



5 TOP TIPS TO COMMUNICATING WITH YOUR PET



ONE

Animals don't see disabilities like we do

When I am communicating with an animal who has lost a limb, they generally don't mention it. It's not because they are embarrassed by it. They just don't feel inhibited by the loss.

MISTY'S STORY

Misty the dog had a bad accident. As a result, she needed her left hind leg removed. Her human had asked how Misty felt physically. Misty gave me imagery of her running at full speed along the beach. It was obviously something she really enjoyed. I did not see there was a leg missing. However, Misty's gait looked very peculiar. I explained to her human that her right hind leg felt very strong and muscular, but over-used as if to compensate for something. In other words she gave me a picture and feeling of health, not disability. Why? Because it was not a disability to her. It didn't stop her doing anything any four-legged dog would do.

TWO

Your pet's behaviour can reflect your emotions

If you are angry, depressed or grieving a loss, then it's possible your pet may show similar symptoms. These are often misinterpreted as 'behavioural problems'. But it could be that your pet is taking on board your emotions and feelings.

JAKE'S STORY

Jake, a dog, was constantly sitting in front of his human. No matter where she went, he was sitting there. Jake explained how his 'Mummy' (his human) was very upset about Molly, another dog who had died recently. Since Molly's passing, Jake's human's grief was worrying him deeply - so he didn't want to let her out of his sight. Hearing what Jake said helped his human to ease his anxiety - and her own sadness.

THREE

Telling them where you are going makes a difference

Many animals need to know where their human is going and how long they will be away. By telling your pet this information can relieve a tremendous amount of anxiety. In



"My staffy dog, Lulu has been vomiting and digging a lot. In amongst preparing to move interstate, it was all getting a bit stressful. Understanding why Lulu was doing it made it clear as to what I can do to reverse the behaviour. As a result, Lulu's never been happier. And she LOVES her new home! Fay really did get into Lulu's beautiful little head - spot on right from the get go. She, is truly, TRULY gifted." - Courtney

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I was worried about our 16-year old ginger moggy, Lewis. What he lacks in jumping up on furniture, he makes up for in drinking water. Lots of water. From Faye's insightful session we learnt exactly what Lewis wants - everything from the temperature of water, furniture arrangements, preferred blankets - and even what to look out for when it's his time 'to go'. Learning how Lewis sees the purpose of his life and how he views us was wonderful. A session with Faye is both fascinating and helpful. Highly recommend it!" - Megan

the cases of where an animal "acts out" by destroying things or causing mischief, it often stops once they know they are not being abandoned. In extreme cases of acting out, the animal has come from an insecure home or had previously been abandoned or surrendered.

JOHNSON'S STORY

Johnson is a beautiful two-year old horse, but a bit on the jittery side. Not knowing his human's movements was a big concern - and it was particularly worrying when his human left and didn't return for days, The problem? He was anxious that they would leave him, like his previous family had. So when this new human got in the habit of telling Jake where they were going and for how long, he felt relaxed and happy.

FOUR

Animals can often have their own agenda - but still care about you

There are times when an animal will come up with something far removed from what their human is concerned about. With that said, the level of detail an animal will give me that show their desire to help their humans is deeply moving.

TURNER'S STORY

Turner, an Australian dog, wanted to let his owners know that "he didn't like the sound of the gun shots". This was surprising to me. I hadn't been told that he lived in the country (the only place gun shots are heard in this country). Turner's human confirmed they were living in a hunting area. Turner also gave me the feeling that he was very sensitive and caring towards his human. He explained that she had shed tears and felt sorrow around a man that had left the family to pursue other things, a journey that included a flight (confirmed by Turner's human). Simply having awareness of what Turner was suffering, and understanding Turner's awareness of his human's suffering helped in developing a happier and more loving animal-human relationship.

FIVE

Preparing for the passing of a pet

Animals have a great sense of peace and acceptance around this issue. I have had animals tell me how they want to go, by themselves or with vet assistance.

EVIE'S STORY

Nine years ago, Evie (a Mare) had been adopted by a family as a rescue. Now, despite being elderly and very ill, she managed to give birth to a foal. Her human was struggling with what to do for her. Evie told Faye that she had had foals before, but they had been taken from her. This time she wanted to stay with her foal as long as she could. Evie also explained that when she couldn't get up and move around for an extended period she would like to be euthanised by a vet. This whole experience made it easier for her human to acknowledge and follow Evie's requests.

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