

How to help yourself and your animal friend when they are missing

by Pea Horsley

Anyone who has ever shared their life with an animal knows the special bond that exists between us. The level of loving care offered to animals sometimes exceeds that given to people. Animals understand us and our feelings often better than ourselves, seeing the real person good and bad and they do not judge us. When a pet goes missing the upset and helplessness felt can be overwhelming. Our minds preparing us for the worst possible outcome cause us to focus on the worse case scenarios.

Who can you turn to when you find your animal friend missing?

So, once we have exhausted all the practical aspects of locating our companion, who do you turn to? Animal lovers are discovering an alternative way to track down their missing pet and are turning to animal communicators to help them. Animal communicators like myself connect with animals on a telepathic level using all our senses, including our intuition or gut feelings. Communication is experienced in the form of pictures, sensations and words.

I advise anyone who loses their animal friend to do these visualizations.

Whether you contact an animal communicator is down to personal choice and I understand not everyone is open to it. These visualizations are free and a gift from me to those animals finding themselves in the terribly upsetting position of being without their loved one and their loving guardians too.

I ask guardians to focus on doing these every evening last thing at night. The love and calmness you send will help your animal feel loved and safe.

Visualization 1: The Heart2Heart Visualization

This is a visualization to re-establish the loving connection between you and your friend, which gives them the emotional support they need while away from home. This may be all they need to find the courage to make it back to you. This visualization also gives your animal a clear homeing signal which they can also use to find their way back to you.

Step 1. Make sure you can have some undisturbed silence for the next 10 minutes. Get yourself comfortable in a chair with your feet on the floor, place your hands in your lap and close your eyes. Focus on your attention on your breath. Not forcing it, breathing gently until you feel you breath slowing and your body becoming more relaxed.

Step 2. Imagine two doors in the top of your head which you open. Allow a golden ray of light to enter the top of your head and feel it tingling down your spine, then down your legs and through your feet and into the earth. Feel this wonderful ray of warm golden light as it glides through your body. Repeat this slowly three times.

Step 3. Now drop your attention down to your heart and feel the huge amount of love you have for your animal. What does this love feel like? Think of some words to describe it. If it has a colour or a smell describe these too.

Step 4. Now shine a beacon of your love as a homing signal for your animal to connect to and use to feel loved and calm. Just like the beam of light from a lighthouse visualize a beam of white light, a beam of love, extending out from your heart to your animals heart. The animal will love you for this reassuring calming gesture of love and feel stronger knowing you are still there for them. If they are able they will also be able to use this beam of light to find their way home.

Step 5. After a few minutes slowly bring your attention back into the room. Gently open your eyes and wriggle your hands until you feel back in the present moment.

Visualization 2: The Positive Sandwich Visualization

This is a simple visualization to send a clear message to your friend that you are sad without them and if they came back home you would be so happy and thrilled to see them. Not only that, they would receive a yummy treat!

Step 1. Make sure you can have some undisturbed silence for the next 10 minutes. Get yourself comfortable in a chair with your feet on the floor, place your hands in your lap and close your eyes. Focus on your attention on your breath. Not forcing it, breathing gently until you feel you breath slowing and your body becoming more relaxed.

Step 2. Imagine two doors in the top of your head which you open. Allow a golden ray of light to enter the top of your head and feel it tingling down your spine, then down your legs and through your feet and into the earth. Feel this wonderful ray of warm golden light as it glides through your body. Repeat this slowly three times.

Step 3. Now drop your attention down to your heart and feel the huge amount of love you have for your animal. What does this love feel like? Think of some words to describe it. If it has a colour or a smell describe these too.

Step 4. Next, I want you to visualise your animal outside the house, coming down the street towards you or out the back garden coming over the fence. Visualize clearly your animal coming home the route they normally take, entering the home in the normal way and you are standing there and see them. What do you feel? Are you overcome with love and relief? Really feel what it is like to love your animal, what your companion means to you and why you wanted them home so badly.

Step 5. Then I want you to be waiting for your companion to come but they are not walking back into your home. They are not there. Focus on how sad that makes you feel, how miserable you are without them and how empty and grey your home feels when they are not there. Now once again repeat the positive visualisation and all the emotions involved in your companion returning to your side. How happy are you? Do you pick them up and cuddle them? Give them the best treat they could ever wish for? To you get down on the floor and stroke and hug them? Feel the happiest you could ever feel in your whole life. Really feel it.

Step 6.

This visualisation is a positive sandwich. It is a clear signal of your wish for your companion to walk back into your life. It says what you would like to happen to make you happy and what happens to make you feel sad.

Any animal that is able and willing to come home will respond to these signals and walk back through your door.

Finally, should all of these ways fail to re-unite you with your pet take heart that they felt your love for them whether in their physical body or now in-spirit. Animals, like people, do not die. Their soul continues and they also reincarnate. They may even choose to be with you again. Remember the time you had together and above all the truest emotion you share – love.

Contact: Pea Horsley
Animal Communicator (UK)
020 8696 9121
www.animalthoughts.com
Email: pea@animalthoughts.com

