

JOURNEY OVER THE RAINBOW BRIDGE

What Animals want you to know about their
transitioning and how you can assist them

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ANIMAL COMMUNICATION SPECIAL

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JOURNEY OVER THE RAINBOW BRIDGE

It is never easy when our dear Animal Companions leave this earth, when we have to make the decision to let them go. For them, the transition is part of their journey. They cross the "Rainbow Bridge" to a place where they can run free again. Free of pain, full of light, love and happiness.

Our Animals are members of our families and when they die it is no different than losing a loved family member or a friend. Their death can be unexpected and sudden and sometimes we don't have time to say goodbye. We are overwhelmed with our emotions. We feel lost, sad, lonely and guilty. Did we do the right thing? Did we let them suffer? Often there are a lot of unanswered questions.

To help you understand how Animals feel and how they are affected by old age, illness, dying and their journey after death, I have written this eBook with the help of many Animals who beautifully explain their views and experiences. I am very grateful for their guidance and support and for the owners who have let me share their Animal's stories and wise words.

If you have any questions on this subject, please don't hesitate to get in contact with me, I am here to help.



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Have I done everything I can?

As our Animals get older or when they are unwell, we can be overwhelmed by all the decisions we have to make. How does my Animal feel? How much pain are they in? Does my Animal want treatment? Which treatment does my Animal want? What is working for them? What isn't working?

You know your Animal best. Assess and judge their situation and if you are unsure what you should do, remember to choose from your heart. Let your intuition guide you. Choose what they would want and not what you want, as hard as this may be. If you need assistance, Animal Communication can certainly help you in these situations. Through a two way conversation with your Animal we can find out how they feel and what they need.

Every Animal is different, no two Animals are the same. Therefore every circumstance, every situation needs to be assessed individually.

If you cannot give them what they need (e.g. treatment may not be available or affordable), talk to your Animal and explain your situation. Animals are very

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Let your intuition guide you if you are unsure what you should do, remember to choose from your heart.



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Be honest and open with your Animal.

understanding and accepting of our circumstances as long as we are honest and open with them.

When my cat, Timmy, had cancer, he told me that he didn't want treatment. He was old. He was 14 at the time. He wanted to enjoy the time he had left with me. He knew that there wasn't much that could be done and the vets confirmed that the prognosis wasn't good, whether he had treatment or not. We decided to make the most of the time we had left. We had such a wonderful time, lying on the bed together, cuddling, resting, connecting and talking about the good old times. He was clearly enjoying every minute as much as I was. I would have spent every cent I had on him to have him recover but I knew I couldn't save him. He appreciated that I granted his wish of not putting him through a lot of discomfort and vet visits, until it was time to let him go.

How do I know it is time?

Sometimes Animals pass away without assistance, sometimes they want our help. This is one of the hardest and biggest decisions we have to make in the life of our Animals. Animals are all different. Some are very pain tolerant, others aren't. Some are stoic and block the pain out. Others cannot operate when feeling the slightest bit of pain. Therefore, there is no "guide" on when it is time to let your Animal transition. Every situation needs to be assessed individually. For some it might be sooner than for others. Some still have "unfinished business" and things to do before they are ready to go. Some are waiting for us to be ready.

Animals all have a unique way of letting us know when they are ready to go. Some Animals may stop eating, others just look at us and we can just tell by the look in their eyes that it is time. It is in their interest to give us a clear sign when they need help.

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Your Animal will let you know when they are ready.



Remember that a "sign" from them doesn't necessarily have to be something they physically do. It could just be your feeling of "knowing" that it is time.

If you are not sure, you can also ask them to give you a clear sign which most Animals are willing to do to confirm the feeling you have about them.

A lot of owners are very concerned if they will recognise correctly the sign from their Animal. But talking to the owners afterwards, they all confirm that, on a deeper level, they all knew when it was time.

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Animals all have a unique way of letting us know when they are ready to go.

Sometimes guilt and fear creeps in afterwards and we torture ourselves about whether we made the right decision. But they are our own emotions. It is important to trust that we knew when it was time to let them go.

A beautiful rabbit told his owners through a communication with me that he would let them know when he was ready to go, by doing something that was out of character for him. He was not well and the owners knew he didn't have long but they wanted to wait until he was ready to go. On the morning of the day they had to say goodbye, he showed atypical behaviour and he also "nipped" the owner, something he had never done before in his life. They also knew from the way he looked at them that he was telling them that "it was time".

I don't want my Animal to leave

We love our Animals very much. Some people have an even deeper connection and relationship with their Animals than they have with other humans. Sometimes their Animal is all they have. They cannot imagine life without them. Therefore, people can be very attached to them and it is very hard to let them go.

We want our Animals to be happy and healthy. We don't want them to suffer. We don't want them to suffer for us. Some Animals hang on and hang in there just for us. Animals are OK to wait for us to be ready because most Animals don't live as long as we do so we do have to say goodbye to them at some stage. Remember that they are just continuing their journey. As much as they love us and love being with us, when it is time, there is nothing we can do to stop them from leaving.

Owning an Animal is a great privilege. They have so much love to share. They fill our lives with happiness. They give us companionship. They are our teachers. They pick us up when we are down. Releasing them and telling them that it is OK for them

to go is the most unselfish act we can give them at the end of their time with us. We don't want them to leave, but giving them permission to go might be the one last thing they are waiting for.

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Should I be with them when they are put to sleep?

Some Animals have spent their whole lives with us, others only a few years. Regardless of the time, it is only fair to be with them when they leave this earth, to make them feel as safe as possible when they transition to their next life. It would be unfair and selfish to think of ourselves in this moment and just drop them off at the vets because it is "too hard" for us. Imagine going to sleep in the arms of someone you love. Wouldn't that feel so much better than being held by someone you are afraid of?

They need us, they don't want to feel abandoned and scared in their last moments of their life. They want to feel warm, safe and loved. There is nothing more beautiful and humbling if you can tell them how much you love them when they slip away.



From my own experience, I found it an extremely comforting and spiritually sublime experience to hold my cat, Tommy, when he took his last breath. I was at the vets with him and we spent the last few hours together. I really wanted to take him home but I knew it wasn't fair on him. He was ready. I just "knew". After a few hours together we were both ready. I held him in my arms as he gazed up at me, showing me all his love and gratitude for being his human companion for 19 years on this earth and for supporting him and being there for him now. He started to purr when the vet came and gave him the injection to help him pass over. My boy just fell asleep in my arms, it was so peaceful. It felt like he never left. It feels like he is still here with me.



They need us, they don't want to feel abandoned and scared in their last moment of their life.



Be there for your Animal.

A horse once said to me that the last memory she has was her human leaning over her and holding her. How wonderful is that? What a beautiful experience for the horse, guided by her human on her journey. Wouldn't you want your Animals to say that about you? They remember us in good faith rather than just being dropped off at the vet, scared and alone.

Saying goodbye

We don't always have time to say goodbye to our Animals before they pass away. Sometimes we lose an Animal through an accident or a sudden illness. Maybe they went missing and never returned. Saying goodbye is very important for us and our Animals do appreciate that. Saying goodbye feels eternal to us but it doesn't to our Animals. They know that they can connect with us and visit any time. If you knew how easy it was to connect with your Animals in Spirit, wouldn't it be a "catch you later" rather than a "goodbye"?

It is the most natural thing for Animals to stay in touch. As humans we need to get our head around the idea that we can "call in" any time after their transitioning. It is just like calling a family member or friend who is travelling. You can ring them any time. You can check in with your Animal the same way.

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Make a connection and tell them what you want them to know.



If you didn't have a chance to say goodbye to your Animal, please don't feel bad or upset. Instead, make a connection with your Animal and tell them what you want them to know. This can be by either talking out loud or if you don't feel comfortable because it feels like you are "talking to yourself", you can just "think" what you want your Animal to know. Animal Communication connects with Animals from mind to mind. You can do that too! They will receive your thoughts, whether they are still with us or they have passed away.

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Wouldn't you prefer to say "catch you later" because you know that you can connect with them again?

If you prefer, you can use one of our guided Meditations (www.animalcommunication.com.au/meditation-animalspirit) to help you connect with your Animal and pass on messages. Be assured that they can hear you, even if you feel there is nothing coming back from them. Don't be disappointed. It takes some training and practise to hear their voices, just like it does when learning a new language. We don't expect to learn a language overnight so why would we expect to be able to connect with Animals overnight?

When is their soul leaving their body?

When an Animal dies, it is sometimes possible to witness the soul leaving their body. This can be seen by them getting an “unimaginable strength” in their weak and tired body in a way you didn't think was possible (e.g. sitting up). Then again, the rising of the soul can also be very subtle and so gentle that we may not notice it with our 5 senses.

You don't need to be concerned or worried either way. It has got nothing to do with you. It is their process and what they are going through and experiencing. They are going to a better place where their physical body doesn't matter anymore.

I have been fortunate to witness both. In the last few years, wild birds (pigeons, hawks, starlings) often come to me just before they die. Many times I have held them while they were transitioning. It is always a very humbling experience. I feel honoured that they chose to be with me in their last few



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It is a humbling experience to witness their transformation into their next realm.

moments on this earth.

One day I was holding a little starling who had deteriorated quite quickly and I knew he hadn't long to live. He was lying on my chest. His body was limp and he was barely breathing. All of a sudden he opened up his wings, lifted his head and looked up to the sky. This only lasted a couple of seconds but it was so powerful and beautiful. I knew then that his soul had left his body. He then curled up on my chest again. He was still breathing for a minute or two until it became fainter and fainter and then stopped completely. I sat there for quite a while with his little body in my hands. I shed some tears but I also felt very humbled to have given him love in the last few moments of his life, to be part of his journey and to experience his beautiful transformation into his next realm.

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They are going to a better place where their physical body doesn't matter any more.

Where does my Animal go after they have passed away?

It is always very upsetting for those who stay behind when our Animals die. We miss them every day. We miss them greeting us at the door. We miss them being our constant companion. We miss them sleeping on our beds with us.

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Death is not the end but the beginning of a new journey.

Today we have a better understanding of death and dying than many years ago. People are starting to realise that death is not the end but the beginning of a journey into a beautiful new world. Some Animals who have passed away refer to dying as leaving the body like “taking off your clothes”. For Animals dying is not eternal. They know it is just part of their journey to the next “realm”. Therefore they

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They might worry more about us, the ones they leave behind, because they know that we will be very upset.

are not as concerned about it as we are. They might even worry more about us, the ones they leave behind, because they know that we will be very upset.



I was talking to a very sick cat many years ago. He showed me how he was standing at the train station with his bags packed, ready to go on his next journey. He was so excited! He knew he would be free of pain again. One door closes, another opens. There is so much more to come, beautiful, breathtaking. They are not afraid. They know that they can feel young again. Pain free. Happy. They know they can shine again in the colours they truly are.

One Animal described his “life after death” beautifully. He said it is like being “water in water”. Separate but still being ONE. Being whole. There are a lot of different stories from Animals and how it feels for them. The only significance is that it is a good place and that they are whole and young again and that there is no pain. Only peace and love.

Does my Animal want to be buried or cremated?

Animals don't mind. Sometimes they can give you an indication what you "could" do but they are more concerned that you do what is right for you. That you can feel at peace. If you own your own home, you might want to bury them in your garden where they used to lay. You might want to cremate them so you can take them with you wherever you go. These days there are also a lot of options to have a beautiful keepsake you can wear so they are constantly with you.



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For them it is more important to keep the memories alive, connect with them and still feel close to them.

A lot of Animals also tell me about their pictures that people have put up, flowers they have planted or a little shrine they have created. Your effort counts and reflects your love for them. They really appreciate it.

Do what is right for you. They don't mind. For them it is more important that you keep the memories alive, connect with them and still feel close to them.

When my cat, Timmy, died, I chose to cremate him. I had planned to scatter his ashes but I never did because I couldn't bear the thought of not having him with me anymore. I still keep his ashes and I keep something that reminds me of all my Animals who have passed away. It is a beautiful memory and helps me connect with them. They don't mind.

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Do what is right for you. They don't mind. They want you to feel at peace.

Feeling guilty

"If I had only spent more time with them before their passing. If I had only..."

We all tell ourselves those things. We must not get stuck in the past. What we could, should or not have done. We always learn from an experience and it is good to take note, reflect and maybe react differently next time. We need to let the past go. Guilt about the past and what happened in the past cannot be undone. It can only improve the future. Learn from it and let it go. This is what our Animals want us to do. Even accidents are exactly that. They happened unexpectedly, if we had known, we would have prevented them.

Questioning and doubting ourselves will not bring our Animals back and couldn't save them from old age or illness. We love our Animals. We want to do what is best for them.

One question owners often ask their late Animals is "will they forgive me". Our Animals know that *"we did the best we could with the knowledge we had at the time"*. Animals come from unconditional love.

Animals often say to me: "I don't have to forgive her. She didn't do anything wrong!"

They have no bad feelings about us and our decisions. They know we did what we thought was best for them.

In my over 10 years of experience as an Animal Communicator and talking to hundreds of Animals who have passed away, I have never connected to an Animal that was not understanding of the situation or held a grudge against their owner because they felt it was "the wrong decision".

Your Animal knows that you did your best with the knowledge you had at the time.

In the end there is no black or white. We need to trust our intuition to make those decisions. Generally speaking our "gut feeling", our "intuition" is right.

Animals often say to me: "I don't have to forgive her. She didn't do anything wrong!". And another comment I often get from the Animals is "I don't want her to be sad. I am not sure why she is so upset. Did I do something wrong?"

A dog, Miky, said to me after his passing: "I don't need to forgive her - she did nothing wrong. She has to forgive herself. I don't want her to suffer for the rest of her life. I want her to be happy. I love her! She only deserves the best."

Is my Animal still around me?

Our Animals certainly hang around us. Sometimes we can smell them. We might hear their pitter-patter on the wooden floor in the hall way. Sometimes it is just a "knowing" that they are right beside us. Animals are very sensitive. You might notice your cat or dog look in a certain spot even though there is nothing there, because they can see them, they connect with them too.

On the evening my cat Tommy was put to sleep, he came and visited me and my dog Sasha. Sasha was asleep on my bed. All of a sudden she sat up and looked to the



door. This went on for several minutes until she laid down again and went back to sleep. Tommy would always walk into the bedroom and I knew that he just came through the door as he used to, though I didn't see him. His presence was clearly there, so much so that Sasha felt him very closely.

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Sometimes our grief doesn't allow messages to come through. Sometimes we don't notice them or we don't pay attention.

If you feel you are not getting any messages, it could be due to one of several reasons. Sometimes our grief doesn't allow messages to come through. Sometimes we don't notice them or we don't pay attention. And sometimes they come to us in our dreams and we don't remember the dream.

Don't worry though, it doesn't mean that you cannot connect with your Animal. They are always open to connect and communicate with us. If you do have the urge to connect with them immediately and to clarify a few things, pass on messages and ask questions, you can always ask Animal Communication to connect with them through a Reading. It is very important to come to peace with everything that has happened. Our Animals would want us to.

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It is not your imagination when you still feel them around you.

Will my Animal send me a sign from the other side?

Animals often send us a sign to let us know that they are OK. This can be in the form of a butterfly, a feather, colours or even the words of a song. There is no limitation on how our Animals will get in touch with us.

How can we trust only what we perceive with our 5 senses? We don't know where we come from and where we go to when we die. By connecting with beings on the other side and hearing stories from people who have had near death experiences, we need to trust that there is more than we will ever know. How is it even possible that people, often children, remember things they could not have known about previous lives?

Often we are not sure if a message is really from our Animals. We think "this is just me, I am making it up". How do you know you are making it up? Sometimes we have to trust, even if we don't know for sure. Sometimes there are too many "coincidences" that it is just not possible...

Rather than brushing it off and label it "a coincidence", be grateful that your Animal got in touch with you to let you know that

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Trust the signs and messages you are getting from them to let you know that they are OK.

they are OK. It doesn't cost anything, all you have to do is look at it differently, change your belief. Don't let Ego get in the way. A sign is a wonderful gesture and should be treasured.

Animals who have passed away often tell me things only the owner could know (e.g., they like the yellow flowers on their grave) which is proof that a connection with Animals in Spirit is possible and that they still are part of our lives.

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Pay close attention to your Animal sending a sign or "saying hello". It can easily be missed or we think it is a coincidence.

My cat, Tommy, picked two things out for me to know he was OK. Both kept coming up many times on the day after his passing and it just wasn't possible that it was a coincidence. One of the symbols he showed me were rainbow colours. The next day I saw a few rainbows but also a rainbow coloured car (I had never seen one of them before ever in my whole life) and flags in rainbow colours. I knew then that he was OK and that he was still connecting with me.

Sometimes we are busy working away and all of a sudden our Animal pops into our head. That is also a sign for them to say "Hey, I am still here!"

Pay close attention to your Animal sending a sign or "saying hello". It can easily be missed or we think it is a coincidence. Just have faith and trust that it is their way of letting you know they are doing OK.

How can I connect with my Animal after they have passed away?

If you wish to make contact with your loved one, you can do so any time. Sometimes you might not hear them when they talk back to you (Animal Communication can assist you if you wish) but you can certainly talk to them and pass on messages.

Some people prefer to connect with them when they are in a place that reminds them of their Animal (e.g. somewhere in nature where you used to spend time with them or an area in the backyard where they used to hang out with you. Maybe you prefer to lay on your bed where you used to sleep together). Often people visit the place where their Animal is buried because they feel closer to them. Some people might have a "shrine" with pictures of their Animal and their ashes and they prefer to connect with them in front of the shrine. There is no right or wrong. Whatever feels good for you is where you are perceptible to receive communication with your Animal.

It doesn't matter where, when or how you connect with your Animal. A connection is always possible.

Meditating or just being still is a great way to connect with our Animals. It is lovely to find a quiet moment and think of all the beautiful things you have experienced with your Animal. They might even share some memories with you, random things about your time with them pop in your head, even though you have completely forgotten about them!

If you would like to try a meditation to help you connect with Animals in Spirit, you can get access to it for free at www.animalcommunication.com.au/meditation-animalspirit.

Meditating is a great way to connect with your Animals alive and in Spirit.

Either way, it doesn't matter where, when or how you connect with them. A connection is always possible. Just because they are not with us any more physically doesn't mean they are not here any more. Take every opportunity to get in contact with them. It will help you to feel close to them and it will also help you improve your inter-species communication.

Animals don't realise how much we struggle to stay in contact with them after their passing. For them it is natural and easy to connect (telepathically) on a higher level. They connect with us and send us messages all the time. Even though we cannot be with them in a physical form, we are still together and our love is still as strong as ever.

How can I keep their memories alive?

There are a lot of ways as to how you can keep memories alive. You can choose a beautiful necklace with their ashes inside. You can carry a picture of them in your wallet. You could create a beautiful garden with a monument in their memory. A place where you can connect with them and find peace.

Your Animals love it when you think of them because it is a way of connecting with them. You could spend 5 minutes every morning (before getting up) thinking of them and remembering the wonderful things you did with them. You could honour them by meditating and connecting with them. You

can access a free meditation to help you connect with your Animal in Spirit at www.animalcommunication.com.au/meditation-animalspirit.

Please think only of the fun times you had together as this is how they want you to remember them. Talk with friends and families about them. What are all the fun things you did together? What made you laugh? You could write a poem or even a book about them. Make a beautiful Facebook post that will remind you of them every time you see it.

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Please only think of the fun times you had with them as this is how they want you to remember them.



I don't want to get another Animal because losing them is so painful

Animals don't want us to think of them how they were in their last moments. They want us to remember them how they were when they were young, healthy and happy. That was the biggest part of their life with us.

As Spotty said beautifully: "It's the memory that counts and stays with us forever."

Miky told us: "If every moment I had with you is worth \$1, I have 300 million dollars. My illness and passing is only worth 5 cents."

Another dog (who had sadly passed away in an accident) said to me: "Imagine that every Animal you spend time with is like a DVD.



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When our life ends and you don't let other Animals into your heart, it feels like there is a piece missing.

You watch a DVD, you love it. It is so much fun. It is a great DVD. Do you then refuse to watch another one? Just because this DVD was so great and special and has ended? You can never replace an Animal (it will never be the same) but you have so much love to share. I want you to share your love with others. They need you. They want to come to you and be with you”.

She then went on to tell me that Animals are part of our lives for a particular time span. When our life ends and you don't let other Animals into your heart, it feels like there is a gap, a piece missing, like a brick in a wall. Animals make our lives complete. It's like building a wall with memories. Every Animal is part of this wall. If we don't let any Animals in our hearts anymore, there will be a gap, a piece missing.

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It's the good memories that count and stay with us forever.

I don't want to "replace" my Animal

Some people want to welcome another Animal into their family straight away, others take longer. There is no right or wrong. A lot of people do worry though, that their late Animal will be upset about us getting another Animal. Often there is even guilt associated with loving another Animal because people feel they are betraying their late Animal.

No Animal is like another and we can never replace them. There are so many Animals out there who would be so excited to receive our love, especially rescue Animals. Our Animals know that we can't and won't replace them. And we don't need to.

We can ask our late Animals for their blessing and permission if we are worried about what they will think.

A dog who had passed away over a year ago, told his "mum" that he can live with her again through the new puppy she chose. He also assured her that he was OK with "mum" loving her new Puppy because he could feel

some resistance which was associated with guilt. He assured her that she would not forget him and that their love would always be as strong as ever. The owner felt relieved to hear this. She didn't realise how much she was struggling with this until he mentioned it to us. It helped her to understand that he wasn't upset with her for choosing another dog to love and that he would even be part of this relationship.

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No Animal is like another and we can never replace them. We don't have to.

My kitten, Cookee, came into my life when I wasn't ready to have another cat. My boy, Tommy, was very unwell at the time and didn't have long to live. I didn't want to bring a kitten into the house and upset him, upset his routine. Especially because he didn't like other cats. But I just knew it was right and it was meant to be, even if everything was telling me differently. When Cookee came to me, everyone settled in nicely. Tommy made it clear that he didn't want to have anything to do with her but that he was OK with it, as long as she left him alone. Tommy passed away 2 weeks on the day after Cookee came to me and I knew that he was happy that she was with me. I knew that he wanted me to have her to lessen my pain of losing him. He was looking after me. He wanted me to be happy and he was grateful for Cookee to be in my life to help me with my grief of losing him.

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There are so many Animals out there who would be so excited to receive our love, especially rescue Animals.

Is my Animal coming back to me?

When our Animals pass away, we miss them so much that we want them to come back to us. Animals often choose to come back to us. Sometimes this will not be straight away and sometimes this may not even be until another lifetime.

Please be aware that Animals will never be the same when they come back to us. They might have traits or even a similar personality but they will not be exactly the same. It might feel like "remembering" them and often there is an instant connection there. It feels a bit like "knowing" or "coming home". You might look in their eyes and you actually remember them.

We are sometimes so busy to search for our lost Animals that we miss something new and wonderful right in front of us. Be open to any new "relationship" with Animals coming into your life. Every Animal deserves to be loved. So don't be shy and spread the love and every Animal you welcome in your family will give back to you a thousandfold.

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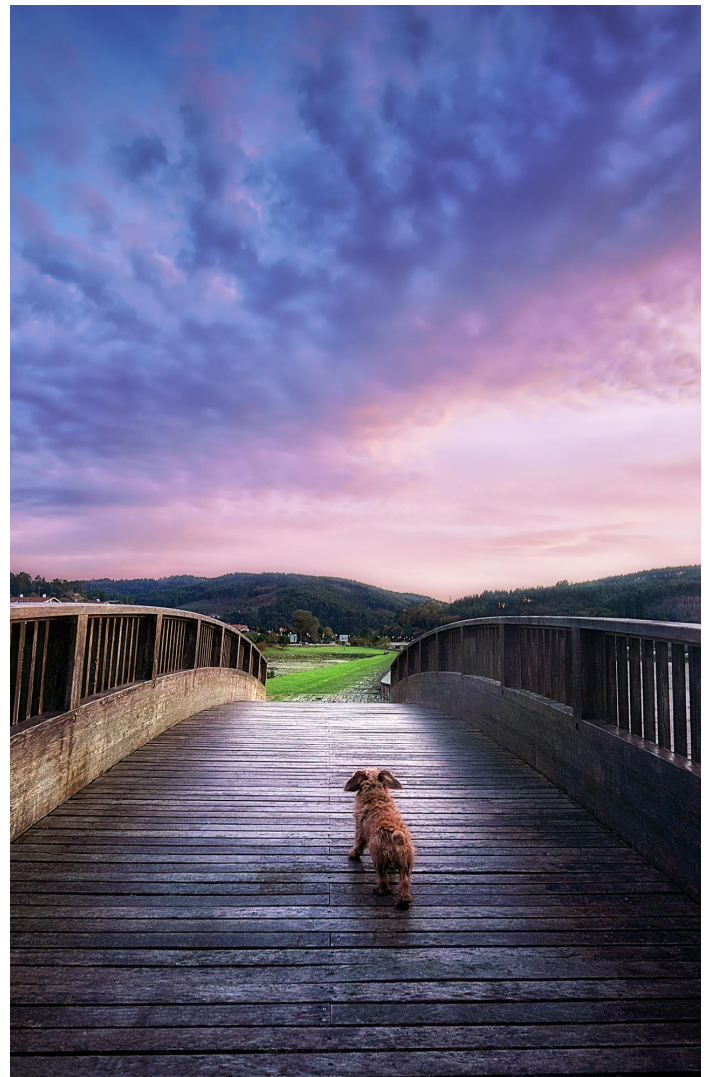
Be open to any new "relationship" with Animals coming into your life.

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If they are meant to come back to us, they will find us. Just trust that they will find you when it is the time.

If they are meant to come back to us, they will find us. You can never make the wrong decision. Just let it flow and trust that they will find us when it is the time.

Try not to hang on to the past. Otherwise you won't leave room for the future and new beginnings.



How do I recognise them?

When choosing a new Animal to join their family, people often wonder: "Which puppy/kitten do I choose? Is it 'them'? What if I choose the 'wrong' Animal?" Please be assured that you cannot make a wrong decision. If it is time for them to come back to us, they will find us. We will find them.

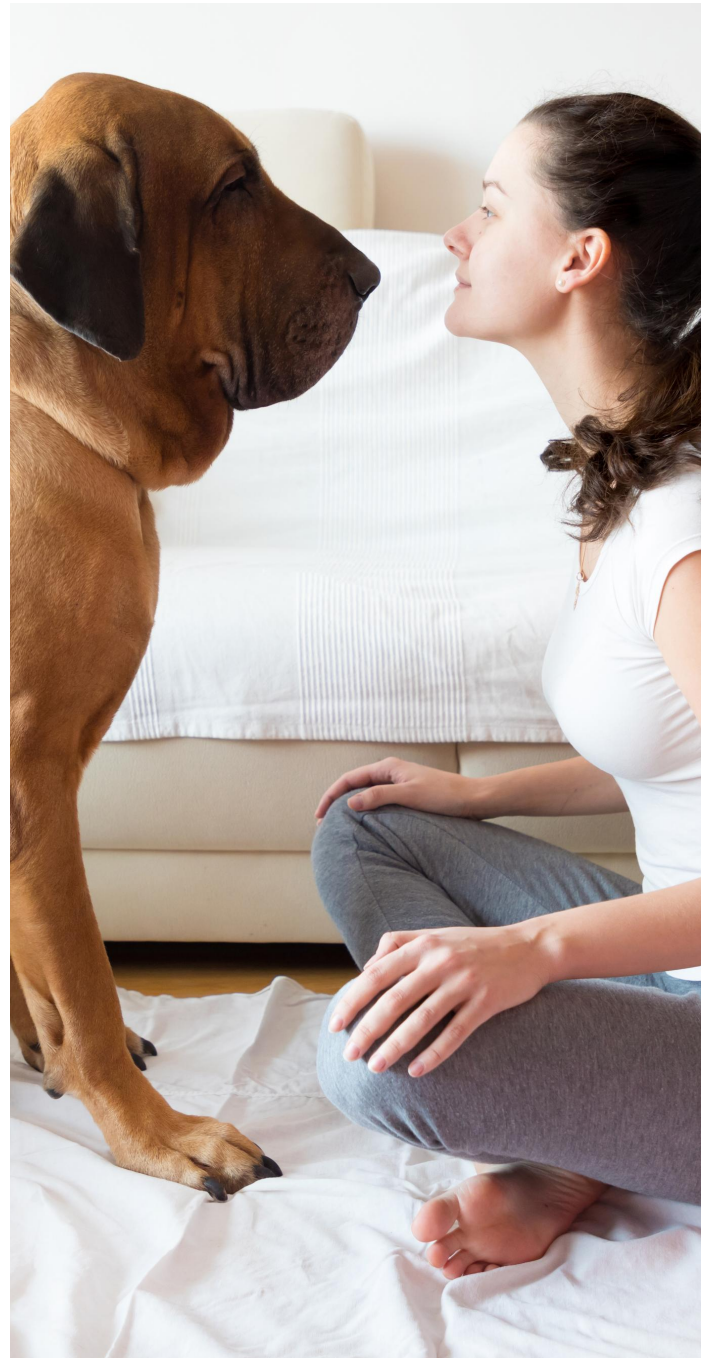
And even if it is not "them", Animals are meant to come into our lives for a Reason. Sometimes we don't understand the reason. Sometimes it all comes together and makes sense to us later. If an Animal is supposed to come in our lives, they will. Be confident to make your decision. Follow your heart. We will always be guided on our path to lead us where we need to go and be.

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Be assured that you cannot make a wrong decision.

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Animals are meant to come into our lives for a reason. Sometimes we don't understand the reason. Sometimes it all comes together and makes sense to us later.



I feel so lost without them

Grief is normal and natural when losing your Animal. They leave a huge hole behind. We feel empty and sad. It is important to know that our Animals don't want us to be sad. They had no choice to leave us. They don't want you to live a life in misery because they had to move on. They want us to remember the good times we had together. The joy and love they brought us.

Our Animals want us to be happy. And as hard as it is, our lives will continue without them. There are a lot of things we can do to help us with our grief. Some people want to connect with their late Animals to feel close to them and happy. Some people want to be alone to deal with their grief. Others keep themselves busy. You might want to spend more time with your other Animals. Some people need to adopt another furry friend straight away so they don't feel alone.



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If you close your eyes and open your heart you can still feel me.

Every human is different and copes differently with their grief. Just remember to try to stay positive. Think of the amazing times you had with your Animal. Surround yourself by positive people. Grief is OK. But letting go and accepting is very important too. Take your time and surround yourself by what feels good to you. Remember, your Animal doesn't want you to suffer. Ask yourself this question: WHY WOULD THEY? (You loved them, cared for them, did the best you can). They love you. They only want the best for you.

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Every human is different and copes differently with their grief. Just remember to try to stay positive. Think of the amazing times you had with your Animal.

HOW CAN ANIMAL COMMUNICATION HELP?

Animal Communication can help you with your grief and loss of your beloved Animal. Hearing from your Animal after their passing helps you to understand how they feel about their life with you, their passing and where they are now. Don't worry about what they are going to say. They know that you were there for them and did the best you could.

Animal Communication can connect with your Animals, both alive and in Spirit. If you want to know how your Animal is feeling or if you have any questions for them, Animal Communication can assist you to get answers to your questions.

<i>Sick/Old Animals</i>	<i>Animals who are dying</i>	<i>Animals who have passed away</i>
How are you feeling?	How are you feeling?	Are you happy and pain-free now?
Are you in pain?	Are you in pain?	Did I make the right decision?
What do you need from me?	Are you ready to go?	Did you enjoy life with me?
What can I do to make you feel better?	What can I do to assist you?	Will you come and visit me?
What treatments do you want?	Do you have any wishes?	How can I connect with you?
Is it time for you to go?	Is there anything you want me to know?	Are you going to come back to me?