

Secret Animal Business

The background of the cover is a collage of various animals. At the top, a bird with its wings spread is flying. Below it, a German Shepherd dog is shown with its tongue hanging out. In the center, a woman's face is shown in profile, smiling. To the right, a brown horse's head is visible. At the bottom, three cats are sitting. The overall color palette is a mix of natural colors with a soft, ethereal glow.

**A Celebration of the Secrets of Animals,
Their Forgotten Language and
How They Can Help You and the Planet Heal**

Billie Dean

Selected Excerpts From:

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Wild Pure Heart

Secrets of the Animals

They are Spiritual and Psychic.

They are the first tribes and the holders of great wisdom.

They have a Voice and a Language you Can understand.

They are teachers and healers.

They reincarnate across species.

They have free will.

They have intelligence and connection to the Divine.

They are angels without wings.

They are helping you become Enlightened.

They are helping you become Human Angels.

Problem Animals?

Many people, sadly, seem to have little patience or real understanding when it comes to animals. When the animals “don’t work” properly – the horses “play up”, the dog’s bark, the cat’s pee, the puppy pulls the washing off the line or digs a hole – they are sent to the pound or sold. These “problem” animals are usually killed, unless they luckily fall into the hands of someone with knowledge and commitment. There are way too many instances of people who chuck out their animals when it is time to go on holidays, only to get a new one on their return. The list of reasons why animals are dumped goes on and on.



Why should an animal die simply because they have been misunderstood, or are sick, aged or bored? What is it in our society that thinks we have the right to treat another species this way?

And most importantly, how can we change it?

I believe we can make a good start by changing our vocabulary. Our language is made of words, and words have power. The following chapter covers words I insist my students never use in relation to animals. By changing the terminology around animals, we can change society’s attitudes.

Change Your Words and Change Minds!

"Why do men speak so commanding? What gives a man a right to command a dog, if they are not pack?" (Nighteyes the wolf)

"Some men think they are better than beasts. That they have the right to use them or command them in any way they please." (Fitz, the Bastard Witted Son of Prince Chivalry)

– Robin Hobb, *Assassin's Quest*

I love this excerpt from author Robin Hobb's fantasy novel. It gets to the heart of everything I want to say.

Language, in my opinion, is all about respect. And to communicate with another being, you need to come from that space of respect and humility, to really hear the words, feelings and messages they have for us.

The following are words I ask my students to change in their language and thinking around animals.



- **Owner.** If you can own an animal, you can insist on them behaving a certain way and disposing of them when you tire of them, like a toy, a car, or a pair of jeans. Slaves were owned. But if we start thinking of ourselves as animal carers or kin or guardians, it puts us into a space of loving commitment. I am my animal companion's **guardian, kin** or **caretaker**. This means I protect, I care for – always.

When we take an animal into our protection or care, we make a commitment for life.

- **Pet.** A pet is a toy, a thing which can be used up and thrown away. It's like a cuddly, fluffy stuffed animal. "Pet" gives us permission to abuse our toys, and break them like we were rough children. It does not encourage us to care for them. "Pet" does not equal "conscious, intelligent being with a mind of her own". Perhaps those people who were less caring would not have "pets" if we changed that phrase to **animal companion, friend, kin, and family**. Animal "family" implies long-term commitment, and recognises the individuality of the being in our home or paddock. We may have our different ways and we might disagree sometimes, but they are family and we stick by them.
- **It.** When we call an animal "it", we depersonalise them to things again. It is definitely more polite and respectful to call animals **he, she, they, or them**. I once had a mare in trouble, and the young

vet on the phone kept talking about “it” this and “it” that. I knew he had no idea the pain my mare Tessa was in, and that she indeed was family. He soon learned, because every time he used the word “it”, I said “she” or “Tessa” until he finally heard me.

- **Creature.** Like “pet”, the word “creature” has mucky connotations. A creature is an Other. A creature has been popularised to be something feared and despised, often a monster. They are outside of us, unconnected. Or are we creatures too? After all, we too are animals and this is something humans forget. So let’s call animals **friends, family and companions.**
- **Beast.** This is another word that today has gross connotations and separates animals from us. A beast is biblical. A beast is ugly. A beast is something to be feared. And what we fear, we kill.
- **Stock.** Farmers always talk about their “stock”. But most, not all, talk about stock as a commodity, because that’s what the animals are to them. The animals are bought and sold to ensure a livelihood. The word “stock” doesn’t differentiate **intelligent, sentient** beings from things which are slaughtered. Let’s call them **cattle, sheep, pigs, hens, goats** or whatever species they happen to be.
- **Training.** I dislike the word “training” because it means to me, “You have to do as you are told.” It allows no room at all for animal intelligence or independent thought. And believe me, this they have plenty of. **Animal education** is a better phrase because it implies a kind of training that helps animals live safely and comfortably in our world, understanding boundaries and rules, while leaving room for their own intelligence and personality.



(Not) Using Communication to Demand a Certain Behaviour

Sometimes I get calls from people who want their animals to behave a certain way. They want me to tell their animals what to do. This is not what the art of the silent language is all about. It's about respectfully asking the animal, just as you would a human.

If an animal is displaying a behaviour that you don't like, simply ask the animal why? Perhaps there is a reason for this behaviour that the animal is trying to get across his message to you. Perhaps he is in pain. Perhaps he is hungry. Perhaps he is trying to teach you something. Perhaps there is something about you which is causing him to act that way.

Horses are a prime example. When someone says they can't catch their horse, I'm always suspicious of their horsemanship. Why doesn't the horse want to be caught? What does he think is going to happen to him, if he does get caught? Does the saddle fit, does his mouth hurt, or does his person ride badly according to horse?

Many horses don't want to do what their person wants them to do. I had one client whose young horse wanted the freedom to play and have fun,



not settle into the rigours of dressage. The client didn't like hearing that, but clearly the horse wasn't ready and wasn't suited to do what she wanted to do.

Much better and respectful is to ask, negotiate and try to work things out together.

And now we'll learn how!

Exercises in Telepathic Communication

Telepathy is thought transference. To do it we have a brief merging of the energy field around our bodies. This is why respect is important. When we are sitting next to our dog or looking at a photo of our cat, mentally push away the mental chatter and sit in a state of peace and stillness. You can even imagine pushing the mental energy body away from you about a foot to help bring the stillness. What can you feel as you look at them? You need to relax and trust you can do it.



1. Settle yourself. Take time to breathe some deep breaths. Relax. If you are new to it, perhaps listen to the Grandfather meditation on "Time of the Drum".
2. Push away your mental chatter and turn your attention to the animal in front of you. Drop down into stillness, and really open and allow your being to receive transference of thoughts, feelings, images and "knowing". Be fully present to this exchange.
3. The silent language is light and subtle. If you try too hard, you'll miss it. So just relax and close your eyes. Think of your animal friend. Put your awareness onto him or her.
4. Get his attention by calling his name. You might "see" the animal's energy body come into the room, or sense it.
5. Ask permission to speak. "May I speak with you?"
6. When permission is granted, speak in your mind with your attention firmly on the picture of the animal in your mind.

"Hello, are you well today. I'm learning how to speak your language. Can you help me?"

"Do you have a message for me today?"

"Is there anything I can do for your well-being and happiness today?"

7. Write it down as it comes. Don't censor, doubt or think. Just honour everything your body and mind is showing you. If you want to feel what's happening in the tummy, think of the animal's tummy and sense it in your own. The important thing here is to be clear what your own tummy feels like first. Write down those fleeting images, words, thoughts, sensations, and feelings...

The information may come at you in bits until you get better at learning what it is you are receiving. What are you hearing? What are you feeling? What are you seeing?

8. Practise placing your consciousness, awareness or attention on different parts of the animal's body. Practise listening with your whole body. Can you feel anything different? If you keep your eyes closed for a minute you might receive a picture, or a feeling. Stay open.

9. As you mentally step in to an animal's energy field and ask them how they are you might be surprised by the answer. Your animal may look okay to you, but how are they really? Maybe they feel excited. Maybe they feel anxious. Maybe you are stronger in clairvoyance and see a fleeting image. Maybe you hear words.



10. Move your consciousness to his tummy and see how it feels. So many dogs fed on commercial dog food feel heavy and toxic inside. That's how I can tell what sort of diet they're being fed. Often I'll receive an image of some unidentifiable mess in a bowl. Definitely canned food! Sometimes cats on dried food will feel dry inside. Move your consciousness to the hips, to the bladder, to the heart. Stay open. Ask if there is something you are supposed to feel or see or know about your animal companion? Be guided by them, by that small, intuitive, subtle voice of spirit in your heart.

11. In your journal, write the first things which come to mind. Don't censor and don't think. Don't let Mrs Crotchety get in the way of two-way communication with your animal companion!

12. Practise! Practise! Practise!

It takes a lot of practise! Telepathy is like a muscle and the more you use it, the better it gets.

Tips for Calming Both You and the Animals for Good Communication Results

The best way you can prepare to listen to an animal in person is to get into a relaxed state. When I visit animals in people's homes, I'll bring myself into a place of stillness and relaxation before communicating.

- Shake off whatever traffic you had or the emotional state you are in. Go to your point of stillness, and anchor it in. Note that when you are calm and still inside, so too will the animal be. I call it "dropping down."
- Come into rapport with the animal by synching your breathing. First match their breathing, and then slow down yours, so they match yours and become calm.
- Sometimes it's appropriate to do some Reiki. But it depends on the health condition of the animal. Some energy work can actually cause more problems, worsening instead of healing the condition. Cancer for example is something you need to be very careful of.



Understanding Animal Behaviour

In the many, many years I've had with animals, I've learnt some important things. One is to always give respect and to understand that when an animal presents with a challenge, to never give up until you've found a solution. Further, being calm and confident is a key to having them respect you, and talking with them is the greatest key of all.

Dealing with Frustrations

The first thing I want to discuss is that even though an animal may be exhibiting a behaviour you don't like, like going to the toilet inside, incessant barking, jumping up, growling, pigrooting, bolting and so on, one thing we humans have to remember is that our furry friends only have so many ways to communicate with us, especially before we understand their silent whispers.

So instead of swearing, yelling and losing patience, take a step back. It's okay to feel frustrated, but the way you deal with it makes the world of difference and it is one of the big lessons our animal friends want us to get. Do you deal with your companions in a loving and constructive way, or in a way you'd rather the neighbours didn't see? Or hear?

These beloveds are trying to communicate something. And if you look closely at the situation from the point of view of needing to learn something, you might find a wonderful lesson for you. Or a hard one.



I hope some of the work here will help you understand your animal companion better and help you learn to think outside the square for constructive ways of dealing with your animal's behaviour, and passing the spiritual tests that have been set for your soul's journey.

The Terrible Twos

The majority of dogs in pounds are that age between gangly and mature – the teen years. A dog's troubled years might start when they are a few months old and not end until they are four or five. Most of the time what is really needed is not a new home or a trip to the pound, it is love, patience, understanding and exercise. I repeat, exercise.

They also need companionship and a job – something to do.

I'm always quite shocked when I see young dogs in pounds lined up for their death sentence because their only crime was pulling clothes off the washing line (read: very bored), or digging a hole (read: very bored) or not matching the sofa (read: sad human).



Dogs going through the terrible twos are also vying for their place in the pack and most humans don't realise that they are pack to dogs. Dogs need packs as much as horses need herds. Even if that pack or herd is only one other, or you.

I once spoke to a woman who had one two-year-old dog who was kept in a cage at the bottom of their yard. When I asked why the dog didn't sleep in the house, she said he stank. I dragged her into my house where seven dogs slept in my bedroom and there's no smell. The difference, I explained to her, is diet. Our dogs are fed a natural, raw food diet. Hers was fed on processed food.

Fortunately for this sad and lonely bundle of two-year-old dog, his people found him a new home where he could run and interact with another dog – his pack.

The Need for Exercise

Does your dog destroy your furniture, dig up your back yard, rip your washing off the line, bark incessantly, or dig into the garbage? It could be that he's sad, lonely, bored and desperately needing a morning work out – just like you do.

To a dog, that daily or twice daily walk, run or swim not only provides a channel for his energy, it feeds his mind. This is the way he gets to catch up with the neighbourhood news. A walk is like reading the newspaper. Watching the world go by from a window or through the fence is like watching the TV. Both give him something to do, and believe me he needs it. A walk is stimulating and satisfying on so many levels, but best of all it is his way of getting you to connect with nature. And no matter how stressful your day or your job, spending time outdoors in the park, on the beach or strolling through the bushland is definitely the best medicine for the human psyche.

Health and fitness benefits aside, a morning walk will set you up for a day of right relations, especially when you do it with gratitude, and in mindfulness. From this mindset, everything goes right and the Universe gives you green lights. It's a recipe for success on every level and in every aspect of your life – and your dog knows this. Which is why he behaves so poorly when he and you miss out on this vital activity.

Dogs need daily exercise. People do too.

So many people tell me they don't have time to walk their dogs, and sometimes, yes, life happens. But our society is wrong about so many things and it might be time for a shift in priorities. The reason we have so many problems in today's world is because we are disconnected from nature. When we don't get our daily nature fix, the human body starts to run like a backfiring car. We are so removed from what is natural in our society that we don't realise that something is wrong. We just grab another cup of coffee.

Dogs are much closer to our wild, instinctual selves, and they know the importance of feeling Mother Earth under their feet, a daily dose of oxygen infusing their blood, and a chance to commune with the neighbourhood. They want you to experience it as well.



When I lived in Sydney, I'd take Reka for a run every morning. After she had had a chance to burn off her early morning energy, I'd take a few moments for daily meditation. There is something purely magical about sitting in stillness and silence in nature. It renews the spirit. I'd also take her for a walk in the

afternoon after a day's work, and I found that the best de-stresser in the world.

This is still my habit today, two decades later. I found if I didn't run my dogs, they would take themselves for a walk and an explore, and here in sheep and kangaroo country, I really don't want them doing that.

When I run every day I'm fitter, leaner, toned, and my mind is clear. I get great ideas and thoughts and have energy for the day. And my day is my own. Their needs satisfied, my dogs curl up under the desk or sprawl on the bed and are quiet. That is, until it's time to do the evening chores, which is more playtime for them. And it's a time we all enjoy.

If I'm really pressed for time, I bundle the dogs into the car, drive them up the hill and let them run home. They race each other the whole way, bright-eyed and panting, that pent up energy out of their system. The other thing we'll do is play a vigorous game of ball.

A couple of my senior dogs developed some phobias about walking where the horses grazed, one because of his nervous system and the other because of his compromised eyesight. I make a point of taking them for outings in the car, which they love, and letting them out at the front gate. If they're worried, one of us will walk home with them. But normally, running along the dirt road through the paddocks to the house is the magic medicine that makes their day. To see tails up and eyes shining is a reward in itself for making a small extra effort.

Perhaps dogs in the city don't have the benefits of hills or a long country driveway, but there are other things you can do when you are short of time – like a vigorous ball game or a brisk walk around the block.

So many young dogs end up in the pound because they have so much life and energy. This is their only crime – a crime which for so many ends in death. It's so incredibly wrong.

Most dogs can't take themselves for a walk or they end up in trouble with the dog catcher. They need us to understand that a daily walk or run is



part of the bargain we signed up for when we took them in. For us to be back in balance with the planet, it's essential we spend time in nature. So it's a bit of a no brainer to have your furry personal trainer take you for a walk. It will nourish and replenish you both.

Take your dog for a run. It just might save your life, and it will certainly save his.

Separation Anxiety

I rushed out of the house, jumped in the car, and heard every one of my seven dogs howling. A splendid symphony of dog. Uh, oh. I turned the car around and raced back inside to talk with them.



"Sorry guys, I'm dashing into town to pick up Tamsin, and then we're having a meal with Ally, and we'll be home at 9 PM-ish, OK? Take care of the house for me! I'd take you with me except there are dogs everywhere and I have to pick up loads of horse feed. I'll make sure you all get an outing very soon."

The dogs had a job and knew what was going on. They immediately settled.

Another time my four young kelpies were in the car as we dashed off to catch Tamsin's flute recital. The dogs were very upset and unsettled, so I rushed back and told them that the recital would last two hours and they were to guard the car. Sage gave me a psychic nod and immediately settled in the front seat. The pups took their cue from her. And all was quiet.

Another time the dogs were in the car, and Tamsin and I headed off to breakfast after dropping Andrew at the train. I heard their howling several shops away. Again, I dashed back to the car, apologised profusely, and told them we weren't disappearing, only getting something to eat and would be back in about an hour. They instantly settled.

I have used this technique with tremendous results to help hundreds of clients with dogs suffering separation anxiety. Tell the dogs out loud where you are going, why, and what time they expect to be home. The dogs are family to be considered just like you would another human.

If the problem persists, many of my clients have put in dog doors to let their dogs access the house. Being able to go into their den when their pack members go away gives the dogs added security. It also gives them access to the outside again if they need to go to the toilet.

All animals like to know what's happening and be included in conversations. Just speak to them as you would another person. This might seem daft, but they understand more than you think they do, and as you speak you are also sending images and feelings which they also understand.