

AJR Laura Stinchfield Transcript

0:00:01 - Anncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Laura Stinchfield with us on the show today. Laura is an animal communicator, translator, teacher and guide. She works with pet owners, trainers, veterinarians and all kinds of rescue groups. I got a bunch of questions for Laura, including all kinds of behavior and medical questions, as well as the common things pets want their owners to know. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Laura. Laura, welcome to the show. I'm so excited to talk with you today.

0:01:32 - Laura

Me too. Thank you so much for having me on. It's such a pleasure.

0:01:36 - Julie

Yeah, well, my gosh, I love reading about the work that you're doing and I've got pages of questions prepared for you, but when I was getting ready for this chat, I thought, oh my God, I have so many questions. Which ones do I need to prioritize? Because I think so many of our listeners and so many people in the world are pet lovers and that seems to be your area of specialty and and it's just such a you can't talk about pets without smiling. You know they bring so much joy yeah.

0:02:13 - Laura

So true, so true.

0:02:16 - Julie

So how did you get into this business? Did you just wake up one day as a kid and say I'm going to grow up and be a pet psychic?

0:02:21 - Laura

No, you know, I never. You know. It was before the internet, so I had no idea. I mean about pet psychics. I mean, Dr Doolittle, probably is that, that's about it.

But when I was growing up, I grew up on a horse farm and I just thought everyone understood the animals.

I just thought everyone knew what they were thinking and feeling.

And it was actually kind of really difficult for me growing up, because it was a time where people spanked dogs for you know, going to the bathroom in the house or or, um, beat horses for not jumping, and I could not understand, like why people would do that if they knew the

horse had a hip problem, or or the dog just didn't understand a hip problem, or the dog just didn't understand. So it actually wasn't until my early 20s that I realized I was doing anything different than anybody else. And what happened was I started to study animal training and my teacher started to say to me like what are you doing? Like you're doing something differently. The animals are coming along faster with you, they're looking at you differently, and that's when I started to really think about it. And then, also around that time, somebody handed me a book by a woman named Penelope Smith and she's sort of a legend in the field or pioneer in the field of animal communication and I read that and I just sort of dived in and it just kind of came from there.

0:03:48 - Julie
Interesting.

0:03:49 - Laura
That's so true.

0:03:50 - Julie
My, my mother. They had a golden retriever and she would roll up the newspaper in a row and squat him on the behind, so common. And they just yell at him. I said why are you yelling at this poor dog? Yeah, yeah, Just tell him what you want him to do. And it's like they understand. You know, the humans believe that they understood what they were talking about. They're not going to go to the bathroom in the house if there's not a reason for it. Right so did you just?

the whole time you were communicating with the animals and you just really weren't realizing what you were doing. Tell us how that works. Do you have a thought and you think of the animal and it goes to the animal and how does that feel? How's that work? How do they answer you?

0:04:38 - Laura
Yeah. So for when I was a kid it was more like a sense of knowing. It was just I just couldn't look at my dog and I just knew he had a stomach ache. But as I got older and I started to study animal communication, I really learned to break it down.

So what happens is, when we're actually talking to an animal, what we're doing is we're sending the images in our head and the feelings in our bodies and attention to the animal. And when they're talking back with us, that's exactly what they're doing as well. They're sending their images in their head, their feelings and their feelings in their body. And so then that processes through us and everybody picks it up differently. Some people might get flashes of pictures in their mind. Other people might hear a little voice in their head that's talking. Some people might pick it up in their body and you, as an intuitive, you probably feel the same thing, right? You're getting it from spirit or you're getting it from clients. It's the same thing with the animals. It's just like a different frequency on that radio dial.

0:05:44 - Julie
Yeah, I do the same thing with the animals as I do with people. It's attention intention. My attention is on that animal and I say something telepathically, and then I get an answer and I get visuals, and I get feelings, and I get all of it, which it sounds like you do too. Interestingly enough, I had two snakes in my garage within three days, a couple of weeks ago oh my gosh Really and one was like this big old snake and the other one looked like he was a junior high age snake, you know he was kind of a medium snake.

And they were just hanging out in my garage like out in the middle, and so I said to both of them hey guys, you know, hi, great to see you, but you know you need to move on. Go ahead, I

need to shut my garage door. You don't want to be trapped in here, just go ahead and move on. And I felt like Dr Doolittle. I thought you know, here I am.

I'm talking to these snakes, and both of them left as soon as I asked them to leave. Isn't that amazing? And I wasn't afraid of them at all. Somebody said, well, you should have killed those snakes. I said, why would I kill them? I mean, I'm in their territory. I built my house in their natural kingdom. But it was interesting because I thought, okay, two snakes in three days in my garage and we have an upper and a lower garage. They weren't in my husband's garage, they were in my garage and on the upper level. And so I thought, okay, there's more of a significance here.

0:07:14 - Laura
I think so too.

0:07:16 - Julie
Meaning of snakes, because that's so rare. I don't ever remember having a snake and they weren't hiding in anything. There's a lot of things. They could have been hiding underneath my car, yeah, but they were out in the open. I mean, they obviously wanted me to see them, yeah.

0:07:34 - Laura
So what did you find?

0:07:35 - Julie
out Like what did you? They signify spiritually, see, if I remember this correctly, like transformation, opportunity, opportunity and affluence or something. I mean it was all good stuff, but I think we're all trained to be afraid of snakes, you know, back from the Garden of Eden. Yeah. You know and all of that, but what do you get with those two?

0:08:00 - Laura
snakes in my garage. Well, I do know that snakes, their transformation right, and the shedding of the skin and then their spiritual meaning also is like it's healing too, because it's the medical sign right. So I don't know, like they probably came as a sign for you for some transformation you're going through or a shedding of your skin you're going through with your medical, intuitive practice. That would just be, you know me guessing, without me having like actually talking to the snakes, you know.

0:08:35 - Julie
Yeah, so I was the following week going to my training in Atlanta where I had people flying in from all over the world Fort and all over America and Canada, and that's what I got too that there was a connection there with the transformation stuff that was going to happen at that training for all of those people who were attending both my students and my graduates that were there volunteering.

0:09:00 - Laura
That makes total sense. And there's multiple of them. So there's like your students yeah, that's so neat, that's so neat, yeah, it's like a gift from spirit to tell you it's going well, well, and then and then.

0:09:18 - Julie
I don't know about you, but when something happens, I mean I'm led. Okay, go look up the spiritual meaning or go look this up, you know when. When that happens? Yeah, well, because, especially when there's synchronic, know when that happens?

0:09:25 - Laura

Yeah, well, because especially when there's synchronicities, when it doesn't just happen once, when it happens over and over again, that's definitely a sign from spirit, that it means something. So it's always good. I mean, we have Google at our fingertips, which is so beautiful that we can just, you know, look it up. But also, I say, like anytime that there's a sign from spirit, we feel ultra present to the present moment. We're like ultra sensitive and like everything's crystal clear and we almost feel like we're in this vortex of energy. So, like when you see the snake, you're like, oh wow, look at that snake and everything sort of dies down, and then also you're calm. So you're like looking at the snakes and you're not scared and you're calm. That's definitely a sign that it's spirit driven.

0:10:17 - Julie

Well, the other thing and you bring in a really good point which is the vortex, because what do snakes do? Is they coil vortex? Because what do snakes do? Is they coil which looks like a vortex? And vortex mathematics is all over. I don't know about you, but all over the work that I do. There are vortices in healing, there are vortices when somebody's dying, there are vortices in a bunch of the other areas of woo-woo, that I call the bay of psychichness.

I never thought about that before, but it looks like a coil which looks like a vortex of a snake when they coil up Interesting.

0:10:57 - Laura

That's right. And the snake is the kundalini energy going up too right Like the breath work. It coils like that yeah.

0:11:06 - Julie

See another vortex. I never heard of vortex mathematics until no, mimi, they're really. Actually, tesla was the one that really brought that to the forefront and he said that it's its source, uses the vortices and he talks about that. It's plasma energy and it's all related. And at the center of a human nucleus, of a cell, is a black hole that is source in the form of a vortex.

Oh, don't you love it, gosh, I know so lots of meanings here going on, yeah. So back to when you're communicating with an animal. Just give us an idea of what happens. You got a horse and you want to talk to the horse, you want to communicate with the horse. What do you do? Do you have to be with them? Can you be remote? How does all that work?

0:12:03 - Laura

I do not have to be with them and my business pretty much is all remote now. So I mean, the way clients do it is it's very similar to the way your business works. People book online, they book a schedule, they schedule a time and then they get an email and they have to fill out a form before and then, at the time of the call, I look at the picture of their animal. I like to have a picture and their form which lists questions.

And then what I do is, before any reading, I just ask spirit to be clear and to help us be clear with the animal and to help the clients to feel connected to their animal. And then I just go from there and I like to have a picture of the pet, just because then I can see their eyes. Their eyes are to me like their phone number, but I don't really need it, but I like to see it. You know, I like to see their cute little faces and from there I actually hear it in words. So what my mind does is it transfers the feelings and the images in their minds and their feelings in their bodies all into words and then I type it out while I'm talking to the client. So I type out everything that they're saying, Then I read it over. Interesting yeah.

0:13:24 - Julie

Yeah, over Interesting. Yeah, yeah. Well, I think it's interesting too when you said you want to see their eyes, because who said the eyes are the windows of the soul? I don't remember who said it.

0:13:34 - Laura

I don't remember who said it either, but it's so true, like it's so true.

0:13:38 - Julie

Yeah Well, the other thing, too, is that it sounds like you're getting information of how they're communicating. It's being translated into words, into English words, in your head. I find it fascinating that spirit, whether it be an animal or a tree, or a spirit in heaven, or a spirit that's still attached to somebody's body, heaven, or a spirit that's still attached- to somebody's body that signs are the universal language. When you go traveling internationally, like you might be in Heathrow Airport, in London and you're trying to find the restroom.

Well, what are you looking for? You're looking for a picture of a toilet, right, and that's what they have all over the world, regardless of what the language is. So sign is signs and images, I find, are the universal language.

0:14:31 - Laura

So yeah, it's so true. You know, some people get caught up on it, though, because some people are not visual and so, like they'll be saying, like I don't see pictures, like I don't, I don't. Like if I'm teaching someone how to do it, or or I'm trying to explain how how they can get it back from their pet, they'll be like I don't see pictures, I don't know how to do that. Well, if you don't see pictures, then then find other ways, like how are you feeling in your body? Or do you have any thoughts that just pop up into your mind or you know, or if you're sending it, be really clear with your words, and your mind and your body will create the feeling in the picture.

0:15:13 - Julie

And that's what I teach too is we all have a way that we learn naturally, visually, kinesthetically, auditorily, direct knowing and it's been my experience, Laura, that that's the easiest way for a spirit to communicate is in our natural abilities on how we learn. So having a technique that only uses one of those modalities doesn't make sense to me. It reminds me of back when I was in school. The kids that were left-handed were taught that they could only write with their right hand. I always thought, even as a little kid, I thought well, that's stupid, who cares? Or then they write with you know, I mean why? Why does it matter? And I think it's the same kind of a thing there. Do you believe that everybody has the ability and it's just a matter of developing and enhancing it, or do you think that it's just something that's a gift that only like a percentage of the population?

0:16:12 - Laura

has. That's a tricky question. I think anyone who wants to have it has it. So if they have a desire to and it's like something in their heart that they want and they love animals, I think definitely, and it's like something in their heart that they want to, they love animals. I think definitely. There are some people who are just extremely analytical and they have a very, very hard time like feeling it, but I also think those people don't want to, so like they don't want to go into this field in any way. So, but some of those people also have an unbelievable business sense and unbelievable intuition. So I do think, if you want it, you can definitely develop it.

0:16:54 - Julie

I agree.

0:16:54 - Laura

So I do feel that I was meant to do it, Like I came here into this you know life to be able to talk to animals and to teach people about that, and I think everybody has some type of you know meaning or gift that they have when they come into this life. But that doesn't mean that there's lots of people that can't talk to their animals and get information back. I think anyone like people are doing it all the time and they're not even realizing it, Like they're sitting on the couch with their dog and their dog is saying, oh, I really want to go to the mountains and hike this one trail, and then all of a sudden the person is thinking, oh, maybe we'll go for a hike this weekend and we'll go to this spot, and they don't even realize that their dog just called them. So I really feel it happens all the time and people aren't realizing it.

0:17:47 - Julie

I agree, and with everything it's the same way, and I think with babies and little kids too, before they're verbal same thing, it's the same concept. Would you agree with that?

0:17:59 - Laura

Oh yeah, I talk to babies too. That's part of my business.

0:18:02 - Julie

I don't do a lot of it, but I do like a couple of months or something and they're so fun, they're so fun and they and and I just tell people, my God, you have the ability, everybody has it when they come in, and what a convenience to be able to communicate with your, your infant or your infant grandchild and find out what hurts. You know, they're wailing in the middle of the night. You're like what the heck? I just want to go to sleep. And you know, and they've got back in the day, they had a diaper pin that had come unhooked and they were being stabbed by the diaper pin.

Yeah, yeah, I remember that, my mother telling me that that happened with my little brother, that the kid one night woke up in the middle of the night, was just wailing. My brother, darn, was like I didn't. She said I didn't know what to do and I thought, well, I'm going to change his diaper. And here was this diaper pin that was sticking.

0:19:01 - Laura

Oh, he probably doesn't like tags on his pants or anything.

0:19:05 - Julie

Now, you know I know, because that was before disposable diapers. You know it was the cloth diapers with their big diaper pins that they used to use with that. I think this is fascinating when I learn this about you You've had a German Shepherd-Coyote mix and a German Shepherd-Wolf mix. Some people might be intimidated by the wild animal blood in those two pets. Did you find that it changed those dogs' behavior? Did you find that it changed those dogs' behavior?

0:19:49 - Laura

Yeah, you know both of those dogs I got not knowing I thought they were German Shepherds and I rescued both of them, so I didn't know their DNA, I didn't know what they were mixed with and I do feel. Well, the first one I don't. She had more of a German Shepherd temperament than like a coyote. She had like the hunting and the prey drive and stuff, but she had more of a German Shepherd temperament. But the second one, who was the wolf hybrid, she had a lot of wolf in her and I don't really believe in people having wolf hybrids because of it. Like she was really stuck in between two different worlds and it was a rough life for her and it was kind of hard for me too. She taught me a lot about animal behavior and animal training and she was definitely like one of my soul dogs that I was meant to have in this lifetime. But she was very difficult and it was fascinating and hard to watch her navigate the world Because

there were little things like she loved children and there was a time where she would be playing with the kids and then someone would scream and her prey instinct would go off, because that scream would elicit in a wolf and she was high percentage wolf so it would listen like, oh my gosh, now I should like attack and she never attacked the kids, but she definitely got where I like I had to pull her away. So and and that happened like even when the guy with an umbrella once he we were walking by him and he like swung it like right while we walked by and she almost like went and nailed the umbrella. I caught her because I was. I knew that she was like reactive, like that, but it was.

It was tough, but she was also incredibly fascinating because I would take her out into the woods and with dogs, when you're teaching them how to like come right, you hide from them and then they'll run by you and you know you let them get a little scared about like where, where you are, so then they have to turn around and look for you. She always knew where I was. I could never hide from her. It was like instant and she knew like if someone was coming up the driveway. I swear she knew like five or ten minutes before somebody showed up.

She was. Her instincts were amazing, absolutely amazing and, yes, so intuitive and she helped me notice when there was mountain, lions in the woods, bears in the woods. She knew way before my other dog. I had an Aussie at the time and he was very savvy also, but she was her heightened sense. It was just really fascinating, but hard, you know. And then we take them into a neighborhood or you know her element was really the woods but we take her into the. It's tough, and you make them be someplace where people are driving down the road and all that noise for their sensitive ears. It was a hard life for her.

0:22:59 - Julie

Yeah, was she protective of you?

0:23:14 - Laura

view, she was interesting, she, and the other one too, the coyote shepherd. Both of them knew the difference between real danger and not danger. So if there was someone who was really sketchy or not right, she would get in between us and get bold, Different reactive than like going and like biting the person, but she would definitely stand her ground. I always knew if she didn't like someone because she would, she would. She would get bold and act very different than if someone was just strange. You know she, she knew the difference.

0:23:47 - Julie

Yeah, how did you find out that she was part wolf and that your other dog was part coyote?

0:23:54 - Laura

Yeah, Well, both of them, the the, both of them vets. So the first one, the coyote one, a vet, was like look at her, like look at the way she walks, and he just like watched her and was like she a hundred percent is a coyote, like I've known coyote coy dogs and she's one. So that was just him telling me. But then with Maya the wolf dog, she did get DNA tested, but she also I had so many problems with her, like dog training her, that I had to like become a dog trainer and I was already studying, but she was so difficult and I could not figure it out.

And a vet had told me you know what she looks like a wolf. I want you to take her up to this wolf rescue that was in Paso Robles. I was in California at the time and so I took her up there and they were like, oh my gosh, yeah, and then we actually tracked her breeder back. So we were able. I got her at a German shepherd rescue in LA, but we were able to track back where she was bred.

0:24:55 - Julie

She was bred to be wolf. She was bred, yeah, she was bred to be. Why?

0:25:00 - Laura

Yeah, they were very popular. Not necessarily the shepherd wolf mix. It's kind of a harder mix because the shepherd can be aggressive and the wolf can be shy, so the two of those together are not really the best mix, but they were just breeding them. For a while I lived in Colorado and there's like tons of wolf. People sell them like Malamute wolf dogs, husky wolf dogs. They're common, more common than you would think in the Colorado, even California, area.

0:25:38 - Julie

What's the advantage of that mix?

0:25:42 - Laura

I think people just like to have a wild animal. You know it's like, yeah, interesting, yeah, yeah, and I've known some really nice ones. So like I've known ones that have been easy, so like Malamute, wolf dogs are a lot easier they're, you know, but I've known a lot that have been easier and nice. I don't want to, but I still I think they should stay. I don't think you should mix them.

0:26:06 - Julie

Were they tough around other animals too, like around other dogs and other domesticated animals, cats and dogs?

0:26:14 - Laura

The koi dog was the first one was great with all animals. You could trust her with anything and the wolf dog no. Like she wanted to like kill other dogs and like she was very, very difficult and she was very prey driven. But I got her like to get along with my cats. She even got along with my bunny, so like I trained her to be really good. But I did not trust her with any other dog besides my own and no animals outside the home.

0:26:44 - Julie

Oh my gosh, Fascinating. When I was reading your bio I thought, wow, that's interesting. Yeah Well, and both of them are such spiritual animals too. Both the wolves and the coyotes, you know, have so much spiritual significance. My poor husband. Every time there's a full moon, I'll start howling.

0:27:06 - Laura

That's fun.

0:27:10 - Julie

We'll be in the car and we'll be talking about something. I'll notice it's a full moon and I'll just start howling. He's like oh my God you're such a maniac.

0:27:19 - Laura

He doesn't join in, he's got to join in.

0:27:21 - Julie

He just shakes his head after all these decades of being with me, or I'll be bringing you know, I'll bring it in the bird food. I have a big bird food thingy on my deck that's elevated and the raccoons like to come get it, and so I bring it in at night and then put it back out in the morning, and so sometimes I'll be getting that in our media rooms down on the lower level and it's a walkout level, and so he'll be watching some movie and I'll just stand outside the window and start howling at him and he'll just go oh, for God's sakes, I'm married to a crazy woman.

0:27:57 - Laura

How fun. I think it's funny. I think that's fun.

0:28:01 - Julie

Exactly, you know a full moon? Absolutely. Do animals have a body language that certainly you understand? I'd love to hear some examples of that. But I'd also love to hear some examples that those of us that aren't trained as pet communicators that we can notice that are kind of universal, like maybe with dogs or cats or horses or other animals.

0:28:29 - Laura

Yeah, there's a Norwegian dog trainer, her name is Turid Rugas, and she sort of watched them and wrote a book it's called Calming Signals, on Talking Terms with Dogs, and these are calming signals which are body language signals that all animals have and they're used to calm themselves, communicate with other animals, and sometimes they use these body language signals to communicate with us as well. I think every pet owner or animal lover should know about them, because animals use them all the time. So some of them are blinking of the eyes, looking and looking away, licking their mouth like licking their own mouth, yawning, sitting down, lying down, stretching, kind of like that yoga down, dog pose or play bow. We call it. Coming to you at an arc is one. Holding up a paw can be one. Fake sniffing can be one. Fake grooming like a cat will like groom, holding up a paw can be one. Fake sniffing can be one. Fake grooming like a cat will like groom Horses might chew, and so those are the main ones where an animal is calming themselves or communicating with another animal.

Then there's lack of calming, which people should know as well, and that's like closing of the mouth, leaning on the front paws, body getting stiff, eyes staring like ears pinning, and then from there it can go into any fear behaviors like a fear retreat or a fear cower. Or it can go into lunging, barking, snarling, whether it's fear aggression or territorial aggression. Or, if they're puppies, it can go into fooling around behaviors where they're running around like crazy, just fooling around. And so I say like it's really important to kind of watch a dog's mouth. So like you really want to go over to a dog with their mouth is closed and they're staring right. If an animal has a relaxed mouth and relaxed eyes, you're pretty safe. But if they start to like stare and close their mouth, something's coming. So you just kind of want to be careful of that.

0:30:34 - Julie

And then when you say that calming behaviors, what does that mean? That they're stressed and they're calming themselves, or they're calm and it's okay for you to approach them? Yeah, good, it can be both.

0:30:49 - Laura

It can be both, yeah. So either they're stressed and they're calming themselves, so like, let's say, you have a dog and you're like petting its face, right, and the dog doesn't want you to pet its face because they don't know animal really loves you to be petting their face, you know, unless it looks strangers. But so they'll kind of like, look at you and then look away, look at you and then look away, or they'll lick or yawn and they're kind of trying to tell you, hey, I don't really like that, you know, and it might get faster and more repetitive, different than if you're petting them and they're going, you know, like that's different, you know, if they're like, you know, like really enjoying it. But if they're starting to like look and look away, they're uncomfortable and they're trying to tell you. Or, like some people say, like I'm talking to my animal and they're not looking at me, they're turning away from me. Well, they're turning away from you because when we're sending our energy towards another animal in animal language, being square on to an animal and having direct eye contact with them is an assertive body language. It can even be an aggressive body language. So if we're going at them and they're

doing this. Sometimes they're just being polite, they're just okay, I don't want to like come on too strong to you, so I'm gonna turn and be polite.

So you usually see that a lot, when people are calling their dog and they're like come and they're, they're, they're getting like upset or they're it's like an emergency and and the dog's not coming, or they're getting frustrated and so that person is getting bolder. You'll see the animal, the dog, kind of turning to the side, or they're getting frustrated and that person is getting bolder. You'll see the animal, the dog, kind of turning to the side, or they might fake sniff and come at an arc. And then the people are thinking, oh my gosh, he's just ignoring me even more. He's sniffing and coming at me slow. He's not coming directly at me, but what the dog is actually saying is oh, you're being super intense, like I don't mean you any harm. Look, see, I'll come at you slowly. See my shoulder's to you. I'm not directly at you, I'm reverting my gaze.

0:32:55 - Julie

Interesting. You're bringing to mind my late dog, katie, who was half Keytown, half German Shepherd, half Keytown, half German Shepherd. You know, like Malmute, malmute had a lot of hair. She's beautiful, a lot of hair. And it was so funny, laura, because there was this cat across the street. And you know, I always think of the kids' cartoons where the dogs chase the cats and the dogs are the. You know, they're the alphas in that relationship. Well, katie would sit in the driveway and the cat would be like across the street, hunched down, and Katie would sit and she'd be watching the cat out of her peripheral vision and I was thinking, what are you like a sissy dog, what are you doing? You know it, you know it was hilarious.

0:33:47 - Laura

Yeah, well, she might be paying attention to the cat, like if the cats get staring at her, she's turning away to say, like I don't mean any harm, which is sweet, right, that's what it was.

0:33:58 - Julie

And then the other thing was she hated the UPS truck. Oh no, oh my god, when thePS truck would come, and I think it was the sound of the engine and the wheels or something. But boy, if she got outside we'd let her down the deck. She'd go flying up our lower drive, I mean, like at supersonic speeds, and go out there and bark. We had an electric fence so she didn't go out of the yard. But what was that? Was that sound hurting her ears or what was it? It could have been?

0:34:33 - Laura

Yeah, it could have been.

0:34:34 - Julie

She fell nuts when the UPS truck was nearby.

0:34:38 - Laura

Yeah, it could have been. I mean, it could also be the shepherd instinct of her if he ever came up to the door and, like, threw things against the door. So it's just like, who is that guy that just like slams on the door and leaves, you know? But yeah, it could be all sorts of things.

0:34:53 - Julie

Yeah, it could be a few things. My crazy husband, tim, one time he was doing something. He thought the UPS guy, just you know, put something down and gotten back to his truck and he didn't look outside first and he opened the door and he goes. Okay, Katie, get him. He just about had a heart attack. She would never hurt anybody, but oh my.

0:35:15 - Laura

God, it was like she would you know, oh my gosh, it was hysterical. She barked at him, though Did she bark at him?

0:35:24 - Julie

She went flying out that front door and was barking and he ran back to his truck and I said he's going down. I mean that was pretty awful that you did that to that poor guy. So yeah, we just kept her inside. But inevitably I'd be on some important conference call and the UPS truck would drive by and she'd start going nuts, you know, in the background and I'd have to mute myself. I always wondered what was going on with that. The only thing I could figure was it was her ears.

0:35:53 - Laura

Yeah, it could definitely be her ears too. It could be, it could be.

0:35:57 - Julie

Yeah. Yeah.

0:35:59 - Laura

I have five dogs and they're funny with the UPS and then the. You know all the guys that come to the door. Now they know when it's a new driver, they, if it's a driver, they know, they don't know. Only you'll know them through the window. They won't bark so much, but if it's a new driver, they're like they're all barking like crazy. It's so funny that they're like just making sure he knows they're in there.

0:36:28 - Julie

Yeah, I love the videos online where they where those guys, the delivery, the FedEx and UPS guys have treats for the dogs. I think now that's smart and those dogs, they go out and they wait for them and the driver got a treat for them, so they've got that as well. So, when an animal doesn't feel well, are there certain signs that they can convey to those of us that are not well versed in this that we know? Okay, if their ear hurts, you know, are they pawing at their ear? If they have stomach distress, this is what's going on and we have those kinds of things.

0:37:03 - Laura

Yeah, well, yeah, I can answer that in a few different ways. So one like I usually tell my animals if something's wrong, you know, just to keep telling me over and over and over again. And people can tell their own animal that too. Like, if something's wrong with you, just make sure you tell me over and over and over again and I'll pick it up. So what can happen is animals will send it to their people and their people might pick it up. So what can happen is animals will send it to their people and their people might pick it up in their body. So, for instance, like, let's say, an animal has like teeth pain, all of a sudden the person's teeth might bother them. Or if an animal has shoulder pain, sometimes a person's shoulder were hurt. The same with the stomach or the ear, even like heart problems can show up in the person. And I've seen it so much as people go and they get diagnosed with something or they're like oh, I've got something wrong with my teeth and it turns out that the animal has been sending it to them so often that it is then the people, because we're empathetic towards our animals and we love them and we're picking it up in our bodies and then it starts to manifest in our own bodies. So if something's going on with you and if something's kind of happened almost suddenly, or even if it's been chronic, I'd kind of check your animal out too and see if something's going on with them. So that's one way. The other way, like one of the most common things, especially for older dogs, is acid reflux and they often like a lot of older dogs need like a little snack before bed so that they don't wake up in the middle of the night and have like that acid stomach. And so you might see them panting or they might be licking their lips or licking the bedding Licking the bedding is a big one or licking their paws. If it gets really bad, they might do like a hacking

noise, and so that's like a really good one to know Sometimes. If the dog is like bugging, or cats even too are bugging you for food, or waking you up in the middle of the night and bark at you, or the cats are like pawing at you in the middle of the night and you think, oh, they just want food, it might be that they have that acid in their stomach and they actually literally need something in their stomach. So that's something to look for.

The other one that I notice a lot that people misinterpret is like so animals, when they love us, they'll often kind of roll into us right, they'll push their heads into us or whatever. But sometimes when an animal has an earache or a headache, they'll also kind of push in and they'll kind of hold it for a little bit. It's if you really focus on your animal, you'll you'll notice the difference. There's like a little bit more pain in the eye. There's a little just like if you're looking at a person and they kind of look like they're squinting, you know, like how you would have like a headache. And the dogs will do, or the cats too, they'll kind of push their head into your hand, or they'll bury their head into a pillow, or they'll go into the closet, they'll go someplace dark if they had a headache, and headaches are common with ear infections and also teeth problems. So you'll see that too.

I really think that what people should really do and this is very different than the telepathy, because the telepathy is one way to communicate with them, but then also, if you really want to be the best pet owner you can be, it's really important to just get off your phones and and really just just observe your animals.

Like don't, you don't need to call them over to you, you don't need to to like play with them at certain times, but just watch them.

Like watch how they're walking, watch, watch the things that you're they're doing, and if you're really present with them you'll be able to pick up on things that are happening to them. Like, sometimes the animals will say to me things like oh, my back knee hurts me, or my back hip hurts me, and people will say, no, like he's three years old and he's jumping like crazy. But we all know, if you've had a border collie or a cattle dog, like they could be running through pain. So then I tell people okay, well, you know, just kind of watch your animal. Like watch, like do you notice? Like when they're standing waiting for their dinner or they're standing to go out the door, are they putting full weight on all legs? And if you're really focused, you might see that little shift where they're off that leg. So just watch them. Just watch them. Yeah, bunny hopping is another one. Like if the animal's running and it starts to bunny hop, that could be pain in the hind end, even if they're going full out.

0:42:02 - Julie

Yeah, yeah, interesting my son Jonathan and his wife Mallory, who's a veterinarian, and she'll sometimes I'll refer to her, I'll say, okay, I'm seeing this and this and this with this animal and I'm getting it. It's this, this, this, does this make sense to you? So we'll go back and forth, her from the medical side and me from the, you know, from the psychic side, and and she'll ask me sometimes, you know, to scan one of her pets or somebody else, just kind of as the second opinion kind of a thing. But but their cat, garfield, is just hilarious. I mean, this cat, his name is perfect it. When company comes, that cat will open a kitchen cabinet door and hide inside the cabinet.

0:42:51 - Laura

Oh my, gosh, how cute is that.

0:42:54 - Julie

And then they're like okay, where's Garth? He's so smart. Not too long ago she was defrosting chicken or something in the sink and he got the bag, carried the Ziploc bag with the chicken and it was like marinating in garlic and something else, took it, dragged it all the way into their

bedroom, went under the bed, got the bag open and started to eat the chicken. And so she about had a heart attack.

0:43:25 - Laura

He is like a Garfield, isn't he Smart little dude?

0:43:30 - Julie

He's just he'll find him inside the washing machine. You know he'll jump inside the washing machine and stuff like that. Why is it that? Some cats and dogs and then their dog I call him Trash Dog. That dog is named Rooney and he's 15 and he's just a trash dog. If there's trash around, that dog's going to eat it. So why does that with? Some animals do that and others don't? Is it just that, again, they're not eating enough? Is it just their personalities? What's going on with that?

0:44:06 - Laura

Well, yeah, so great Multiple reasons Again, like I mean you could go that they're missing something nutritionally, right, but like Garfield's hunting, that's a hunting instinct, right, like he's taking it and then he's taking it away so like he could be hiding it, right, but that's also very much of a hunting instinct. So there's a part of him that's like a little hunter. It's so cute, yeah. And then they're just like people, like some of them have real, you know, they love foods, they're foodies and others aren't. You know, like I have a poodle. He's not a big eater. I mean, he likes his treats, but he's, he's just, he's just not a big eater. He just, you know, it's not that he has a bellyache or anything, he's just not a big eater. And then I've got another one that, oh my gosh, he'll eat anything.

0:44:55 - Julie

So yeah, they came in one time from being gone and Garfield, who's a pit mix, like pit lab mix, you know, he's got a really broad chest and stuff and now he's all gray because he's an old man, he's 15. And if his mama wasn't a vet I don't know that he'd still be with us. But he came in one time and they had he had gotten into the trash and it had one of those flip lids. You know that went back and forth. That went back and forth. He'd gotten into the trash and the lid of the trash can was around his neck.

0:45:32 - Laura

He couldn't figure out how to get it off.

0:45:35 - Julie

He's so funny, it's so when they walked in, they're. He's looking at me is he fat?

0:45:41 - Laura

does he? Is he a big eater? Is he fat?

0:45:44 - Julie

Oh yeah, loves food, but she sent us a picture. She and Jonathan sent a picture and it was Rudy going what? What are you looking at? It's like no big deal. I got this trash can head. You know how you have the rim that fits onto the can itself, which is hilarious.

For that I love it. When a dog or an animal is transitioning and so many pets ask so many pet owners by the way, dr Mal calls her pet owners. Her humans and her animals are her patients. You'll say well, I'm talking to one of my humans. You know who brought their cat, which I think is hilarious. The pets, nine times out of ten, tell me when their humans or their owners ask you know, how will I know that it's time that you want to be put down? You know how will I know that it's time that you want to be put down? And the answer I hear the most is when they can't control their bowels have you heard them that.

Have you gotten other information?

0:46:55 - Laura

Yeah, there are some animals that definitely say that. That is when people know. Other times it's just the animals are like people too and the fact that, like, some can endure an awful amount of suffering and others can't. So sometimes animals don't feel that bad and they're like you know what, like I don't want to do it, like I don't want to go through that, and they'll tell their people't want to do it, like I don't want to go through that, and they'll. They'll tell their people just by like saying it, I tell the animals this, tell their people over and over and over and over again. And it just becomes this like nagging feeling that people have that like, oh God, they're ready, you know. And then also say to people it's like if you're really watching your animal, right, like when does their suffering outweigh their joy? So when does that? When, like going throughout the day, your animal's not looking happy anymore, you know, they just look as if they're suffering.

And animals are really interesting because they're like people, on the fact too, that some of them are really spiritual, they really get it. They're like, okay, like I'm already, like meditating on the afterlife or meditating on the other side, like I feel connected to, like angels, and just this feeling of love, this vastness of love, like even if they're not dying. Some of them just feel like that, like they feel connected, and others are very like what do you mean? Like what is that? Like they'll see their dead friend who passed away and they're confused. They're like I don't know, like is that a memory that's coming up? Like, why do I see him? Why do I see my deceased you know dead friend in the house? Like I don't get that.

So it's important for us to talk to our animals about the afterlife, about like whatever we believe in heaven, like maybe get a kid's book and read about like all dogs go to heaven, or whatever it may be, and just really talk to the animals about, like, where they're going, so that they're not scared and that the animals can watch over us once they're there.

But it can really. It can be hard for people because some animals will say, like I just want to wait until, like, my bowels go, or that I don't eat anymore. And then that's how they know Like, oh, I just knew, like my animal loves to eat, and then he's not eating, so I knew that that was it. But then some animals will eat and pee and poop till the very end, you know. So yeah, it really is to just really watch them and they'll tell you and if you feel okay I mean nobody wants to help their animal go, it's the worst thing ever but if you feel like I don't want my animal to be suffering, then the animal will know that and they'll let you know when they're ready.

0:49:55 - Julie

Yeah, I hear so often from clients and people that call into my show who have euthanized their pet and then they feel so guilty afterwards and they're saying did I make the right thing and we'll talk with their pet? And the pet is like, yeah, thank you God, you know you, you stopped the suffering. But what say to those people when they're considering euthanizing but they don't feel like it's really their place to end their animal's life?

0:50:28 - Laura

Yeah, it's tough because we are acting like God in a way, right, like we are taking their life, and that's something that you do kind of have to like live with once you do it, because people do feel really, really guilty after the fact. But what happens is like, if we can think of it this way, that where they like, we're doing it out of love, right. So it's very, very rare that an animal is mad at us, that we've helped them. And if we're focused on our animal and we go to euthanize them, that animal, they know what's going to happen, right, and there may be scared, like, like I always kind of say, it reminds me of the feeling of like jumping off a high dive or jumping off like a big rock into a lake or something. Like there's a fear when you're, when you're about to go,

even for all of us, but it's you're still feeling drawn to it. And and if, if an animal does not know that they're going, like you don't want to sneak up on it, like you want them to know, like we're going to help you to go to heaven, like you want to tell them like this is what's happening and say goodbye to them and like maybe even have a party for them, like, like, give them, give the, tell them, like, really, like, this is what we're planning to do so that you don't suffer. They know, and if the animal doesn't want that, you will know Like that animal will be very uncomfortable and even the vet will be like I don't think it's the right time.

It will be so evident because the animals say I'm not ready, and I know people who've then seen that and then take their animal away. If your animal goes peacefully, they were ready and sometimes I mean this is good for people to know too. It's really tough. Sometimes one of the injections stings when they go in and it doesn't happen all the time, but so sometimes, like, the animal will jerk, like when they get one of the injections, and then people cannot get that out of their head like it's. It's so traumatizing for them, but it's just like a little pinch and then it goes away. It like dissolves itself. So just kind of, if anyone's watching or listening to this and they've had that happen to them, it's not a feeling that stays with them and it doesn't happen every time.

0:52:56 - Julie

I have a friend that had her dog euthanized and wasn't with her when it happened and she regretted that so much and she said I will never do that again. If I'm euthanizing one of my pets I'm going to be in there and I'm going to be with them.

0:53:15 - Laura

It is so nice to be with them and they know that you're there. Even when they're fast asleep from that first injection, they know that you're there. But I can also tell you this that even if you're not with them, they have a sense that you're there. So like, let's say, there's someone who's like I cannot do it, like I cannot go in that room, like you take my animal, like I literally cannot be in there, it's just like too hard for me If that person goes out to their car, or they leave the vet's office or wherever they go, and they still are loving their animal.

Like you know, love transcends space and time. So when that animal goes, whenever any of us are leaving, the veil gets thinner. So that animal will still have an experience of your love being with them. You don't need. It's nice don't get me wrong it's nice to be there in person. But if you can't do it, there is something magical that will always happen when your animal leaves. Whether it's your, love is transcending countries because you're in another country, or you're in the car and they're in the vet's office, or you're driving to the car and they're in the back seat of the car because you're in an emergency. That animal will feel your love and they will feel love from the other side. No one dies without love around them. It just does not happen. Even if our life is feeling chaotic at the moment of their death, they still are met with love. That transition is love.

0:54:54 - Julie

I agree, and I can tell when an animal is dying because their spirit exits through the top of the head, as I perceive it, and it looks like a cartoon caption bubble or a speech bubble and it's attached to the top of the head. The same thing happens with humans. Humans are surrounded by angels and the spirits of deceased loved ones and pets as they're transitioning. I don't see that in my mind's eye with the animals where they're surrounded by, like their litter mates and you know, and dog angels, like dogs with angel wings, but I think that they're surrounded by their loved ones and you know, and other entities and love in general.

0:55:40 - Laura

So I agree. Well, and our ancestors even come for them, like our great grandparents or our friend that died when we were in high school, like, like our loved ones. Come for them, like like

people who are watching over us, who are on the other side and they see us suffering and our animal going. They come, those Italian grandmas with their meatballs.

0:56:03 - Julie

They are there, have you witnessed that or have you experienced that?

0:56:08 - Laura

Oh yes, oh yes, like all the time, all the time yeah.

0:56:12 - Julie

All the time. Tell us about that, yeah.

0:56:15 - Laura

So I mean just today, like I was talking to a cat that passed away. He had gotten hit by a car in the middle of the night and they found his body in the morning. And the cat said, oh, like I'm with this woman, I'm with this woman who? Well, first he said that he he didn't. He was confused at first when he first passed because he got hit by the car, but then he said he traveled in a ray of sunlight, even though it was at nighttime. He traveled in a ray of sunlight to heaven.

And then he said oh, even now there's a woman here and she has a long couch with a knitted blanket on the couch and there are other animals on the couch and she's petting me and I'm on the back of the couch.

And the woman said, oh, that's my friend, that I know. She used to have a couch with a knit, with knitted blankets on it, and so her friend came and then later on he said yes, and and also there's this, there's this grandma woman here and she has these really comfy socks on and she's stretching out on the floor and she said that her mom died of cancer and that's the grandma, and she always wore socks around and she and that she, she was stretching out because she had cancer and she was like feeling better, you know, in her body. So she was like stretching and feeling good. So, yeah, I mean, they're always like like I had one said like I'm flying to heaven in the smell of bacon. And then there's like the guy's friend, like an old friend that he used to hang out with a road motorcycles with, is like there with the bacon for the dog. So Funny.

0:58:06 - Julie

I love it Reminds me of that TV commercial Get some bacon. You know it was animated. Do you remember that that would be? It might've it might've been, you know.

0:58:16 - Laura

I never watched a lot of TV, so that's really why.

0:58:19 - Julie

Well, when I was a kid, it was like a mad for bacon bits or something. And they had this iteration thing of this big old hound dog and the mom would be going shopping and the dog would yell out of the car I saw bacon, which was hilarious.

0:58:37 - Laura

That's funny though, but I do remember that bag with the dog on it, so I could see the commercial.

0:58:42 - Julie

Yeah, yeah, absolutely. Have you witnessed and do you believe that animals can see spirits?

0:58:51 - Laura

Yes, yeah, so a lot of times they do see spirits, yeah, and they're just like us, where some of us like are like oh my gosh, they're totally into it and they like see the angels and they, they see all types of different beings or they I don't. I had a client who was really into like yoga and Buddhist and there was like all of these like saints and like Buddhist, buddhist figures around her and the dog would see them and and the cats would see them. So that's really common. But, like I said, some of them are confused. Like what is that? Like that's scary, I don't know what that is.

0:59:31 - Julie

Yeah.

0:59:32 - Laura

Yeah.

0:59:32 - Julie

Well, it's been my experience, and I've heard this from a whole bunch of people, that they'll be just watching TV one night or something and their dog or cat will just like be looking at something and then they'll move their head like they're watching something across the room and the humans are going. I'm not seeing anybody, but Fido actually is, or you know, fluffy the cat is.

0:59:56 - Laura

Oh, I had a yeah, this is a funny one because this was this week too. I had a cat that said that they saw an angel and I said, well, what did the angel look like? And they said it had a human body, but a cat head and and paws for hands, but it had a human body and had a tail. I love that. That was funny, cute.

1:00:20 - Julie

It sounds like a cat food mascot.

1:00:23 - Laura

Yeah, every time they say that they see an angel, I'm like what does that look like? What's an angel to you? It's very different.

1:00:30 - Julie

well, and that makes sense, because we're going to interpret things as we perceive them, based on our human frame of reference. So the cat was doing it based on their cat frame of reference, but it sounds like a mascot for little friskies or something that'd be on a can of cat food or something like that, which is hilarious when a person is dying and is in the last phases of transition. I'll see their pets around them in spirit, their pets that are in spirit, and I'll see their pets around them in spirit, their pets that are in spirit, and and I'll I'll see even farm animals around people and I'll, you know, like horses and chicks and ducks and pigs and cows, yeah, I love it.

and so I'll say did your grandmother grow up on a farm or does she live on a farm now? And they'll say yeah. And then I'll describe what the animals look like to them and they'll say, oh, that's Bessie her cow, that's Charlie her horse, oh wow.

Yeah, Sarge her German shepherd, her black German shepherd, and it's really comforting to the family how the pets are there and the animal lovers get a lot of comfort knowing that their animals are going to be with them. You know, as they're transitioning and also in heaven Do animals reincarnate.

1:01:53 - Laura

Yes, all the time. So often they reincarnate. Yeah, it amazes me how often.

1:02:00 - Julie

Do they reincarnate like as a cat, if they were a cat, or as a dog? Or does, like a dog, come in as a horse or what?

1:02:07 - Laura

They can switch species if they want. They can switch sex if they want. It's really like what they want to do in their next life. You know, but I see it all the time and it really is fascinating.

And typically when an animal reincarnates into someone's home, there's signs and synchronicities. Like the way you found the animal had lots of signs and synchronicities. Like you found them on your anniversary of you and your husband or something, or on your birthday and your husband or something, or on your birthday and your favorite song was playing on the radio when you were driving into the shelter and you looked up at the clock and you saw 1111 and you always see that number when things are going on happy things are going on in your life, like little things. Like that will happen when you're finding them and then when you have them back. It's a different life and different genetics and different life lessons, so it's not an exact clone of them, but they'll still do like little things, like they might cross their arm, their paws the same way, or they might sleep in the same spots or they might get excited to see the same friends that you have. That like a certain way. So there's definitely signs that it is your animal.

1:03:32 - Julie

And you find that they reincarnate back to the same family, or not necessarily. It's just kind of a catch as catch can thing.

1:03:41 - Laura

Yeah, so typically in my work when I see them reincarnate, they're reincarnating back into the same family, but they're my clients and those are the ones I'm talking to, so but I'm sure that at times they're reincarnating into different lives too.

1:04:00 - Julie

Your dogs agree. What's the strangest thing an animal has shared with you, of all the animals with whom you've spoken or communicated?

1:04:10 - Laura

The strangest thing. Oh my gosh, I remember just when you said this this isn't the strangest thing, but it was the strangest thing at the time, and so I'll tell it. So a long time ago, I was talking to this man on the phone and his dog had passed away, and his dog told me that he was in heaven with the dog. And I thought that is so strange, right. And so I thought, like what's going on here, you know, and she was saying, like all the things that you know he does, that he was doing with her, like in heaven, and I was really confused at the time because I thought, like, okay, like, what is that like? Is that like an angel pretending to be him?

You know, and what I've learned over the years is that it can be all sorts of things. It could be an angel pretending to be him, but I think that's more rare. It's more that she's living in a past memory like it's present time, or she is, because time is not linear there. And what more that I feel like it is is that there's actually is a part of him, like a part of his spirit, that can be there with her, and so when he's at home and he's thinking about her and he's like reaching for his other dog, or he's reaching for a pillow, or he's reaching for a picture and he's stroking that blanket or collar or whatever it is. He's actually using that as like a conduit to her and so then she's

actually feeling that on the other side and it actually manifests as him being on the other side with her.

1:06:12 - Julie

Interesting. What I heard was multiple realities all happening concurrently.

1:06:19 - Laura

Yeah, right, yeah right Interesting.

1:06:22 - Julie

Yeah, yeah, I love that. Yeah, yeah, shelter animals that are adopted versus purebred animals. Some people feel very strongly that there are so many animals looking for a home that they want to always have a shelter animal and then there are others that want just a pure breed. Do you see a difference in their personalities, like the purebred ones versus the Heinz 57,?

1:06:53 - Laura

you know mutts with lots of different Well this is a really tricky subject because, like anyone who's in rescue, oh my gosh, like to think, to even think about getting a pure, like not rescuing a purebred but going to a breeder is really difficult because and I've worked in shelter so you see so many adaptable dogs getting euthanized, so it it's hard. So you know I'm all for rescue Most of my guys are rescues but, with that being said, I also have purebreds that I've got. Like a friend bred one of my dogs, another one I dreamt of and ended up being at a breeder. But what I say to people if they're going to go to a breeder, do your homework. You make sure that they are doing all the testing for, like, heart problems and hip problems and elbow problems and like any genetic problems and cancer markers. Like make sure you go to an excellent breeder, like one that is just doing everything that they you know need to be doing in research on what exactly that means for that breed of dog that you're getting.

And then really like, contact people that have gotten dogs from them and don't just look at their website, because a puppy mill can have a beautiful website and really fool you. So just do not skimp on that. Like you really need to be doing your homework when you get from a breeder, really need to be doing your your homework when you, when you get from a breeder and um, as for their personalities, I mean I have rescue dogs that are like, super confident and have like like I think that you can, it's it's it's. It depends on each individual dog. You can take a rescue animal that's been completely abused and make them into a confident, well-rounded dog, and then you could take a dog that's been bred and completely ruin it so, you know, make them fearful or whatever. So a lot goes into you know the way we interact with the dogs and how we communicate with them and how we train them and how we feed them.

1:09:09 - Julie

Yeah, I have a friend who, his wife, brought home a dog from the, the pound or the shelter or whatever, and he'd always had purebred dogs and he and he brought this dog in and they called her Emma. And he goes that is the ugliest dog I've ever seen in my whole life. Take her back. She is just. Oh my God, I can't have a dog that ugly. And you know what? He'd be the first one to admit she was the smartest, most wonderful dog he ever had. His wife, my friend, said no, I'm not taking her back, get over yourself. And then she was his dog. From there on, you know she was his dog. Do animals have the ability to help their humans heal both emotionally and medically, or physical?

1:10:04 - Laura

Of course, yeah, like to help them heal, like medically, emotionally, a hundred percent Medically, yes, but I think they're exceptional animals. You know, they're like animals that are like brought to us from spirit and they are just radiating love and they just teach us to reach that frequency where we can heal Right. So definitely, I definitely feel that they can. Like

Stormy, I sent you my Stormy's Words of Wisdom. You know my book this is one of my books, stormy's Words of Wisdom and he was one of those dogs. He was just so connected to spirit and just when people were around him they just felt better and he, he would give people a little wise advice and so, a hundred percent, like, I felt like he was healing people and me too, you know.

So definitely, I do think that we have those animals, but it's also up to us to self-regulate our own energy and to be really thinking about, like, where is health and healing? What frequency is that? And where are our thoughts and our emotions? Like, where are they residing? Are they residing in health? Are they residing in health? Are they residing in trauma? And if we reside in health and healing, we're going to be able to get there and our animals help us so much. I say to our animals your only job is to listen to your people and to play and have fun. And if we watch our animals play, we get happier ourselves and that creates healing in our bodies Right.

1:11:48 - Julie

Well, what? What makes me think of healing with animals are the equine programs. I have a dear friend who's a psychologist and she has an equine therapy program that she uses with some of her patients and clients and she said it's remarkable how effective it is. And then I know of equine operations where somebody with cancer or some other disease will go and the horses, like if somebody has lung cancer, the horse will put their muzzle right up next to the chest, on the side where the cancer is. Because I know, I've read that they can smell the cancer, yeah, and other illnesses. Like you know, bomb dogs are taught to smell things, but that these animals do the same thing too, and it's, it's really helpful. With that, a couple more questions. I could talk to you all day, but a couple more questions as we're we're winding down here. What is T-touch?

1:12:55 - Laura

Oh, t-touch is it's for lack of better wording it's a form of massage, a form of touch, and it actually helps to calm an animal down and what you do is you actually push the skin around in a circle, so it's a circle and a quarter, and it helps to bring awareness to the animal's body and there's all different touches that you can do, but it helps to connect the animal, the human to the animal and then the animal to their body. So, for instance, if an animal is stressed, you can go and touch, do the T-touches on the animal and the animal will, you know, become more centered and more calm and more connected to their body and more grounded. And they've actually done studies on that actual touch that it does work their nervous system better than just kind of touching in a random way. It is kind of like doing pressure points all throughout the body. Yeah, and it's the intention.

Back when Linda first developed it she also talked, which is Linda Tellington-Jones is the one who developed the T-touch. There was also a very like healing element to it that, like you could touch around wounds and touch around parts of the body that were hurt to help heal them. And I don't I don't know so much. If they're saying that anymore, just maybe because of the FDA or whatever, whatever you know like out there, but a hundred percent, like I would say, that it heals animals as well.

1:14:36 - Julie

Okay, yeah, one more practical question and then one more woo woo question. So the practical question is when we come upon a dog that we don't know and that doesn't know us. I've heard about stay still, let the dog come to you. I've also heard stay still, put your hand out with the palm down so that they can smell you. Are there any practical pieces of advice you can share?

1:15:08 - Laura

Yeah, I would say just be relaxed and watch their eyes and see. You know, are their eyes staring at you or are they relaxed? You know you can put the back of your hand towards them to let you sniff. You can actually stroke them with the back of your hand. You want to be careful about not coming square to an animal and then like stroking with both hands. People do that all the time to animals.

It's so rude to like touch the animal with two hands, especially when, like a Hudson he's a big German Shepherd and he's really fluffy one of my dogs People want to like grab it to him. He's a big German Shepherd and he's really fluffy one of my dogs People want to like grab it to him because he's so beautiful. And then they want to like put their hands all over him. He's fine, but another dog would bite you if he did that. So you just kind of want to watch their eyes and their mouth that's the biggest thing and approach them from the side.

You don't want to go like square up to them. You want to kind of have your shoulder to them and kind of look at them and then look away. Look at them and then look away. But if you're watching their facial expressions, you know, with a relaxed eye you'll be able to see like are they nervous? And then they're staring at you with their mouth closed. You might want to back up a little bit, you know, but I think that's probably the best. Best is to go to them slowly, aware, with a relaxed body and a relaxed eye.

1:16:36 - Julie

How about dogs that want to jump all over you when you walk into their house or you see them, you know, on the street? How do you deal with that? I've got a neighborhood dog named Thor Is that a great name? And Thor, thor, just wants to jump all over me.

1:16:54 - Laura

Yeah, oh my gosh, but in a happy way. He's happy.

1:16:57 - Julie

Yeah, yeah, he's excited.

1:16:59 - Laura

Yeah, I would stick my thumb in his collar and hold him down so that he can't jump, and be on his side and really calmly, stroke him slowly and say hi and then see if you can get him to, even if you know that he's out and if his people are okay with you carrying treats, maybe you can ask him to sit and then get him to.

You know, start training him a little bit. Get him to know that when he comes to you, if he sits, maybe he gets a treat and then he him to you know, start training him a little bit, get him to know that when he comes to you, if he sits, maybe he gets a treat and then he gets his pets. But I'm kind of like I kind of because I used to be a dog trainer, um, and not to say that my guys are perfect, but I, if you know your dog jumps on people, I would be, I would be the one to have that dog on a leash, why I met, why I greeted you and still teach him Like his people should be doing that. Yeah, because he could knock you over, you know.

1:17:54 - Julie

Exactly, and he's a big dog. He's a big like a Scotty dog. I don't know what breed that is, but he's a big. He's a big like a big Scotty.

1:18:04 - Laura

And he could scare people. I mean, he could really scare people or trip them up and you know, yeah, yeah, but as if he, if they look friendly, see if you can grab him by the collar and then like just stroke on and be calm and yeah, okay, good advice.

1:18:21 - Julie
Yeah.

1:18:23 - Laura
Why do?

1:18:23 - Julie
why do humans incarnate and why do animals incarnate?

1:18:27 - Laura
Last question I, I think we come back so that we can learn. I mean so we can grow, and you know we can. We can become better people, better spirits, better souls, and we can enjoy each other and we can enjoy life. You know swimming and communicating and love, and learning how to process our anger or our sadness, whatever it may be the same with animals. I think. They come back to help people. They come back for the experience, you know. Yeah, for the experience. We come back for the experience so we better enjoy it, make the most of it.

1:19:15 - Julie
I can't even imagine any animal not just falling madly in love with you. Oh, how sweet when you're working with them, regardless of what their species is. How can people learn more about you and your work? Tell us about your book. How can we find you?

1:19:37 - Laura
Yeah, so the best place to find me is my website and that's thepetspsychic.com, and you can just type in Laura the pet psychic or Laura Stinchfield the pet psychic and I'll come up and there's lots of information there just to kind of read about me and my work. And there's a blog where you can see what other animals are saying and articles. And then here are my books, which you can get wherever books are sold you can buy them on amazon and one of them is stormy's words of wisdom, which is just like quotes from my late dog, stormy, which are so great. Um, here's one.

I just opened it randomly and he said I had a dream I was flying in the stars. I asked myself is this heaven? Then I heard this is the heart of the universe, which you know. It actually is interesting. I haven't read that in a really long time, actually, because he passed away in 2015. But I'm a big meditator now and I was a meditator then, but not as big as I am now and sometimes I do see the stars when I'm meditating, and that is a thing in my meditation community too, that people do see that. So I think Stormy was meditating there.

1:20:54 - Julie
Stormy was giving you a sneak preview.

1:20:56 - Laura
Totally Some of the things I read I'm like, oh my God, are you serious? Like I go back and I read them and I'm like, oh my god, my little stormy, he was so wise, uh, I know, it's so cute. And then the other one is voices of the animals and these are a compilation of articles that I wrote for the Santa Barbara news press, which is in California, and it talks all about my clients and how to talk to animals and it's just a really great book to just dip yourself into, like what are animals thinking and feeling and how do I talk to them and how do I understand them better. It's just fun. You can just pick it up and read. Like the articles are not that long so you could read it straight through or you could read it, you know, just like one at a time. But if you want to learn about how to talk to the animals or just about animals in general, it's a great little book to read.

1:21:50 - Julie

Oh, wonderful, and we'll have all that information in the show notes so people can find you. Alrighty, everybody, lots of information there for you to chew on and, in the meantime, sending you lots of love from Sweet Home, Alabama, and from New York. Bye, everybody, we'll see you next time.

1:22:10 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question.

1:22:20 - Disclaimer

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