



Everyone Can Connect - A Checklist Of 12 Steps

The following is a checklist to guide you through the process of connecting and communicating with your animal companion:

1. Quiet your mind.
2. Declare your intention.
3. To get started, imagine that you've already mastered this skill.
4. Turn up your trust to full blast.
5. Open your heart as wide as possible.
6. Begin by asking a couple of simple questions.
7. Look for fleeting information that comes in and be open to the many different forms that may come in.
8. You may have to quiet the negative voice within you.
9. If you feel blocked, visualize the blockage as a colour. Then, have it dematerialize and fall to the ground like sand.
10. If communication isn't happening right away, ask that it come to you over the next couple of days or week.
11. Enjoy yourself and prepare to take in information that has the potential to change your life.
12. Express gratitude for any information that comes your way and for any way that it comes.

Like anything else, the more you practice connecting with your animal companions, the better you'll get.