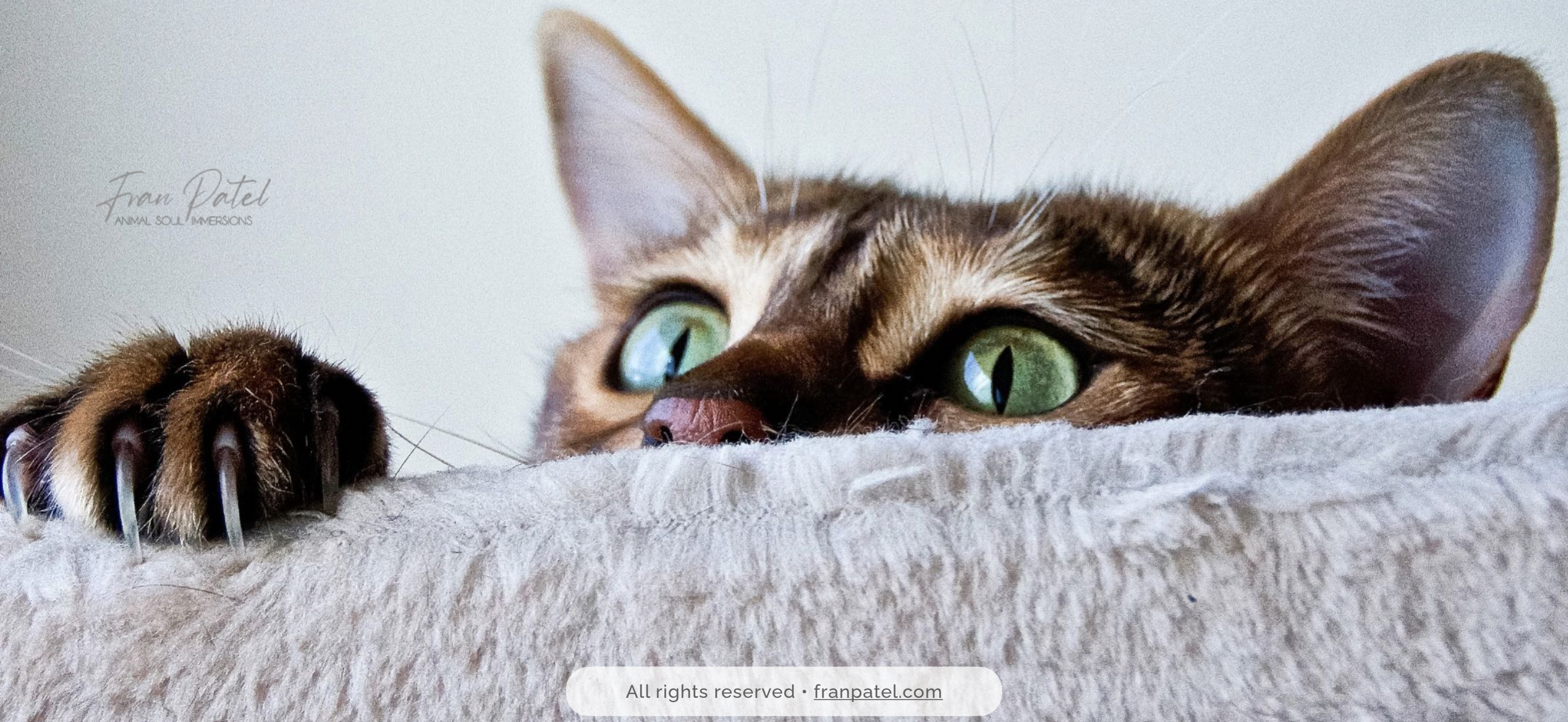
A LITTLE BOOK FOR
YOUR SOUL PET AND YOU

DISCOVER A GENTLE WAY TO RECONNECT WITH THE ANIMAL YOU LOVE SO MUCH

(EVEN AFTER THEY'VE CROSSED OVER)



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A LITTLE NOTE BEFORE WE BEGIN

I wonder how many times you've wished you could have just one more moment with your soul pet.

One more cuddle. One more walk. One more chance to look into those eyes and tell them how much you love them.

Perhaps you still talk to them. You tell them about your day, ask them to send you a sign — and then wonder whether the feather on the doorstep really was one.

Perhaps there's a question that's been sitting in the back of your mind:

Are you still with me? Can you still hear me? Do you still visit?

I believe they are. Yes to all three.

Because your 🌈 pet isn't somewhere distant. The relationship you built together is still part of your life. The love you shared didn't disappear when their physical body did.

And that's something I'd love you to experience for yourself.

In this little book, I'll guide you through a simple exercise to help you reconnect with your soul pet. You don't need any special equipment or previous experience. Just a little time, an open mind and, of course, the animal you love.

So, let's get started.



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MORE THAN A PHOTO

A few years ago I took this picture of my husband with our soul dog.

It's a photograph he loves. And whenever he looks at it, something quite extraordinary happens.

He can physically feel what it was like to have Chopstick close to him. He remembers his presence, the sensation of touching him, and even the smell of his fur.

It's not just a memory of what it was like to be together. The photograph brings those sensations back so vividly that, for a moment, Chopstick is right there with him.

I find that incredibly beautiful.

And that's what I'd love you to experience, too. That feeling of closeness, even when you can no longer reach out and touch them physically.

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BEFORE YOU BEGIN

Find somewhere comfortable where you won't be disturbed for a little while.

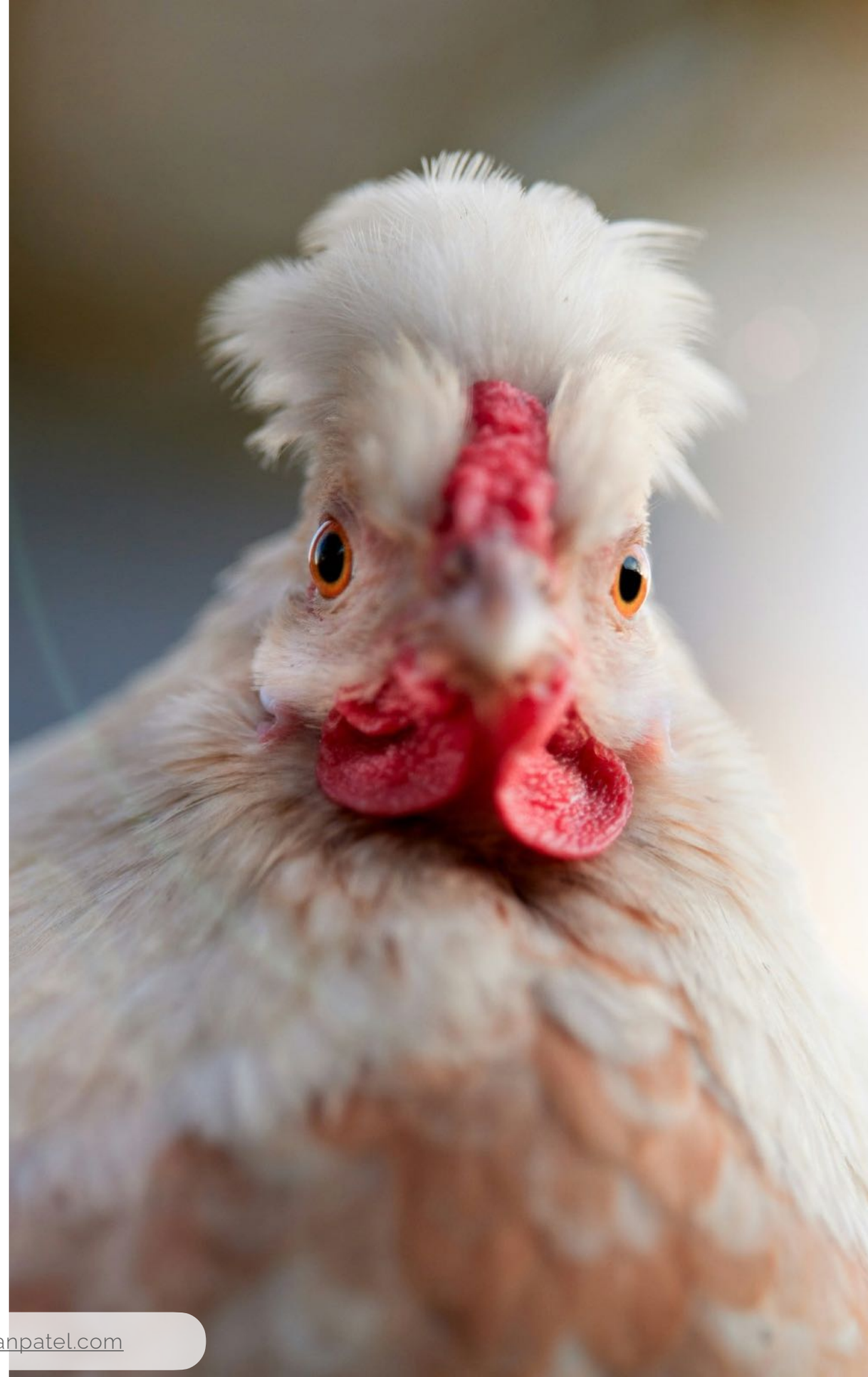
Have a photo of your soul pet nearby if you'd like. Or their blanket. Or sit in the spot on the sofa where they always slept.

Then give yourself permission to relax and enjoy the experience.

There's no right or wrong way to do this, and you don't need to be able to visualise anything clearly.

Just come as you are, with an open mind and your love for the pet you'd like to reconnect with.

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THE HEART-TO-HEART CONNECTION

Now let's get to the fun part!

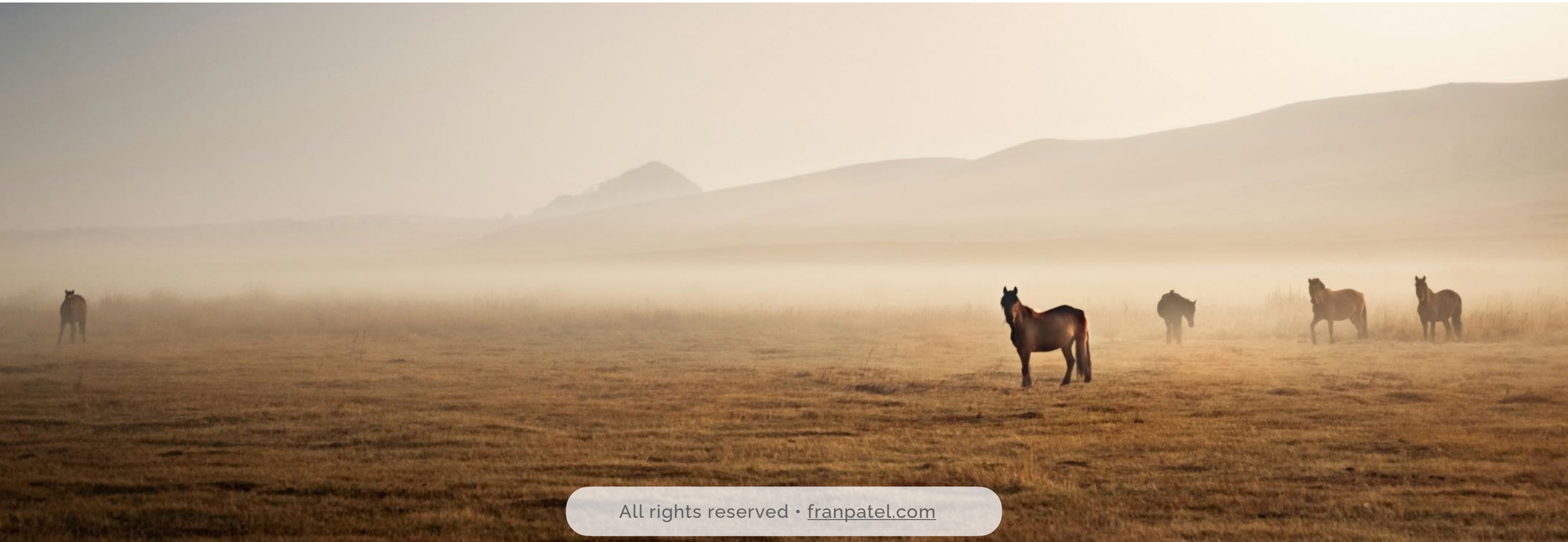
I'll guide you through a simple exercise to help you reconnect with your soul pet and experience that familiar feeling of being together again.

There's nothing you need to achieve or get right.

Just follow along, stay open to whatever you experience, and enjoy spending a little time with the animal you love.

Ready? Let's begin.

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Choose the right moment

Choose a time when you're already thinking about your soul pet.

But now instead of simply staying with the memories, make a conscious decision to reconnect with them.

Set your intention

Set the intention to *experience* the connection you share.

You could simply say to yourself:

"I'd love to feel close to you again. I'm open to experiencing our connection in whatever way it comes."

There's no need to force anything.

Just let your intention come from the love you have for them.

Focus on your heart

Bring your attention to the centre of your chest.

Take a few moments to settle there and think about the love you share with your soul pet.

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Remember their touch

Imagine reaching out and touching your soul pet.

Remember what it felt like when you stroked their fur, rested your hand on their body or cuddled them close.

You can physically move your hand. Or you can just imagine the sensation, either as a picture in your mind or simply as a feeling.

Stay with that familiar feeling. Remember their warmth, their softness, their presence.

Immerse yourself in the connection

Now, let the experience unfold.

Notice what comes to mind. Perhaps you see your soul pet, sense them beside you, remember a familiar smell or simply experience a feeling of love and closeness.

Stay with whatever you experience. Don't analyse it or try to make anything happen.

Just enjoy being together again.

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WHAT DID YOU EXPERIENCE?

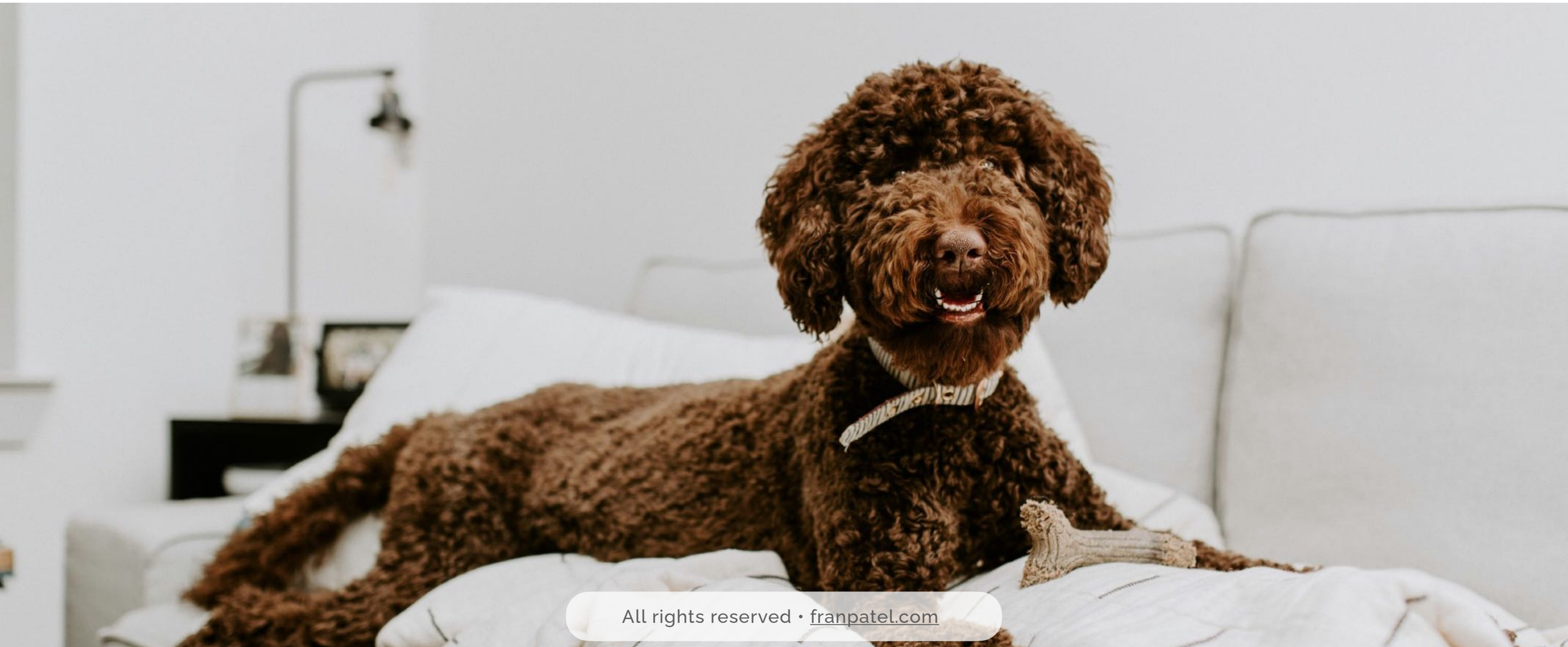
Before you rush off to do something else, take a few minutes to write down what happened.

You don't need to decide what it means straight away.

Just capture the experience while it's fresh.

Here are a few questions to get you started:

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- What did your soul pet look like? _____
- Did you notice any feelings or physical sensations? _____
- Did any words, images or memories come to mind? _____
- Did anything surprise you? _____
- What would you like to remember about this experience? _____
- What made you smile? _____
- What would you like to ask or explore together next time? _____

_____

_____

_____

_____

Did something surprise you? A feeling you didn't expect, a memory that surfaced, a sign on the doorstep the very next morning?

If you'd like, tell me about it. Write to me at fran@franpatel.com — I read every message.

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A FEW QUESTIONS YOU MIGHT STILL HAVE

What if I didn't see or hear anything?

That's okay.

Experiences like this aren't necessarily visual or audible. You might notice a feeling, a memory, a sensation or simply a sense of knowing.

And sometimes, the most meaningful part is the feeling of being close to your animal again.

Give yourself time to explore.

Can I do this with more than one animal?

Absolutely.

You can spend time with each of your animals individually. Every relationship is different, and each one has its own history, memories and personality.

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What if I keep wondering whether I made it up?

It's a very human reaction.

When something matters so much to us, we naturally want to know whether we got it right.

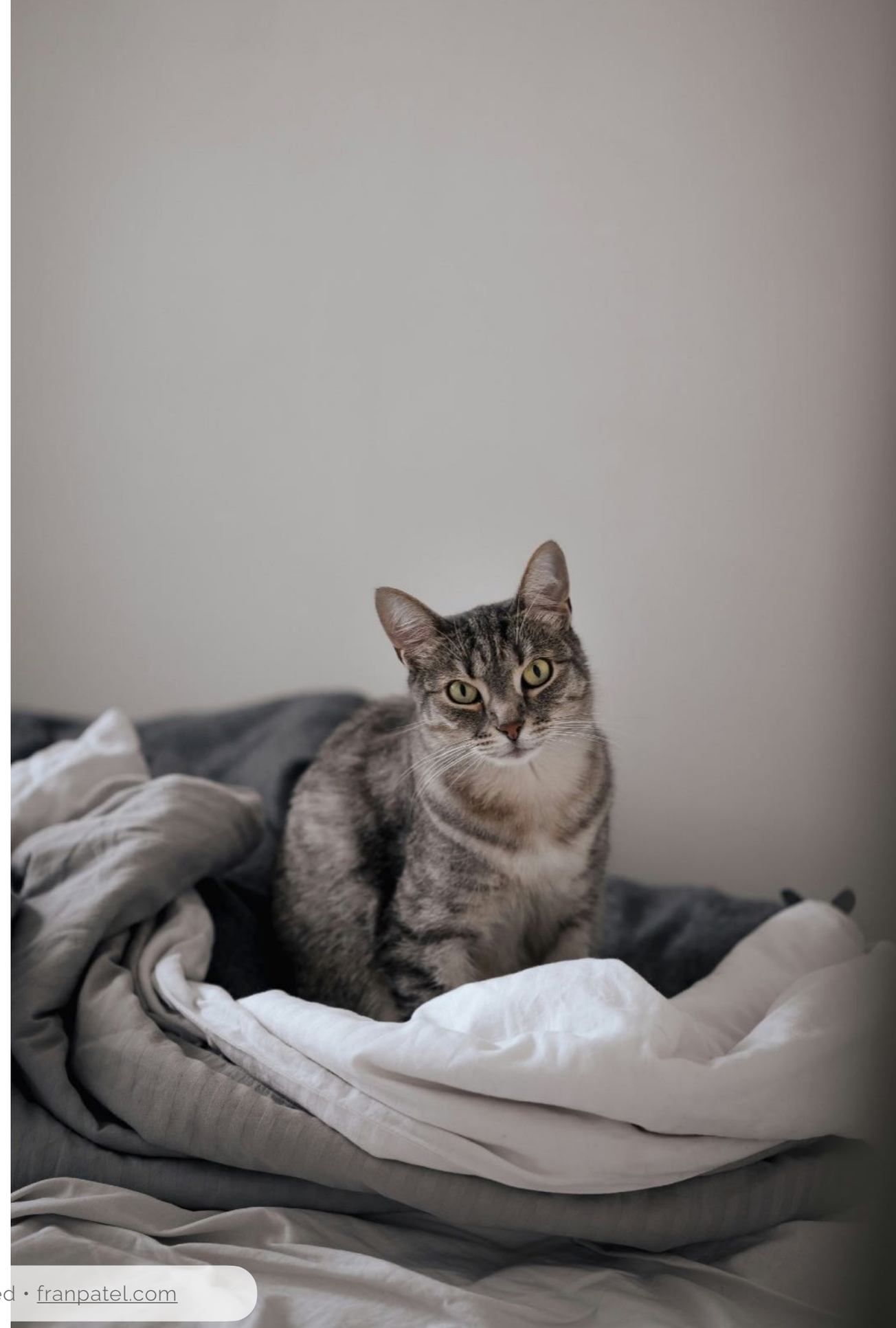
Doubt isn't evidence it wasn't real, it's the habit of a mind trained not to trust itself. This exercise is practice trusting it.

What if I feel emotional?

That's perfectly understandable.

You love this animal. Thinking about them, remembering them and feeling close to them can bring up a lot.

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THERE'S MORE TO DISCOVER

I hope you've discovered that the connection you share with your soul pet is still very much alive, and that you can return to that feeling of closeness whenever you wish.

Maybe you experienced something unexpected.

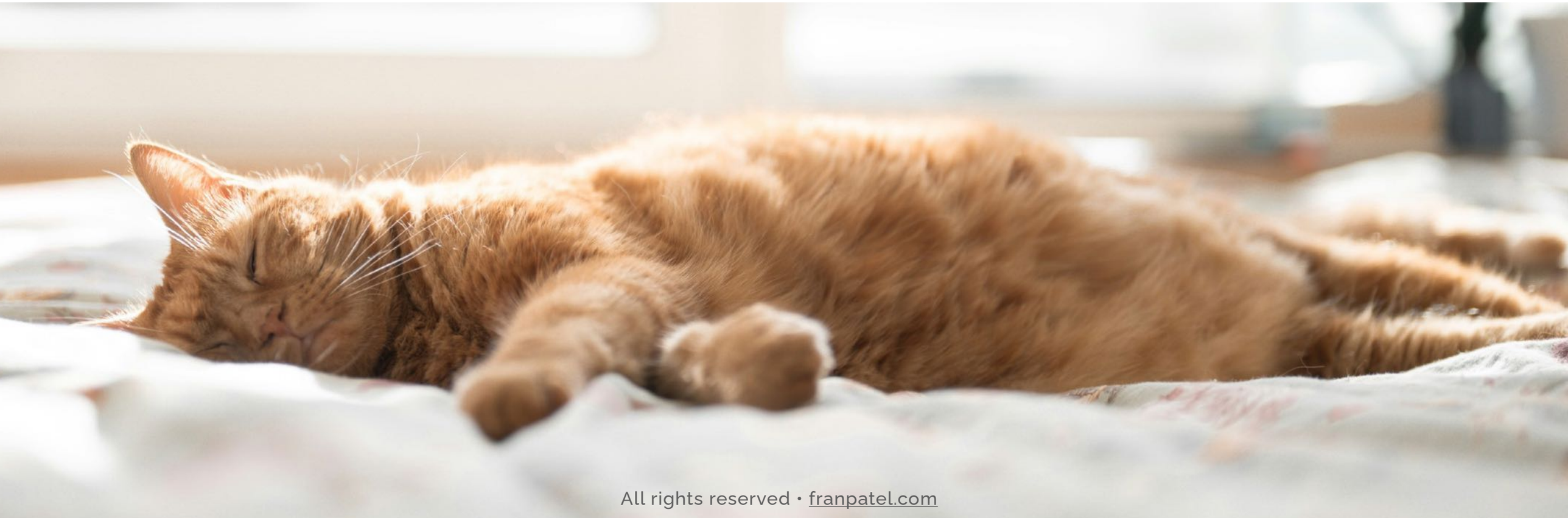
Maybe you remembered a moment you'd almost forgotten.

Or you simply enjoyed thinking about them and feeling that familiar love again.

Whatever happened, I hope you take one thing away with you:

Your connection didn't end when they crossed over.

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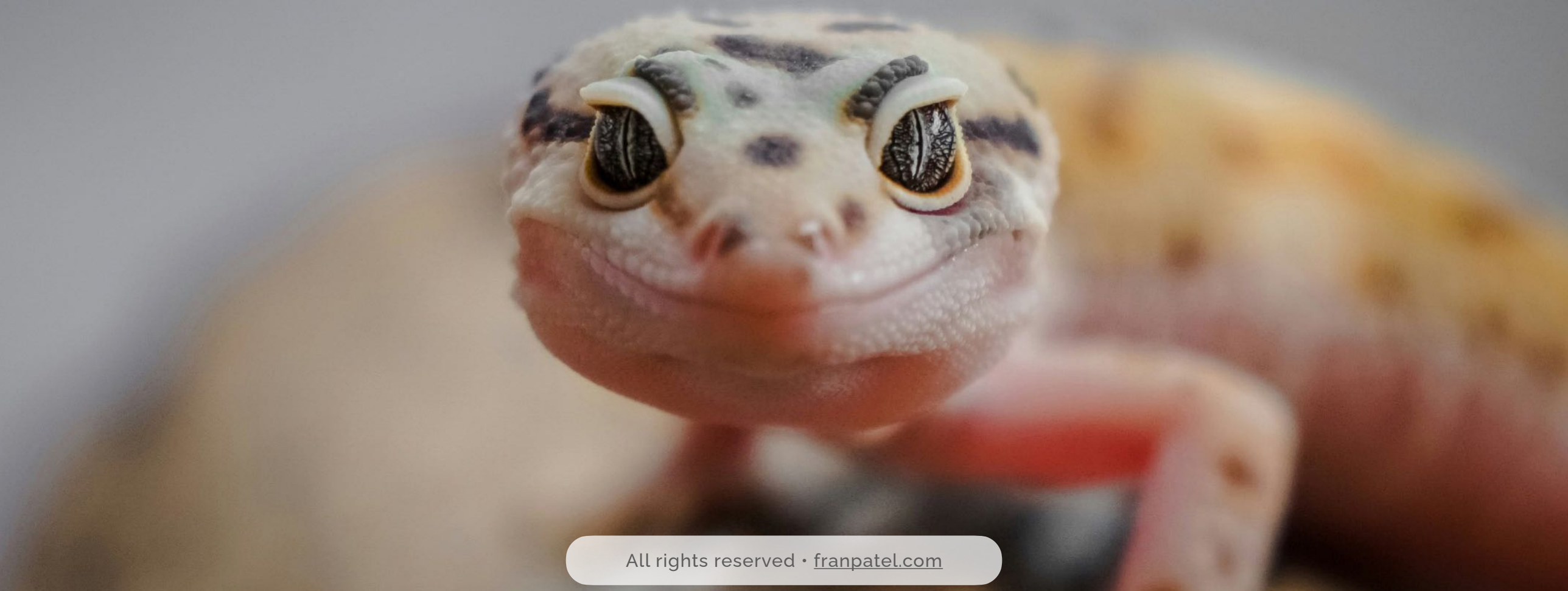
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Now imagine being guided into an even **deeper experience** where you have time to **immerse yourself** in the connection you share, **get the answer to a question**, and **discover what your soul animal wants you to know**.

That's what an Animal Immersion is all about.

If you'd like to take the next step, I'd love to welcome you to a Soul Pet Group Immersion.

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SOUL PET
GROUP IMMERSION

A little time to connect with one animal you love.

- 30 minutes, from wherever you are
- No camera, no introductions — just you and your pet
- Feel their love and get a message from them

£22 — or £16 each when you bring a friend

FIND OUT MORE

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With love from me and my animals
to you and yours,

Fran 🥰

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