



MODULE 11

Healing sounds for animals



Learn how to communicate with animals
and share your healing sounds with the
great diversity of life on our planet.





WHAT YOU WILL LEARN IN THIS MODULE

This course will guide you through all the steps for sending healing sounds to animals, including distant healing, in an effective, safe and appropriate way.

You will explore:

- 3 ways of communicating with an animal, or groups of animals, anywhere in the world.
- How to support animals with healing sounds.
- How to send distant healing.
- What sounds you can send.



You will learn how to:

- Communicate with an animal, form a heart to heart connection with it, and ask what sounds are most appropriate for its well-being and health.
- Hear what an animal is telling you.
- Sense an animal's essence.
- Send healing sounds to an animal.
- Send distant healing sounds to an animal, or group of animals, anywhere in the world.



A demonstration video of my beautiful dog, Bella, receiving a sound healing treatment is included.

I have a deep love for animals, and am delighted to have this opportunity to show you how you can support animals with your love and healing sounds.

Mildred



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As animals have very sensitive hearing, we will be focusing on creating healing sounds through humming or toning softly, or creating a gentle singing bowl sound bath.

Detailed tuition on how to create these sounds is given in the introductory modules, parts 1 to 3.





Animals benefit from our healing sounds and love

All life forms are unique and special gifts of creation.

Some are furry with four legs, while others have wings and spend most of their time off the ground. There are many life forms living in the waters of the world, and lots of tiny creatures with many legs.



They all seem to enjoy doing different things and all contribute something special to the planet.

All healing comes about as a result of love, and love is the essence of sound healing. We can share our healing sounds and love with the great diversity of life on our planet, including our special pets.



Healing sounds for animals

Animals have very sensitive hearing, therefore we will be focusing on the sound of your voice, humming or toning softly, as it is particularly soothing and effective when sending healing sounds to animals. A singing bowl sound bath is also included.

Examples of sound and love in action



Sound baths for sheep and lambs

During the lambing season, Mary regularly takes her singing bowls to the lambing sheds and bathes her sheep in healing sounds. This has an amazing calming effect on the sheep and helps ease new lambs into the world.

Sound healing for a ram who lost its appetite

Mary also told me about one of her rams who wasn't able to eat and got very weak, so he could hardly stand. During a singing bowl sound bath, he started to nibble at his bale of hay, and within a few days he was back outside in the fields with his companions.





Sound healing for a hen

My friend Joanie rescues battery hens. They are thin and weak when they arrive, but recover very well when they experience freedom and good food in Joanie's lovely garden.

Recently Brownie, one of the first hens in the flock, seemed traumatised when a new batch of hens arrived. She couldn't move or eat, so Joanie took her aside and gave her a healing sound bath with tuning forks, along with lots of care and attention. Within a week, Brownie was full of life, and happily returned to the garden with the rest of the hens.



Distant healing for my dog

I send love and soft healing sounds to my beautiful dog Bella, especially when I am away working. I imagine her receiving the loving frequencies as if I am there with her, stroking her head, as she happily bathes in love.



Healing with Sound

Module 11: Healing sounds for animals

Saying goodbye to an old friend, or birthing new life into the world

A sound bath of love as an old friend departs is a very beautiful experience for both human and animal. It can be a distressing time when an old friend is getting ready to leave. The sound of your voice - loving words, humming, toning or singing softly - as you thank your friend and wish it a safe onward journey, is a very positive and soothing experience, and helps you both let go.



You can help a mother birth new life into the world with a sound bath of welcome and love. Both mother and her new babes will soak up the language of love.



How to communicate with an animal and hear what it is telling you

The first step in sending healing sounds to an animal is to form a heart to heart connection with it, and ask what sounds it needs for its healing. You will intuitively hear its response.

Being able to communicate with an animal is a wonderful experience - it helps us understand what it needs, and how we can help.

You can communicate with an animal and be understood by telepathically talking to it. You can ask a question and receive a reply. You will hear its reply as thoughts or images in your mind, or intuitively through feelings the animal conveys.

Telepathic communication is a stream of thoughts or consciousness which you send from your mind to someone else. We are all telepathic, and can send and receive information. I'm sure you have experienced times when you knew what a person was going to say before they said it, or you knew who was at your front door before they even rang the bell.



Do you know that animals speak to us, just in a different language?

More and more people are recognising that it is possible to hear the language of animals. Just like any skill, it takes a little time and practice.

Learning to communicate with animals is an important skill to develop, so that you can ask what they need, and what sounds are most appropriate for their well-being and healing.



Healing with Sound

Module 11: Healing sounds for animals

Three ways of communicating with animals to help you decide what sounds are most appropriate for their well-being and health are outlined in this section:

1. Communicate with your own special pet.
2. Communicate through looking into the eyes of an animal and sensing its essence - the eyes are windows to the soul.
3. Distant communication with an animal or group of animals anywhere in the world.

1. How to communicate with your own special pet

It is helpful to start learning how to communicate with animals with your own pet first, as you already have a close bond. (If you don't have a pet of your own, perhaps you can try to communicate with a friend's pet.)



Steps for communicating with an animal

An audio recording guiding you through these steps is included in this module



10 Minutes

1. Preparation

Bring your pet to a quiet place where you can both relax and be comfortable.

Ensure that you are grounded by focusing on your feet resting firmly on the ground, and protect your aura in a golden white light.

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Connect with your deepest wisdom, any spiritual guides that you work with, and the loving energies of your heart.

Also request to connect with the soul essence or spirit of the animal.

2. Form a heart to heart connection with your pet

Close your eyes and imagine that you are surrounded by a soft pink blanket of love. Breathe this soft pink colour into your heart with the intention of opening it even more.

Now send this soft pink colour of love to your pet. In your mind's eye picture your pet surrounded by a bubble of love, with both of you connected heart to heart by the pink light.

3. Communicate with your pet

Mentally tell your pet that you would like to communicate with it. Talk to your pet and ask what has happened, or how you can help, and what sounds it needs for its healing.

To receive a reply, just listen with an open mind and heart, and you will hear its response through thoughts or images dropping into your mind, or you may be aware of how your pet is feeling, or have a sense of just knowing what sounds are most appropriate.

You can also ask your pet if there is anything else that it would like to tell you. Again listen with an open mind and heart, and you will be amazed at the information you receive.

4. Finish by sending your pet lots of love and thanks for the information you received.

Make sure that you are grounded and protected again, and if you were working with spiritual guides, thank them for assisting you to communicate with your pet.

You are now ready to send healing sounds - guidelines for doing this are outlined later in this module.



2. Sensing an animal's essence - the eyes are windows to the soul

It is amazing to look into the eyes of animals. You form a deep connection with them and see the essence of who they truly are.

When you approach an animal with love and look into its eyes with the intention of connecting and understanding who the animal is, you will feel a connection in your heart. It is a deep feeling of compassion and love.



Don't be surprised if you also feel you are communicating with the animal. When you look deeply into its eyes with an open heart and mind, you will be aware of an intelligent being looking back at you. You will sense its essence, and also open a channel of communication.

You can then ask how you can help, and what sounds are most appropriate for its well-being and healing.



3. Distant communication

There may be many times when it isn't possible to be close to the animal you want to communicate with.

In this case:

1. Hold a photograph of the animal, or let an image of it form in your mind.
2. Mentally talk to it and tell it that you would like to communicate with it.
3. Ask if it would like you to help in any way, and if it would like to receive healing sounds. If the answer is yes, ask what sounds it would like to receive.
4. Be guided by the thoughts and images you receive, and also by your intuition in deciding what sounds to send.
5. You can also ask if there is anything else that it would like to tell you.

This exercise is particularly helpful when communicating with groups of animals, anywhere in the world. You can connect with the soul essence of the group, and send distant healing - the steps for doing this are outlined later in this module.





My experience of communicating with a great humpback whale

It is an awesome experience to look into the eyes of a whale - you can see the deep wisdom and gentleness of its soul.

In 2007 I had an opportunity to swim with humpback whales in the Silver Banks, a protected sanctuary in the ocean.



During the week we were there, our home was a small live-aboard boat. Everything was done with the utmost respect for the whales and their environment.



Each day we got into a smaller boat and stopped close to where we could see the whales sending up spouts of air through their blow-holes. We then telepathically asked their permission to enter the water. If the answer was yes, we slipped in quietly and respectfully, in the hope of being close to them.

On one of these special days I received a very profound and life altering message which I wasn't expecting. A mother whale and her baby were nearby, and we accepted their invitation to swim close to them.

As we slowly swam towards the mother and calf, I looked into the eyes of the mother whale — so soft, gentle and deep. The eyes are windows to the soul. She told me that it was fine to look into her eyes, but that I should start spreading a message to others, asking them to look into the eyes of every creature and see how unique and special they are.

The welfare of animals is a topic very close to my heart, and this profound message from a great humpback whale moved me to tears. It fuelled my enthusiasm to look for ways to help people see how precious all life forms are, and to show them how to share their healing sounds and love with the great diversity of life on our planet.



What sounds can you send?



Animals have very sensitive hearing, and can hear many more sounds than we can.

Therefore, it is important to send soft and gentle sounds - be guided by your intuition.

The sound of your voice, humming or toning softly, is particularly soothing. Your voice is also a carrier wave of love and healing.

If you are using singing bowls or other sound healing instruments, play them softly and gently.

A note on hearing

Our hearing range is somewhere between 16 Hz to 16,000 Hz. There are hundreds, perhaps even thousands, of sounds above and below this range that we can't hear.

Dolphins communicate on frequencies up to nearly 200,000 Hz, which is incredibly higher than anything we can hear.



Whales and elephants on the other hand communicate on extremely low frequencies, most of which are far below our level of hearing.



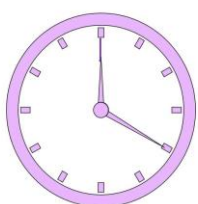
How to send healing sounds to an animal

The steps for sending healing sounds to an animal are outlined below. The first exercise focuses on sending healing to your own pet. Working with your own pet, preferably the pet you have already been communicating with, is a good starting place to learn this new skill, as you already have a close bond.

You will then be ready to send healing sounds to other animals, and also send distant healing to animals anywhere in the world. The steps for sending distant healing follow this exercise.

Steps for sending healing sounds to an animal

An audio recording guiding you through these steps is included in this module



20 Minutes

1. Preparation:

Ensure that you are fully grounded by focusing on your feet resting firmly on the ground, and protect your aura by surrounding it with a golden white light.

Connect with the loving energies of your heart and the wisdom of your mind and Higher Self, and ask the wisest aspect of your being to assist you with this exercise.

Also ask any spiritual guides or beings of light that you work with to assist you, and request to connect with the soul essence or spirit of the animal you are working with.

2. Form a heart to heart connection with your pet

Close your eyes and imagine that you are surrounded by a soft pink blanket of love. Breathe this soft pink colour into your heart with the intention of opening it even more.

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Now send this soft pink colour of love to your pet. In your mind's eye picture your pet surrounded by a bubble of love, with both of you connected heart to heart by the pink light.

Hold thoughts in your mind about how much you love and value your pet.

3. Communicate with your pet

Tell your pet that you would like to communicate with it. You can ask it what has happened, or how you can help, and what sounds are most appropriate for its healing.

To receive a reply, just listen with an open mind and heart, and you will hear its response through thoughts or images dropping into your mind, or you may be aware of how your pet is feeling, or have a sense of just knowing what sounds are most appropriate.

4. Healing intention

Hold the thought that the healing sounds and love you send to your pet will bring about healing in a way that is for your pet's highest good.

5. Create healing sounds

The sound of your voice, humming, toning or singing softly, is particularly soothing, and is a carrier wave of healing and love. (Remember that animals have very sensitive hearing, so it is important to send soft and gentle sounds.)

Send your sounds to your pet and let images form in your mind of your pet being bathed in healing sounds and love. (Sending sounds for 5 - 10 minutes is ideal.)

6. Communicate with your pet again

Ask your pet if there is anything else that it would like to tell you, or does it need anything else to support its healing?

Again listen with an open mind and heart, and you will be amazed at the information you receive. Trust your intuition - your inner knowing.

Continued overleaf



7. Finish the healing session

Send your pet lots of love and thanks, and rest together for a few minutes.

Finish by ensuring that you are grounded and protected again, and thank your great inner wisdom and any spiritual beings that have been working with you for their assistance.

Healing sounds for other animals

As you gain confidence with sending healing sounds to your pets, perhaps you will consider sending your loving sound frequencies to other animals.

You may also be interested in learning how to send distant healing to animals anywhere in the world. The steps for doing this are covered in the next section.



Farm animals and the great diversity of life we share our planet with will also benefit from your healing sounds.



How to send distant healing sounds to an animal

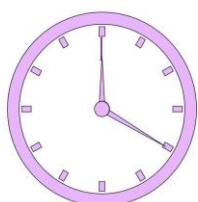
You can send distant healing to an animal, or group of animals, anywhere in the world. The steps for doing this are similar to the steps of two exercises we explored earlier; distant communication, and sending healing sounds to your pet.

Many studies have shown that distant healing is just as effective as a healing treatment where the person or animal is beside you. Energy travels across space and time, guided by your consciousness and intention.

When sending distant healing to a group of animals, you can connect with the soul essence of the group to receive information on the most appropriate sounds to send.

Steps for sending distant healing sounds to an animal

An audio recording guiding you through these steps is included in this module



20 Minutes

1. Preparation:

Hold a photograph of the animal, or let an image of it form in your mind.

Follow the preparation steps and form a heart to heart connection with the animal - as outlined in the previous exercise.

2. Communicate with the animal

Mentally talk to the animal and tell it that you would like to communicate with it. Ask if it would like to receive healing sounds, and what sounds it would like to receive.

Continued overleaf



Be guided by the thoughts and images you receive, any feelings you are aware of, and also by your intuition, in deciding what sounds to send.

3. Healing intention

Hold the thought that the healing sounds and love you send will bring about healing in a way that is for the animal's highest good.

4. Create healing sounds

I recommend that you create sounds using your voice - humming, toning or singing softly, as your voice is a carrier wave of healing sounds and love.

Send your sounds to the animal and let images form in your mind of the animal being bathed in healing sounds and love. (Sending sounds for 5 or 10 minutes is ideal.)

5. Talk to the animal again

Ask if there is anything else that it would like you to know, or does it need anything else to support its healing?

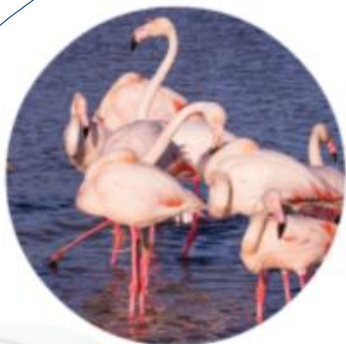
Listen with an open mind and heart, and you will be amazed at the information you receive. Trust your intuition - your inner knowing.

6. Finish the healing session

Ensure that you are grounded and protected again.

Thank your great inner wisdom and any spiritual beings that have been working with you, for their assistance.

Also thank the animal that you have been working with.



You can share your love and healing sounds with the great diversity of life on our planet, and contribute to creating a beautiful world on Mother Earth.

