



5 Simple Steps to Start Talking With Your Animal

A beginner's guide to opening the lines of telepathic communication with the animals you love

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A Note From Debbie

Hi, I'm so glad you're here. I've spent over 30 years learning to listen to animals — not with words, but with the quiet, wordless language they've been speaking to us all along. It's not a rare gift. It's not magic. It's a skill, and like any skill, it can be learned, practiced, and trusted.

This little guide is the beginning I wish someone had handed me when I started. Five simple steps, five short exercises, and a bit of space to write down what comes through. Go slow. Be curious rather than certain. And above all — have fun with it. Your animal has been waiting for you to start listening.

*With love and whiskers,
Debbie*

“Animals are always speaking. Communication only asks that we learn to listen.”

What Is Animal Communication, Really?

Animal communication is the practice of exchanging information with an animal telepathically — through images, feelings, sensations, and impressions rather than spoken language. Every animal is already communicating constantly; the practice is really about quieting our own minds enough to notice.

You don't need to be "gifted" or psychic in some special way. You simply need a willingness to slow down, get curious, and trust the first impression that comes — even when it feels like "just your imagination." That first flash, often, is the message.

Your 5 Beginner Steps

Work through these in order, one at a time, over the next five days (or five sittings). Find a quiet moment with your animal nearby — sleeping is perfect.

STEP 1

Breathe & Open Your Heart

Before you try to hear your animal, your own energy needs to settle. Take a few slow, easy breaths, and as you do, bring your awareness down out of your head and into your heart. This is the doorway — animal communication flows through the heart far more than the thinking mind.

STEP 2

Smile & Say Their Name

A genuine smile changes your energy instantly, and animals feel it before you've finished thinking it. Say your animal's name gently, the way you'd greet an old friend. This simple hello is often the first real moment of connection.

STEP 3

State Your Intention to Connect

Silently or out loud, let your animal know why you're there: "I'd like to connect with you for a few minutes, if that's alright." Naming your intention clearly — and inviting rather than demanding — sets a respectful, open tone and signals to your own mind that something real is about to happen.

STEP 4

Tune In

With your eyes closed, bring a clear picture of your animal to mind, then simply notice whatever comes — a word, an image, a feeling, a body sensation. Don't judge it or decide if it makes sense yet. The first impression is usually the message.

STEP 5

Thank the Animal

However the connection felt — clear, subtle, or uncertain — thank your animal for their time and willingness. Gratitude closes the loop respectfully, and it often deepens trust for your next attempt.

"Am I Making This Up?" — Signs You're Really Receiving

Nearly every beginner asks this. Here's the honest answer: at first, it will feel like your imagination. That's normal — telepathic impressions and imagination use the same inner "channel." Here's what tends to set a real impression apart:

- It comes fast, before you have time to think it through.
- It's oddly specific or slightly surprising — not what you expected to hear.
- It doesn't quite match your own opinion or preference.
- You feel a small physical shift (a breath, a warmth, a settling) when it lands.
- Your animal responds — a look, a sigh, a change in posture — right as it comes through.

The single biggest beginner mistake is waiting for a "perfect," unmistakable sign before you trust yourself. Trust the small, quiet impression instead. Accuracy builds with practice.

Your Practice Journal

Use this page after each of the 5 steps. Write quickly, without editing yourself.

Animal's name:

Date / Step #:

Question I asked:

First impression I received (word / image / feeling):

How my animal responded:

Notes for next time:

Keep Going

These five steps are just the doorway. If this sparked something in you — that quiet feeling of "oh, I think I actually felt that" — there's so much more waiting on the other side of it.

- Watch** New videos on animal communication every week on YouTube — search "Animal Telepathy with Debbie McGillivray."
- Go Deeper** Ready for a full, structured path? Explore the complete course at animaltelepathy.teachable.com.
- Read** Debbie's books on animal communication are available on Amazon.

Thank you for trusting your animal — and yourself — enough to begin.