

# Your Guide To INTUITIVELY KNOWING WHAT YOUR PET IS TRYING TO TELL YOU



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# Hi, I'm Keveney.

If you're reading this right now, chances are you've experienced one of the following:



You can't help but notice that there is sometimes a kind of 'psychic' connection with your pet -- even though you consider yourself a logical person.



When you have increasing stress or anxiety, your pet exhibits strange, inexplicable behavior or even disease, or



Your pet exhibits or has exhibited illness, and their malady seemed to be connected to your behavior in some way.



You've had multiple pets come down with the same ailment, and it feels like more than a coincidence.

This is normal, our pets are similar to us in terms of DNA but don't have an ego. They do not ponder or overanalyze; they absorb the energy that is around them, and their bodies react and respond accordingly to that energy.

Despite improving conditions, our pets continue to experience bizarre behavior or illness. Consider that our energy causes strange behavior and even illness in our pets.

Sometimes, our pets react to our energy before we are even aware of it -- they're telling us something!

# ABOUT

I created this guide to get you started with the complete basics of animal intuition and communication - and how tuning in to what your pet is telling you could unlock improved health and happiness for them and for you.

What really made me go all-in on animal communication (or, as I like to call it, Animal Translation) was when, out of nowhere, my healthy Labrador had a seizure.

It was terrifying. And, I also knew, deep down, that overloading myself was the cause of her seizure.

You see, I've connected deeply with animals and energetics since I was a toddler.

Then, I became a lawyer and gave the corporate world 10 years of my life (and it gave me 100 pounds in return). My analytical brain and worrying mind were on constant overdrive; stress and the doubting mind congest our body and clog our energy.

Now, I'm back in alignment; I'm intune with my gut. I receive and translate messages from the animal kingdom. And, I make more money than I did when I was a lawyer (and am releasing those extra pounds). Yep, you heard that correct. My health, wealth, and happiness is better than when I practiced law.





**I help high performers ditch the corporate job while keeping the corporate salary.** So if you're interested in finding out



Why, as a top performer, you're more likely to project distress and illness onto your pet (and yourself),



How to take responsibility for your energy (even if you already have way too many responsibilities to count), and



How to free yourself from chronic overthinking and create space for health, wealth, and love

This guide is for you. Please note that this guide is not intended to be medical advice.

Animal communication might sound crazy. I get it. So, as a retired attorney, my hope is to introduce you to the science of animal translation with a grounded, informative approach. We'll go forward from there.

Enjoy!

# WHY HIGH PERFORMERS INADVERTENTLY HARM THEIR PETS

[A famous experiment conducted by NASA scientists](#) confirmed it: we are born as creative geniuses.

And then, through the structure of school, social settings, and adulthood, our analytical mind takes over.

We become so used to analysis that we begin to diminish our instincts and replace them with logic.

It becomes increasingly important that we analyze in order to succeed. This analytical mind is what differs us from pets.

This lands us a solid career, a well-selected circle of friends and loved ones, and so on. Especially if we concentrate extra-hard and pursue a field where being right is what pays the bills.



# THERE'S A PROBLEM, THOUGH.

Our perceptions, thoughts, and emotions change the chemicals that our body and brain produce each day. This biochemistry flows to our organs, and over time the way we think actually distorts the natural electricity that flows through our bodies (the same electricity that gets picked up by an EKG).

Animals pick up on this electricity, [as asserted by biologist E.O. Wilson.](#)

How do they pick it up? Read on to find out.





## IT'S BEEN PROVEN THAT ANIMALS ALSO PERCEIVE EMOTION

E.O. Wilson notes that animals have a chemical and physical awareness that we do not.

Most of the animal kingdom can sense magnetism and electromagnetism - it's why cows face a certain direction when they graze and dogs poop in a certain orientation depending on hemisphere.

They also sense pheromones: chemistry that expresses itself as subtle shifts and changes in scent. Animals can literally smell stress.

[We have even physical tools coming out](#) that can measure the energy field around our body and what we are and are not emitting.

Without a logical filter to interpret this emotional chemistry through, though, your animal ends up absorbing everything instead.

**You see, while animals are not burdened with life responsibilities and to-do lists, they are bred to be companions and like to please their humans.** So, while they don't "power through" at their day job per se, their empathy (and subsequent chemistry) works full-time, all the time.

This is why we see seemingly inexplicable circumstances, for example, when someone is laid off from their job and a few months later their dog develops pancreatitis, or when multiple family pets come down with the same type of cancer or dis-ease. I'll share more on these correlations in a moment.

# THE HUMAN/ANIMAL CONNECTION IS ABOUT ENERGY FIELDS

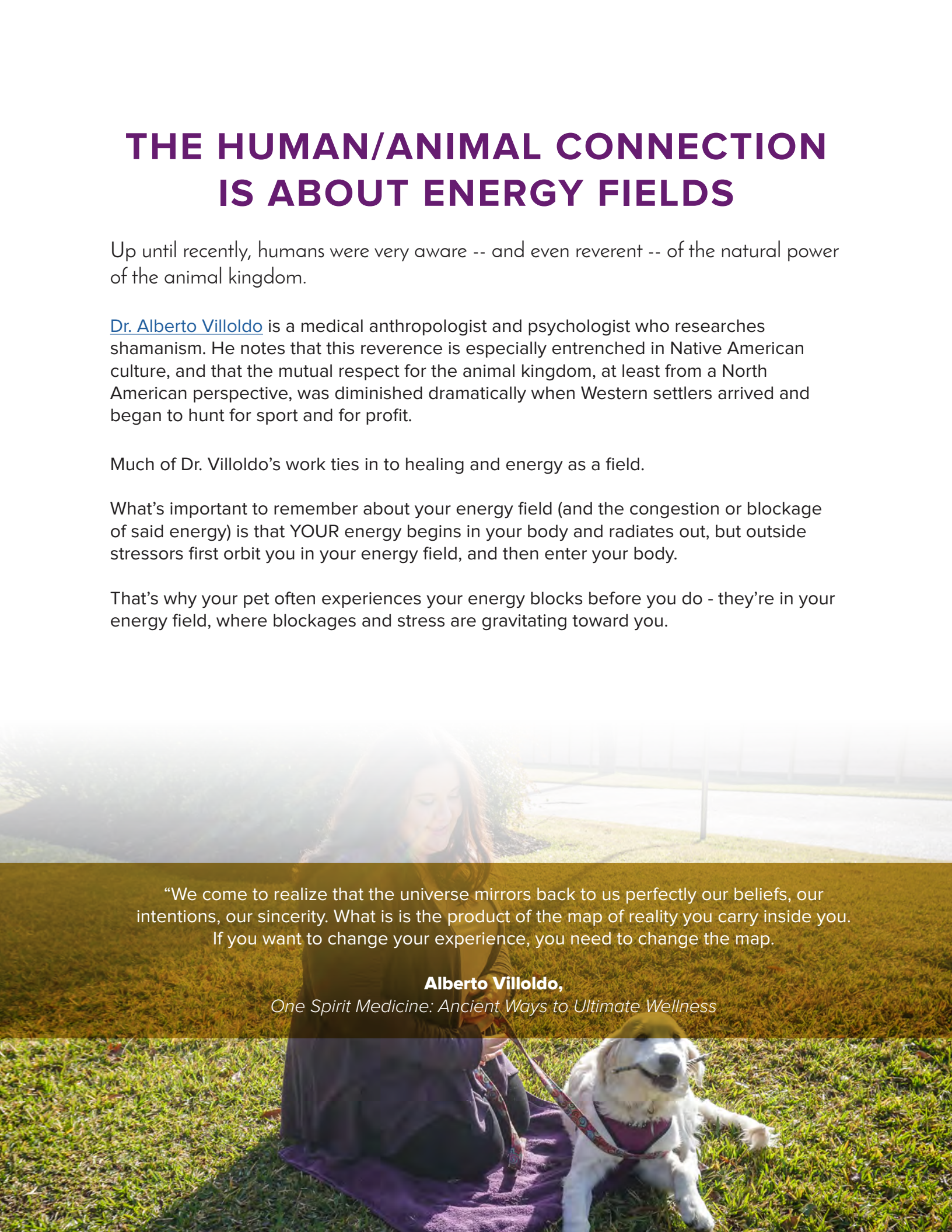
Up until recently, humans were very aware -- and even reverent -- of the natural power of the animal kingdom.

[Dr. Alberto Villoldo](#) is a medical anthropologist and psychologist who researches shamanism. He notes that this reverence is especially entrenched in Native American culture, and that the mutual respect for the animal kingdom, at least from a North American perspective, was diminished dramatically when Western settlers arrived and began to hunt for sport and for profit.

Much of Dr. Villoldo's work ties in to healing and energy as a field.

What's important to remember about your energy field (and the congestion or blockage of said energy) is that YOUR energy begins in your body and radiates out, but outside stressors first orbit you in your energy field, and then enter your body.

That's why your pet often experiences your energy blocks before you do - they're in your energy field, where blockages and stress are gravitating toward you.

A woman with long dark hair, wearing a purple dress, is sitting on a purple blanket on a grassy field. She is looking down at a white dog sitting next to her. The dog is wearing a purple harness and a colorful patterned collar. The background shows a grassy field with a fence and trees in the distance. The lighting is bright, suggesting a sunny day.

“We come to realize that the universe mirrors back to us perfectly our beliefs, our intentions, our sincerity. What is the product of the map of reality you carry inside you. If you want to change your experience, you need to change the map.

**Alberto Villoldo,**

*One Spirit Medicine: Ancient Ways to Ultimate Wellness*



# OUR ANALYTICAL MIND CONGESTS ENERGY - AND YOUR PET PICKS THAT UP.

Animals intuit the energy of one another - so, as your pet's master, your pet intuits your energy all day, every day. [Science has proven that animals perceive our emotions](#), and their neurochemistry reacts accordingly.

Your pet doesn't know why you're stressed (work project, fight with your spouse, bad traffic); your pet only picks up on your stress.

So, there's a bit of bad news: what got you here could be now harming you (and your pet).

And, ailments in the different organs of the body correlate with certain emotions.



Feelings of worry, dwelling, or mental overload manifest in the spleen and pancreas, which are responsible for nutrient absorption and energy production throughout the body.



Feelings of sadness or grief manifest in the lungs, which, in addition to controlling our oxygen, regulates our sweat glands, body hair, and processing of water.



Feelings of frustration, anger, or bitterness (don't tell me you've never been frustrated!) manifest in the liver, which regulates blood health and blood health.



Feelings of depression, despair, or resignation manifest in the heart, which, in addition to pumping blood through our bodies, is said to inform our vitality and our spirit.



Feelings of isolation or insecurity manifest in the kidneys, are responsible for growth and development, and regulate health with our bones, teeth, ears, and head hair.

If you find you revert to similar thinking patterns again and again, your emotions could be inhibiting health in both you and your pet! The first step is awareness.

# EXERCISE

Take a moment to answer the following questions for yourself.



What are some areas of my life in which I think or analyze a lot?



Which areas of my life do I think critically each and every day?



Do I spend a disproportionately large amount of time analyzing things out of my control? If so, why?



A woman with long dark hair, wearing a purple knit sweater and a colorful patterned scarf, is holding a clear, faceted crystal pencil horizontally in her right hand. The background is a blurred outdoor setting with trees and a path.

## **IT'S NOT YOUR FAULT YOU HAVE AN ANALYTICAL MIND (AHEM, WORRY MIND)**

From years and years of school, we end up with important knowledge and fluency in math, science, civics - and so on.

This is normal, and we use this analytical thinking to survive and thrive in modern society. I don't want you to feel that we're villainizing logic and thought.

The challenge is that, when we "go hard" and analyze deeply for many months or years, we just become more and more disconnected to our bodies.

We numb ourselves to nagging aches and pains, or even our gut instincts, over a period of time. The natural world would never fathom something like this happening - but it's actually a very normal occurrence in modern society.

# IN 10 YEARS OF PRACTICING LAW AND NEEDING TO BE RIGHT, I GAINED 100 POUNDS.



My diet did not change, and I became only slightly more sedentary when I became a lawyer. But my brain was on massive overdrive on a daily basis, as it was my job - my livelihood - to be right and to prove others wrong.



Over the years, the pounds began to pack on, and moreover, I became disconnected from warning signs in my body and even my own personal day-to-day instincts. My physical and emotional health took a hit.



Since my body was “off”, often my energy was completely haywire, and I wasn’t even picking up on it. It’s as though my instincts had become “stunted” and everything just became more muted as a result.



We’ve evolved to think critically, yes - but we haven’t evolved to think this hard, chronically, for months and years.

(If you’re an overthinker, you may also notice you generally have less of a connection to your intuition, your feelings, and your instincts.)

So, the first thing we need to do is take responsibility for our energy and how it may be impacting our lives now.

# EXERCISE

Take a moment to reflect on the following:



What are some areas of my life that are probably being negatively impacted by my energy?



What are some behaviors my pet exhibits that could be actually coming from me?



What does my pet probably think is happening when I am overworked, overstressed, or over-analytical at home?



# TAKE RESPONSIBILITY FOR YOUR ENERGY

Real talk: Your dog is peeing on the carpet because of YOU.

This is the number one request I get from clients. Can you make my pet stop a particular negative behavior (peeing, barking, humping)?

Animal communication is NOT mind-control. Think of it this way: since your pet is still in the natural world, and isn't burdened by to-do lists or critical thinking, they act as a megaphone of your own energy field. Your pet will mirror back to you whatever stresses you have going on in your life.

Are you chronically stressed? Do you have a negative disposition? [It's proven that negative thoughts spike the fight-or-flight response.](#)

And, since your pet does not have an ego, your pet only empathizes the stress, with no end in sight. Before you know it, they've come down with something or are acting completely crazy.

This is where things get tricky, because if you're an overthinker, chances are your intuition has become stunted anyway, so it's easy to get skeptical or write off energy imbalance as 'woo-woo'.

Part of taking responsibility for your energy is in having trust that your thoughts and emotions are having a real, tangible day-to-day impact on your life.



# FREE YOURSELF FROM OVERTHINKING (AND CREATE SPACE FOR HEALTH, WEALTH, AND LOVE)

There's good news, though!

When you start to free yourself from overthinking, you'll not only relieve your animal of detrimental empathy; you'll also create space for more vibrant health, wealth, and relationships in your own life.



## **How will you create more health?**

Your meridians become unclogged, and ailments that deprive you of energy or sleep begin to recede. The congestion in your field and body dissipates.



## **How will you create more wealth?**

When you are tapped in to your intuition, you'll begin to come into alignment with your life, your values, and your natural gifts (the things you do better than anyone else on earth). When you're in alignment, everything flows, including your money.



## **How will you create more love?**

When you listen to your gut and heart and start doing the things you love to do, you will be happier. And, joy is contagious.

Once I left the law world and realigned myself with my natural gifts...my body began to heal, my salary increased, and my relationships improved.

Stop the S word dead in its tracks. (I'm talking about "Should".) Stop should-ing all over yourself, and take action.

**Analysis is man's law, intuition is natural law (also called universal law or spiritual law).**  
I've practiced both -- and you can too.



# **ENERGY CANNOT BE CREATED OR DESTROYED. (IT CAN, HOWEVER, BE CHanneled AND DIRECTED.)**

In 2014, I had the honor to be with my grandmother when she departed the earth plane. I saw her spirit, her energy, leave her body. It was otherworldly, and if you or anyone you know has witnessed this experience, you know what I'm talking about.

Energy never gets created or destroyed. Every moment of every day, it's being channeled, directed, and redirected. Will you allow your fight-or-flight response to direct your energy all day long, or will you take personal responsibility around where your thoughts are flowing and your energy is going?





# EXERCISE

Take a moment to reflect or journal on the following questions.

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What do I channel the majority of my energy toward on a day-to-day basis?

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What are some things I can do to downshift my overthinking each day?

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What areas or worries do I channel too much energy to? Not enough energy?

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When will I put these actions into effect? How will I hold myself accountable?

## NEXT STEPS

The good news is that you've already taken a huge step forward by educating yourself on how your energy can be impacting the health and behavior of your pet.

I encourage you to keep educating yourself and practicing.

Occasionally I send newsletters - consider opening them and reading them as a way to stay committed to being energetically responsible for your loved animal.

Or, if you'd like to get in touch about working together, [you can schedule a 15-minute chat with me here.](#)

Much Love!

~ Keveney Evanne

