

4PetTalks Animal Communication Basics with Marla Santino

This workshop is designed to provide you with a starting point for understanding and exploring the idea of animal communication.

Agenda:

- Rules of Engagement
- Introductions
- Getting started
- Meditation
 - Review of signs and symbols
- The anatomy of a session
 - Exercise
- Blocks and Challenges
- What to do next

Rules of Engagement:

This is a safe place to share. Please respect those sharing and wait until they have finished before you begin to share.

This is a no-judging zone. We have all come from different backgrounds and are in a different place in our journey.

Introductions:

Take a few minutes to introduce yourself. Share your name, your pets, and what brought you to this workshop.

Getting started:

- What does animal communication mean to you?
- What is your intention?

Explaining animal communication

- Working alongside
 - Behaviorist
 - Vet / Massage / Chiropractor
 - Trainer

Animals communicate through the transmission of information between themselves using various signals, sounds, gestures, or behaviors. This communication can serve multiple purposes, such as finding food, warning about danger, attracting a mate, establishing dominance, or maintaining social bonds within a group.

Animals use a range of communication methods. Some rely on vocalizations like calls, songs, or barks, while others use body language, such as gestures, postures, or movements. Chemical signals, like pheromones, also play a significant role in communication among many species. For instance, ants use pheromones to create trails to food sources, and many mammals use scent marking to establish territory or attract mates.

Animal mediumship is a concept that suggests communication or connection with animals beyond conventional means. It's akin to human mediumship, where individuals communicate with spirits or the deceased. In this case, it is the ability to communicate with animals on a deeper, non-verbal or telepathic level.

People possess the ability, whether practiced or not, to connect with animals intuitively, understanding their emotions, thoughts, or needs without direct verbal communication. This might involve tuning into the animal's energy or emotions, interpreting their behaviors or body language, or to receive messages telepathically.

Raising your vibration

Brain waves and meditation are closely related, as meditation can influence the frequency and patterns of brain waves. Brain waves are electrical impulses in the brain that occur when neurons (nerve cells) communicate with one another. These brain wave patterns can be detected through an EEG (electroencephalogram) and are categorized into different types based on their frequency (measured in Hertz, Hz). Meditation can impact these brain waves, often leading to states of relaxation, focus, or heightened awareness.

The Main Types of Brain Waves:

1. Delta Waves (0.5 – 4 Hz)

- **Description:** The slowest brain waves, associated with deep, dreamless sleep, and unconscious states.
- **During Meditation:** In deep meditation, especially during deep relaxation or the "theta-delta" stage, some people may experience delta waves, which are linked to restorative sleep or a deep meditative state. Delta waves are associated with healing and physical regeneration.

2. Theta Waves (4 – 8 Hz)

- **Description:** Theta waves are often connected with light sleep, deep meditation, and a state of deep relaxation and creativity. These waves are common during the early stages of sleep or during deep meditative states.
- **During Meditation:** Meditation techniques like mindfulness, guided visualization, and deep breathing often promote theta wave activity. In this state, a person may experience vivid imagery, deep relaxation, and heightened intuition.

3. Alpha Waves (8 – 12 Hz)

- **Description:** Alpha waves are present during relaxed, calm, yet alert states. They are often observed when you're awake but in a calm, focused, or reflective state, such as when you're daydreaming or relaxing with your eyes closed.
- **During Meditation:** Alpha waves are associated with a relaxed state of mind, commonly achieved during meditation techniques such as progressive relaxation, mindful breathing, or transcendental meditation. It's a state where you are calm but still mentally alert. Alpha waves can promote mental clarity, reduce stress, and help with creativity.

4. Beta Waves (12 – 30 Hz)

- **Description:** Beta waves are associated with normal waking consciousness, alertness, problem-solving, and active thinking. These waves are present when you're awake and engaged in conversation, focused on a task, or thinking critically.

- **During Meditation:** While beta waves are generally present during normal waking activities, some types of meditation, such as focused concentration or cognitive techniques, may elevate beta waves. However, high beta wave activity can also be linked to stress, anxiety, or mental agitation, so it's generally not the goal of meditation to stay in the beta range.

5. Gamma Waves (30 – 100 Hz)

- **Description:** Gamma waves are the fastest brain waves and are associated with higher-level cognitive functioning, such as learning, memory, and perception. They are linked to moments of insight, heightened awareness, and intense focus.
- **During Meditation:** Some advanced meditators, especially those who practice mindfulness or certain Tibetan or Zen meditation techniques, may experience gamma waves. This state is thought to be associated with moments of profound understanding, spiritual connection, or peak experiences during meditation.

Brain Waves and Meditation:

Meditation has the potential to shift the brain's activity from higher-frequency beta waves to slower, more relaxed waves like alpha, theta, and even delta. Here's how meditation typically affects brain wave patterns:

- **Relaxation and Focus:** Meditation can promote the increase of alpha waves, which help with relaxation and mental clarity. This is often the goal for many people practicing mindfulness or transcendental meditation.
- **Deep Meditation and Creativity:** During deep meditation or moments of creativity, theta waves might become more prominent, bringing about a sense of deep relaxation, insight, or intuitive understanding.
- **Enhanced Awareness or Insight:** For advanced meditators or during certain meditative states, gamma waves may occur, indicating peak moments of heightened awareness or deep cognitive processing.

Benefits of Meditation on Brain Waves:

1. **Stress Reduction:** Meditation reduces beta wave activity, which is often associated with stress and anxiety, and encourages the production of alpha waves, promoting relaxation.
2. **Improved Focus and Clarity:** As alpha waves increase, so does the ability to maintain focused attention and clear thinking, which can benefit cognitive tasks and emotional regulation.
3. **Deep Rest and Healing:** Theta and delta waves are associated with deep states of relaxation and restorative sleep. Meditation can encourage these waves, leading to enhanced healing and better sleep quality.
4. **Heightened Creativity and Insight:** Meditation can stimulate gamma waves, which are linked to problem-solving, insight, and heightened cognitive function, allowing for greater creativity and deep understanding.

What does it mean to receive information?

The "5 Claires" + 1 refer to the five key types of extrasensory perception (ESP) or psychic abilities that allow individuals to perceive information beyond the normal human senses.

1. Clairvoyance (Clear Seeing):

- **Definition:** The ability to gain information about an object, person, location, or event without using the five traditional senses. Clairvoyants "see" images, symbols, or visions that provide insights about the past, present, or future.
- **Example:** A clairvoyant might see a vision of someone's future or a place they've never been before, but are able to describe it accurately.

2. Clairaudience (Clear Hearing):

- **Definition:** The ability to hear sounds or voices that are not audible to the normal human ear. This can include hearing spirits, messages from the beyond, or intuitive guidance.
- **Example:** A clairaudient might hear a voice giving them advice or a warning, or hear messages from deceased loved ones or spiritual entities.

3. Clairsentience (Clear Feeling):

- **Definition:** The ability to sense or feel the emotions, thoughts, or physical sensations of others. Clairsentients often pick up on energy or moods around them, and some may experience physical sensations related to someone else's health or emotions.
- **Example:** A clairsentient might walk into a room and feel an overwhelming sense of sadness or happiness, or they might feel physical pain in a part of their body that is related to someone else's condition.

4. Claircognizance (Clear Knowing):

- **Definition:** The ability to just "know" things without any logical explanation. This can include sudden bursts of knowledge or insight about a situation, person, or event.
- **Example:** A claircognizant person might suddenly know the answer to a problem or feel certain about something without any prior knowledge or reasoning.

5. Clairalience (Clear Smelling):

- **Definition:** The ability to smell scents that are not physically present. This ability is often linked to receiving messages from spirits, or sensing the presence of entities through certain fragrances.
- **Example:** A clairalient might suddenly smell the perfume or a particular scent that belonged to a deceased loved one, as if that person is communicating from beyond.

6. Clairgustance (Clear Tasting): Not commonly discussed

- **Definition:** Clairgustance is the ability to taste something without physically eating or drinking it. Those who possess this ability might experience specific tastes, flavors, or textures as part of a psychic experience.
- **Example:** This could happen when you connect with spirits, receive intuitive insights, or when they are trying to discern messages related to the past, present, or future.

Anatomy of a Session:

Preparing yourself:

- Start with raising your vibration.
 - Smile with your body.
 - Allow yourself to be approachable.
- Set your intention for the highest good.
- Let go of your ego (consciousness).
- Quiet your mind.

Getting started:

- Ask permission. What type of personality are you connecting with?
- Share your intention and purpose for the conversation.
- Ask them a question.
 - What would you like to share/talk about?
 - What about that is interesting to you?
 - Do you like your food - Bed – Toys?
 - How are you feeling? Do you have pain or discomfort anywhere?
 - Tell me more.
- During the discussion
 - Share images. Remember they are sensitive so ask if that makes sense.
 - I heard/felt/saw this. Is that right?
 - What else do you want to share about that?
- Closing the session
 - Thank the pet for talking with you. Let them know they are awesome.

Blocks and Challenges:

This unique interest can sometimes be difficult to explain and may not align with inherent belief systems. Your intention will allow you to let go of that story and be open to communication.

Not good enough or imposter syndrome. Everyone is vulnerable to feelings of inadequacy. Does this work? Create affirmations and practice them regularly. What if I am wrong?

Allow the information to come in and trust the process. Remember you are new to this, and it may be the first time for the pet you are connecting with as well. With your intention, the message will get to the pet even if you do not hear something back.