



Heart to Heart Communication with a Horse/Animal or other Species

- Make sure you are standing/sitting comfortably near your horse/pet. Use the heart focused breathing technique, breathing from the heart area, feeling love and care towards the animal.
- You may find it helpful to place one hand on their chest and the other near their shoulders. The animal's heart space is between these areas. However, this technique can be used for all species, including insects. Therefore, it is not necessary to touch but can be helpful to allow you to feel more connected when you first practice.
- Quieten your mind and imagine your heart asking to connect to their heart. As you do this, watch the animal's reaction. You may see signs you have connected –ears flickering back and forth; their breathing may change. Watch closely for any change of their expression, movement or sound.
- Keep your mind quiet and your heart open. If you have a thought come into your head, let it flow through and bring yourself back to quiet taking your awareness to your heart breathing.
- There is no rush. Believe. Trust your heart and trust your animal's heart.
- During these times you connect, you may be aware of your own heart beat and find the beat starts to feel more powerful. You may find it seems to strengthen and feel more 'Boom Boom' or 'fluttery'.
- Any change of your heart beat indicates you have connected and is the energy of their heart connecting with yours. Do not worry if you feel no change in your heart. You are probably connected and the more you practice, the more you become aware of changes in heart sensations.
- Once you are familiar with connecting, this technique is very helpful in communicating with your pet/horse especially if you want to help them when they are anxious or stressed for example during a visit to the vet. You can connect using heart energy and project reassuring images.
- You can connect with insects/wild birds and animals and even trees. Once you have connected and completed your communication, send out thanks and gratitude to them.
- The most important advice I give is - *Please Do Not give up*. Trust and keep practicing. Every human has this ability and the more you 'tap in', the more you experience.

Further Information *Anna Breytenbach* is an Inter species Communicator and her website is www.animalspirit.org

The Heartmath Institute have been researching the heart for the last 40 years. Information on the energy and intuition of the heart, resources for anxiety, Heart to Heart communication with Horses and more www.heartmath.org



Sid the Icelandic horse – My first Heart to Heart communication during healing

It took me a while to trust my communication abilities and it was Sid, an Icelandic horse that forced my hand to try Heart to Heart during a healing.

It was evident from my assessment Sid had many areas on his body that were causing discomfort. However, after 45 minutes of energy healing Sid had only shown small signs of release – twitching and a shake of his head. I recognised I had to help him, and I was at a loss and my only hope was to try and communicate heart to heart. The events that unfolded led to one of the most powerful experiences his owner and I had in our lives. Once I connected and asked him to trust and release, he pulled his neck in, then pulled taught very high, then pulled tight into his chest and then extended and stretched his neck out and dropped his head low – about a foot off the floor. And then he began yawning – and didn't stop for about half an hour.

Before this session, Sid was extremely reluctant to transition to canter and I had watched his owner Lesley that morning, unable to move him into a canter. Lesley rested Sid for two days after this therapy and from the moment she rode him again, he was a changed horse, flying around like Pegasus, supple, relaxed and able to transition with ease. Lesley reports his character has evolved too- much happier, relaxed, comical, able to express himself with ease and joy.

His full story from Lesley's perspective and mine is on my website www.energyhealth.org.uk

The following Links are also useful

1. Bruce Lipton is a Cellular Biologist specialising in Epigenetics, the study of cellular and physiological traits or the external and environmental factors that turn our genes on and off, and in turn define how our cells read those genes – to see the true potential of the human mind and the cells in our body
www.brucelipton.com
2. Dr Joe Dispenza healed himself after a devastating cycle accident left him with many broken vertebrae. He has since dedicated his life to research on the mind/body connection and helps people heal through his research and workshops www.drjoedispenza.com
3. Gregg Braden – Living in the Matrix, a combination of science and spirituality bringing ancestral knowledge and the wisdom of indigenous tribes into the 21st century www.greggbraden.com