



## Pet whisperer shares secrets

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CALGARY HERALD

### AROUND TOWN

# Learning to speak animal

Jacqueline Louie  
For Neighbours

Cats, dogs, parrots, horses, sheep, chickens — Heather Faris can talk to all kinds of animals — and they talk back to her.

But Faris, an animal communications specialist, doesn't claim to have any special powers — she insists that anyone can do it.

"It works for any animal," says Faris, who prefers using the term 'animal companion' instead of 'pet.'

To this end, she facilitates Animal Communication workshops in Calgary and across Western Canada.

"Animals are so precious in our lives," she says. "I believe that animal communication changes our lives. I believe that connecting with animals is healing in many ways."

A body-mind therapist in private practice since 2003, Faris received her training in animal communication more than a decade ago. She began to bring animal communication into her practice two years ago.

"I really want to support people to trust themselves. This is something we can all do, but it's hard for us to see it sometimes. The way I teach is to really support people to get around their blocks."

To this end, Faris offers a one-day experiential workshop to help people learn how to communicate better with animals. Learning these skills can be

#### Animal Communication

**Learning Their Language:**  
Intuitive Communication with Animals and Nature, by animal communicator and author, Marta Williams

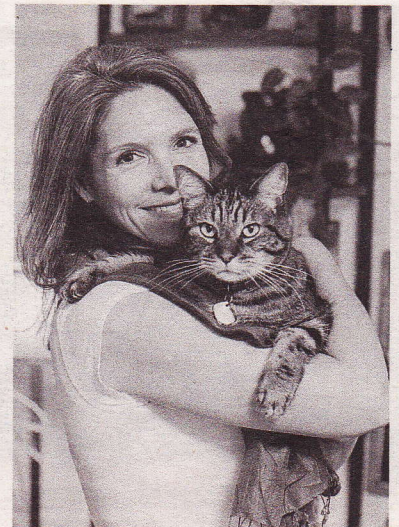
useful in a variety of situations, for example, if an animal is experiencing health or behavioural issues. They can also be beneficial during times of transition, such as moving or household upheaval.

In her workshops, people practise with other people's animals and receive instant confirmation from the animal's owner of what the animals are telling them.

They also receive feedback from other people about what their own animal companion is telling them. Then they can go home and practise, Faris says. "Trust and confirmation are key. ... Being with animals allows us to access our deeper inner selves. This is about accessing that deeper level of life which is our heart, our emotions and our soul. Many people are surprised by their ability, and deeply moved by their experience."

In a recent example of how animal communication can work, Faris shares the story of how she helped a man who had gone into hospital after suffering a stroke. While in hospital, a neighbour was feeding his cat Kleo who hid every time she came over.

Faris checked in with Kleo to see how she was doing, and found "the cat was worried that



Adrian Shellard/For Neighbours  
**Animal lover Heather Faris helps pet owners communicate with their animal companions.**

someone was going to take her away."

After reassuring Kleo that no one would take her away, and that the neighbour would continue feeding her, "the cat showed an overwhelming sense of gratitude." Faris then asked Kleo to show herself to the neighbour the next time the neighbour came to feed her, as a sign that everything was OK. "The next time she went in, the cat came out, sniffed her finger and went away. ... Kleo is not afraid of other people now," Faris says.

For more information about the workshops, contact arccalg@telus.net or call 403-461-9153.