

TUNE IN!

BE-ing with Our Animals

**DAGMAR
KLINGENBOECK**
ANIMAL COMMUNICATOR



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In the old days, we were taught that Animals are here to "serve" us, to listen to us, to follow instructions and to work with us, no matter how they feel. I am very grateful that humanity's views on that have changed over the years.

Today, many people see Animals for who they are: our friends, companions and equal partners. Just because they are Animals doesn't mean that a relationship with them should be any different. It should be balanced, a give and take, just like a relationship with another human.

Our Animals don't ask for much. I always say: "They don't want a 2-million-dollar swimming pool". What they require is often easy to implement. But in a world taken over by technology, our undivided attention to our Animals or purely BE-ing with them can miss out.

Yet, our Animals have so much to give if we take the time to listen. If we see them for who they are. We should never look down on them but instead see them for who they really are and admire their spiritual qualities. Their honesty, truth, love, devotion, appreciation, loyalty, selflessness, innocence, wisdom, kindness and empathy. It will help improve our whole relationship with them and lead to a better way of communicating and understanding them.

If we allow our Animals to express themselves, if we give them what they need to feel safe, happy and loved, they will give us so much more in return.

In over 10 years working as an Animal Communicator, I have learned so much from Animals and I am grateful to be able to share their knowledge with you. Even if you don't hear them talk to you, you can support them and their needs and you will see your relationship blossom.





This ebook explains to you how you can tune in with your Animals and what you can do to treat them as equal beings, how you can listen to them and give them what they need.

Please also refer to my other ebook, "How to Talk to Your Animals". These two ebooks go hand in hand and are important stepping stones to create an equal relationship with your Animals.

If you apply the steps mentioned in both ebooks in everyday life, I can guarantee you that your relationship with your Animals will change and improve tremendously.

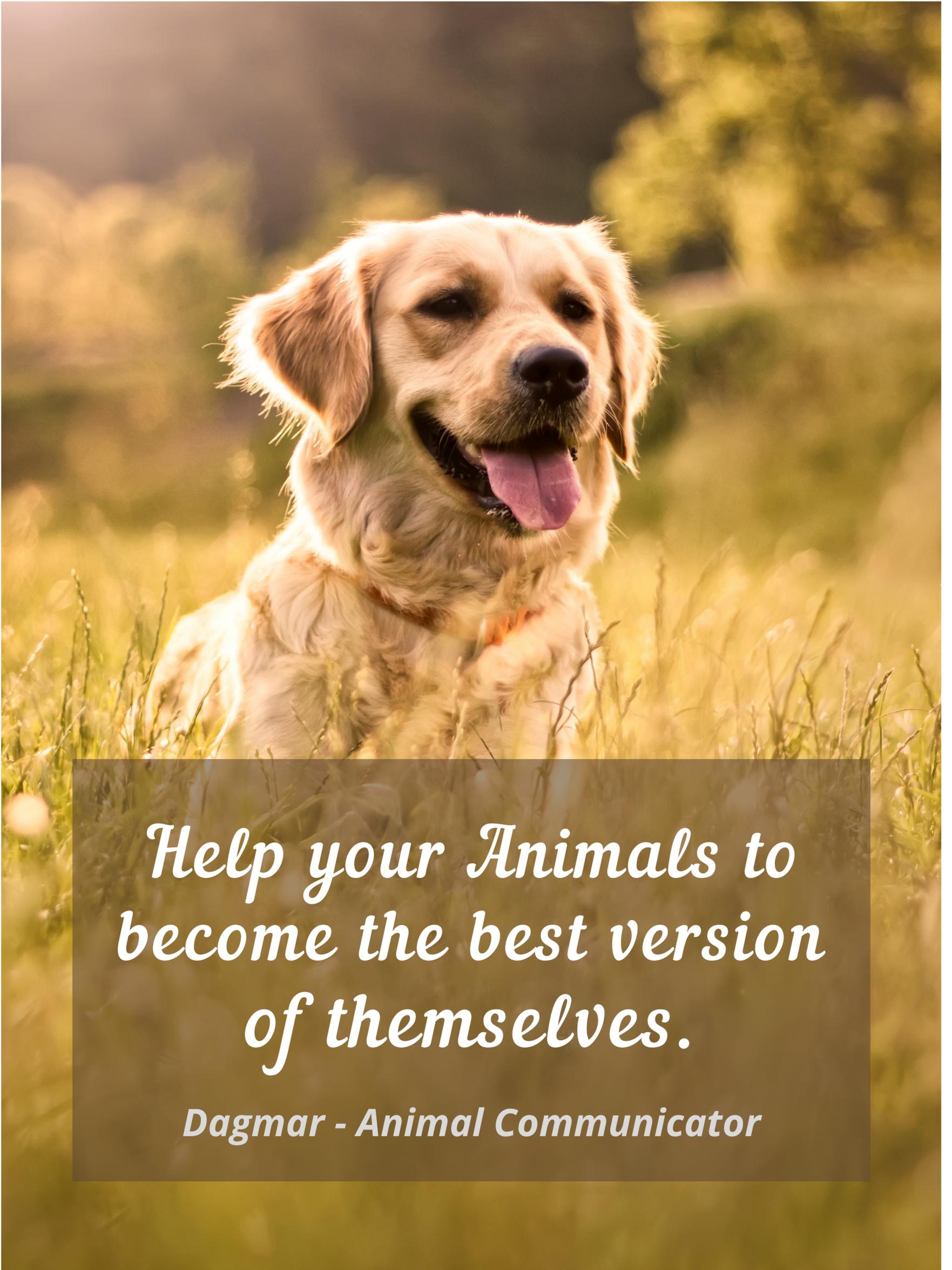
When Animals realize that we make an effort to understand them and that we want to speak their language, they are more than happy to work with us and do their best as well.

When our Animals feel equal, they give so much more than just what their physical body is capable of giving. They open up to us and let us look into their soul.

Lots of love,

Dagmar





*Help your Animals to
become the best version
of themselves.*

Dagmar - Animal Communicator



1. QUIETEN YOUR MIND

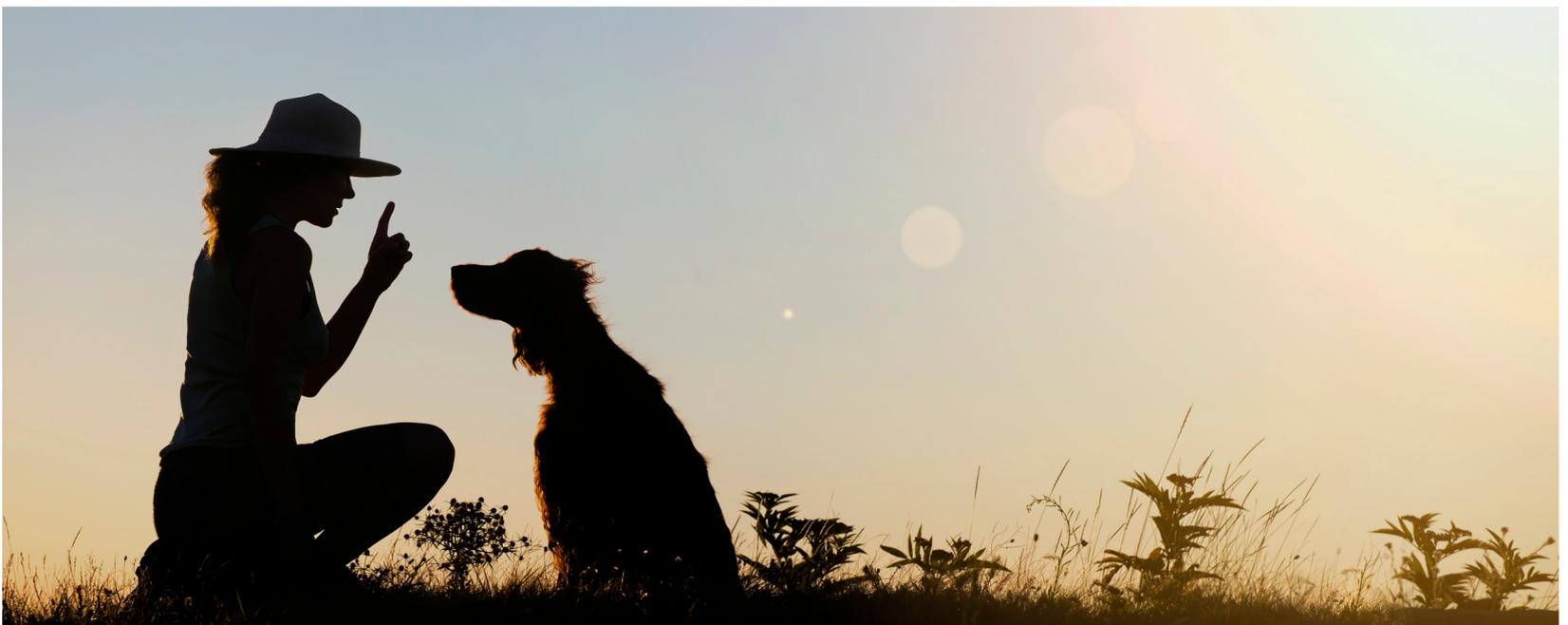
To be able to hear our Animals, we need to become quiet in both body and mind.

These days we are so distracted, mainly by technology, that we often forget to be still and just listen. The messages of our Animals are so soft and gentle, like a whisper, that they are easily missed when we are distracted.

An easy way to quieten our Mind is to meditate. It helps us to become still and see beyond the physical world. Have you ever tried it?

Meditating not only helps you to connect with your Animals, it also helps you to be relaxed in every day life which is beneficial for you and your Animals too.

There are even specific meditations you can do with your Animals (whether they are physically with you or not). You can even get messages from your Animals during a Meditation. (go to www.animalcommunication.com.au/freebies for a free guided Meditation with your Animals).



Even training is a lot easier when we are clear with our thoughts. Animals get confused if our mind is busy. Our Animals are a lot more focused, willing and excited to work with us if our mind is calm and quiet.



TIP:

You can find a lot of meditations on the internet (Google, YouTube, meditation apps, etc). If you don't like a meditation, just find another one. It is also up to you if you prefer a guided meditation or just some relaxing background music. Whatever works best for you.

REMEMBER:

Don't give up if you try it once and it doesn't work. Meditating, like anything new, takes time and practise and you might not feel like you have achieved much after the first time. The more you practise, the easier it will get!

*Doing is a function of the body,
being is a function of the mind.*

STORY:

I tend to be a very busy person myself and often multitask when being with my Animals. One of my horses is quite a fidgety girl and she struggles to be calm and even stand still. Just lately I have been going to her paddock and all I do is stand with her, talk to her, tell her how beautiful she is. Within minutes she starts licking her lips (a sign that she is processing what I am telling her). Her eyes soften and she becomes calm and relaxed. I gently kiss her forehead and ask her to give me a kiss too. Her way of “kissing me” is to touch my hand with her nose and very gently grabbing the skin of my hand with her lips. How beautiful! I know this is not what us humans would consider a kiss but I know that is what she is doing and it is her way of showing me affection.



2. BE PRESENT

It is considered “rude” to answer your phone or scroll through Facebook when being with others. You are “here” but you are not present. It is disrespectful and makes the other person feel unimportant.

Most people don't pay the same attention and respect to our Animals. Often people are not aware of their ability to “feel” the same as us humans. We think they don't notice or they don't care. Animals know just as much that we are “not with them”. They feel it when we are absent. This could be something as simple as chatting with friends or talking on the phone while riding our horse or walking our dog. How easy is it to forget that our Animals are with us? How would they be feeling in that situation? It certainly doesn't make them feel special and is therefore not a great confidence booster.



STORY:

My friend's horse really disliked her daughter. When we talked to him about it, he told us that he hated it when his “mum” rode him while keeping an eye on her daughter who was playing on the side of the arena. It made him feel like he was unimportant, even second best. No wonder he was a jealous boy. He only gets to spend a short time a day with his “mum” and when he does, there is someone else stealing her attention from him. Fair enough! He only wants her undivided attention while she is with him.



TIP:

Spend 30 minutes with your Animal every day, no TV, no phone, no distractions. Give your Animals your undivided attention.

REMEMBER:

Animals feel the same as humans. Put yourself in their “paws” or “feet” for a moment to see clearly how they would be feeling in that situation.



3. GROUNDING - BENEFICIAL FOR YOURSELF AND YOUR ANIMALS

Grounding (direct contact with the earth) has many health benefits for us and our Animals. When connecting with the earth (e.g. walking barefoot on the grass), we are able to absorb the earth's charged electrons. The electrons entering the body can cause profound physiological changes when they neutralise damaging free radicals (free radicals are particles containing unpaired electrons which are released when there is cell damage). If there is a shortage of electrons in the body, the free radicals may take one from healthy tissue. This process is essentially the cause of inflammation and many other “dis-eases”.

Grounding can bring relief from chronic pain and joint pain. It improves blood circulation in the body allowing all tissues and organs to be more oxygenated, receive nutrients and release toxins.

These days many Animals live in apartment blocks (high above the ground) and don't get to ground themselves at all. It is very beneficial to be outside with your Animals and connect to the earth. Leave all electronic devices at home so you can just “be”. These places let us connect mentally to all Animals and even plants and I also find it is always the perfect place to become still and listen within.



TIP:

Make it a habit to spend 30 minutes a day outside, with your Animal if possible. Connect to nature and just be.

REMEMBER:

Domesticated Animals don't have a choice where and how they live. We are responsible to make sure they get everything they need for their well-being.



STORY:

We often think our Animals are like us, they need jackets, shoes and even a hat when it is raining.

But we forget that Animals are made to withstand the cold weather. They don't want to be clean and smell like perfume (which is unnatural to them).

One of my clients wanted to know why her dog refused to sleep on his bed. He told us that the bed made him feel "static" and that he needed to feel the ground to feel balanced and well.



4. BALANCE YOUR ENERGY

Imagine you come home after a hard day at work. Your boss was horrible, You weren't able to finish all your tasks. You are therefore stressed out and grumpy. What is the vibe you are giving off? Your Energy is all over the place and when you get in contact with your Animals they will say “What is going on? She is not happy, what have I done?!?”

Animals are extremely sensitive and pick up that we are not happy. They choose to stay away from us if our Energy is not aligned.



TIP:

If you are stressed, worried or angry, spend a few minutes by yourself, maybe do a meditation or ground yourself. Take a few deep breaths and calm down before you spend time with your Animal.

You could also explain to your Animal why you are stressed so they understand that it has got nothing to do with them.



REMEMBER:

Especially when your Animals are worried or stressed, they need your Energy to be calm and positive for support and to know that they can rely on you.



*Our energy influences
the energy of our Animals.*

STORY:

I was at a workshop one weekend and I purchased a "smudge stick", which is used to cleanse the energy of people and places. When I came home I cleansed my house. My cat was following me during the whole procedure and then placed himself in front of me as if to say "my turn". He sat patiently during the procedure and clearly enjoyed it.



5. DON'T IGNORE YOUR FEELINGS/INTUITION



A gut feeling or intuition is our innate inclination (or unconscious knowledge) to act a certain way or to understand something instinctively without knowing the reason for it. It might not even make sense to us. It might not appear to be logic. This is something we often have with our Animals as well. We just “know” something about our Animals. What they want, what they need or even when there is something wrong with them.

This is something we often have with our Animals as well. We just “know” something about our Animals. What they want, what they need or even when there is something wrong with them.

The reason for your “knowing” is the connection you have with your Animals. You are picking up their energy or you might even pick up messages from them (without realising it). It is no different than the bond a mother shares with her child.

When having a “feeling” about your Animal, follow your intuition, do what you think they need. If you feel, for example, that the harness is uncomfortable for your dog, then change it. Even if others have recommended it to you. It might be the best harness you can get but it might just not be comfortable for your dog and he/she is letting you know, not by any obvious behaviour but just by “a feeling” they transmit to you.

If you have a feeling that something is not right, persist to get to the bottom of it, even if it means getting a second opinion. You know your Animal best.



TIP:

If you can't get to the bottom of an issue and even professionals seem to struggle to find answers, book your Animal a session with a professional Animal Communicator. Your Animal can not only tell you what is going on (e.g. why they react a certain way or where they are hurting), but also what treatments they need or remedies will help to to make them feel better.

REMEMBER:

When we are emotionally attached to our Animals, messages might be "clouded" by our own fears. Sometimes it helps to have someone else talk to our Animals to get a "second opinion" because we are just too close to them.



STORY:

A client of mine wanted to know if she should have gone with her gut feelings regarding medication being too strong for her dog causing kidney failure. When communicating with the dog she said that there were other issues as well so it wasn't the only cause. But she wanted to confirm that "mum" should always listen to her gut feeling because "we are never wrong". If we have the urge to do something, we should. She also suggested that "mum" could have got a second opinion which is great advice when you are not sure about a decision. But she also wanted to assure her "mum" again that it wasn't her fault what happened and that she will love her always and forever.



6. SEEING THE WORLD THROUGH THEIR EYES

I have heard many times that people say things like "he is 'just'" a horse. Or "they are just sheep, they don't have a brain". What makes people think that Animals need to know how to count money or speak English? We want them to learn our language. Why don't we learn theirs? They do speak the universal language of all beings: "Telepathic communication". Animals are a lot smarter than we give them credit for.

We need to remind ourselves that Animals have a different "agenda", life purpose and needs than us. But that doesn't mean that they are less intelligent or important than humans. As a matter of fact, they are a very important link on this planet. Look at bees, for example. Humans are still trying to "reproduce" bees so we can survive without them. But we can't. And why would we even want to try to "clone" them? Why can't we leave things as they are? Humans want to be in control but whenever they interfere with nature, they end up second best.

Animals are a lot more in tune than humans. They know what they need, what is wrong with them and what can help them. Animals even self medicate to heal themselves. We would be able to do the same but we have lost the ability to listen within, to listen to our body and to nature.

Our lives these days are quite complex, complicated and stressful. Shouldn't we follow the example of our Animals and bring our lives back to their easy and uncomplicated way of being? To listen to our body and the environment, connect with each other and live in peace? To follow our purpose, be happy and enjoy life?

Animals are highly intelligent creatures. But they only show us what we believe they are and what fits into our world. If it suits us, it is a good habit, if it doesn't, it is a bad one. If you believe they are stupid, that's what they will show you and what you will be getting back from them. They will not try to convince you otherwise.



In any situation that is causing you trouble with your Animal, try to put yourself into your Animal's paws (or feet) and take their needs into consideration. How would that make them feel? Can you then understand why they would react like that?

Let's look at a car for example. Animals don't know what it is, it is noisy, it is fast, it is scary. It has been invented by humans, it is not something that "occurs" in nature. It is not natural to their environment. Yet we expect dogs to get in it calmly and be "well behaved". We even expect horses (who are flight Animals and run away when they get scared) to have a car come towards them and stay calm and even get into a small trailer so we can take them places. In nature they would never put themselves in a situation where they have "no way out". They must be pretty awesome and trust us a whole lot to do that!

If we can understand how they feel in every situation, we can show more compassion and patience. It is then also easier to teach them to accept new things because we truly understand their concerns.



*Seeing the world through their eyes
can reveal your answers. Just
breathe and imagine you were them.*

STORY:

The first thing my cat Tommy would do in the morning is go outside and sit on the step of the door. He would sit there for a while and then head out. Or sometimes he would come in. Some days I didn't understand. The sun was shining, blue sky, absolutely lovely day! I couldn't understand why he would choose to go back inside. But of course he was right! A couple of hours later the sky would be dark and it would bucket down with rain. There was absolutely NO indication that the weather would change. No clouds, no wind, just nothing. He was so in tune with nature that he just "felt" it. He didn't have to go to the weather app on his phone to find out what it was going to do. Bless him, I still miss him dearly. He passed away last year at the proud age of 18.



TIP:

Our meditation "Become One with Your Animal" (downloadable [here](#)) will help you to "get inside" your Animal's viewpoint and see the world through their eyes.

Understand how they feel, what they are scared of and what they need. If you were them, what would you like to do? What would you enjoy? How would you feel? This can give you answers on their behaviour and help you to find solutions.

REMEMBER:

Animals think differently than us. They have different views and needs. That's why they sometimes don't behave the way we want.



7. COMPROMISE

Animals often tell us or let us know they are not happy but their humans don't really take notice or don't care. I even sometimes get answers like “bad luck he doesn't like this”. But shouldn't they have the right to enjoy some things and not others. Are they supposed to be 100% our mirror and only have the same feelings as we do? I believe they shouldn't have to. With any partner we wish to be accepted the way we are. Our Animals are no different. They want us to love them just like that. With all that is going on for them in their life.

This doesn't mean that we can't teach them new tricks, educate them or have boundaries and certain rules to make living and working together fun and safe. But if we give them the freedom to express themselves and make choices, they feel heard, connected and their needs are met.



So how can we make their opinion count? If you know they don't like something (e.g. sitting in the boot of the car because it makes them feel sick), why should we force them to do that? It is not that they don't like it, it physically makes them sick. So what could you change to make your Animal comfortable?

Animals don't ask for expensive items, often the changes they require are small and inexpensive. And best of all, if we make those changes, we can see how the behaviour of our Animals changes. They are relieved that we listen, that we don't force them into something they really don't feel comfortable doing

If you are unsure if they misbehave or they do have a serious issue with what you are asking of them, you could book a Reading to find out the reason for their behaviour. Are they naughty or do they really struggle with it? It helps you to make a decision about how to handle the situation.



STORY:

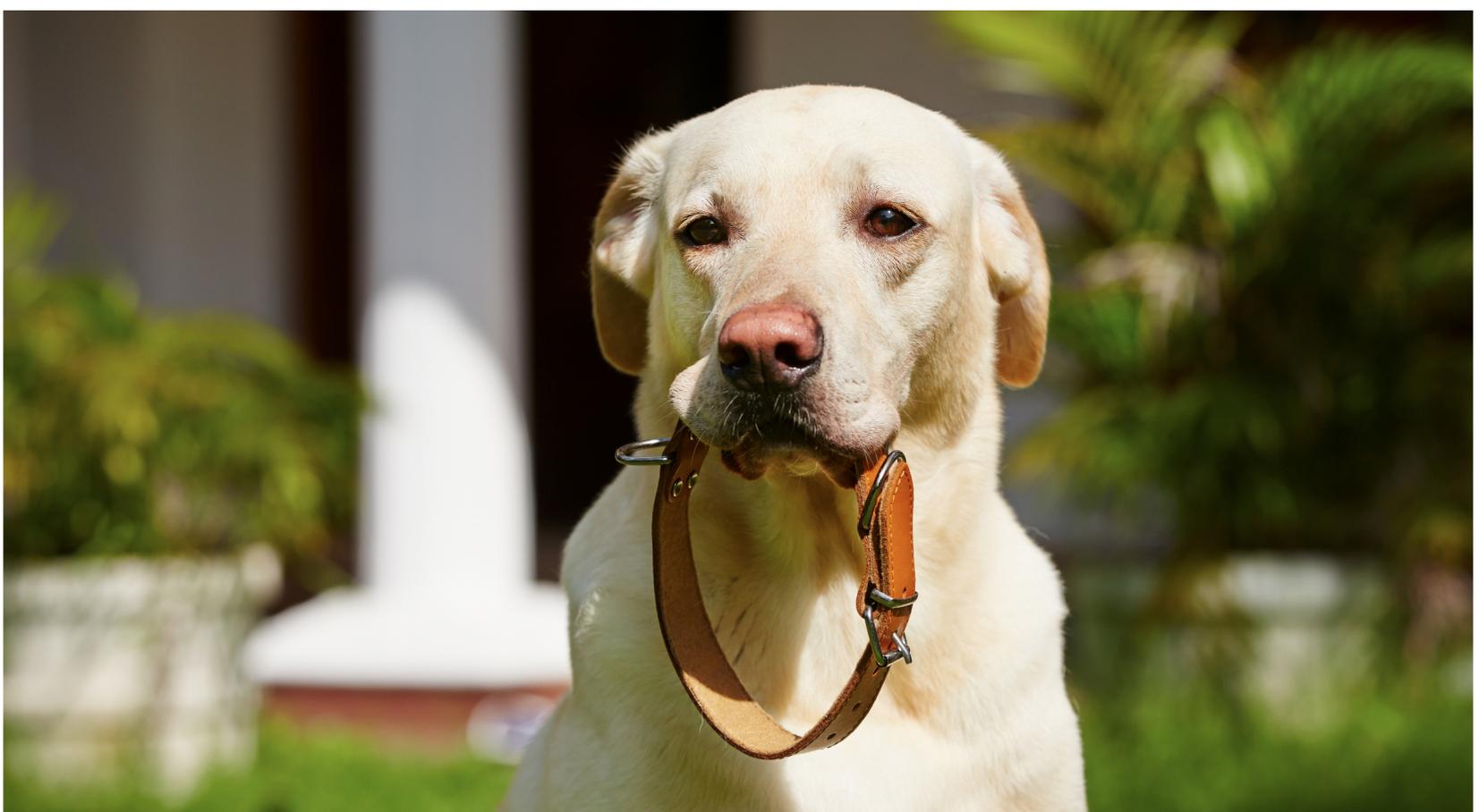
A horse was misbehaving badly and was really unsettled in his paddock. When we asked him what the reason was he told us that he felt like he was “under current”. Not knowing what that meant (I just felt a strong energy, nearly like a buzzing feeling) the owner told me that there were power lines going across his paddock. That made sense! As soon as he was moved to another paddock, he settled down and he went back to being the lovely and quiet boy the owner knew he was.

TIP:

If you can't give them what they ask for, tell them why you can't change it and what you can do for them instead. For example, if you find out that a dog doesn't like their collar, you could tell them that you will buy them a new one next week when you go shopping.

REMEMBER:

Animals are very patient and forgiving. Most people will already see a change in their Animal's behaviour by compromising and telling them what changes they will make.



8. ASSUMING AND JUDGING

Often we assume something because of a past experience. We worry that it could happen again. Therefore we act in a certain way towards our Animals. But do you actually know for a fact that this is going to happen again? If things go wrong once and right 100 times, we still get caught in the negative story.

We don't really know what is going on inside our Animal's head. Assuming means, for example, that we expect our horse will bite us because that is what they did last time. But does that really mean that is what they are going to do? Because Animals can read our thoughts, they know what we are waiting for and will give us exactly that.

TIP:

When I realise that I am assuming something, I imagine that “this is the first time that I am in this situation”. This helps me not to judge from a past experience.

You could also tell your Animal how you feel so they understand what it is you want from them.

REMEMBER:

Our thoughts and actions cause our Animal to react. When we assume that something negative happens, that is the message we give them. Give them the benefit of the doubt so they get your positive message.

STORY:

A client of mine asked me to connect with her horse. In our conversation he told me that he can "open gates". When I talked to the owner she was surprised and she told me that when going for rides, she would always get off the horse to open the gate when they go into another paddock. She sent me a very excited message the next day saying that she didn't get off this time to open the gate and he was brilliant in opening and even closing the gate.



9. TRUST

A lot of my clients want to know from their Animals, especially horses, if they trust them. The answer I often get back is that their humans don't trust them, so how can they trust their humans?

If Animals feel that we don't trust them, they assume that "something must be wrong" and they will reflect your mistrust in their behaviour and actions.

Talk to your Animals and tell them how you feel. You could even say to them: "I am scared that... could you please be good/look after me..."

If you don't trust them in a certain situation, don't put yourself in that situation until you are confident.

STORY:

I used to ride my horses bareback on this dirt road where we had to go through an open shed. Because I had no saddle or bridle and they were very scared, I would get off just before the shed and lead them through. After a few weeks of doing this I just knew one day that they now trusted me to stay calm when going through the "tunnel". I didn't get off that day and never had to again in the future. They trusted me because I showed them with patience and understanding that they had nothing to fear. No fights, no arguments, just understanding and trust by giving them what they needed.

TIP:

Only do what you are comfortable doing. If something scares you and you are not sure about it, don't do it. Give yourself time and take that step when you and your Animals are ready.

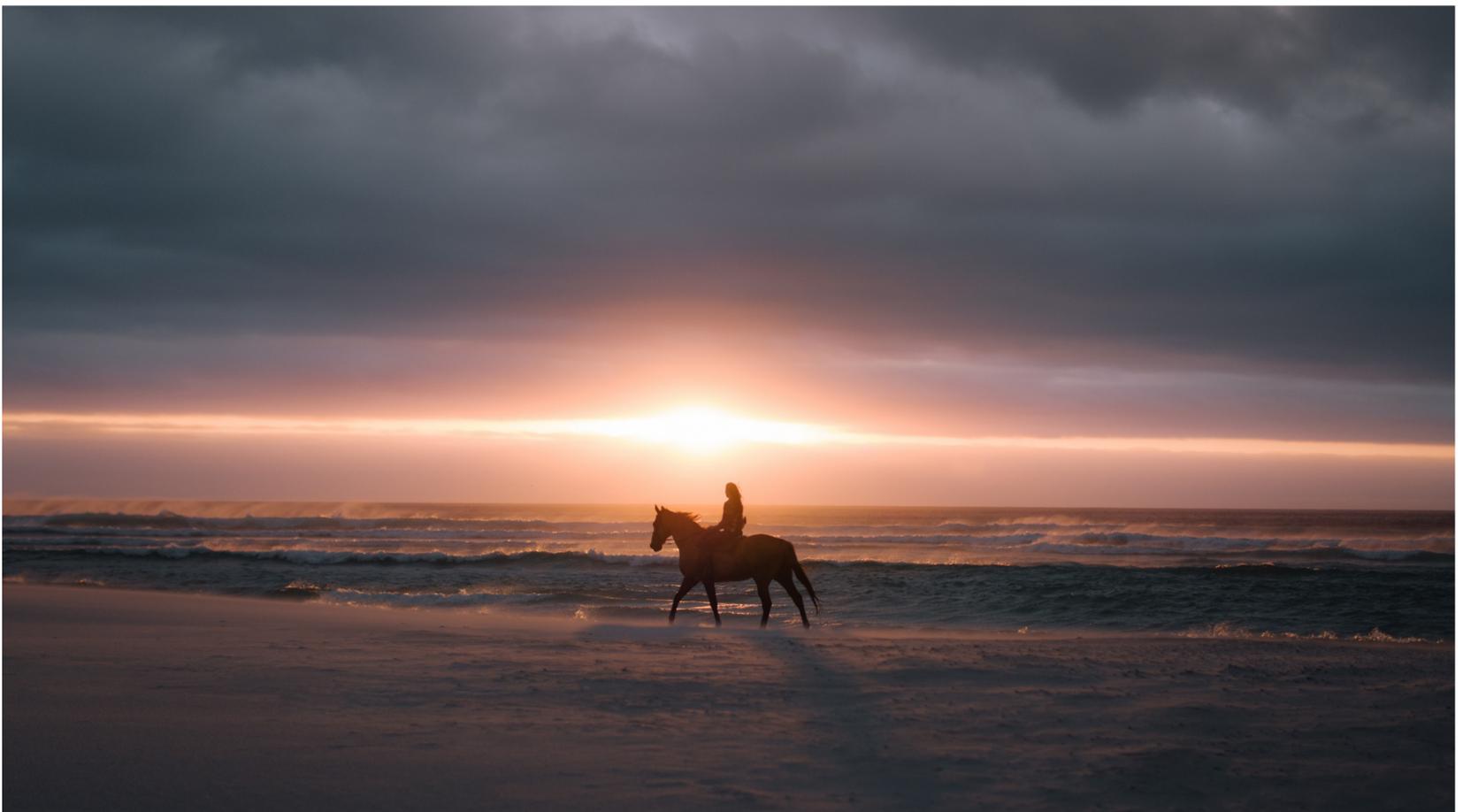


REMEMBER:

Animals will pick up what is going on within you, whether you are saying it, thinking it or feeling it. Even if you put on a “brave face”, you cannot fool your Animals.

STORY:

After the Reading with her horse, she wrote to me: "I didn't realize that I didn't trust her. When she misbehaved she only reflected my distrust and fear. I have now learned to listen to my own feelings and to only do what we are both comfortable with. We have not had any more mishaps because we know our limitations and we trust each other by not overstepping them."



Animals are great judges of character. They not only see beyond actions, they also read your thoughts, feelings and energy.



10. EXPECTATIONS

We all have expectations in life. Expectations of ourselves, other people and even our Animals. But as we know, expectations also lead to disappointments. This is no different with our Animals. We expect them to behave a certain way, to do well in a competition and to do anything we ask from them.

We need to be realistic though, and remind ourselves we are dealing with another being, not an object. This means we need to take their feelings and needs into consideration. Can our Animal really do what we want them to do? Did you realise that you asked your dog to “sit” where the ground is cold or wet? Did you consider that your horse just doesn't feel well to give 100% in the dressage test? Maybe they had a bad night. They could be stiff because they ran around in their paddock the day before.

Just remember when expecting things from your Animals that they do as best as they can in a situation. They are guided by their feelings, genetics, experiences and even their mood.



We are only disappointed if we expect something and it doesn't come true.

Don't manage your Animal's behaviour, manage your expectations.



Let them be your equal partner by taking all that into consideration before you are disappointed and judge your Animal.

When going to a competition for example, rather than putting pressure on ourselves and our Animals, can't we just focus on doing the best we can. I know how good we can do this exercise but others might be better. I have found that my horses always perform very well because my main goal is to do the best we can and have fun! For us, it is not about winning. But because I take this pressure off them and we just have fun, they always do very well and often do win!

Ask yourself if your expectations are real. If you need to “expect” something of your Animal or if you can just accept them the way they are.

TIP:

When you are disappointed with your Animal, ask yourself what you expected. Is it realistic? Why did your Animal not do as you asked? Most of the time there is a reason behind it. Maybe they were not comfortable, they did not understand, or they just couldn't do it physically. Be forgiving with your Animals. We are all individual beings and need to respect each other, our opinions and actions, even those of our Animals.

REMEMBER:

Expectations and pressure can cause stress and anxiety for you and your Animals.

STORY:

Sasha, my rescue dog, was apparently "not good at working with sheep". I could see how stressed she becomes when people expect certain things of her. She wants to be good and do things right. But she cannot handle the pressure and "loses the plot". She is great at "learning by doing" because there are no expectations on her. She has even proven herself to be brilliant and the most clever and gentle dog when being around. She is amazing!



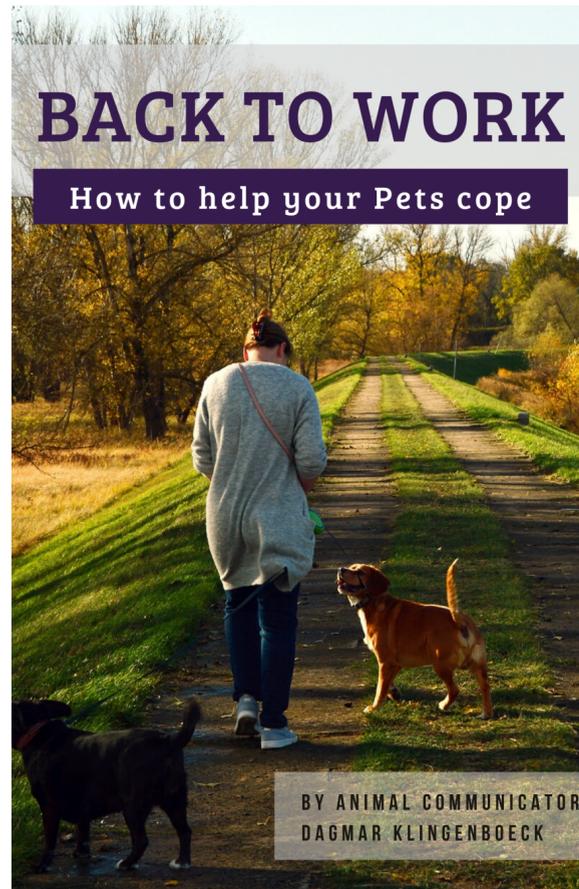
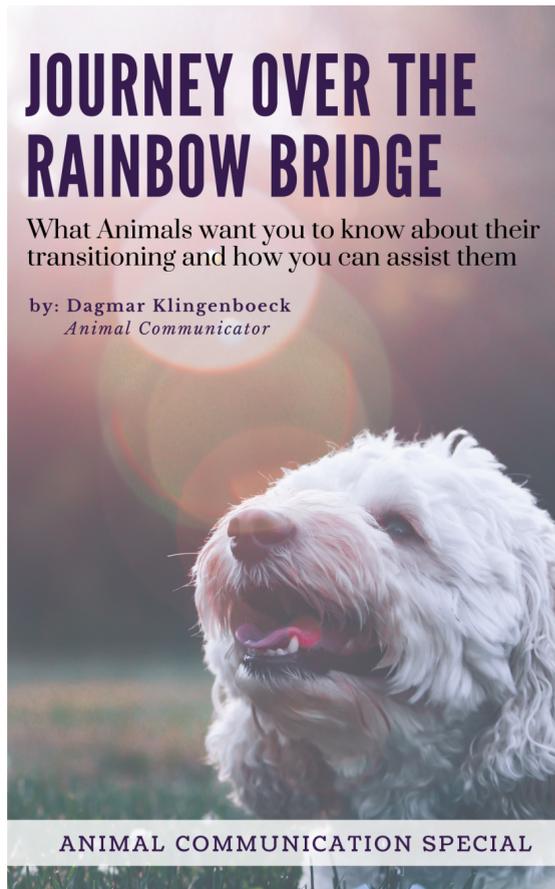


The following Animal Communication eBooks are available for free:



6 EASY STEPS HOW TO TALK TO YOUR ANIMALS

Dagmar Klingenboeck



To download the ebooks, visit our website at www.animalcommunication.com.au/free-resources





Animal Communication

Give your Animals a Voice

Animal Communication



Dagmar Klingenboeck

Phone: +61 439 821 047

Email: info@animalcommunication.com.au

Website: www.animalcommunication.com.au

Facebook: [/AnimalCommunicationDagmar/](https://www.facebook.com/AnimalCommunicationDagmar/)

Instagram: [/animal_communication_dagmar/](https://www.instagram.com/animal_communication_dagmar/)

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