

# 329: Open Communication with Animals

## 10 Point Checklist

**Laura Stinchfield**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**“Pet psychics talk to animals using telepathy. First, the animals send messages through their thoughts, images in their minds, and feelings in their bodies, and then pet psychics transfers it into words.”**

**LAURA STINCHFIELD**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Learn how to communicate with my pet. Having that clear and honest communication channel open with him is so important. To be his best friend, I have to connect with him at the heart, mind and spirit.
- Be careful in choosing the right trainer for my pet. Find a trainer who uses positive reinforcement, force-free, or humane training methods.
- Always praise my pet. The positive acknowledgment I give to him will transform our relationship. It will also encourage him to continue to try to do the right thing.
- Train and discipline my pet. However, punishment should never be used to train. Instead, I should teach him the boundaries and structure that he can rely on to understand what's allowed and what's not. It is illogical to wait until he misbehaves and then administer something unpleasant.
- Make time for engaging playtime with my pet. Playtime is an essential part of building and strengthening the bond between me and my pet. It allows me to establish a fun and positive relationship with him while also providing him with a productive outlet for his energy.
- Understand my pet's body language. His behavior may be a sign that something is wrong.
- Check-in on any intuitive hit I'm receiving and ask for confirmation. This will guide me to make more confident and accurate decisions on situations and circumstances that come my way.
- Have pure thoughts. A malevolent or less than pure intention or thought can trick me into doing stuff I will regret later.
- Check out Laura's meditation CD, Pet Communication, Loss, and the Afterlife, and books, Voices of the Animals and Stormy's Words of Wisdom, to help me learn how to talk to animals.
- Visit Laura Stinchfield's website to know more about her and work with her to connect with my pet.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/open-communication-with-animals-with-laura-stinchfield/>