



Still Connected

A gentle guide to animal grief, and how to reach across
to the animals you love who have crossed into spirit

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A Note From Debbie

If you're holding this, you've likely said goodbye to an animal who meant more to you than words can hold. I'm so sorry. And I want you to know, gently and honestly: the bond doesn't end when the body does. Love doesn't need a body to keep speaking.

In over 30 years of this work, connecting with animals who have crossed into spirit has taught me that they remain close, aware, and reachable — often far more present than we realize. Grief and connection can live side by side. You're allowed to feel both.

This guide will walk you through understanding animal grief, how to open a gentle connection with your animal in spirit, and a nighttime prayer to help you rest in a state that welcomes them in.

With love and whiskers,
Debbie

“What we love deeply never truly leaves us — it simply changes how it speaks.”

Understanding Animal Grief

Grief for an animal companion is not "less than" any other grief. You are mourning a relationship built on unconditional presence — one with no small talk, no complications, only love. Give yourself full permission to grieve exactly as you need to.

A few gentle truths worth holding onto:

- There is no timeline. Grief moves in waves, not stages you complete and check off.
- Guilt is a common visitor in animal loss — "could I have done more?" — but it is not the same thing as truth. Animals rarely hold blame; they hold love.
- Connection and grief can coexist. Feeling a comforting presence doesn't mean you've "moved on" too fast, and it doesn't mean you're imagining things out of desperation.
- Your other animals may grieve too, and may also be your first sign of a spirit visit — watch how they behave in quiet moments.

How Connection With Spirit Differs

Communicating with an animal in spirit uses the same telepathic "muscle" as communicating with a living animal — but the impressions tend to arrive in a softer, quieter register. There's no physical body to send a look or a nudge, so the messages often come as feelings, warmth, scent memories, or a sense of presence rather than clear pictures.

The most important shift for this kind of connection is patience. Where a living animal answers in the moment, a spirit connection often unfolds more slowly — sometimes over days, in dreams, or in small everyday "nudges" you might otherwise dismiss as coincidence.

4 Steps to Open the Connection

STEP 1

Create a Quiet, Sacred Moment

Choose a calm time — evening is often best. Light a candle or hold something that belonged to your animal (a collar, a toy, a photo). This isn't required for connection to happen, but it helps settle your mind and signals your intention.

STEP 2

Ground and Open Your Heart

Take several slow breaths. Bring your awareness to your heart center rather than your thinking mind — spirit connection tends to come through feeling more than mental "hearing." Silently invite your animal close: "I'm here, and I'd love to feel you near."

STEP 3

Picture Them at Their Happiest

Bring to mind a joyful memory — them running, playing, curled up content. This joyful image is an easier "doorway" for them to meet you at than a memory of illness or the moment of loss.

STEP 4

Receive Without Forcing

Simply rest in the feeling for a few minutes. Notice warmth, a scent, a sudden memory surfacing, a feeling of lightness, or simply peace. Don't strain for something dramatic — spirit connection is usually subtle, tender, and easy to miss if you're braced for something big.

Signs Your Animal in Spirit Is Near

Spirit animals communicate in quiet, everyday ways. Here are the most common signs people report:

- A sudden, vivid dream where your animal appears healthy, calm, or playful.
- A fleeting scent, warmth, or the sensation of weight on the bed or couch.
- Your living animals staring at, or reacting to, an empty spot in the room.
- An unexpected wave of peace or comfort right when you needed it most.
- A meaningful "coincidence" — their favorite song, a feather, a butterfly, a familiar-looking animal crossing your path at just the right moment.
- A sudden, clear memory of them surfacing out of nowhere, often with a feeling of warmth attached.

As with communicating with living animals, the biggest block to receiving is doubting it the moment it happens. Let yourself receive first, and question later.

Your Connection Journal

Use this page any time you sense a visit, a dream, or a quiet moment of connection.

Animal's name:

Date:

What I felt, saw, or dreamed:

How my body/heart responded:

What I want to remember about this:



A NIGHTTIME PRAYER & INTENTION

To speak softly before sleep, to open the door for your animal to visit

*Tonight, as I close my eyes,
I quiet my mind and soften my heart.*

*I release the noise of the day,
and I make a space — wide and warm —
for you to enter, if you'd like to.*

*You are not gone from me.
You are only changed in form.*

*If you have something to show me tonight,
a feeling, a memory, a visit in dream,
I welcome it gently, without forcing, without fear.*

*Come as you were at your happiest.
I will know you.*

*Thank you for the love we still share.
Thank you for finding ways to reach me.*

*I rest now, open and unafraid,
trusting that love finds its way home.*

And so it is.



You Don't Have to Grieve Alone

Healing a bond after loss is its own journey — one that deserves patience, support, and the right guidance. If this guide brought you even a small moment of peace, there's more waiting for you.

- Watch** New videos on animal communication and pet loss every week on YouTube — search "Animal Telepathy with Debbie McGillivray."
- Go Deeper** Explore the complete animal communication course at animaltelepathy.teachable.com.
- Read** Debbie's books on animal communication are available on Amazon.

However this reaches you tonight — with tears, with peace, or with both — know that the love between you was, and still is, real.