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## Lesson 20: Moving Conversations

Moving conversations is an exercise to bypass the inner critic that doesn't believe you can truly talk to animals. Art is the modality. Art chisels into your inner psyche filled with images, symbols, sounds and colors, where rational thought and judgment is banned. Fast, large or intimate drawing hand movements will pull forward the messages your beloved fur, feathered or hairy ones have to share.

Interestingly, I've seen in my students, that art brings up strong emotions for or against doing it. For some of you the thought of any kind of art, which you haven't done since 4<sup>th</sup> grade – not even doodling – is scary. Maybe your art teacher laughed at you or worse, like mine, ripped your drawing up! The idea of putting crayons to paper makes you nauseated. It's time to clear that pain. You can do this! Isn't the possibility of hearing what your dog has to say worth it? For the rest of you, you've already gone to get your watercolors, your Faber-Castell Polychromos Pencil Set and your Premium Recycled Sketch pads. Wherever you are on the loving or hating spectrum about art, know this is a powerful method of accessing the inner dialog of your pets.

### **What you will need:**

1. Paper (Any size, the larger the better and lots of it)
2. A sturdy surface to work on
3. Markers, pencils, pens, paint, crayons...multiple options and colors
4. Timer set for 20 minutes
5. Your willing pet. Either physically or energetically
6. Private space to lay out all your supplies without interruption

7. Questions for your animals
8. Willingness for your art to be whatever it is

**Options:**

You can write out question and answers. (Use a different color for your question and their answer.)

Draw a picture or outline of their body and ask them what's going on in it

Draw a picture of your home and ask them how they feel about living there

Draw pictures of the people who live there and then write / draw your pet's response

Draw pictures of the other pets and draw / write your pet's thoughts about them

**Tip:**

Remember to give yourself a short time limit. This will get you out of the "I have time to think about this" mode and into the intuitive flow.

**Reflections:**

What did you notice about yourself from this exercise?

What did you find out about your beloved pet?

Did you have emotion come forward? If so, what?