

# Animal Communication Workshop 1 Handout: Process and Questions

## How to Receive Messages From Your Animals

### Quick Overview:

1. Set intention and choose a few questions you'd like to ask
2. Clear space and ground (meditation, or deep breathing and intention)
3. Call in your special animal communication guide (guided meditation)
4. Call in your animal or shift your attention to them
5. Ask one question at a time, write down the first thing that pops into your awareness before your thinking mind kicks in
6. Thank your animal and guide

### Set Intention and Choose a Few Questions

1. Write your intention
2. Write a few open ended questions that you have no attachment to what their answers may be (some ideas)
  - What's your favorite time of the day?
  - What's your favorite word?
  - What's your favorite food?
  - Do you have a favorite walk path/location?
  - What color do you like?
  - What color do I look like to you right now?
  - What do you love about me most?
  - What's your favorite smell?
  - What's your favorite toy?
  - Do you have a message for me?

### Spirit Animal Questions

1. Write your intention
2. Write a few open ended questions that you have no attachment to what their answers may be (some ideas)
  - What was your favorite activity?
  - What was your best time/experience?
  - What do you like to do now?
  - Who do you play with?
  - Who do you visit?
  - Do you have a new super power?
  - Do you have a message for me?