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Lesson 19: Fast Talk Conversations

Fast Talk Conversations is a modern day version of the 1980's automatic writing with the spirit and edginess of 2012. Instead of a pen and paper, which you can still use, I suggest using your computer. Set a timer - this is essential. Give yourself 5 minutes to type out everything you hear from your dog, horse or cat. This method gets your logical, get-in-the-way-mind out of the way by using your hands and a sense of urgency. You must be willing to make typing mistakes. This also helps with those who hate to be wrong, so they stop the flow of intuitive information from coming out of their mouths. When typing no one is seeing your words, and it's okay to let messages from your pets flow through your heart and onto the keypad *with typos*. I also highly recommend closing your eyes until you are finished or using an eye bag.

Steps:

1. Ask which pet will be the speaker.
2. Get them ready for a talk. You can have them in the room with you or ask them to converse from afar.
3. Ask them to speak loud, slow and steady.
4. Start with one idea in each question. Use their response to build onto the next question.
5. Be emotionally neutral.
6. Ready your first question in your mind.
7. Position your hands
8. Go!

Reflection:

What was the biggest surprise in doing this exercise?

What did you discover that you didn't know about yourself?

What did you discover about your pet?

Tips:

Talking out loud as you type can help with the flow of pet talk conversation. Ham it up! You might find a fun or unusual dialect pouncing out of your mouth. Go with it.

Do this exercise many times. Here are some variations: (fill in the blanks with the type of animal you want to work with)

1. You are the captain of a ship and your _____ is first mate.
2. Your _____ is the captain of a ship and you are the first mate.
3. You are in your _____ body looking at **you**. What do they say to you?
4. Your _____ is your human baby. You are pushing them in a baby carriage. What do they say to you?