



*Sharing consciousness is natural,
believing is not.*

**The Pet Psychic:
A Channeled Theory of How This Stuff Works**
By Suzy Graf

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Suzy Graf

The Pet Psychic

a channeled theory of how this stuff works

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CHAPTER ONE: AWARENESS

Explaining a process, such as animal communication, to a person who has not necessarily developed this ability is rather complex. I don't always think in linear time, just as many people don't have dreams that unfold in a linear reality. Dreaming, being psychic, or being creative, transcends the logical mind that is thinking about all the steps that will lead to a conclusion and simply reaches said conclusion. This ability to step beyond what the logical mind has been trained to believe is what I refer to as expanding one's awareness. Thinking past all the steps society has taught us is needed to achieve a desired outcome, and instead allowing your awareness to expand into that of knowledge.

The fledgling mind may have trouble grasping at this prospect if one has yet to achieve an expanded state. Therefore, I will allow this book to be channeled in tandem with my spirit guide, Yellow Dog's, wisdom in linear time, trusting that sharing the dates of when I transcribed these concepts into the computer will help you, as the reader of this text, to keep your grounded awareness of linear time, as you expand into that reality of your imagination...

January 6, 2024

I woke up this morning while having a conversation with Yellow Dog in my near sleep state. Whatever we were discussing was important to my new project—the book I've

been meaning to write on how to become an animal communicator—but I just couldn't set my mind on how to proceed. Then I heard him teaching me, or rather, explaining a perspective. So, I sat down at my computer at 4 a.m. and allowed his words to flow out of my hands:

What is awareness? Your perspective of reality. Your five senses of sight, hearing, touch, smell, and taste are all orchestrated through your brain to create your world. And then we have other people within our culture that share our reality. These other people share language—a way of communicating that can transcend our five senses into a simple knowing and accepting of truth. And all of this is a very good way of functioning—unless you want to experience more.

This is the purpose of this book: to help you expand beyond your five senses, to tap into your hidden potential, and then to use that new “language” to communicate with our non-human friends of the animal kingdom. I'll provide you with tools to practice with through ideas that will challenge old truths. Be patient and kind to your ego during this voyage from old beliefs into the new. And remember that every person is unique in how they process this information.

Play.

This is how I've been channeling Yellow Dog since April of 2005. I can sense a change in my physical being, as if I'm emerging within a conversation with another person who is not physically in my reality which, I suppose, is like talking to a friend over the telephone. However, Yellow Dog is not using language over a phone to communicate; instead, I'm understanding the conversation and, if the timing is correct, I

can sit at the computer and transcribe what he wants to tell me directly through the keyboard. Luckily, I know how to properly type because my fingers fly over the black plastic keys faster than my mind can read or comprehend. In a way, I'm playing the keyboard as if it was a learned song on the piano. This is hard to explain, but for now I want to focus upon the subject Yellow Dog has introduced

What is the human body's "scientifically agreed upon" basis for sensing reality?

I am looking to explain the two nervous systems that allow me to sense two different realities. The computer lists many different pairs of different nervous systems: the central nervous system and the peripheral nervous system, the sympathetic system, and the parasympathetic system, autonomic nervous system, and somatic. It is not my purpose to scientifically explain all this information. I'm simply going to acknowledge that our modern day "science" describes different nervous systems that work within the human body—that the body's owner is not aware of all the functions happening within their human form, such as not always being aware that you are always breathing when you actually are.

What I am proposing is to reach beyond the science of what our culture believes, and experiment with what could exist. One can be "aware" of your breathing and, at the same time, not be aware of it. Yet the body continues to breathe. So, if your brain is telling the body to breathe, why aren't we always aware of it? Beyond the scientific explanations of this phenomenon, there is ancient yogic practice of using breath, called

pranayama, a Sanskrit word meaning “to practice controlling one’s breath.” The purpose of this practice is varied, but my interest is the effect of using breath to enter an altered state of awareness.

How does one do this? By focusing upon one’s breath, the person relaxes the “worrying mind,” the sympathetic nervous system, and allows the “relaxed mind,” the parasympathetic nervous system, to seep in. Focusing on one’s breath not only “relaxes” the person, but this same person’s demeanor changes. Becoming aware of one’s parasympathetic nervous system allows the “breather” to experience life as more peaceful. Monkey-brain thoughts of “what I need to do” and “what I’m supposed to do next” leave the conscious mind, and the yoga practitioner is left with a sense of peace. This is the state of mind I go into when I work as an animal communicator. That “near sleep state” of bliss and higher thought.

Yellow Dog is trying to nudge his way into my fingers this morning while I am struggling to share the idea he just placed into my mind. He wants me to explain how to use a ping-pong ball as a metaphor to describe one’s awareness while in your everyday life “thinking-mind.” I hear him tell me not to listen: *Don’t worry about the explanations, just write...*

Close your eyes and breathe. Feel that breath, allow that breath to relax your shoulders, your face muscles, your jaw. Don’t think, just breathe. Spend a few moments in this stillness of breath, and then come back to reading this text...

(Please pause and listen to your breathing.)

This more relaxed state is how one wakes up in the morning, full of ideas and promises. This state is when one is psychic, aware of other realms, aware of consciousness beyond self. This is how the ancients, those people that lived with and off the land, lived at one with their environment. But overpopulation of humans has led to a different perspective of our reality. Humans rely upon language and communication between humans more than they rely upon sensing their environment. The perception of language relies upon the “thinking brain” to process an idea, while the perception while in a “near sleep” or relaxed state does not. To open oneself up to animal communication requires training the human on how to access the pathways of the relaxed mind.

If you were a small, bouncing ping-pong ball, in a sea of small, bouncing ping-pong balls, how would you behave? In nature, all the balls would respond to the force of stimuli. If a strong wind blows, the balls will roll away at similar rates. If a loud music beat blasted its vibration, the balls would harmonize to the beat. And yet, each of these balls may behave somewhat separately from each other as they knock into each other and spin.

But what would happen if the balls were no longer separated as individuals? What if the room the balls were in became extremely hot and all the balls melted into one pool of plastic goo? The matter of these balls still exists, but they are no longer separated by their ball formations. While in this liquid state, the balls harmonize with beautiful fluidity. They flow as one molten mass if a wind blows across the ball goo; they bubble excitedly to the percussion of the beat, and they

freeze in a matrix of organized crystals when the temperature drops low enough. The balls are no longer separate. They are interconnected while in their melted, liquid state. They are one.

This fluid sense of oneness is how you will feel once you tap into this relaxed state of mind, which is the same mind the animals tap into—that of working together as a community of ping-pong balls melted into ball goo. The goo willingly interacts with all the forces of nature. Interacting with the forces of nature is not like water in a fishbowl. I'm not saying, "is prisoner to" but rather is "aware of." Indigenous people say they "hear" the stars speak because they do hear more than the average ping-pong human can hear. But we are not talking about stars, but rather the consciousness of animals—one that is not easy for the individual ping-pong ball modern human of your culture to perceive.

How does one become aware of expanding beyond their individual ping-pong-ball self? The first step to understanding your expanded awareness is to simply still your mind and meditate. There are many, many paths toward meditation. I'm not here to direct you into just one. Explore and play into what feels correct for you. And now for the explanation of this meditative experience.

There are two minds: the thinking mind and the heart mind. The thinking mind is what you are using to read this text. The heart mind is dutifully keeping your heart beating, your breath working, your blood flowing, and your digestive system moving. This heart mind can be defined as the parasympathetic nervous system or PNS. Your science itemizes many things, while we only understand the heart has more awareness than

you perceive. If you remove parts of a living heart they will still beat as one. They are not connected to a brain, and yet they still beat. What is controlling this? The heart mind, which is a state of consciousness beyond the thinking brain. This is what is awakened during sleep and meditation. This is what the animals are aware of—what you can become aware of once again, as well.

I have trained my thinking brain and my heart brain to coexist as one. This is the path toward animal communication, one that hasn't occurred spontaneously for me, but one that I believe anyone can achieve. One of self-discovery and self-belief. Allowing one to become one with nature... and to "just be."

The ancients called this a "vision quest," something that your modern culture does not encourage. If one finds their own truth, then that same person does not need to rely upon a leader's version of truth. Organizing a group of people's awareness into one working machine at the instruction of a leader's truth was beneficial for warring societies. But this same "group consciousness of one leader's truth" is not necessary for those able to exist in the peace of nature. No judgement of cultures here. Just the simple facts that expanding your awareness involves releasing that warrior within—another aspect of human nature that the ancients understood.

The tribe culture was diverse. The leader has warriors, and yet the leader respected the diversity of the tribe too. There was no religion based on warrior-like behavior. No reason to threaten one to follow a path through fear of hell or punishment of damnation. Those that chose to expand their awareness

beyond the thinking brain were never ridiculed as “crazy” or “mad,” but rather revered as a talented asset to the tribe. Those that naturally expand into unknown states of awareness could access knowledge helpful to the tribe. These people became the healers, the philosophers, and the seers. True leaders of the tribe never feared losing power to those able to access the heart brain, for the leader of warriors did not revel in that power. For it was not power, but rather a necessary part of survival as a tribe. Leading is not a selfish quest, but rather a talent the leader could share with the tribe, just as the heart brain worker had a talent to share with the tribe.

Your present culture has untruths the ancients would not understand, such as currency and separation from the heart brain and separation from the environment. So just while you are experimenting with expanding your awareness through the reading of this text, I ask you to release those thoughts. Know you are secure in the culture of your home environment. Know that you are safe from ridicule and punishment from the culture you might have been raised within. Just be.

I agree with you, Yellow Dog. Once I learned how to meditate and found my own path toward going into a state of bliss, I needed to learn how to access that heart brain mind more easily. I use the memory of my experiences to create different vibrations. How do I explain this? Like I’ve said before, spirit guides (or beings) help me. Is there the ghost of a deceased Native American called Yellow Dog standing next to me that is helping me to write this book? I believe so, yet I’ve struggled with a logical explanation for years, but all I can

provide you with are possibilities to what is helping me to channel this book.

The ability to go into a semi-trance to achieve that co-existing state with my heart brain is varied. I can be stimulated to go into a meditative state by smelling burning incense. I can listen to music, especially singing crystal bowls, to lull me into that semi-hypnotic state. Or I can simply remember—*to believe*—in my relationship with my spirit guides and ask them to step in to help. At this point, we have developed the ability to share my voice in language, what is also known as “speaking in tongues,” and that is when I can best understand what he wants to tell me.

This does not mean I am forever hobbled to an alter ego of a spirit guide. Quite the contrary, I oversee my body and my chosen state of awareness. If I sense him near, it is my choice if I acknowledge him. Like allowing the telephone to ring without answering, I can choose to ignore his presence and stay locked within my thinking mind. But to be honest, it is pleasant to greet my spirit guide, Yellow Dog, and to sense my heart brain pulsing through my crown. How my heart can be felt in my crown, the top of my head, deserves more explanation.

Yogic philosophy talks about the chakra system: seven energy centers in the body whose middle chakra is the heart. Above the heart center there is a chakra located in the throat, one in the middle of the forehead, and one on the top of the head where a blow hole would be located on a dolphin. Then, below the heart, there are also three chakras: one just below the sternum, one below the belly button and the last at that piece of skin located between the anus and the vagina or the testicles.

Since I believe Yellow Dog expands into the angelic realm above me, I sense his presence by a tickling sensation out of the top of my head as my heart connects through the pranic tube of my body. The pranic tube is an energetic pathway that runs up the center of the human body, which is another aspect of the chakra system.

All seven of these chakras line up within the human body from tailbone to head, like the path of one's spine attaching the pelvis to one's skull. However, this central pathway is not the nervous system that runs through the spinal column, but rather a form of invisible energy system that travels up the pranic tube. Now my explanation gets a little tricky because we are not a two-dimensional being existing in a sheet of paper, existing as simply up and down and left or right. No, we are three-dimensional, so this same chakra energy expands out of our front, sides, and out our back as well. So, my heart chakra doesn't just run up and down my spine, but it also explodes out the front of my chest and out the back of my ribcage too, which is like a flat drawn circle expanding into a sphere.

Yup, we are all ping-pong balls.

With our thinking mind usually functioning within the confines of our ego, which is in our third chakra, that energy centers just below the sternum. And when I talk to Yellow Dog, I expand my awareness into a fuzzy tennis ball of love that overlaps that ping-pong ball of my ego awareness chakra self—a fuzzy tennis ball of love blossoms out of the heart.

When reading the written language transcribed on two-dimensional paper, it is difficult to understand thinking in three dimensions. But if one steps away from the process of reading

and exists within the room one is reading within, then this same person can experience three dimensions of seeing depth, and not just the width and height of the written word. At first, I had a tough time understanding the two dimensions of the written word and flipping into the three dimensions of being the “me” reading the book. Try this yourself. With time, the flipping of awareness becomes easier.

It's not just the three dimensions of width, height, and length we are considering here, little one, but also your sense of linear time. For time is happening all at once in the dimension I exist within. It is just your perception while confined within the limits of your human form that perceives moments of time ticking linear. When your consciousness expands, linear time ceases to exist, and what you perceive as a flood of memories “download” in a millisecond of your physical human brain's conception.

This is the challenge of communicating through spirit guides—learning how to allow your thinking brain to process what the heart brain is saying. Have you ever awoken from a dream in the middle of a scenario only to have the memory flit away the moment you open your eyes and stimulate the thinking brain? This is when you are slipping from expanded time into linear existence of your current three-dimensional reality.

My mind is reeling with all the information clamoring to be typed into my computer this morning. I dutifully pulled myself out of bed to transcribe it all. But I live on a small farm, and I need to get outside to feed the horses and make a few phone calls. I know all this information is stored within my

brain or... somewhere. So, until I have the time to sit down and transcribe again... for now, a temporary...

Namaste.

January 6, 2024 1:43 p.m.

It's been a few hours, but I can sense the same information continuing.

When I am conversing with Yellow Dog, I am not in my ping-pong ball of existence, but rather I've expanded into the tennis ball size of reality that Yellow Dog exists within. To better understand this concept of balls, let's talk about the aura...

Your being does not stop at the skin. No, there is a ball of energy that surrounds your body called the aura. Think of yourself as a small toy frozen within a ball.

As I write this with Yellow Dog, I am thinking of the real time inflated ball sold through the internet in various names: Human Hamster Ball, Bumper Ball Bubble, or Zorb Ball. This inflatable ball is huge and manufactured in such a way to allow a person to step inside. The purpose is recreational, with a person confined within a "hamster ball" that can roll outdoors. I'm chuckling at the absurdity of the photographs I've seen online, but sense Yellow Dog is near, ready to explain more:

The Zorb Ball that each of us are contained within can expand out, and out, and out into many, many layers of reality. There is the tennis ball layer where Yellow Dog and Suzy exist, and then there are the layers beyond, frequencies where other beings and abilities lie. The challenge is not only to find the correct frequency to where one wants to expand one's

awareness, but to train your being, too, so one can easily find that frequency at will.

Many mediums and psychics naturally tap into the frequency of this reality, while others must train for years to find it. Much like playing the piano, some people naturally “get it,” while others struggle; still others, miraculously, just know. This is the mystery of the mind, an awareness not limited to the organic form of the brain, just as one’s existence is not limited to the boundaries of one’s outer skin layer. You are more complex than you understand. And it is this new understanding that you will learn to process, and accept, as you blossom into the communicator you desire to be.

So, what does this all have to do with animals? How does this relate to talking with them? Again, another complex answer that will be fulfilled with a complex explanation that relates, once again, to linear time.

Animals don’t think in language but rather through experiences—both instinctual and learned. Instinctual experiences are the joined consciousness of the species. This is why a bird wants to open its mouth to eat when the mother bird opens her mouth to feed it. It is a state of shared consciousness of her dropping and the fledgling opening. But then why does the mammal suckle?

That is a shared response that really goes to the sense of loving touch. The mother holds, the baby reaches and nuzzles, and eventually suckles. The teat secretes as the baby’s throat swallows—a harmonizing of similar responses. What you call instinctual is a conscious frequency that you are unaware of.

Animals mimic one another to harmonize into the consciousness of one species. Go back into your science, your understanding of microbiology, and how microorganisms can react to one stimulus. Well, this is how the cells of the mammary gland of the mother and that of the mouth and throat of the infant react as one. This is why animals will “clean” the afterbirth from their offspring, to stimulate breathing and the suckling of their young. There is more to this theory—much more. But the main point I’m trying to make is that there is a shared consciousness in each animal species, and it is this that you may tap into when “reading” an animal.

But animal communication is about the human who owns the animal, too. Animal communication is about the love and caring the human “owner” has for the animal; about the relationship that they share. Therefore, a large part of communication with animals is remembering the memories of past experiences with your pet. Remember, the pet relies upon species memory or instincts and learned memory from experiences. Animal language is mostly shared memories of past experiences peppered with brief glimpses into future ones.

I have an observation as the twenty-first century animal communicator typing this document into the computer. The flood of memories and experiences I receive when doing a reading can be very confusing to me. This is why I ask my clients to recount scenarios or memories that they want to understand. As a communicator I don’t comprehend some hidden verbal language of the animals that I internally “hear” as barks and growls. Rather, I rely upon the images and memories I receive in my imagination. Sometimes I correctly

interpret the memories, images, and ideas that flood my brain. Other times, my limited personal experiences can impede upon a reading.

I was once doing readings through a small barn of expensive dressage horses. These horses were bred for a specific conformation so they can dance like ballet dancers under saddle. They were all rather large; some sported brands they received as foals after passing evaluations through their breed's experts. All the animals in that stable were expensive, and the owner of the stable was tight lipped while she led me to the last stall of that day's reading of seven animals.

The previous six horses I read that day were all rather chatty as they eagerly shared their joy at doing one maneuver, or pain over another, or even distaste when their rider miscalculated a cue, or how she asked them to move. Those six horses knew their owner, their job, and easily accepted me in their presence. However, that seventh horse acted and felt totally different.

That big, black, four-year-old Holsteiner mare was bred by this barn's owner and should have been just as trusting as the other six, but she wasn't. When I opened my energy up to join with her consciousness, I was immediately assaulted with a sense of being beaten. She was terrified of life. And I jumped back and opened my eyes to look at her physical body standing back in that stall in an effort to make sure I was, indeed, sensing the beautifully bred specimen standing in front of me.

Logically, this horse was well cared for. It made no sense that a human would have trained her in such a way that the mare would distrust any other being so vehemently. I was more

curious than cautious as I stilled my mind once more. I purposefully reached out to the mare with an open hand, just in case I was sensing some wayward spirit of a horse that lingered in this area from long ago. As I opened my eyes to look at the black, I instantly knew I had the right horse; I could see her breathing in rhythm with what I was seeing behind my previously closed eyes. I closed my eyes and opened my consciousness, ready to share thoughts with this mare, and received the same images I had received but moments earlier: “All was dark. I felt so vulnerable and small. And the beating was all around me. I couldn’t get away. I was afraid.”

I pulled out of the experience and began to ask the barn owner questions. I knew the stable owner didn’t start to ride her horses until they were five years old, just as I knew this mare was special to the owner. I asked if the horse was in training already, to which the owner said, “No.” Then I wondered if I should call this owner out and accuse her of beating this horse. But I was only hired to read. So, I took the path of least resistance and confessed to the owner that the mare didn’t want to share anything with me. I apologized and did not charge the woman for that last reading of the day. I was about to leave the barn when I noticed sadness overflowing on the barn owner’s face as she shared, “I had so much hope for this filly. We imported semen to breed my favorite mare, and we never considered the foal would have been savaged by its mother upon her birth.”

Savaged? My thinking mind now understood the intense set of images and sensations this black Holsteiner was showing me. The black horse was attacked by her mother just after birth.

There are various theories as to why this can happen. Some believe when a mare gives birth for the first time and savages, or bites and kicks at the foal, this is a sense of retaliation over the intense pain the mare felt during birth and while still having contractions to expel the afterbirth. Or, perhaps, this barn owner's well-intentioned effort to clean off the foal's afterbirth before the mare had a chance to lick the foal had caused the mother's rejection? Whatever the reason, this foal was pretty beaten up by the time the farm owner pulled the foal away from her mother and out of their shared stall. The black horse was raised as an orphan. Even though her physical wounds healed, that early psychological pain never left the horse. She never fully trusted intervention by humans, or horses, or anyone. I was wrong. I had misinterpreted the beating as being administered by a human. It had never occurred to me that the assault came from the horse's own mother shortly after the birthing process.

Communicating through imagery is not precise, just as sharing the sensation of "being" an animal can be confusing. I'm 65 years old but haven't seen all that there is in the world. I know what a giraffe looks like, but I don't understand how it feels to be a giraffe. So, I might think I'm a horse with a long neck. I can only go with what I sense.

When I am in an expanded state to read, I tap into several vibrations. Some are from me, some are those of the pet or horse, and some are those of the owner. Beyond the vibration that accesses glimpses into my memories, I also can merge with the consciousness of the animal, as if I am an extra brain experiencing the animal's body. While in this state of

awareness I can imagine the scenario the owner shares, such as trotting around an arena, and sense what it feels like *being* the horse trotting around the arena. And if the owner wants to understand *why* the horse doesn't extend (or take a bigger step) while in the trot, I will imagine *being* this horse while I step a bigger step while I'm talking over the telephone, walking about my office space of a room in my home. Then I will usually sense why the horse, physically, won't take the bigger step within my own muscles, nerves, and joints. I call this sharing of sensations while within a chosen animal "merging" with said animal.

Now that I have typed the word "merging," I can sense the overwhelming presence of Yellow Dog wanting to explain more. I've written so far about me communicating with one specific animal, such as the black Holsteiner mare. But I haven't mentioned that there is another radio station, or another frequency, that I can tune into. This is not when I reach out to form an energetic connection with one specific individual animal, but a deeper, other worldly radio station. A frequency that I have grown to understand while meditating in a specific tradition. A shamanic discipline known as "journeying into the lower world."

CHAPTER TWO: JOURNEY WORK

I pause in front of my computer screen to enjoy a sip of hot tea. As I allow its warmth to bathe my mouth, throat, and then belly, my eyes drift to the stark greyness just outside my office window. The forecasted snow hasn't started yet, but I sense its closeness, that quiet amongst the wind gusts that has hindered any flight for even the smallest of birds. I feel grateful not to be outside on such a cold, grey day. And with that feeling of gratitude established while cocooned within my heated home, I place my teacup down, center myself in front of my computer, and allow my awareness to expand past sensing the warmth, past sensing the chair beneath me and my hands in front of me. The tickling sensation on top of my head starts, as I allow Yellow Dog to continue with his dissertation:

Yes, little one, shapeshifting, or merging, with a species is yet another frequency that one can rely upon when communicating with animals. In ancient times, when we asked the great spirit of the deer to lead us on a hunt, we were not communicating with one deer. No, we were communicating with the consciousness of the deer species. And by reaching out to this consciousness, we could tap into the herds that were around us. Merging with species consciousness is not within the realm of your tennis-ball self, but rather within the realm of the marble self, the inner self, the lower world that lies beneath.

In what you call “shamanic tradition,” there are three worlds. The upper world of the angelic realms (your tennis-ball self), the middle world of your ping-pong-ball self, and the lower world of your marble self. This lower world is not small, dark, or evil but rather dense and more logical, simplistic in its creation. For each species, it relied upon its respective species' consciousness before said species had the ability to diversify into individuals.

Do animals exist within the three realms as well? This depends upon the species. The dog understands its primitive, lower self that is present when it instinctually reacts to a knock on the door by barking the intrusion away. The dog understands its ping-pong-ball self when the human trains the dog not to bark through learned behavior. Does the dog evolve into the tennis-ball self? Yes, this is the loving relationship the human shares with the dog. This is the level where therapy dogs lie. But then there are the dogs that evolve into their own form of a tennis ball that they pull their human counterparts into. This is complex to explain, so I will use examples once again...

Have you ever watched an accomplished dog and handler team work together while navigating an agility course? Yes, the handler is giving the dog directions, or cues, but when the pair speed up, the direction, or cue, becomes so miniscule it looks as if the handler is no longer in charge of directing the dog. The pair become a dance as they function as four eyes and two brains focusing upon one goal. This is when the handler and dog are co-functioning through their heart brains. This is when the human “handler” IS an animal communicator,

working as one with the dog without the human brain worrying about whether the dog is processing the language or not.

Just like the current, western culture or society causes humans to separate into blind ping-pong balls of ego, so do many dog owners program their dogs to be habitual reflexes of responses and cues. To fully understand your pup takes a partnership that few humans have the patience to create. It is my hope that you, dear reader, have experienced dancing with your dog, or horse, through your heart mind too.

As I type Yellow Dog's words, I'm thinking about an issue I'm having with my dog. Yes, I agree that it is lovely to be of one mind when working with a beloved pet. But my current farm dog, Orion, doesn't always agree with what I expect of him. I've always had a sheltie as a farm dog, and after owning this farm for over forty years, Orion is the fourth generation of sheltie that has filled this role. My expectation is for Orion to trail behind or around me as I feed the animals, or clean the stalls, or even watch my grandchildren play outside. But Orion doesn't always choose to stay near me, and I've come to a frustrated stalemate with him regarding his wandering behavior.

I know Orion has been wandering away because he has been drawn to the recently re-established, and now well-groomed, walking trail that lies at the base of my road. This trail borders my north pasture, and I frequently can glimpse the distant bobbing heads of joggers or cyclists from my barn as they move past the far tree line on the opposite side of my fence. I know where my property line ends, but my six-year-old sheltie, Orion, appears to think the walking trail is part of

his property. I know that I am legally bound to keep my dog contained, and yet Orion feels the need to wander over to these strangers and evaluate whether they are friend or foe, a conundrum that I'm not sure how to fix.

Yellow Dog interrupts my questioning mind with the perfect explanation:

That is because you two do not exist within a shared sense of love and appreciation. If the human's desire were to walk the property line, you and your dog could enjoy this activity. If the dog's desire were to be by your side, you could both exist within this same sense of joy and sharing. But your intended emotions and goals are different: the human looks for companionship while the dog seeks securing safety. If you truly want companionship, then the human must accompany the dog when it secures the perimeter for the dog to desire to accompany the human on their chosen outside task. Only then can the shared tennis ball reality of oneness be achieved.

But the purpose of this teaching is not to train a dog, but to discuss the ways in which to share language with your dog—through the shared consciousness of the tennis ball or the species knowledge of the marble. Going within, or traveling to, the lower world is not how we usually communicate. This world requires intervention or the merging of a different consciousness.

The lower world has many sides. Best to explain through the practice of journey work. Once again, we begin at the heart chakra, but this time, instead of going up and out of the crown of awareness, we focus down, into the base of the body, the root, and into a lower awareness.

Each dimension feels different to me. I experience the upper world as brighter and weightless while I, personally, experience the lower world as muted and physically heavier. For me, the upper world is full of tones while the lower world is that ever-present beat of the drum. It took a lot of patience for me to learn how to journey. Like with all meditations, it can be hard to still the thinking mind. But it is well worth the effort.

Yellow Dog agrees: *Yes, little one. Everyone's experience is unique. We are providing examples, camaraderie, to encourage you, the reader, to experiment, experience, and play.*

January 9, 2024

I should have kept typing last Saturday but the lure of sitting on my butt and streaming new episodes of *Botched* was too tempting after lunch. Guess I'm not the best disciple in spreading enlightenment. And now it's a few days later and I'm getting back to writing before the next storm barrels down upon New England.

Before I type Yellow Dog's explanation of journey work, let me share my first experience participating in a "journeying workshop." This was over twenty years ago, when I still practiced yoga as a student attending weekly classes. The owner of the facility was hosting a friend who traveled to Tibet to learn shamanism. I was curious when I read one of the fliers posted in the common area of the yoga center. I wasn't sure what to expect when I arrived and dutifully took my usual spot upon the studio floor where I unrolled my yoga mat. I sat comfortably in this space and awaited further instruction as I easily chatted amongst fellow classmates that I've grown to

know as friends. I quieted along with my classmates as the owner of the studio introduced the workshop's leader.

This forty-something woman did not "look" like what I expected. She was rather, well, common. Her button-down blouse and blue jeans were crisp and clean, her hair cropped at her ears, her smile welcoming. She looked like any other person I'd walk past in a grocery store. I was unimpressed when she told me she "trained" in Tibet for a month with an indigenous man, and equally unconvinced that I would get any value from this workshop. But I felt comfortable around my fellow yoga classmates. So, when she explained to "lie down, and just relax, and listen to the drumbeat as if it was a heartbeat of Mother Earth," I decided to play along. I lowered my back against my yoga mat, assumed the yoga "corpse pose," closed my eyes, and listened to the *thub thub thub* that echoed through the studio.

I was used to lying in a state of meditation at the end of a physical yoga practice. And the routine of simply relaxing set my thinking mind a stir with thoughts: first of how silly the class must look to an outsider with a bunch of adults strewn about a darkened yoga studio lying upon yoga mats, while a woman beat a Native American drum in one corner of the room. Then my thinking mind began planning a list of what to do when the class would end. Luckily, the woman leading this class gave my wandering mind something to focus upon. She spoke intermittently, in unison with the drumbeats, as she described the three shamanic worlds of existence.

She spoke about the middle world, a grassy meadow of a place with a lone tree in the distance. We were coached to

approach this tree and recognize it as our personal tree of life. I saw the glowing form of a human being standing next to a large oak tree. I knew this spirit was safe as I approached him, and then I was touching the tree. I, or the tree, was moving, as if I had walked through a revolving door of a department store, and then I emerged in a different place, where a forest of many trees was all around me.

I felt so small amongst the trees. And wondered what I should be doing here when I heard the woman leading this workshop suggest that an animal from the lower world will show itself. Then she cautioned that we should not judge what animal appeared. She coached us to trust our imagination to bring in an animal. I looked up at the trees and saw a squirrel that chirped at me like the ones I've seen behind my horse barn. I was emersed within a memory of watching a squirrel just that morning. I thought I was reliving that memory, when the memory shifted to a perspective that I didn't understand. I wasn't me watching a squirrel. I was the squirrel, climbing a tree, then effortlessly jumping from tree to tree.

The longer the drum's beats continued, and linear time clicked forward, the deeper my confusion of reality fragmented into being with this squirrel... and then I almost fell asleep, and dreamed, or I imagined, this alternative reality as I became a squirrel, jumping from tree to tree, running around the ground, and thoroughly enjoying myself. I heard the workshop leader suggest returning to the tree to follow an eagle up to the sky, but my mind was stuck with the squirrel, running, jumping, playing. I think I fell asleep because I was surprised when I heard the drumming stop. After that first experience, I knew

the path. I had already developed the ability to still my mind to meditate at home; all I needed to do was to imagine listening to a drumbeat, or my own heartbeat, and think of the meadow with the lone tree in it. This is how I practiced traveling into the lower world to greet animal spirit guides.

Yellow Dog fills me in: *It was more than this woman's words that you followed that evening, little one. It was the drumbeat. The beat of the heart is a way to help align the awareness of the mind with the experience of traveling within. Follow the beat, listen to its rhythm, and allow the memories of long, long ago to flood your perception.*

Once you reach that altered state, you are in the shamanic middle world, the place in-between, where you can greet your personal "tree of life." For Suzy, this landscape is one of a lone oak tree growing within the swaying grass of an open meadow. Don't force a landscape to appear, for whatever landscape you see is the proper one for you to experience. Don't analyze your "imagination," just follow. Keep your thinking mind at bay and imagine as a child would through play.

Imagine walking to whichever tree it is that you see. Trust. This "tree of life" is your doorway to one of three alternate planes of reality that are known as the three worlds. At this point your intention might allow you to explore the world the tree exists within, the middle world. Or you may choose to crawl into the tree to experience the lower world. Or, perhaps you will be guided up, up, and away, up into the upper world. For this text, I am leading you into the lower world that one usually enters by traveling into the tree. Once there, you may be greeted by a Keebler Elf from your cookie commercials, or

you might slide into the root, or you might simply walk into a looking glass of the tree and emerge into the lower world. The path will be up to your awareness... trust.

When traveling into the chosen tree and emerging into the lower world, you will be greeted by an animal. This is no normal animal, but a blend of the consciousness of the species. At this point in the journey, you can choose how you want to develop this relationship. You may want to merge with the consciousness of this animal and experience the journey through his/her eyes and ears. Or you may want to become a similar animal and run, walk, fly, or otherwise experience the journey as a partner to the animal spirit guide. Your journey might be deafeningly quiet, with only the noise of the drumbeat pounding like the tick, tick, tick of a silent movie reel. Or you may hear noises in a way you have never experienced before. How you experience this group consciousness is defined by the way your mind can perceive psychic phenomena. Accept this journey without judgement or expectation.

The animal that chooses you might be surprising to you, or you could have requested to greet a specific species. Oftentimes, the species you are seeking to work with will share an adversary, such as a horse sending a cougar or a mouse sending a cat. You are learning, developing your abilities; so, again, play with joy.

The lower world is instinctual, sensorial, experiential, and basic. Here you will learn how to think like a species—see the world from their perspective. Practice how to live as a being that is not human and then emerge with new knowledge.

Do not worry about becoming lost because the rhythm of the drum will bring you back. Journey work predates the human language. This ancient art lies dormant within each of us. Enjoy reviving the memory. And cherish the knowledge that your new animal guide will share.

Animal guides and spirit guides are not ghosts or unfriendly lost souls. They are beings from the spiritual realm that harmonize with your energy. Just as you may naturally get along better with one type of personality over another, your spirit guides match what your personality can best communicate with. And if you prefer to work past your current abilities, with time, the type of beings that work with you may change, or what you call evolve. But all those beings that you have greeted will always be available to participate in future journeys with you. For once the veil between beings is broken, that communication channel will stay open. Of course, you may choose to block a transmission. But your spirit guides are always there to help and assist you. Do not fear what you may previously have learned through societal teaching as something which could be harmful. For the intention of this communication is one out of the heart, that place of love without consideration, that place of unity for all.

You will not just have animal spirit guides from the lower world to assist you on your path toward animal communication, but you will also have guides from the middle world and the upper world too. The middle world is your ping-pong ball and your tennis ball of existence. The world of your ego and that of your heart. Commonly called “guardian angels,” these beings assist in your daily life. They help to filter

out non-beneficial experiences and to provide support for life's challenges too. Even people who choose not to develop their psychic abilities may sense these unseen helpers from God. All humans have personal spirit guides. What I am proposing is greeting the deeper guides involved with more altered states.

You have this ability; don't doubt yourself. Simply experiment with what you would call "imagination" and allow the new reality to unfold. What you call "imagination" is much more than you think. It is an effortless way of allowing a new state of awareness to come in without the worry of the thinking mind needing to protect. This is imagination. Allowing the joy and purpose of the individual to shine through in thought.

This "silent" language of imagination is one seen through venues other than language—what you would call the primitive mind. But what is really the advanced mind of the heart? For when you are "thinking" from the center of your tennis-ball self, your heart centered self, you are not worried about self. Rather, you are functioning as an individual, reaching out to be part of a whole.

Ego is a two-edged sword. Ego is the more primitive mind—that part of the human that feels the need to react to stimuli instead of allowing the imagination to guide. Ego is the "thought" worrying about pleasing a leader or fearful of impending danger. Ego doesn't consider the whole of all the other imaginations around. For the whole, the group of individuals involved will oftentimes create a reality, or what you call a scenario, greater than the ego alone can achieve. So, allow your imagination mind to develop. Allow your tennis-

ball self to emerge. And then you will understand the meaning of being psychic.

The levels of your imagination self can vary while traveling within each of these three worlds. The middle world, the place where your ego mind usually resides, is a shared space between many forms of beings. You can access the imagination mind in this realm. This is frequently where the medium works their magic by accessing the living human's attachment to the beloved human that no longer walks in the flesh. There are many, many beings and levels of frequencies available in each of the three realms. It is up to the "reader" to have the ability to access the desired frequency. And this is a whole new topic to address.

The ego mind in your culture exposes one to many stimuli that will elicit fear and worry. I am referring to your current entertainment of "ghost hunting" and habit of seeking out "hauntings." Is there, as you call it, evil? Are there beings and frequencies which could cause the living human harm? The answer is yes. But do not fear, for all people can choose the beings, choose the frequency that they want their imagination mind to venture into.

It is quite simple. Train yourself to have this ability and then you will have no problem "reading" others.

Allow me to address this idea of "frequencies." You are a "receiver" for a message when you choose to open your imagination self. Think of a stove top. You can choose to place a pan on to cook at a low, middle, or high setting, the result being that the substance within the pan will simmer, cook, or

burn. This increase of intensity is like what happens with sound.

You can whisper to another, or you can talk at a normal pitch, or you can choose to yell. This is increasing volume. But, thinking about cooking or sound there are even more ways to alter the dial. With cooking you have the stove top and the oven. You have heat transferred from simply below and then heat trapped within a box that bounces all around. Turning up the oven or the stovetop, both increase the temperature, but the effect upon the item is different. For in the oven the item will cook evenly, and on the stovetop, there is more of a chance that the substance will be cooked on its bottom more than the top. On the stovetop, the cooking is from a single source and not from all around. This, too, is important when considering changing the frequency to “read.”

Create an oven for yourself to work inside. Think of yourself as that tennis ball and create the room or the space that you work within as well. Allow yourself and your oven of a space to expand into other realities. This is the piece that many “readers” miss. For you are traveling from four-dimensional existence into other planes that have five and more dimensions. What you call “shamanic work” is difficult to explain, and the ego self only exists within four dimensions. There is much fear of going “mad” in your society. Allow, let go, explore, and play.

Allow the heart mind, the tennis-ball self, to trust in love and joy. Tap into that emotion and then you will truly understand existence within the fifth dimension and beyond. A dimension of creativity, happiness, and love. An awareness

without linear time. Does it sound unbelievable that one can exist where time is not linear? Again, I have an example...

Have you ever played a piece of music and become “lost” in the moment? If you are playing the piano, your fingers are moving as your mind reviews the notes written on the paper. But once your being “knows” the song, your fingers move without direction, and your mind is not linearly thinking of the keys they are playing. Your eyes no longer need to read the linear line of notes on the musical sheet, nor does your mind need to concentrate on the task. In fact, your mind could think of a different scenario, such as what to eat for dinner that night. When your thinking mind can wander away from the music that your fingers are dutifully playing, this is when you are “lost within the piece,” suspended without linear time. Yes, your fingers are tapping the keys in a progression following the written notes, but your awareness of following the notes is gone. You simply play the piece—you simply allow the fingers to do the pattern, and your awareness can sense the music. This is what your children labeled as autistic can do—exist without the awareness of linear time while their awareness is in the moment at different plane of existence. This is where you can “read” the animals. This is also the space where you can develop your psychic abilities.

Those that practice psychic phenomenon understand this need to lose their awareness of your four-dimensional existence. To become your tennis-ball self, you need to step out of the ego, your ping-pong-ball self. Yes, you still exist within your ego dimension, but you co-exist within the two states of awareness. Your ego body sitting in your dimension while part

of your mind, your chosen “awareness,” steps into the heart mind.

Just as your body remains upright, sitting on the piano stool and your fingers remain playing the keys, your body can stay active, or remain in stillness, while you “read” the animals. Your living body will come to no harm while you read. Your culture-laden personality, though, is another topic of discussion. If your body stiffened when I mentioned the word “evil” then you understand the obstacle that must be overcome.

I cannot begin to assure you that one’s mind can and does create reality. There has been some “scientific” work—what you call the “placebo effect” when it comes to people “believing” they are healed and so they are. To place oneself into that sense of safety, to understand that you do not need to confront “evil,” I recommend creating a space, your own cooking oven, when working with the heart brain. Suzy can explain her rituals, while others use theirs. The purpose is not to demand that you go forward following the path I suggest. The purpose of this is for you to create your own cooking stove of existence. And within this “safe” space you can expand your heart brain to read the animals.

I was raised Catholic and believed that any spirit guide I met through a journey or meditation would be alright to work with if he or she could be in the same space, the upper world of heaven where I imagined Jesus to reside. Through my religion I was led, by others, through prayer or meditation into the altered state of my heart where I greeted Jesus and God. This was my training—my basis for belief. The concept of

saints and angels was also part of my religion, as was the belief that certain saints could help one with specific tasks; angels, too, could be known for helping in ways related to a cultural agreement. I was never taught how to find a personal spirit guide or angel. Mine was an ascended world of culturally induced deities that a group could agree upon. So, when it was proposed that I seek out a personal guide, I was a little lost in how to proceed.

When I dreamt about a new spirit guide or went into meditation and experience an ascended being that felt like more than a lost soul, I would do what I was trained since childhood to do. I would pray and see if that same spirit guide, or ascended being, could be in the presence of Jesus. Once I felt confident that the new being was okay to be around, I opened myself up to learn from this guide. I'd be fed some tidbit of information, usually through a dream, and then would research the topic when I was awake. My personal spirit guides became more important to me than my previous religious beliefs in the saints and their applied attributes. This accumulation of information was different with each guide. Sort of like the pitch of a person's voice, I became familiar with the differences of each of my guide's energies.

Yellow Dog explains this: *Suzy has spent years developing relationships with her guides. Each has their own personality to Suzy, which elicits a specific feeling, sensation, or vibration. When Suzy can "sense" the personality of her specific guide, she knows she is receiving information from the heart brain. The model of a spirit guide personality is rather easy to grasp*

for one that lives in the ego self world of friends and acquaintances.

Suzy then uses this concept of “calling in” her guides while simultaneously “greeting” the seven directions of east, south, west, north, up, down, and within self. When a religious belief suggests only calling in the higher deities that are perceived as residing up in “Heaven,” the reader is only cooking on the stove top. I’m suggesting placing yourself within the confines of the oven and then allowing your awareness to totally shift into the tennis-ball self, but with the chosen intention of good fellowship, friendship, love, and joy. These are but a few of the chosen emotions locked within the heart brain. A state of existence where the emotions of fear, doubt, and evil do not exist.

This intense state of pleasure or joy is also called rapture. Many religions believe this is a state that transports people from Earth to Heaven, a state for the “Second Coming of Christ.” This is also that state of ecstasy people may experience while taking what you call psychedelic drugs. This is the reason Indigenous cultures relied upon mushrooms, peyote, or ayahuasca. For once a person experiences the heart mind, the journey back into that expanded state of awareness can be more easily achieved because the ego mind understands:

- 1. The fact that such a state of awareness exists.*
- 2. The sensation that the state of rapture is pleasant.*

3. *“Letting go” of the fear of the unknown through an understanding that no harm comes to the ego body when experiencing rapture.*
4. *That this state of awareness is where different knowledge can be understood.*
5. *The mind knows this new frequency of rapture, and, for some, this same mind can travel back there.*

How does one choose to travel into their tennis ball state? Altering the mind to achieve this state is as varied as the people choosing to become readers. Think of this as a task like becoming creative enough, or inspired enough, to write music, draw an image, write poetry, or achieving an altered state to commune with a beloved god or deity. The heart brain is based on many things. The easiest to understand would be its connection to the emotion of love.

Love is in the heart. This concept is popularized by your culture. Hearts represent lovers and cupids. Iconic paintings of religious beings, such as Jesus, show the “sacred heart.” Your culture has phrases as “straight from the heart,” “sensing it from the heart,” or “knowing from the heart.” Your culture does, indeed, understand how to think through your tennis ball heart self. So why don’t you do it?

The hierarchy of community stresses that few oversee the many. And if the many all had this understanding of the heart, then those that are chosen to lead would not have many people to lead if the many disagree with the leader’s decisions. To sum up this statement, leaders in your culture rely upon fears to manipulate the many into following. One of these fears is the

concept of evil, hell, and punishment if one does not follow the path of the chosen leader. This paradigm bodes well for the ego brain's existence. But not with the heart brain, where one lets go of control and trusts the group consciousness decisions.

To guard against one leader choosing the path for the many, I recommend finding your own path toward truth. Open your tennis-ball self. Find the consultant within your frequency—what Suzy calls the spirit guide. And know that this guide's truth is your truth too, for your spirit guide is part of your purpose, part of your frequency, sharing your same goals, perspectives, and desires.



*Sharing consciousness is natural,
believing is not.*

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