

# Animal Communication

with Mathilde Denning

## All we can do is our best!

Based in **Denmark**, Mathilde is an animal communicator whose passion is to help animal owners discover their intuitive abilities and help humans and animals develop a deeper understanding of each other.

For more information, you can visit her website at:  
[www.MathildeDenning.dk](http://www.MathildeDenning.dk)

**O**f all the questions I receive in my role as an animal communicator, speaking with animals from all over the world with a huge variety of owners, the most common question is: how is my horse doing? Is it in pain? Can I do anything for my horse? And it touches me! It shows that all of us just want to do what is best for our horse and be the best owner we can for them. Sometimes we might feel like we could do better or listen more to our animals.

I remember a time about four years ago. My two ponies, Cokko and Chanel, and I were going to attend a talent show. The last time we performed didn't go very well as we were all nervous and insecure, so I wanted to make sure that this would be a success. As it was our turn, I quickly brought them into the arena. I asked a friend to hold Cokko and left him, because our show started with Chanel and I showing liberty work – jumping, Spanish walk, and different movement.

The second half was cordeo riding with Cokko. I got up on his back, and it started well. As the music rose in pace and I asked Cokko for a gallop, he suddenly made a huge kick in the air and I flew through his ears. The music immediately stopped. Feeling confused, I got up and for the first time I saw a troubled Cokko who looked nervously at the many people, with his ears laid back due to the loud music. I walked to him and gave him a big hug. I blew air in his nose, so he understood that I'm seeing him now. Then I jumped up again, and we finished our performance without a mistake and won our class together. I was tired with myself that day when I wasn't there 100% for Cokko because I was too focused on my own goal.

Although I can hear the animals talking, there are still times where I feel inadequate; where I



do not feel like I am paying enough attention to what they are telling me, and I do not feel like I can meet their needs. But I've learned to be grateful for these moments, because they always teach me something important.

Since that day I have never forgotten Cokko in such a situation, and I always remember to connect with him first and listen to his needs. Now he's always calms when we're at events. So, I'm grateful when I get a reminder from the animals about how I can support them better and when they remind me of the values we try to live up to every day. When I have moment where I don't listen, it teaches me so much about how I can listen even better to them in the future. No one is perfect all the time, not even around our animals, but we can learn from our mistakes to be even better animal owners next time. 🐾



## Angel

“ A reader sent a picture of her mare Angel with the question: is she in pain?

As I make a connection to Angel, I meet a very wise, strong-minded and strong-willed lady. I get a feeling that she has been with her owner for a long time; that is, she feels completely comfortable with her owner, and she shows the two of them illustrated as a centaur – an extension of each other.

She first asks me if I brought her a treat. So, I imagine myself handing her an apple. She still has her mouth full of apple as she is asking for more. I imagine a bucket full of apples in front of her and, satisfied, she starts eating. Now that she is occupied, I start presenting myself and tell her why I'm taking contact. With her mouth full of food, she says “ya ya” - that's all fine. She is used to having a lot to say in her everyday life, and it can be tough to keep up with her many ideas and strong will. I know if she finds this conversation boring, she will just leave me!

“Your owner would like to know if you are experiencing any pain?” I ask. She immediately sighs, and I get a feeling that the two of them have been going over this topic many times.

“I told her, I'm fine.” She says it with a bit of annoyance; she is not enjoying being questioned, but at the same time I feel the softness towards her owner. It's her weak spot. Despite Angel having a bit of 'attitude', opinions about everything and willpower, she is actually very soft, loving, gentle, and a true friend - as soon as you earn it from her.

When I scan her physical body I sense stiffness in her joints, especially in her back. It feels like arthritis, or something with similar symptoms. She

shows me she is walking stiffly but, in all paces, happily.

“It's the mindset that counts,” she tells me. She is good at hiding it, because sometimes it can really bother her - especially in her hind end. She asks for lots of gentle touches, heat (warm blankets or solarium), good food (important to her), and time spent on just sitting and being together. She sends me a feeling of already being taken care of, so she is already receiving supplements in her food or through medicine that are helping her. She sends me a feeling of her right hind hock which she can especially have some issues with. She asks for her owner to stroke her on her entire body, with a firm hand, so that the energy won't block (especially in that hock) but keep flowing in her body. That's important for the healing process.

“I'm fine and please tell my mum not to worry about me,” she says, softly.

I feel she has a lust for more adventures together, and for experiencing more. She loves to learn, so please do keep challenging her mentally. She wants to be included, have a purpose and a role to play, even when her physical body is less able. So, find a good way for her to contribute in your life, even as a meditation buddy or mindfulness teacher, or anything else that speaks to you.

I thank Angel for the communication, and she looks satisfied with herself. So, I give her another imaginary bucket of apples before I leave her. ”

*Do you have a question for your horse? Or about horses' viewpoints of different circumstances in general? Please feel free to send your question to my email: [Mathilde.denning@hotmail.com](mailto:Mathilde.denning@hotmail.com). It's completely free and I will be happy to answer any question you may have in the upcoming magazines.*