





# *If You Could Talk with the Animals*

## A Horse Whisperer and Her Special Communication Skills

By Laverne Stewart

Pam Allen-LeBlanc is proof that kind, caring and gifted people are here to bring light into a world where, too often, evil deeds and darkness dominate newspaper headlines. She knows things about animals that most of us don't.

On a day when it's too cold to be outside, we meet for coffee in Fredericton. Pam lives at Hidden Brook Farm in Durham Bridge with her husband, their three children and numerous animals. She's had a special connection to animals, especially horses, since childhood. She is, for lack of a better term, a horse whisperer. But her abilities go far beyond equine communication. Pam communicates with many kinds of animals, and teaches others to do so as well.

Now a Reiki master, Pam learned about the healing possibilities of Reiki with animals in 2010.

"I met this wonderful woman, Ellen Hawkins, and had her out to work with my horses. I watched her talk to them. I was skeptical, but as she worked with them I saw the horses change their body language. I told her the questions I wanted her to ask and she connected with them, and I watched their body language shift."

An agricultural scientist by profession, Pam is analytical and needs proof before being convinced of most things. Any doubts she had were completely erased when she saw the change in a horse called Honey.

"I couldn't figure her out. She broke my ribs. She broke my nose. It was a bit of a hit to my ego because I was used to getting through to horses. Honey wasn't cranky or cantankerous. She did all of those things because she was frightened, as a result of abuse in her past. I was cocky. I thought I could handle her but I couldn't. She was loving and kind, but then she would panic and hurt whoever was in her way. Ellen communicated with that horse for me. I looked on with awe."

Pam went to an animal communication seminar where she learned how to connect with her animals. When she came home, Honey was waiting for her at the pasture gate.

"She said, 'You can hear me now and we have a lot to talk about.'"

After a lot of Reiki healing on Honey, she's seen a huge change in both herself and the horse. Honey is no longer fearful. She is working so well that Pam is confident she's safe for small children to ride.

"It was a long time coming, but she taught me so much. It was

difficult to have a horse for eight years that we couldn't trust. She didn't trust herself. She didn't want to hurt people but it continually happened. Now she is very calm."

Pam's ability to hear horses has completely changed her approach with them. They've taught her a lot and she's still learning from them. Now it's about the joy of simply being with them, rather than focusing on goals and accomplishments.

The horses' living arrangements at the farm have also changed.

"I used to put them in at night and let them out all day. Then it became clear that my horses wanted to be out more. I remember being out in a snowstorm chasing an old mare, trying to put her in the barn. She was cantering through big snowdrifts trying to get away from me, and I realized she didn't want to go in. The barn was open and she could go in. I didn't need to force her."

Now the horses have a choice. They use the barn in June and July when the flies are bad, but often prefer to shelter among the trees and feel the sun on their backs in winter.

Pam understands why people would question the notion of animal communication. She did. But experience and time has taught her to trust that this is real.

"Animals hear everything. Your cat, your dog—they know what you're thinking, what you're feeling. They know what your energy is like. They know what you've been eating. They know if you're unhealthy. They just know. They have a heightened sense of smell. They have an understanding of what's going on inside us. They know we're not feeling well before we know we aren't feeling well."

It's possible for anyone to learn to communicate with animals if they're open-minded and willing to learn.

"I teach people how to get there and it works really well."

Pam has taught animal communication to more than 50 people at her farm, and has recently recorded a how-to CD to help people who can't come to her.

She also works with special needs students at her farm and, in particular, people with autism. That's mostly a result of what she's learned from the work of Dr. Temple Grandin.

"Dr. Temple Grandin is an autistic woman who has shown us a lot about the similarities between the brain of an autistic human and the brain of a horse. In studying her work, I realized horses could help autistic children and adults. What we've noticed is that autistic children can form a bond with horses that they can't with you and I, because our brains work so differently."





Pam says that forming a bond with a horse helps an autistic child learn to bond with other humans. She's recently received certification allowing her to work with autistic children, and now works with six children and one man with autism. She says she's seen huge changes in them since she started working with them, along with her horses.

"We have a 27-year-old man who was self-mutilating and always had to wear a helmet. He was with us three or four weeks when his mom had to take him to the dentist. The dentist asked if he was on medication, because he was so relaxed. He doesn't wear his helmet anymore and has stopped harming himself."

Pam says she believes he was frustrated because of his difficulty in communicating with others. But now he

communicates with the horses. When he is at a riding lesson, she says, he hums and the horses nuzzle him. It's relaxing and calming.

"I think they understand each other on a deep level because their brains are more aligned. Maybe, for the first time, an autistic person feels they are heard and understood."

"We had a little girl who was unable to answer basic questions. Now you can have a decent conversation with her. They've done intervention work with her at school, but I believe the horses were a big part of the answer for her. The horses are healing for her and for all of us."



Pam wishes more people could communicate with their animals, because when we tap into their wisdom we become better people. She says spending time with horses helps us to be calmer and more peaceful. When you spend time with any animal, she says, your heart rate slows and you

breathe deeper. Dopamine is released in the brain, which causes you to relax and enjoy life more.

Pam is a woman of faith.

"To me, it's everything, really."

She feels connected to God at all times. Some people believe that animals have no soul. Others believe there's a place in paradise for all of God's creatures. Pam believes animals cross the rainbow bridge and have an afterlife.

Since she's learned to communicate with animals, she says, her faith has become even stronger.

"I feel my life is so much more meaningful now, and I am truly blessed to be able to live in this space with these beautiful creatures around me. And, even more, to be able to share them with others—so they can get help with their healing."

Pam sees a future in helping others to learn Reiki and communicate with animals.

"I just want to see animals and humans communicate with one another. I want



to see humans heal and I want them to allow animals to help them. I want to see people enjoying life more. This is a beautiful, incredible world. I want people to look around and see that. I'd like to see a better world for animals." She's sharing her story so that others will know this is real.

"Maybe the fact that I was such a skeptic in the beginning might make it easier for other people to say 'Maybe there's something to this. She's a little off her rocker but maybe some part of it makes sense.'"