

Animal Consciousness

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they have to say to us? What if instead we were to ask the question, 'What would it take for me to know everything my pet is trying to communicate to me, with ease?' Often, underlying our inability to receive communication from animals are our decisions or conclusions about what that communication has to look like."

Animals don't necessarily talk to us in English. Often they will communicate whole pictures to us. If we're willing to destroy our decisions and judgments about what communication from animals might look like, would we be more able to perceive what they can tell us, even when they don't use words?

Douglas learned about animals communicating

in pictures from some pet wolves. Their "owner" was having difficulty because the animals were becoming frantic as she planned a several week long trip to Europe. She had already told them she was going away. Douglas tuned in to the wolves, who communicated with pictures, and found out that to them, "going away" meant to die. A temporary trip, on the other hand, in animal language, translated to "going hunting." Douglas suggested the woman let the wolves know she was going hunting and would return with meat. They instantly relaxed and curled up and went to sleep.

Douglas is always aware of what's happening with the animals and what that might mean for people. A friend of his who has a horse ranch in Texas, for example, informed

him that none of her mares had gone into season at the normal time. Flowers that normally bloom in the early spring were blooming in February. Douglas informed her to prepare for a mild winter, and a very hot summer. He's willing to receive communication from plants and the earth as well.

Douglas' business partner, Dr. Dain Heer, points out that this awareness does not come with the force we expect in the communication we are used to receiving. Instead, Heer describes it as "a feather touch on your cheek." Learning to pay attention to that level of subtlety in communication can take practice. The reward for doing so is being conscious and aware at all times, which can guarantee that when a tsunami or earthquake occurs, you will magically be out of town at the time.

Several people with whom Douglas has worked were

conscious enough to avoid the tsunami. One couple were scheduled to arrive in Phuket half an hour after the tsunami. They decided to purchase tickets that went directly to their destination, Bangkok.

Even though it was more expensive, they had a knowing it was the "right" thing to do.

Another man who was staying in Bangkok declined his girlfriend's invitation to spend their last day in Thailand at the beach. "You go, honey," he said. Somehow he just "didn't feel" like going. Fortunately the girlfriend ended up not going either!

One of the things Douglas has discovered is that many people pick up communication from the earth without even knowing they are doing it. This can show up as headaches and other body aches and pains. To clarify this, he suggests, again, asking a question.

Ask, "Is this mine, or the earth's?" One of those two suggestions will feel lighter. The response which feels lighter is true, consistent with a universal law that the truth always makes us feel lighter. If the lighter answer is the earth's you can ask a further question: "Earth, what are you trying to tell me here?"

You can ask more specific questions addressed directly to your body as well, such as, "Body, do you have the ability to detect earthquakes? Tidal waves?" When the question feels lighter, when the space


Tools you can use to communicate with animals or the earth

- Ask questions
- If it's light, it's true; if it's heavy, it's a lie.
- If you're thinking, you're stinking! What does the feather touch of your knowing tell you?
- Be open to communication that might not take the form of words

around you immediately lights up, that represents a yes, according to Douglas.

Dr. Kacie Crisp has been facilitating Access Energy Transformation for six years. Gary Douglas, the founder of Access Energy Transformation, will be in the Seattle area presenting Conscious Horse, Conscious Rider, a workshop on communicat-

ing and healing horses, their riders, and the communication between them, on May 17 and 18. He will also be speaking in Seattle on Thursday, May 15, at Noble Horse Gallery, 4-6 p.m.; and at East West Bookshop, 7-9 p.m. More information about Douglas can be found at the website, www.accessconsciousness.com.



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