Welcome to Animal Communication System Virtual Retreat!

*FastTrack to Communication Secret Method - Bonus Call*

---

**Understanding the EGO/Psyche**

- What is the Ego?
- The super conscious mind knows the truth!
- There is a barrier between the EGO/conscious mind and the super conscious mind
Preparation Exercise

Identifying EGO Blocks

Looking at Your Worst-Case Scenario

Identify Ego Blocks

• Write down any fears or reservations you have about communicating with animals
• Why might communicating with animals be a problem for you?
• What could possibly go wrong?
Explore the Worse Case Scenario

1. List the Fear
2. Ask what’s the worst thing that could happen?
3. This reveals a new deeper fear
4. Ask again, what’s the worst that could happen?
5. Continue until your mind is completely blank
6. Test: Is it still really a problem?
7. If no, then find a new fear to work with
8. If yes, then ask: if I knew this would happen, would I still want to or would it be worth doing?

Exercise 2

Understand Your Inner Protectors
The Ego and Your Inner Protectors

• Ego’s Job: Keep you safe, guard your well-being, keep you out of danger, try to get your basic needs met, preserve your sense of Self, your individual identity

• Ego Consists of: sub-personalities, “voices”, selves, parts, like little people living in your head, 100’s of inner parts, beautiful, creative as well as violent, defensive and aggressive

• Conflict = inner argument between 2 or more of your parts

The Protector, Controller, or Risk Manager

Safety Observer, evaluates chances that something bad will happen and coaches us to prepare for or avoid risky situations
The Critic or Judge

Job: Motivation, ambition, complete tasks, improve, be perfect, harangues you to be perfect so that no one can criticize you

Be All You Can Be

The Image Consultant

Job: Coaches appropriate behavior to fit in with others, evaluates other people and coaches you to behave in ways that will be stable and safe
The Skeptic, Doubter or Cynic

Job: Beware scams or being taken advantage of, sensitive to inconsistencies or contradictions, keeps you from being taken advantage of by unscrupulous people or fraudulent organizations.

The Wounded Child

Job: The part of us the Inner Parts are trying to protect, to prevent more wounding. The cornerstone on which our personality is built.
Reassure your inner protectors

• To a large extent, they are in charge. They will block you if they are unsure or in conflict that connecting and communicating with animals is in your child’s best interest. They must believe that it’s in their best interest as well.

• If they decide it’s too risky, they’ll undermine or sabotage your efforts

Offer Reassurance

• Reassure your Protector – Stay SAFE!

• Reassure your Critic – Full self expression and allowing your Gifts to blossom doesn’t mean you’ll no longer need your Critic

• Reassure your Image Consultant – Promise to exercise good judgment where it is wise and helpful to share with others

• Reassure your Skeptic – Ask for feedback or confirmation that something is in fact True, and continue to evaluate your work for accuracy
Negotiating with Inner Protectors

Goal: Identify the Inner Protector that is triggered and discuss the situation with them until you find a way to get permission from them to proceed and they are satisfied.

1. Establish Communication
2. Learn About the Part
3. Learn About it’s Concerns
4. Negotiate - reassure them, or give them a new job
5. Wrap UP – be specific and ask for their help

Exercise 3

Trusted Sources!
Who is YOUR Trusted Source?

Important to know WHO you’re talking to.
(i.e., phone – who are you going to call?)

Whom or What will you trust to answer questions or to guide you, that has your highest good in mind?

Qualifications:
1. It exists
2. It already knows what you need to know
3. It is capable of communicating with you
4. It is something divine or transpersonal

3 Types of Trusted Sources

• Internal Source
• Universal Sources
• Personal Sources
Internal Source

Some inner aspect of your psyche that knows the answers. Is some part of you Divine? Is there some source of deeper wisdom or intuition within you? Can you accept even hypothetically that some part of you knows the answer?

Examples: soul, spirit, higher self, “Buddha nature”

Universal Source

External to you, it knows everyone and everything, is omniscient,

Examples: God, Jesus, the Universe, Source, Spirit, Holy Spirit, Mother Mary
Personal Sources

External to you, a trusted someone or something that you believe has a special, personal interest in your well being and higher potential and benefit

Examples: guardian angel, a guide, a spirit animal, a loved one who has died, someone who watches over you

Who is Your Trusted Source?

• Be specific
• Give them a Name
Exercise 4

Asking Good Questions:

- Clarify
- What do I need to know
- What problem am I here to solve
- How to get started
- Recommendations?
- What counsel do you have to offer?
- Avoid yes-no or multiple choice questions

Other Methods...

Prayer
Meditation
Active Imagination
Meditation

Active Imagination Steps:

1. Create a quiet private space and time
2. Ask for permission
3. Write the name of your Trusted Source and then write the answer to your question – don’t waste time thinking about it, just write.
4. Write your name followed by another question
5. Write the Trusted Source’s name followed by a response
6. When you’re done or Trusted Source indicates it’s done, end by offering appreciation and gratitude.
Important Notes

- Don’t worry about whether you’re “making it up” or not.
- Write your name and your Trusted Sources’ name in front of your questions and answers. Else, you are just journaling and not having a two way conversation with your Trusted Source.

Interpret Your Results

- What is real
- Evaluating TS
- Characteristic speech patterns
- Effect on you – emotional reaction
- Your intuition
About Making Mistakes

- They are a part of your nature
- They are teaching opportunities in disguise
- They are a critical part of your learning and growth pathway
- Don’t let fear or nerves stop you
- Fail faster to you can learn more
- Listen to your heart’s guidance
- Dialogue with Trusted Source for help

Don’t Let Perceived Failure Stop You

“Everyone has been made for some particular work, and the desire for that work has been put into every heart.” - Rumi