



TRISHA MC CAGH'S

ASK YOUR DOG

SPEAKING YOUR DOG'S
SILENT LANGUAGE

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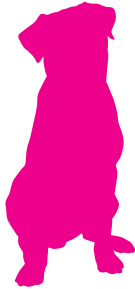
ASK YOUR DOG

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SILENT LANGUAGE



Animal
T a l k





“A dog is the only
thing on Earth that
loves you more than
he loves himself.”

Josh Billings



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1

UNDERSTANDING YOUR DOG

- What is telepathic/intuitive communication?
- Benefits of communicating in this silent language
- Techniques for communicating with your dog
- The true essence of dogs
- Dogs can sense different types of energy
- What do dogs really think?

You will have a greater understanding of what your dog is really thinking and feeling. Discover the range of emotions your canine friends experience and what effect this has on their life and yours.



What is Telepathic – Intuitive Communication?

Dogs use a universal or silent language with each other and dogs worldwide. This universal language can be used between any species (including humans), across any distance. So communicating telepathically and intuitively with your dog is a very natural way of connecting with them. Without understanding the silent language, most of the decisions regarding your dog will be assumptions.

When we meet someone who does not speak our language, we don't assume they have nothing to say, we just can't understand them. The same is true of our canine friends. If we wish to communicate with them we either have to learn their language or use an interpreter (Animal Communicator). **The silent language of animals is both telepathic and intuitive.** Animals are already masters of telepathic communication and use this language with ease. This type of communication felt more natural when we were babies and toddlers, as we were born with this ability. It wasn't until we began speaking verbally, which was more accepted, that we suppressed this type of communication. Thankfully, a part of us has never forgotten and this skill can be relearnt.

Telepathy means sending and receiving messages through a mind-to-mind connection; and intuitive or inner sensing involves the direct transmission of feelings, emotions, intentions, thoughts, mental images, impressions, sensations and pure knowing. In this type of communication you do not read body language or make assumptions based on physical behaviour.

This communication will forge greater understanding and emotional bonds with the special animals in your life. **When you share a close relationship with your dog, you can be sure you are already communicating.**



You may not realise that this is occurring with your dog, because you think that the thoughts and feelings you are receiving are your own. With practice you will soon be able to recognise this distinction.

Telepathic/Intuitive communication has no distance barrier. Whether you are sitting close to your dog or on the other side of the world, you can connect successfully.

You may not have been aware that this natural form of communication exists between all species. This is mainly due to the fact that the natural harmony our ancestors had with animals and nature has been well and truly dampened down; mostly by science and technology accompanied by a disbelief of its existence. Every living thing is comprised of a powerful energy system that interconnects when interacting with another living being.

Effective communication is the foundation to any successful relationship. There is very little that can't be accomplished with the exchange of valuable information between you and your dog.

Dogs have been trying to get our attention for a long time, now it is time to listen to what they have to say and learn the wisdom of their species.



Without understanding the silent language, most of your decisions regarding your dog will be assumptions.



Benefits of Communicating in the Silent Language

1. Create a greater bond and understanding with your canine companion
2. Discover the causes and resolve behavioural problems
3. Know how they feel about their relationship with you
4. Understand how your dog views their life: likes, dislikes and what makes them happy
5. Help to heal emotional or physical traumas they may have suffered
6. Facilitate training to the benefit of you and your dog
7. Use medical intuition to support health issues (*this is not a substitute for veterinary medical care*)
8. Assist in locating pain or discomfort in their body
9. Be able to ask your beloved dog if they feel it is time to go and if they require assistance (*euthanasia*) or would rather go naturally
10. Know if your dog would like additional animals in the house. If so, what type?
11. Discover the purpose of why you and your dog are together

Techniques

#1 'JUST BEING'

Learning to be in the present, the 'Now' and experiencing each moment fully.

#2 GETTING IN THE 'ZONE'

Getting into that quiet place within your heart and ceasing all mind chatter.

1, 2, 3 Technique

- 1 Feel your breathing go deep and slow
- 2 Feel your physical body relax
- 3 Feel the calmness of mind and that quietness

#3 MAKING THE CONNECTION

The two-way conversation begins between you and your canine companion.

STAYING IN THE MOMENT

'Just Being'

Dogs will teach you there is no point worrying about the past or the future, as this can only cause stress. The here and NOW is the only way to be.

This philosophy can be life changing; imagine eliminating all the stress from your life. Staying in the present is not only a wonderfully healthy state in which to be, but also the only time transformation can take place in your life. Dogs exist in this state of presence most of the time, however for humans, this takes great discipline as the mind is usually preoccupied with other things. For example, when you are walking your dog, is your mind elsewhere or are you in that very moment with your dog? Are you aware of your dog's experience on the walk, or even your own?

The question many dogs ask:
'Are you here with me, or somewhere else?'

If you truly want to get the full benefit of being in nature and enjoying your loved canine friend, you need to be present. Smell the smells, hear the sounds and feel the wonderful state of relaxation and freedom when out with your dog.



'Open your heart and let the magic begin'



STAYING IN THE MOMENT 'Just Being' CONTINUED

EXERCISE ▶ We tend to be more aware of an animal's behaviour when they are interacting with us, than when they are in their quiet mode. One of the major barriers to communicating with animals is the interference of our own busy thoughts, distractions or pre-conceived ideas. We need to open our mind and perceptions about animals. We need to look far beyond their fur, feathers or fins and see that they are highly intelligent, perceptive beings. If we see or treat them as below us, how is it possible to discover the true essence of animals?

The first step in overcoming this habit is to sit with your dog quietly without distraction or interaction. I call this 'Just Being' or 'Being Present' with your animal. The human way is not the only way to live or function. Now is your chance to see and feel a different way of being.

There is no need to sit right next to your dog for this exercise; in their general vicinity will be enough. If they approach you, allow them to do so but without your interaction (as this is what normally occurs when they are with you); ignoring their advances will soon allow them to settle quietly and be themselves. Allow your busy thoughts to quieten until you are focusing softly on your animal friend. Just sit with them quietly for a short period of time, and sense what it feels like to be your dog.

Animals love when we are in this quiet mind mode as this is more to their state of being. Our busy lifestyles and the chatter that is forever occurring in our minds, will often cause our animals to behave erratically or want to be distanced from us. It also prevents them from communicating with us as they are receiving a busy signal from our ever-active minds. You will notice when you are calm, they are calm.



Getting in the 'Zone'

The 'Zone' is a quiet, calm state of being - your dog's preferred state of existence. When we slow down, calm our breathing and feel from the heart, we are in a more natural state as well. You become more connected to your self and your environment; free of stress, relaxed and your mind chatter disappears. A sense of internal calmness comes over you. It is in this state you can directly relate to your dog.

This calmness is very important to a dog, as they are aware of the emotional state of every member of the pack, which includes you. A lack of calmness can tend to incite different behaviours and change the dynamics of the pack.

EXERCISE ▶ I would now like to take you through a simple exercise that will help you achieve a feeling of calmness and receptivity to animals. This will be the beginning of conversations between you and your much loved dog.

1. Find a quiet space where you won't be disturbed
2. Sit in a comfortable chair
3. Gently close your eyes and take in a few deep breaths
.....
4. Concentrate now on the breath you inhale and the air you exhale
5. Slowly go through from your head to your toes and relax your skin and muscles
6. As you do, your breathing will become slower and deeper
7. As your physical body relaxes you will notice your mind chatter begin to slow
8. You will now feel relaxed and calm
9. You are now in the 'Zone' and ready to talk to and hear your animals
10. Spend a few minutes in this relaxed state so you know what it feels like





The Connection

The Two-way Conversation

Once you are in the 'Zone' you can begin talking telepathically and connecting intuitively with your much loved canine friend.

Telepathic Communication Direct communication of mentally sending and receiving thoughts and feelings across a distance between your mind and your dog's mind. These communications can occur in images, small videos running in your mind, or simply words.

Intuitive Communication Sensing emotions, impressions, sensations or just pure knowing from the energy of your canine companion. Just being connected or in the presence of your dog can begin this process.

In the early stages while practicing your skills you will be using the silent language (or telepathy), but once you feel confident, you can talk to your canine friend verbally and receive their response silently. You may also want to close your eyes with this next exercise as there are less distractions, or you can keep them open, it is up to you.

EXERCISE 1 ▶ As a very simple exercise, go into another room where your dog can't see you; you can sit or lie down. Close your eyes and visualise their face. In your mind, call their name several times. Send them a picture of where you are by visualising yourself in this room (as you want your dog to leave where they are and come to you). Remember, as your dog will not be used to you communicating with them in this way, you may need to repeat the exercise several times. If they are distracted or asleep, they may hear you but choose not to respond as they are comfortable where they are; after all they are not robots. With practice and perseverance you will see the results unfold when your dog bounds into the room. They love the fact that you are trying to communicate with them.