

# 7 Signs Your Pet Is Trying to Tell You Something



Do you find that you are looking at your animal companion and asking, “**What are you trying to tell me?**”

Animals show us where we are growing and changing. Our pets can be quite creative and persistent in finding ways to get their messages across. Go beyond behavior to find the spirit of your animal. Through spirit, you can improve your relationship and communication with the animals in your life, bringing insights and comfort. Here are **7 behaviors** that can help you communicate more clearly with your best friend.

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### **1. Do You Feel the Presence of an Animal Who Has Passed On?**

Have you ever felt as though a much loved animal that has passed on is still with you? Maybe you feel its weight on your bed or, after finding rock star parking, you notice the car in front of you has a license plate with the animal's name on it. This is never a coincidence! Our pets are our guides. They have a time in a body, but after that they still shine a guiding light in our lives. If you feel their presence, know that they are there with you, sending a message or giving a healing.

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### 2. Do You Catch Your Pet Staring at You?

Like babies, animals are complete in their knowledge of spirit. When they stare at you, they are saying hello to your spirit. In other words, they are **seeing** you. Sometimes it can feel uncomfortable because it has been so long since you've been seen. But if you can receive the gaze of your pet, you will experience an amazing healing through a gentle spiritual hello.

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### **3. Does Your Pet Suffer from Separation Anxiety?**

When you spend a lot of time with your pet, it forgets about separating. It *grounds* you, in other words, connects you with the Earth. Your pet creates a safe space for you, heals you, and makes you feel good. It takes a certain responsibility for you. Then when you leave your pet, it can't have the same responsibility. This can lead to a freak-out. Learning how to ground separately from your pet will allow communication without confusion.

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### 4. Is Your Dog Difficult on Walks?

Dogs are very sensitive to their environment. If your dog pulls, barks, or shows aggression toward others (dogs, people, squirrels, for example), you may notice that they are responding to YOU. Is your dog pulling you down just as you space out or start worrying about something in the future? Does your dog start barking just as you think, “Oh my gosh, I’d really like to NOT be talking to this person right now”? Be aware of where your mind/spirit/energy is when walking your dog. You’ll soon see how well you can walk together as an effective team.

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### **5. Do You Find Your Cat Guilty of Excessive Meowing?**

Does your cat follow you around meowing when you return home? Kitty is telling you all about her day: the birds, the wind, all the sounds and sights experienced throughout the day. If you can still your mind and release the energy of your day, you'll find kitty starts to settle down a bit faster. Give yourself a chance to listen to kitty and soon you will begin to see the mental image pictures she is showing you.

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### 6. Is Your Cat Waking You Up Too Early?

Does your cat wake you up too early? Maybe it's five minutes before your alarm goes off. Whatever time it is, it's so frustrating! What does he want? Food? Love? Attention? What he is seeing and celebrating is you returning to your body after sleep. As creatures of habit that are often reinforced by food, your cat is just doing its job. One way to remedy this situation is to relax and telepathically let kitty know it's not time to get up. You will be amazed at how quickly he adapts!

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### **7. Is Your Cat or Dog Peeing Inappropriately?**

After a trip to the vet has ruled out any physical problems, finding your pet peeing inappropriately can be infuriating! And in that emotion you will begin to find your answer. Animals are pretty literal in their mirroring expressions. If your pet is peeing in the wrong place, someone in the house is pissed off. Think about how you feel just before you discover or witness the peeing. Anger is the emotion that comes up.

**Take an inventory** of your life and see if there are any places that you feel helpless or unsafe. Does this feel frustrating? Once you recognize these feelings in your life, you have taken the first step in releasing this behavior.



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**Are you ready** to tune in to more of what your pet is telling you? Visit my website for more information, and **schedule a session** or sign up for training today!

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