

TELEPATHY WITH ANIMALS (TWA)
Animal Communication Coaching Program
with Nedda Wittels

Inviting Your Animals to Participate

As part of the TWA program, you will be working with one or more of your own animal family members and with animal family members of mine and of other participants.

To determine which of your animal family members want to participate in the program, please follow the instructions below. These instructions do not require that you are already telepathic with animals. **INVITE EACH ANIMAL INDIVIDUALLY.**

1. Choose a time when you and the animal can have a quiet moment together.
2. Sit quietly with your companion.
3. Take 3 or 4 deep breaths and as you exhale, ask your body to relax.
4. Breathe normally.
5. Verbally tell the animal about the TWA program and that you would like them to help you and other participants learn how to telepathically communicate with them and other animals.
6. Ask each animal separately if s/he would like to participate and teach each one a signal that you would like to receive if the answer is yes. Tell them in words and by picturing a mental image of what you want them to do.

Examples of signals that you can request of your animals:

- cats can blink or switch their tails or jump into your lap
- dogs can bark or put a paw on your leg
- birds can make a sound, blink, or ruffle their feathers
- goldfish can swim towards a particular object in the tank
- horses can nod their heads
- reptiles can blink

7. Listen/watch for the animal's response and make a note of it.

Things to Note

In addition to a physical signal, you might also get a sensation or subtle intuitive message from the animal indicating that the answer is "yes."

If you are not sure of the answer you are receiving, or if you are unsure whether you are receiving any answer at all, ask again. However, don't ask more than 3 times or the animal may become confused or annoyed.

If you are inviting an animal in spirit, you can do the same exercise. You might ask for the spirit to come in a dream close to the time you get up each day so you have a better chance of remembering it. Or, depending on the personality of the spirit when in body with you, you can imagine another way s/he can signal you and ask for that kind of signal.