communicating with an animal. Compare this list with earlier play sheets. Did you improve?

- Received random thoughts
- Ideas popped into my mind
- Heard non-spoken words or phrases
- Saw images or scenes play out
- Knew information instantly
- Felt energy fields
- Saw or felt auras
- Got body sensations
- Had gut feelings
- Empathed and felt emotions
- Received heartfelt emotions or messages
- Other:

Other:

Other:



Self Reflection Notes

This playbook may be all new information to you. If so, are you going to use some (or all) of these practices with animals in the future?

What new information has imprinted—stuck with you, and why?

There are many ways we can contribute to good animal consciousness. What are some of your thoughts and ideas:



Thank YOU for Enjoying!



Your Ratings & Comments are Appreciated!

Your Purchase Supports



Because
Every Animal
Deserves Comfort!
Thank YOU!