

Talking To The Animals

Animal intuitive teaches pet owners how to communicate with their four-legged friends

BY HOLLY LOVE
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What might an animal you love be thinking or feeling at any given moment? Kim Pickett, an animal intuitive for 30 years, helped 13 attendees of a "Communicating with Animals" workshop answer questions like that recently at the Spring Haven Center in Malvern.

"Communicating with animals isn't anything supernatural," Pickett explained. "Everyone can do it. But people are acculturated out of using the instrument."

To help participants finely tune that instrument, Pickett led them in breathing, visualization, and telepathic exercises to free their attention from their chattering, invalidating minds.

"If you're frenetic, animals retreat," said Pickett. "Grounding yourself makes it much easier to connect with them."

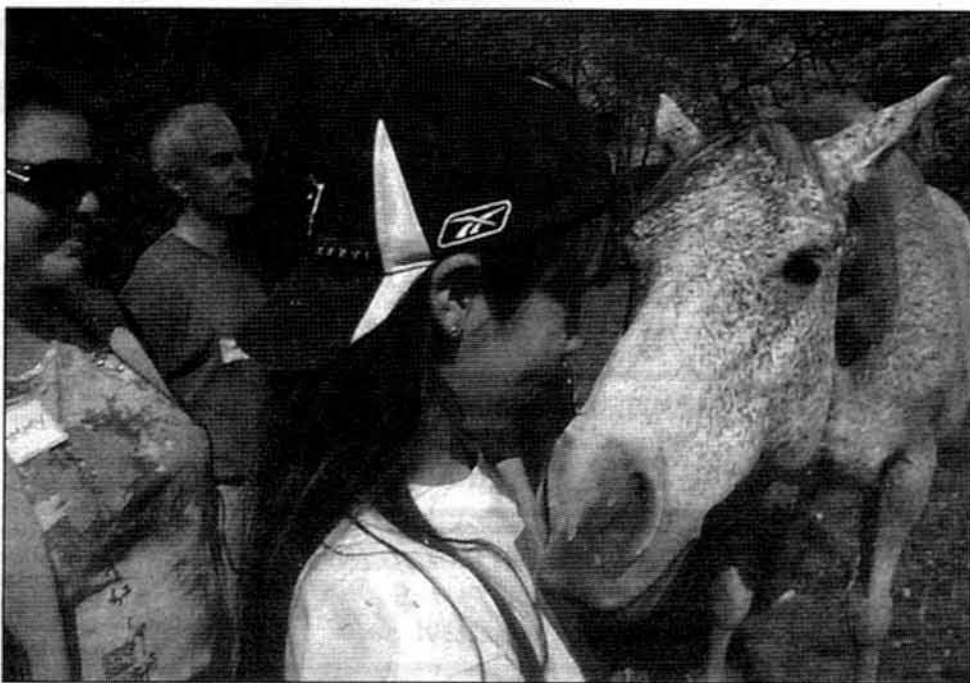
Participants spoke of why they were attending the workshop.

"To be able to speak with animals would mean everything to me," said Cammy Long of Kimberton.

Another participant, Stephen Freed of Villanova, said, "Animals have made me crazy and have kept me sane."

Kathy Detweiler of Mount Airy had once lived with 18 dogs. Meghan Goosen of Wayne touched on a pervasive message of the workshop. "I feel that communicating with animals could help me communicate with myself," she said.

Pickett described one of her most moving animal



Above, Cammy Long, left, Stephen Freed, and Amanda Flores try to communicate with Burt the Horse. Below, Meghan and Danny Goosen try to figure out what is bothering bearded dragon Beardie.

encounters.

"Brogan was a horse who was in so much pain, he was about to be put down. But he was excited about his transition to the other side. What he wanted his humans to know was that they didn't need to be so conflicted about having to let him go. Often humans have trouble with letting go and that makes it harder for the animal," she said.

After a break, Piranha the toy poodle and his owner arrived, and Jennifer McQuiston brought two turtles and a bearded dragon from the YMCA in Berwyn. Pickett guided participants in sending and receiving messages with the reptiles.

Lou Ellen Carson of Bensalem said, "I felt that the bearded dragon was cold, and wants the sun on her back."

Carson also felt that one turtle was hungering for worms — which McQuiston later confirmed, saying that since parasites had recently tainted the worm supply, worms had been omitted from the turtle's diet. The bearded dragon, who had been listless for many days, changed color from gray to golden and became active after being held by group members and receiving their energies, which Pickett warmly described as being particularly soft.

The group then drove to Jane Richards' farm in Chester Springs to meet with

two horses, Caleb and Burt. Pickett coached participants before they stepped into the "Part of your communication is spatial," said Pickett. "When you stand near the back of the horse, you're giving him permission to go. When you stand near the front, you're telling him to stop."

In the field, Caleb was content to stay removed from the group. Burt, however, was an atypically curious horse who greeted people by boldly nuzzling them. Later when Burt was about to

welcome himself into the middle of the seated circle of participants, Pickett instructed all to raise their hands in the air to give Burt the signal to respect their boundaries, which the horse did once Freed stood up.

As the workshop came to a close out in the field, Pickett stressed some important points.

"Animals are much more capable of giving love than humans, because they're not preoccupied with doing or saying the right thing to receive love. But our need to feel their love in return gets in the way of our communicating with them as successfully as we could. We need to conquer our codependency, and to not try too hard," she said.

Pickett's messages seemed useful not just for improving communication between animals and humans — but for improving communication between humans as well.

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