



# While I'm Away . . .

## When You Travel & Your Animal Companions Stay Home

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<http://www.AnimalCommunicatorForum.com>

Does your cat ignore you for 24 hours after you return from a trip? Does your dog or bird stop eating while you are gone? Do animals that normally get along begin to fight? Do they start to get upset when your suitcase comes out? Do you worry about them when you have to travel?

It does not take telepathy for our animal friends to notice that a suitcase has been pulled from the closet. They know this means something is about to happen that affects their lives, but they don't know what to expect each time.

Setting expectations helps reduce stress for everyone. Here's how to make things easier for yourself and your animals.

### **Technique #1: "Before You Leave"**

While you may not believe that you are telepathic, you can still communicate with your animals about your trip. If you think your animals may have questions, ask an Animal Communicator to help you with this conversation.

The animals are all telepathic, so if you choose to do this yourself, use mental pictures and take the time to fill in details.

- 1) Be physically present with the animal, sitting down if appropriate.
- 2) Close your eyes for a moment, take 3 deep breaths, and tell yourself to relax as you exhale.
- 3) Get the animal's attention by saying the animal's name.
- 4) Just as you would tell a spouse or partner about a trip you are taking, tell your animal friends. Include details and use mental pictures or images to help get the message across.

- a) Tell them you are going away and the purpose of your trip.

Animals care about us and want us to take care of ourselves. When you explain why you are taking a trip, you can say:

*VACATION: "I'm going to go on a vacation where I can not take you. I need to rest and*

*relax and have no responsibilities for a short time. Unfortunately, there is no way you can come along." Hold a picture in your mind of the place you are planning to visit.*

*BUSINESS: "I have to take a trip for my job. While I'm away, I'll be working." Hold a picture in your mind of you at work.*

- b) Tell them when you are leaving and when you are returning.

*Animals understand concepts of time. They know what a day/night cycle is. They also understand human concepts of a week. Animals who live outside understand moon cycles. You might say,*

*"Today is Wednesday. I'm leaving in two days, on Friday morning, and I will be back 4 days after that, on Tuesday evening."*

- c) Tell them who is going to take care of them. You can say:

*KENNEL: "You will be staying at the same kennel you stayed at last time. Remember what a good time you had?" Have a picture in your mind of what the place looked like, followed by an image of a person at that place whom your animal really liked. (Make sure this person is still working there if you tell them to expect so see that person.) Remind them about the activities there that they like.*

*STAYING WITH A FRIEND: "You'll be staying at [insert person's name] home. You'll get to play with [insert person's and/or animal's name(s)]." Fill in more details if you have them.*

*PET or HOUSE SITTER "[person's name] is going to [stay here] or [come \_\_\_ (fill in number) of times a day] to take of you."*

- d) Fill in more details about their care while you are gone.

*Reassure the animals that they will be fed their normal food, supplements, and medicine.*

*Tell them what the caretaker will do: groom them, take them for a walk, play with them, clean their cage or litter box, whatever. You can say: "I'll make sure you have your own food, bed, and toys."*

- e) Tell them you will miss them and be sending them love from your heart while you are gone.

*Use the "While Traveling" technique described below to communicate with your animal while you are away.*

### **Technique #2: "While Traveling"**

Each day while traveling, you can communicate with your animal friends, sending love, reassurance, and updates (mental postcards) about your trip. You will probably find this is a relaxing moment for yourself. Your animals will appreciate your daily contact.

- Lie on a bed or sit comfortably in a chair or cross legged.
- Take 3 deep breaths, and on each exhalation, imagine any stress you are feeling is flowing out with your breath.
- Breathe normally, and pay attention to your breath, watch it going in and out for a minute or two.
- See, feel, allow, imagine you are in your heart center (a space in the middle of your chest).
- Just be in your heart center and connect with the Unconditional Love that lives there in unlimited quantities.
- See, feel, allow, imagine your animal friend in your heart center with you.
- Say hello to him/her and imagine yourself holding them as if you were actually physically present.
- Imagine stroking or petting or grooming them for as long as you wish.

- Talk to your animal friend, just as if you were with them. Tell them about your day. Tell them how much you love and miss them. Remind them you will be home in \_\_\_\_ (fill in number) of days. Tell them you will "visit" them again tomorrow.

When clients have used these techniques, they have consistently reported success. Here's the true story of the woman and her bird who motivated me to develop these techniques.

Kathy has many birds and a regular helper to take care of them. While visiting Hawaii, her helper called to say that Pidge, a rescued wild pigeon, had stopped eating. Kathy asked me what to do. When birds stop eating they can sicken and die very quickly. I gave Kathy the "While Traveling" instructions, which Kathy immediately began to use. Kathy's helper saw a change in Pidge the very first time Kathy used the technique: Pidge became more relaxed and began to eat. Everyone was relieved and Kathy was able to enjoy the rest of her trip while "visiting" Pidge daily.

Whenever Elaine took a 3-day weekend trip with a friend, her cat, Marie, would ignore her for 24 hours after she returned. I suggested Elaine follow the instructions for "Before You Leave", telling Marie where she was going and with whom, when she would leave and return, and about Marie's care while Elaine was gone. When Elaine tried this, for the first time ever Marie didn't "scold" Elaine when she returned. Instead the cat greeted Elaine as if she had been gone only a few hours, rubbed against her legs, sat in her lap during the evening, and slept with her in bed that night, all of which was their normal routine.

Annette had been desensitizing Skip, her rescued German Shepherd, to get him used to the idea that staying at a kennel can be fun and is not abandonment. Still, Skip was having a difficult time and Annette had a trip coming up soon. I suggested Annette use both the "Before You Leave" and "While Traveling" techniques. Annette tried them. As a result, she now has a dog whose separation anxiety is dramatically reduced and Annette is able to travel.

If you have to be away on a trip, give these methods a try. You may find that not only are your animals feeling better about your being away, but you, yourself, may feel more comfortable with the idea of traveling and leaving your animal family members at home.