

## Benefits:

Clients describe a variety of experiences following sessions. The animal may behave differently, or display new habits or behaviors. Physical symptoms may change or subside, particularly when LifeLine is included. With animals who are older and possibly near physical death, they will often agree on a signal to help the human family know how to help with the transition. Most important, the human client will feel a closer connection after reading the transcript and understanding the messages from the animal companion.

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*Denise Norberg-Johnson, a Certified LifeLine Practitioner, Animal Communicator and Reiki Master, provides optimal living services to people and their animals as the CEO of Defying Moments, LLC, a Chicago area corporation.*

As a recognized speaker and trainer, Denise has given hundreds of presentations on subjects ranging from leadership and management to motivational and personal development. She is an award-winning columnist and feature writer who has been frequently interviewed as a subject matter expert on television, radio, and in print. Denise writes the [Animals Know!](#) blog at [www.ChicagoNow.com](http://www.ChicagoNow.com), the Chicago Tribune blogging community.

**BLOG:** [chicagonow.com/animals-know](http://chicagonow.com/animals-know)  
**WEBSITE:** [defyingmoments.com](http://defyingmoments.com)

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### CONTACT

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**D**o you wonder what your animal companions are thinking or feeling? Are their behaviors frustrating and difficult to understand? Do you feel guilty and uncertain when they are aging or become seriously ill, and you don't know whether they prefer medical treatment or assistance with leaving the physical body?

*"Until one has loved an animal, a part of one's soul remains unawakened."*

-Anatole France

Animals are eager to express their needs and preferences, and grateful when we ask them what they want, with compassion and a heart-to-heart connection. Anyone can learn to communicate with other species. It simply requires a loving intention, an open mind, and a willingness to hear the message without judgment.



### The Session:

The session usually lasts 20-40 minutes. I begin with the client's questions, and the animal will guide the dialogue from that point. I will ask for clarification when necessary and record the session on my computer, providing a transcript of the entire communication. The only changes to the transcript are to correct typos and insert observations about voice quality, personality or physical sensations. The client has the opportunity to ask questions or seek clarification via email or telephone following receipt of the transcript. This may include a quick check-in with the animal (no more than 3-5 minutes). If necessary, follow-up sessions will be scheduled at the

client's request. Sometimes, the animal will reach out to me after the session. When this happens, I ask permission of the client to do another session.

### Expectations:

I am not a veterinarian, and do not claim to diagnose physical conditions. Animals often do not care about specific diagnoses, but will attempt to identify specific issues if their human companions are interested in these details. The session is not meant to replace any medical treatment or substitute for veterinary care. The animal is a sentient being with a conscious will, and may or may not choose to change behaviors. The animal may also decide to leave the physical body rather than heal or receive medical treatment. I neither advise nor attempt to override the animal's wishes or intent.