



Rainbow Fianna:  
Wisdom School for Earthkeepers

ANIMAL SHAMANISM  
LEVEL I  
MODULE FIVE

Billie Dean



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# Animal Shamanism Level I: Module Five

## Introduction

Hi, this is Billie Dean with Animal Shamanism Level I Module Five.

## Brothers and Sisters

*His body lay mangled in the middle of the dirt road. I stopped the car. "Brother, I am so sorry," I said as I gathered him up to pull his lifeless form to safety and the nurturing body of Our Mother.*

*"Why do they hate us?" his soul whispered to me. I could not speak. My throat was choked; the tears flowed down my cheeks.*

*In my spirit vision, I could see how he was hit deliberately - chased by a car with Hate in the driver's seat.*

*"Forgive them, Brother, for they are young souls." I gently closed his eyes, and released his spirit from his body.*

*"Aah," he said. "Thank you."*

*I left his empty body under a tree so it would return to Our Mother. He was Brother. He was soul. He was Fox.*

*From The Path of Peace: Deep Peace for All Species,  
Billie Dean*

If Mother Earth is a sentient being – and she is, because as a sensitive I hear her speak, and I can tell you, for example, that she dislikes cement. So, being a sentient being, and being our Mother, that makes us brothers and sisters to all the other species who also call her Mother.

This is why you will often hear indigenous people calling animals Little Brother and Little Sister. If you are familiar with Native American teachings you might have heard the phrase *Aho mitakye oaysin*, "In honour of all my relations."

Andrew and I were taught this phrase by Grandmother Kitty, a Lakota Sioux elder who travelled for Grandmother Twylah, of the Seneca Wolf Clan Teaching Lodge, which we were initiated into.

This is the [Wikipedia description](#) (text from June 1, 2011):

Mitakuye Oyasin (All Are Related) is a traditional Lakota Sioux prayer, with its opening phrase used as a refrain in many Lakota prayers and songs. It reflects the inherent belief of most Native American traditions and belief systems that "Everything is Connected". The Lakotas, Dakotas and Nakotas all the Native American tribes revere the prayer. It is used in all Yankton spiritual ceremonies and activities, like Peyotism, and employed as a prayer to end other prayers, after which the sacred food or sacred pipe is passed around.

In 1940, American scholar, Joseph Epes Brown wrote a definitive study of Mitakuye Oyasin and its relevance in the Sioux ideology of "underlying connection" and "oneness", and it has become a catchphrase and greeting in the animal rights, women's rights as well as human rights activism.

The phrase translates as "all my relatives," "we are all related," or "all my relations." It is a prayer of oneness and harmony with all forms of life: other people, animals, birds, insects, trees and plants, and even rocks, rivers, mountains and valleys.

### **The Prayer**

Aho Mitakuye Oyasin.... All my relations. I honour you in this circle of life with me today. I am grateful for this opportunity to acknowledge you in this prayer....

To the Creator, for the ultimate gift of life, I thank you.

To the mineral nation that has built and maintained my bones and all foundations of life experience, I thank you.

To the plant nation that sustains my organs and body and gives me healing herbs for sickness, I thank you.

To the animal nation that feeds me from your own flesh and offers your loyal companionship in this walk of life, I thank you.

To the human nation that shares my path as a soul upon the sacred wheel of Earthly life, I thank you.

To the Spirit nation that guides me invisibly through the ups and downs of life and for carrying the torch of light through the Ages, I thank you.

To the Four Winds of Change and Growth, I thank you.

You are all my relations, my relatives, without whom I would not live. We are in the circle of life together, co-existing, co-dependent, co-creating our destiny. One, not more important than the other. One nation evolving from the other and yet each dependent upon the one above and the one below. All of us a part of the Great Mystery.

Thank you for this Life.

Of course, in the New Shamanism, we would amend this prayer with regard to the animals. And you don't have to say the prayer, but I wanted you to sense the sentiment and feeling of grace and gratitude behind it.

When Andrew and I studied with Grandmother Kitty, she taught us the Sacred Inipi Lodge. She hated the term "sweat lodge" and said it was disrespectful to call it that. We built a tent of willow and canvas, and heated up huge river stones in the fire outside to create the steam for inside the tent. One shaman was always a special Fire Keeper, because there were traditions to follow and words to be said to make this a sacred event. Women on their moon time – or menstruating – were told to sit outside and hold the energy. This was not because they were considered unclean, but because their energy at that time was considered highly psychic.

We would sit in there for three rounds of steam and herbs, and the visions would come. But every time anyone walked into the Sacred Inipi Lodge, they would pause at the entrance, bow on their knees and say aho mitakuye oyasin.

For me personally, this took on a special meaning. It meant that every single spider, mouse, bird, dog, cat, fox, kangaroo, possum – every animal, insect, bird, fish – all of life was precious and was being honoured and blessed. And that touched me and spoke to my heart and to my soul.

If we are walking on the Path of Peace, then we can consider life to be a prayer, a prayer of honouring and reverence and wisdom. This is how I live my life and I invite you to live yours this way too.

(Music break)

## Pests

What is a pest? It's a word that an elder brother or sister might call a younger sibling when they were feeling irritated. It's a word that a human might call an animal who is simply living his or her own life, and bumping into said human because of the human's ingrained conditioning that said animal is not acceptable.

So, what are some of the animals we consider to be pests, and how can we possibly consider any soul unacceptable? Especially when we understand them to be our soul sisters and brothers, belonging to the great tribe of souls residing here on Mother Earth, the living, sentient being who nourishes us and never leaves us.

Are mice, rats, ants, cockroaches, mosquitoes any less deserving of Divine Love than a dog, cat, horse or human? Is a fox or rabbit or cane toad?

We have such a "me and them" predator mentality in our society, and we forget that we are all connected. The indigenous people understood that we are all One. And this is what we need to remember again and reintroduce back into our culture.

We also have to understand that we are living in a world of our own making. This is what the Law of Attraction is all about. And what people need to realise is that all their thoughts are going into the matrix of light and creating our world.

It is my belief that the universe is benign. It is simply our thoughts, deeds and actions that make it not so. So when you live in right relations in the world, the world is in right relations with us.

## Ayni

The Inka have a lovely word for it: *ayni*. *Ayni* means to live in balance and harmony. In reciprocity. In right relationship and sacred interchange. If you give, you will receive, and if you receive, you must give back. It opens the heart to practise *ayni* with all people and nature.

Right Relations is walking your talk, not just talking it. It means giving back. It means keeping promises. It means being honest in every way.

I'm always amazed at how people can rip off people's music, images and poetry, teachings, blog posts and Facebook posts, and claim them as their own. And still say they walk in integrity.

Really?

It's not in integrity, and sadly our culture is dominated by people who believe the world owes them, without any regard to the original artists or teachers or writers or any other kind of creator. Human angels are courteous, thoughtful and mindful of others. They are impeccably honest. They live in ayni.

It's a delicious word ayni, brimming with meaning of a beautiful way of being in the world.

I remember someone coming up to me at a screening of [This Sacred Earth](#) and asking me if she could copy it and give it away to all her friends. Well, no actually. At least she asked – and I respect that. Some people do make giveaway materials. And that is great. And sadly in certain areas of the arts, like film and music, that's the way it is going. The creation becomes the giveaway and the artist has to do something else to earn a living. This is a much-discussed subject in creative circles. In our home, our teenage daughter doesn't pirate songs – she buys the songs she likes, knowing she is supporting an artist by doing so.

And when I talk about ayni, I also mean life in a personal balance as well. Resting, not giving out too much energy to the point of being depleted. This is a challenge for many people. It is especially a challenge for life's givers. They need to learn to give to themselves.

So in our society we say we catch a flu. And if we get eaten by a tiger or a crocodile, that is a terrible accident. It's all outside us. But as my mentor Dr Alberto Villoldo shared, the Inka would say that it is the same. We're vulnerable to things being out of balance when we are out of ayni – out of right relations with the world. And it doesn't matter if that is a virus or a crocodile.

## Back to Pests

We are also caught in the net of our own thought weaving. So let's consider your thoughts around cockroaches and mosquitoes, for example. Do you send darts to them, or Divine Love?

In every home I've lived in where there have been cockroaches, they disappeared soon after I moved in because I lifted the vibration of the home – simply because I don't hold negative thoughts about any other species. There was definitely no spraying, just thinking. In fact, I don't even have to think. It just happened.

I got the lesson early. I was still in my late, late teens when my boyfriend decided to spray the house against spiders. I noticed the next year they were back with a vengeance. Hmmn. I told him not to spray ever again, and they lived in harmony with us for the rest of the time we lived in that house. Nobody got bitten.

We were in ayni with them. In right relations.

The same goes for snakes. Please see [my YouTube video on snakes](#).

So are pests, pests?

No. They are like weeds. Weeds are incredibly important plants, which we think might be growing in the wrong place, but they help correct a soil that is terribly denuded. Likewise, if we have a virus or a dis-ease, our immune system has been denuded. So instead of just thinking kill, kill, kill, we need to think. "What are my thoughts that are out of ayni or right relations? What is the underlying thought that has created the current situation?"

So pests are not pests. They are beings with souls on a journey, just like us. We are human angels and human angels don't kill each other. If we think it's okay to kill another species, then we are speciesist!

We only kill out of fear and conditioning. Now it is time to change that. Humans have done incredible damage to themselves and their environment and their animal kin with poisons to get rid of pests. And there is no need. We simply have to think differently and operate in the world at a different and more respectful and harmonious level.

If there is an animal who has come into your world which you find unacceptable, take a step back. What are the thoughts which attracted this being to you? Do you have a fear of them? Do they have a message for you? What are they saying about your inner world?

And there could be a myriad of answers to this. Perhaps you have fear thoughts, or you believe an animal is dirty – like little bush rats. Tell me, would Jesus or Buddha or St Francis kill a rat or a mouse? No, they would recognise them as a child of Spirit and commune with them.

What you focus on expands. What you fear, you attract. What you don't like or don't want will turn up again and again for you to deal with it. To change your thoughts into Love.

And this is not to say that you have to put up with being invaded. You need to come into mutual respect and agreement. And if you don't have that inner respect and agreement with yourself, how can you have it with others? It's about boundaries and communion and win-win solutions for all species.

And of course, make sure your environment is cleaned both physically, as well as psychically.

When the walls of our mudroom came down, it opened up the house to little bush rats. I used to love watching them play outside, but their words to me were that they wanted to "co-habitate". As soon as they said that, I knew I was being sent on another journey, to strengthen my boundaries and become even stronger inside. It's nothing to do with the rat population. They are Divine Messengers and shamanic teachers helping me be the best I can be. So I am grateful for the lessons, and full of love and gratitude for them.

The thing you don't want to do is think thoughts of fear. Many people immediately fear their wiring going, or rats destroying something. Guess what they will go and do!

So you hold them with love, and set your boundaries just as you would in any relationship. Some people have had great success with threatening animals. I think we are beyond that on the Path of Peace. I think that is old era, and I can't and won't do it. So for me, it is about how high can you get your vibration? How much can you stay in love and peace? How much can you stay in harmony?

It helps to understand that animals are shamanic teachers, and they will push you to be better and better humans if you understand that and take that perspective. And it works.

I personally am not bothered by mosquitoes either. I have asked them all to leave my dogs alone, as well.

Can you extend that to fleas?

Fleas, also, are yelling that there is something out of balance. I have noticed that fleas will attack my senior dogs, who don't have great immune systems. And that is where I want to start. What can I do to strengthen the immune system of this animal? Coming in from the outside and pouring poisons onto the situation isn't going to work. You have to see what is out of balance, and that can take some unravelling. What is it that this animal needs to enjoy the gift of living that will boost her into vitality?

Consider fleas your friends, not the enemy.

I recently met a cheeky rat I called Myrtle who paid a visit when we had visitors. She was as bold as brass, insisting on sitting on the sink, checking out the dirty dishes. I asked her what she was doing and she said she wanted me to deliver a message. She said, "Synchronicity is a key to living life beautifully. It has nothing to do with the physical world and everything to do with the spiritual."

I sent her lots of love and gratitude, and I never saw her again.

Please read [Secret Animal Business](#), and how we dealt with wild pigs on our land with compassion through the drought. That story is in Chapter 29: Communicating with "Pests" and Wild Animals.

So for me, it is all about dealing with the immune system, coming into harmony, and also in our prayers, honouring fleas and parasites and viruses and whatever else is up for you.

Remember, the more we want to kill, the more resistant they become. The more we Love and heal the root cause, the less likely they are to get out of balance. Raising the vibration of the home also is the first place to start – de-clutter, space clear, and make a commitment to happiness and the path of peace. It all helps.

I notice it is very hard for people in this current time to make a commitment to happiness. So take a few pages out of the sacred book of animals. How joyous are dogs, with the simple pleasure of a walk?

It's the simple things that give us contentment and peace – being out in nature, sitting in front of the fire with a good book and a cat and a cup of cocoa, planting a garden and watching it grow, creating beauty in the home by painting, decorating, creating beautiful home-cooked meals, or even jam. Even the ritual of a cup of tea can bring peace and contentment. All this can be done to provide us with a well being which leads to contented happiness. Once we learn to unharness ourselves from our conditioning, we can experience the unbridled joy of a horse galloping the wind, or a dog chasing waves.

So we think of life as a prayer and we constantly seek homeostasis or balance and harmony.

Pests are simply animals who we have attracted because of our thoughts. Or because they hold an important message for us.

## Animal Symbolism and Getting Messages

And let's talk a moment about using symbolism in this situation. A better idea is to ask the animals themselves if they have a message for you, not run to a book to look up someone else's interpretation. I especially steer clear of interpretations that have any animal as dark. Remember the universe is benign. It is only humans who make it not so. Anyone who interprets an animal as mean or dark is interpreting through their own social and cultural mores. Even through their own unhealed wounds. And this is certainly not in fitting with a new age of peace. Consider that all beings are love, given the chance.

You also have to understand that animal medicine is culture specific. More than that, it can be tribal nation specific.

So according to Jamie Sams of the Seneca Wolf Clan, in her [Medicine Cards](#), Wolf is the pathfinder, the forerunner of new ideas who returns to the clan to teach and share medicine.

According to Philip and Stephanie Carr-Gomm of the Order of Bards Ovates and Druids, Wolf is Intuition, Learning and The Shadow – in that the wolf is inner strength to help us shed light on those deepest, darkest places within ourselves. (This comes from their [Druid Animal Oracle](#).)

These are both strong images, one Native American, one Celtic, and the wolf is a strong archetype for us all. And when we come to explore symbology, totem animals and animal allies, we will look at this in more depth, but for right now, we need to understand that we can't always be outside in the backyard or in the bush and consider something someone else has written to be truth for you in that moment.

The above authors are people I deeply respect. There are also tons of cards out there that have nothing to do with animals and their true meaning, voice, legend or tradition. However they might have lovely advice for humans, and be well written and well presented by well-meaning people.

So my suggestion is always ask for a message yourself if an animal catches your attention.

My favourite story about this is when I was shovelling manure, trying to make it look as if we didn't have ten horses in one paddock for the potential homebuyer coming to look at our place. It was a lot of work and I had a small baby in a baby backpack to add to the load.

I Noticed, notice I used the word "Noticed", a small sparrow hopping on the ground near me. Curious, and knowing this was one of those moments because he had caught my attention, I asked him if he had a message for me.

"They aren't coming," he said. And I "knew" it was time to pack in the manure shovelling for the day. I thanked him and went back to the house, where there was a message on the answering machine (this was in the days before the mobile phone). And sure enough, it was the real estate agent telling me the clients weren't coming.

Imagine if I hadn't listened to his message. That sparrow saved me hours of work.

Another time, a bird flew into the house and told me, "A man is coming". I hurriedly cleaned up, and was surprised that my visitor turned out to be a lizard with a lesson in healing, and not giving up any being for dead, even when they think they are dying. After some rescue remedy and TLC, and following Spirit's advice on gum leaves, this fellow recovered and wandered off to live his good life in the bush. Great lesson!

Listen to the world around you. Animals are looking out for us all the time, offering wisdom and advice. It is up to us to slow down and listen to our personal guidance, so we can live in this world of our own dreaming, and live well.

(Music break)

## **Poisons and Healing**

In a word, anything that says "Poison" or "Do Not Get on Skin", etc., etc., don't use it on your animal or in your home. There is no difference between their skin and ours, so all those toxic washes with warnings are highly toxic and will hurt your animal. They will suppress the immune system and create health problems. A depressed immune system is what leaves bodies wide open for diseases like cancer.

In their place, use gentle, natural products that nourish and support the animal's body and their environment.

You can use homeopathic vaccines and oils and herbs instead of conventional vaccines. You can use oils and herbs and homeopathy instead of conventional antibiotics. For most of the conditions and situations, there will be a natural approach that is gentler and less harmful to your animals and the world.

This is a huge subject and one we devote a lot of time to in Level III when we look at health and healing – and rest assured if you are doing animal communication for friends, self or clients, this will come up, because we live in the world of conventional medicine which doesn't take a holistic approach. Vets are trained to see symptoms and treat them. They aren't trained to look at the spiritual, emotional, physical and etheric. It's very black and white for them. Unless of course, you get a great holistic vet who has an open mind and training in other modalities. Perfect!

It's the same for doctors. Our family doesn't even have a doctor. We go to a naturopath, and we go preventively to prevent us from getting sick. Several times a year we'll get checked out and make adjustments to diet and supplements.

But if we ever needed one, which I did when I ripped a finger open many years ago, I refused to go to hospital. I went to a family doctor I knew who did homeopathy. He was wonderful. He bandaged me up – no stitches – and my finger healed beautifully with simple remedies like Arnica and witch hazel.

I will never forget growing up with a family friend who was a doctor and when I announced I was studying herbal medicine he said, in my defence, that science was proving folk remedies had credence, and admitted that he had been treating people for 40 years and not healing them. He was a good and kind man and it must have been frustrating for him.

Every single drug has a side effect. Many side effects, some of them. Sometimes the right drug can be fabulous at the right moment. Please understand this. But instead of continually suppressing symptoms without ever looking at the root cause, let's consider a more holistic approach. And again, you have to look at the history of traditional medicines, which use the whole constituents and have been used in healing for thousands of years. Well, homeopathy is only a couple of hundred years old. I love the idea of disease prevention and staying healthy forever. And it is possible for us and for our animal kin.

The body is a self-healing mechanism, and you can do wonders with a natural diet and simple healers from the garden and nature. I really look forward to sharing the wonderful world of alternative healing with you, as there is so much that can be done when a conventional vet says it is the end of the road and heads for the needle. And until the world changes, people in crisis will call you, because they intuitively know that is the wrong thing to do, because their animals

are screaming at them silently to please let them live. And they will want you animal warriors and angels to please help. And help them you will.

So remember to always think about poisons and toxins, and what you are putting in your animal's body and spraying and cleaning with in your home. Read the labels. There are some wonderful products on the market right now. I use simple things like baking soda, vinegar, [Young Living Essential Oils](#) for their therapeutic value, and some of the gentle caring earth- and nature-friendly products. Living this way is in keeping with the credo Do No Harm, and is better for us, the animals, and the planet.

(Music break)

## **Gnome Healing**

Let's go on a journey. And if you are in the car, pull over or wait until you get home for this part of the lesson.

So get comfortable and relaxed. Take a deep breath in, hold it, breathe out. Take a deep breath in, hold it, breathe out.

You are in the forest, walking down the path and you find your gnome waiting for you at the Great Tree with the door. You greet each other with delight and run down the stairs like children, giggling. Deeper and deeper, down, down, down.

You arrive in the meadow and it is sparkling with light. The gnome takes you to a special place behind the school, which is across the meadow. It is where the great ceremonies are held. There is a huge fire blazing, and Shira and Merlin the wizard are standing there, waiting. Shira waves hello, making you feel welcome.

Merlin gives you some rolled parchment. He tells you to take your time and asks the gnome to assist you. He says this is something that you need to know so you can move forward in your life.

You unroll the parchment. On it is written something you need to know.

What is it?

When you are ready, Merlin comes forward with a great sword and cuts cords for you. He asks you to blow into the paper and take it to the fire.

You walk over to the fire and kneel in front of it. The gnome steps behind you with his arms open, protecting your back. You blow into the paper, and toss it into the fire, knowing that the something you needed has now been transmuted for the highest good.

You sit there for a moment and let the fire warm you, bringing the energy of its flames to your belly for right action, to your heart for right heart, and to your third eye and over your head for right thinking.

You turn to your gnome and thank the gnome with a *Namaste*.

You feel lighter.

The gnome excitedly says you are now cleansed and ready for Mother Earth. Hand-in-hand, you run away from the fire and into a candle lit burrow in the ground. It is cosy in there. You find yourself in a cheerful kitchen, with wood stove and a little table made from wood. You sink into a chair by the warm stove. The gnome serves you tea or hot cocoa. There are also little vegan cookies that are delicious.

The gnome brings you a footstool. Time to put your feet up. He says, "What would it be like if you had a gnome looking after you, and making sure your personal needs would be met?"

He wants a list. He says his Earth realm is all about the senses and being in a body and that many people don't look after their bodies. But their bodies are their temples which house their souls. They are important.

You promise you will write him a list.

He tells you to close your eyes for a second and enjoy the warmth of the fire, a foot massage, and the cosy nurturing that Mother Earth can offer you. You feel like a contented cat.

And then it's time to come back, and after sitting in the heart of Mother Earth, being tended to by her gnome, you feel revitalised and refreshed. You and the gnome are grinning when you pop out of the burrow and head off across the meadow to the tree, which is the way home. You hug your gnome and thank him or her so very much.

Up, up, up you come to the world of humans in the Great Forest.

And then slowly you find yourself back in this time and place, back in your room, stretching now, rubbing your hands together, rubbing your feet on the ground, stretching again.

Write down the message from Merlin

And the list you have to give to your gnome.

(Music break)

## **Walking in Beauty**

I often talk about Walking in Beauty in my classes, and for me it originally came from a Navaho poem of a way of walking in the world. It really appealed to the bard in me. I talk about this in Secret Animal Business. Walking in Beauty is a gentle way of being in the world, giving thanks for everything, praising nature and acknowledging everyone and everything. It is living life as a prayer. I wanted to share this with my students but just knowing it is not enough. Knowledge is best understood if learned in the context of experience.

And then I learnt from Tom Cowan, a Celtic writer, via Frank MacEowen's [The Celtic Way of Seeing](#), that you could write Beauty poetry, songs to nature.

As a bard this, really appeals. As a shaman, I understand the power of poetry to affect change. But even knowing that left me unprepared for the cellular impact of this poetry. It powerfully puts you into Love.

One of the reasons I am where I am on my spiritual path is that I focus on beauty daily, and doing this poetry also made my students feel as if they were in love. This is so important for us right now. Being in love helps us raise our vibration, and also doing this poetry helps us realise how much beauty there is in nature. You can't help expanding out and up and feeling so grateful to be alive and to be living on this beautiful planet and this is important while we study the element of Earth, because the Earth is our Mother, and she reacts to our tears and our suffering. And our joy.

So the way this works is, next time you are outside, just Notice the world. See the play of light on a brick building. See the way a cat's coat shines in the sun when she is curled up on the bricks. See the way a tree waves its branch in the wind. See the joy in a dog's eyes when he plays ball. See the autumn leaves falling, the pink of a wild flower, the dramatic sunset, the glorious moon.

And then you begin a sentence: Beauty is the cat lying in the sun, her coat twinkling like diamonds

Beautiful, too, is the dancing light hovering over the iron barn, alive with history.

And that's it. It doesn't have to be perfect poetry. The act of Noticing nature and then penning your thoughts, creates a song to nature and that in itself is a beautiful gift to Mother Earth.

Some Celtic bards would walk barefoot around the country being informed by nature and Mother Earth herself. They would listen, feel, absorb. They would enter altered states of consciousness, becoming totally inspired. They would create poetry and songs for others, to uplift and inspire them, and they would become Earth Advocates in this way.

These are Celtic love poems, or love talk. Beautiful is..., Beautiful too...

(Music break)

## **Animal Communion**

It's easier to work with other people's animals, because there is not the emotional connection getting in the way. So communing with other people's photographs of animals is a great way to practise.

But of course, we need to be able to talk to our own animals, and that is simply a matter of focus and switching awareness. I call it switching awareness, because normally our mind is buzzing on all the things we have to do, and conversations in our head, and buzz, buzz, buzz.

So either use my CD [Time of the Drum](#) to help put you in that still space for communion, or shift awareness.

I still think it is easier for many people who are beginning to just sit down at the kitchen table with their journal, and invite their animal companion to have a talk. I'll do this still. I find it heightens my experience with the animal in question because when I am writing down the conversation, my focus is completely on the animal I am speaking with, and not wandering off wondering if I have turned off the oven.

This is a particularly good exercise to do if you are worried about your animal in any way, because stress and emotion causes blocks. You don't want to get it wrong. Often this is when you need to call one of your animal communicator friends to validate what you are receiving.

It's wonderfully comforting. And maybe they have some fresh insights. It's very easy to block on your own animals.

And sometimes when you are looking for lost animals, two telepathic heads are better than one.

Emotion, stress, and being too close to a problem will diminish many people's ability. Don't be hard on yourself – this is extremely common.

So you need strategies for this situation, and honestly, sitting at your desk or kitchen table, relaxing into stillness, remembering your still pond, your inner still lake, and putting your awareness and focus on the animal you wish to chat with, is a wonderful strategy. Just start writing, even if the first words are, "Blah, blah, blah..." The act of focusing and getting centred and calm is what you need, and the impressions will come.

The other thing you can try is drawing the animal. This helps you focus and calm, and suddenly you will be filled with emotions and impressions, words and pictures – or one of those things.

Sometimes, by sitting with an animal and getting still together just be-ing will help still you enough to hear that quiet subtle voice of the silent language.

And if you are outside and want to chat with the animals where you are, then simply ask permission and shift your awareness from the outer world to the inner world. Put your focus, your attention on the animal and listen with all of your body. It's like shifting gears. Practise putting your attention on an animal and saying hello.

Sometimes they will be very chatty and sometimes they won't be. Sometimes no words need to be said. Remember, sometimes you think of something and it is not your thought, it is theirs. I always know when my horses want to move paddocks. I get the thought, "The horses want to move." And if I don't move them, they will hang by the gate until I pay attention.

And then, beautifully, I can prepare a paddock for them – clean the water trough and check the fencing, etc. – and they will simply gallop in there, because they know.

One time, when I knew the horses were all hanging at the stables, I decided to leave the gate open into another paddock just for a minute while I checked another herd. Well, the next thing I knew, the thoroughbreds were all galloping up the hill toward me. How had

they known? Did they tell me to leave the gate open, or had they heard me thinking about it. Hmmn!

So they will speak to you and often, so notice your thoughts.

Another time I was worried about fires, and trimming the horses' tails so they wouldn't get burned as they ran. I was trimming one horse who turned around and said, "There is no need."

I thanked him politely and told him that they all needed a trim anyway. And he was right. No fires in our neck of the woods. I'd already had a conversation with the wind, who told me that we were safe.

Communing with your own animals takes your interaction with them to deep levels. You can ask them if you are soul family, if they are here to teach you, where their souls come from. Or you can ask them what they like to eat. Don't listen to them if they say chocolate – could be you are projecting or they're hooked on something they really shouldn't have!

You can ask them what their favourite thing to do is. You might be surprised by the answer. Our dog Suki wanted more outings when I asked her. We took her out all the time – with us. She wanted something especially for her. So we slowed down and made sure she had special out of the car time whenever we went to town. We would walk her round the block, take her to a café and in the end we took her on a holiday and filmed it, at her suggestion, and that became [7 Days with 7 Dogs](#).

Suki had had a massive tumour on her throat. She'd been given only weeks to live. She lived another two years with no tumour, because she was given the right tools for the body to heal itself – and one of those tools was joy.

Also, practise moving into the field of your animal and seeing what is sore. No talking, just sensing and feeling. How does your animal feel today? It doesn't matter if words come, just how does your animal feel?

This is a beautiful, beautiful gift for your animals, to sit with them and give them a voice. To really listen, without projections or agendas. To hear with all your senses what they want to tell you. This is the beginning of the deepest and most sacred connection with another species. And it will give you both joy and happiness, mutual respect and harmony.

(Music break)

## Practice

1. Write at least three poems starting the first line with, "Beauty is...", and the second line, "Beautiful too..." Get out in nature and enjoy noticing her beauty. Feel the effect of the poetry. How does it make you feel?
2. Practise communing with your animals at home, and also from photos.
3. Write down that list of personal needs that the gnome wanted. How can you bring more of these things into your own life? Can the gnome assist you in any way? What would it feel like to be nurtured in this way? Write it all down in your journal.

Have fun and I look forward to speaking with you next time.

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## Resources

[7 Days with 7 Dogs](#), my documentary. Link goes to our Wild Pure Heart Productions web site.

[The Celtic Way of Seeing](#), Frank MacEowen (Amazon link)

[Druid Animal Oracle](#), Philip and Stephanie Carr-Gomm (Amazon link)

[Medicine Cards](#), Jamie Sams. (Amazon link)

[My YouTube video on snakes](#)

*Secret Animal Business*, by Billie Dean, available at my [web site](#) or on [Amazon](#).

[This Sacred Earth: The 2012 Phenomenon](#), my documentary. Link goes to our Wild Pure Heart Productions web site.

[Time of the Drum](#), my meditation CD. Link goes to my web site.

[Young Living Essential Oils](#)

## **About Billie Dean**

*Billie Dean is Australia's leading animal shaman, an animal rights advocate and advocate for the use of alternative modalities for animals. Born with an innate ability to understand the silent language of animals and nature, Billie made a stand for animal welfare at an early age and today personally cares for over 40 rescued horses, eight rescued dogs and a host of other rescued farm animals on her country property. Trained as a journalist and professional filmmaker, Billie works tirelessly to improve the situation of animals, has written a book Secret Animal Business, and has made three films through Wild Pure Heart Productions, the company she runs with her husband Andrew Einspruch. She is committed to the path of peace, founding The Deep Peace Movement and The New Shamanism. See [www.billiedean.com](http://www.billiedean.com) and [www.wildpureheart.com](http://www.wildpureheart.com).*

