

# A LITTLE BOOK OF CONNECTION

A series of exercises to help you send love and connect to your animals from a distance.



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# Introduction

This booklet is designed as an introduction to animal communication. I've called it 'A Little book of Connection' as to be able to experience communication you first need a connection. It's a bit like receiving a telephone call on a bad line, often we might say 'it's a bad connection' and you find you can't communicate with the other person very easily. The better the phone 'signal' the better the connection and then the better the communication. For us to create a good connection with animals and nature it is much easier if we are firstly connected with ourselves, and then from this place reach out to create a connection with an animal. By 'setting ourselves up' internally and knowing how our own body feels makes it much easier to create a good connection and experience communication.

I believe we all have the ability within us to connect and communicate with animals and nature. Everyone experiences this differently, the same as animals often communicate to us in different ways.

The next few pages contain a series of exercises and methods to help you start to connect clearly with yourself. They are designed to be a 'pick and mix' style. Try them out one at a time and eventually you will work out the ones that help you the most and you can use them to help you connect and ground before getting ready to connect to an animal. You may find some of them are useful for life in general and help you feel better, more grounded and more connected.

The only prerequisite before going any further is being open and willing to whatever may come in each moment along the way. Having a curiosity about what might be possible as you step into the unknown. Enjoy!



# Pathways of connection within

Before starting any exercise it is good to get into the habit of taking a moment to notice how you are feeling.

How is your breathing? What are you thinking? How does your body feel? Are you experiencing any emotions? You can then rate your starting point on a scale of 0-10 with 0 being you are totally at peace- your breathing is steady and deep, you feel relaxed and at one with yourself and the world. Whilst 10 is representing the feelings of an anxious state, thoughts whizzing around in your mind, your breath feels fast and shallow.

Generally we are somewhere in the middle and there is no right or wrong. It is good to become aware if you have a tendency to be more toward 0 or more toward 10. Different situations in life create different physiological responses in our body and different feelings so it is normal for our state of being to fluctuate. To create a good connection with yourself the best place to start is by being still and noticing how you feel. This is the first step. From this place it is then possible to create a more peaceful, calm spacious state that will allow you to deepen your connection with yourself and others.

# 1. Focus on your breathing

These exercises can be done either sitting down or standing, which ever is more comfortable.

1. Take your awareness to your breathing. Notice the rise and fall of your chest. Begin to count as you breath in, and then as you breath out. See if you can start to breath in to the count of 7, and out to the count of 11. Continue to do this for a few moments and notice how you feel.

2. Place your hands on your stomach as you breath. Notice if it is moving. As you breath in slowly and deeply try expanding your stomach out, and allow it to fall naturally back down as you exhale.

3. Imagine you are breathing lovely sparkly clean air in through your heart, through your body towards your back. Then allow that air to come back from behind you, breathing it out forward and through your heart. Then reverse this and imagine breathing in from behind you, through your heart, and then breath out imagining the breath going back out through your back. Then reverse back to the first way, finishing with the breath expanding out through your heart. You can then add to this by imagining breathing in through your head and out through your feet, and then in through your feet, and out through your head, then back to breathing in through your head and out through your feet.

4. Feel your shoulders drop and relax on the out breaths.

## 2. Focus on your body

Body scanning- This is a really great way to notice what is going on inside your own body and feel more grounded and connected. It helps to facilitate you in becoming aware of how you are feeling as a whole and also how the different parts of you are feeling. It is also possible to receive messages from your own body too.

1. Stand somewhere that you won't be disturbed and take your attention to your feet. Notice your feet on the ground, your toes, your heels, the contact of your whole foot on the ground. Notice how you feel from left to right and forwards and backwards. As you breath feel centred above both feet and connected to the earth beneath you and become aware of the sounds around you, feel the air on your skin.
2. With your eyes closed take your awareness to the top of your head, and then become aware of your face, your neck, shoulders, arms, wrists, hands, chest, back, stomach, hips, buttocks, groin, legs, knees, lower legs, ankles, feet and the connection with the earth. Notice any sensations, feelings, tension, thoughts that arise as you do this. You can allow the thoughts to come and go. Once you have completed it once, if there is a particular part of you that you are drawn to you can take your awareness back there and breath into this part asking the question 'do you have a message for me/is there anything you would like me to know?' Continue to breath and allow any thoughts/words/sensations to come. Be open to receiving feedback from your body. When it feels

right continue back through the body scan ending at your feet, feeling grounded and connected to the earth.



### 3. Focus on your senses

Attuning to nature, the sounds and sensations around you through your senses. If you can be outside for this exercise that is the best way to experience it. If you are inside find a recording of the sounds of nature to play gently in the background. The sound of the sea or some birds, a gentle breeze.

Become still and centre your breathing. Close your eyes and begin to listen to the sounds around you. There may be a mixture of different sounds- traffic, people, voices, birds, rain, wind. Just notice the sounds some near, some far. Be aware of your breathing. If you are in nature imagine breathing in the peaceful sounds. Stay silent and still, aware of your breath, listening to the sounds.

After a few minutes open your eyes and observe the space around you. Gaze uninterrupted, allow yourself to be absorbed by nature. If are indoors you can gaze at a house plant, a vegetable seedling or a picture of nature or an animal. Be aware of your breathing and allow the connection to flow, The longer you stay patiently breathing the deeper and stiller you can become. Enjoy the feeling of expansion and connection.



# Pathways of Connection to Animals

Now you have worked through all the previous exercises you should be feeling calm, still and quietened within yourself. This is the ideal place to begin having a go at connecting to the plants, animals and nature.

1. Firstly quieten your own body, be aware of yourself and your breathing. Close your eyes if it helps, feel your feet on the floor and then take your attention to your heart. Feel your love for all animals here and then send that love out to the animal you wish to connect with. Imagine love radiating out from your heart centre to theirs. Whilst doing this notice your breathing, relax your shoulders and just sit in the sensation of 'nothingness'. You might feel your hands become warm, you may receive messages, images, sounds, sensations, you may feel like nothing is happening, you may feel emotional. Just sit in whatever arises and be curious as to how it might feel to sit a little longer in nothingness if that is what you are experiencing. You can sit here for as long as you like, sending a heartfelt loving connection out to the animal you are connecting with. They will feel and receive this love. When you feel it is time to end the experience send thoughts of gratitude and thanks for the connection.

2. You can then begin to have a go at sending messages. Each connection will be different and you may find it useful to keep a notepad or journal next to you so you can jot things down straight away or as you go along. Sometimes it is easy to forget what you experienced, or start questioning if it really happened. If you write it down it helps to be able to refer back to and remember and remind yourself.

3. Having spent some time working through this booklet take a moment now to check back in with yourself. See if on a scale of 0-10 your number has changed. How do you feel now?

3. Keep practising and have fun! Enjoy the experience of sending and receiving of love and connection from us humans to the animals and natural world.

