



Rainbow Fianna:  
Wisdom School for Earthkeepers

ANIMAL SHAMANISM  
LEVEL I  
MODULE TWO

Billie Dean



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# Animal Shamanism Level I: Module Two

## Introduction

Hi, this is Billie Dean with Module Two of Animal Shamanism Level 1

I'm going to start by telling you a story because a story helps you to see and feel and hear and experience a teaching and helps it go where it needs to go to take root. So...

In the beginning was the Word. And it had shape and form like a wild thing from the Otherworlds and men and women who knew the shape and texture and hidden meanings of words, used them with great wisdom and care for the power it wielded them to create Beauty.

And then there were the sleepers who knew not what they wrought with their words, and they created a world of nightmares because words are the foundation of our existence.

Instead of a thing of beauty, the men and women who could not see beauty who let the wounds of lies entrap them, created a web of suffering. And they created it so big and dense that it covered the entire world and every living thing in it.

Those who Remembered this Truth threw up their hands in despair at the suffering of others. Some tried to teach and were quickly disposed of for heresy.

The Word is sacred. And the keys to Beauty were locked in the trunk of Word, and hidden through time.

Once upon a time there lived a young man who knew the truth because he remembered the language of the animals. And the wise among them remembered. And they implored him to help change the world. When he tried to speak, the young man was stoned to death. He was born again, remembering. And was again, and again and again the same pattern of death for speaking his truth.

And then his soul was born as a woman. And she too remembered the Universal Silent Language, but she couldn't quite remember the power of Words. But they called her, as she followed the path of the artist who writes. And she hunted the power of the word and was frustrated in her efforts. Her mind was asleep, killed into submission. And the animals were suffering.

Words, she knew, could free them from this suffering. She needed to simply build a world of beauty outside the web of suffering. No, no, no. Because inside that world of suffering lay many animals and their eyes beseeched her. She was haunted.

The woman continued searching for answers and realised that the world was so thick and dense because of the collective unconscious. The thoughts that people held about the world and themselves and others were very powerful. So powerful that they became spells, and the magic was dark, confusing and mad.

The woman was a small one. Some said she had faerie blood. And to tell the truth, inside she was like a horse, chafing at the iron bit. She was like a wild bird fluttering in a cage.

She had to be free. She had to free the souls from the other tribes who were not human, but still under the spell of collective humanity. The animal voices were like a chorus chanting in her head – “We are finished suffering. We are finished suffering. We are finished suffering.” She might be strong for a small woman, but she was sensitive and inside the words of the animals, she felt their pain, their suffering and their frustration. And those words were swords, and they pierced her heart. And made it bleed.

She knew other humans – wise, esoteric masters – had freed themselves through spiritual mastery. And that gave her hope, for if it is possible for one, it is possible for others. And she knew other humans were serving the world of humans by teaching tools about Words which fell into the dark pool of unconsciousness.

But still these shining stars did not take root and spread like a welcome wildfire. The human world still remained dark, angry, unforgiving and wounded. And creating more of the same with their wounds.

But the wheel of time shifted. And more angels arrived who knew the secrets of the Universe. And suddenly the matrix of darkness lifted a little, as more and more people understood the Power of Word, and began shining their light.

The woman needed to Speak. And so she took a knife – a sword – as sharp as ice and as old as time. And she roared the ancient words of forgiveness.

I'm sorry  
I love you  
I forgive you

Please forgive me  
I release you with love  
Thank you

And she wept as she chanted, and in the halls of time, a bell rang.  
And around her, the chains of the past fell away.

And she found she could speak without fear of death, and when she spoke with her sword, people listened and the words fell on fertile soil and took root like a vine on an ancient castle in the sky. But only in those special souls who were awake and wanting to make a difference.

And the faerie woman held the vision and belief that the world was Beauty again, and held it firm in her mind. And the more she held it and spoke it, the happier she became, and her vibration soared upwards and her own world was transformed.

But the woman wasn't at true peace, because she wanted more.

"When one is free and leaves a trail for others to follow, the threads in the collective net will weaken and fall," she said. "True Peace is the answer."

"It is up to each of us to become Free, and that is a word for discovery, because we have so long been enslaved that we no longer know the meaning of true freedom. And that is why these words fall on infertile ground of all, save those with hearts of a poet or bard.

The faerie woman wandered into the wilderness and called the Words to her. She sat in the forest under the oak trees with the being called Freedom, and politely asked him to describe himself. He blinked awake. No one had asked him to stretch his wings and answer a question before.

"True Freedom," he replied, "Is the ability to do anything. It is not simply freedom from oppression; it is liberation of the human body and mind through imagination and belief. True freedom gives the human wings."

The faerie woman knew there was much more but she was on an urgent mission.

What about the word Sorcery?

Sorcery stepped forward from behind an ancient oak tree. A huge giant with sorrow in his dark eyes. He was bent with misery.

"I am used often and daily," he said. "Please tell the people that I am a dart with deadly aim, and often I go through a person and land in the weakest of their beloveds, the innocent. The animals and the babes. It fills me with sorrow to pierce the hearts of the beloveds and innocents. But I am a slave in the hands of sleeping masters."

He wiped a tear.

The faerie woman spent much time with Sorcery, comforting the giant and learning his secrets. For humans had great hearts and in the ones who were awakening, these secrets would be used for good.

The faerie woman had faith in humans and knew all words and thoughts were mighty things which became alive. If people really understood this lesson, they would understand how to treat each other with courtesy and kindness, and also the other species who shared the planet and still others who didn't.

This is what the animals meant when they asked the human species to grow up. It was to master their words and thoughts and create a world of beauty once again.

The faerie woman is still in the wilderness, speaking with the words and names of things to learn the truth and their fullness.

Every now and again she returned to the world of humans and tested herself. Sometimes her thoughts defeated her as she entered the thick world of negativity. But more and more often, she remembered her Sword of Intent and cut the dross away like fairy floss.

And this is when she was carried on the magic carpet of synchronicity and her Words made true magic, falling on fertile soil and growing wild like weeds in a desert.

And this gave the animals hope.

And hope raised their vibration.

And so the Great Healing began.

(Music Break)

## **Our Hero's Journey**

We're all on the mythic hero's journey like the one I just told. This is my personal hero's journey, where I turned a lot of being killed for speaking, a lot of derision for being sensitive, into an ally and strength. Today, I hear the shape and song of words and effect social

change by sharing these thoughts with others. This is what we each do with our gifts and strengths, and it all goes into the collective matrix, and breaks down those thick walls of negativity which cause us collective pain and depression.

We choose our lives. We create our reality. We can create a world of beauty when we are awake to the power of words.

Our hero's journey is part of the great story that lives within us. It's about a road filled with obstacles that the hero must somehow outwit, and if he is to survive the road, he must come into the fullness of his being.

Sadly, many get lost on the road, stuck in a loop that takes them around and around and around the same old tree trunk blocking the path. Many receive wounds to their bodies and live life from this wound, always judging life in the same colour and finding life treating them in the same way as the first wound. The wound becomes their story and they are enslaved without realising it.

Some are trapped in a box of conditioning so strongly glued they can't even open their windows to see the road just outside their door.

I want you to think on these things, and figure out where you are on your journey. Are you stuck or are you leaping along the road with bright-eyed excitement, courage and wit?

There is no judgement if you are stuck – because it wouldn't be a hero's journey if there wasn't an obstacle in the way. But what I will ask is that you find your inner hero. Some obstacles take a lifetime of searching the answers for. Like riddles they live inside us and just when we think we have them, they appear suddenly on the road again to trip us up, and splash mud all over us.

We can tell what they are by what the world is reflecting back to us. And when we see it and feel it triggered, it simply means we have more work to do on ourselves.

This is what I mean when I say humans need to take 100 percent responsibility for their wounds and actions.

It's time to clean up – there is an urgency to it now.

So see the world and the road clearly as you journey. Wake your sleeping mind and walk with all your senses. We'll discuss and experience this more as we go through the levels because graduates need to be aware of their own fallen trees and mud puddles so they don't project them onto others.

## Sorcery

In this module I really want you to understand the importance of our words and language. I want to talk about sorcery. I use this word consciously because it is an old, old word and it pierces through the collective numbness.

When I say "sorcery" I mean words and thoughts that cause pain and suffering, whether deliberate or unconscious. Sorcery is done daily through words and thoughts in our society. We'll talk about this more as we go but let's consider the impact of words on animals for a start.

Words are things and you need to understand that animals are telepathic. Telepathy is thought transference. Thought transference is all our thoughts, feelings, and images in our mind.

So, if you are communing with an animal and you say, "Oh he is old. Oh she is sick," then sadly, so it becomes. The animals feel those words and see the shape of them. It goes in.

There is a story and I'm sorry I can't remember where it comes from and I always like to honour the author. The story was about a horse who was dying. His people were very sad and they dug a hole for this horse. But before they got the vet out, they brought in an animal communicator. This communicator was a clear one, and she heard the horse say that he was letting go his hold on life because someone called him old and the expectation was that he would die. And so it was.

This revealed, the horse's carer jumped up and down in protest and said no, that age didn't matter, and that he was deeply loved and valuable to the family. Well, the horse snapped out of his descent into transition and got better. He lived a happy life for many more years and his people were very careful what was said to him and about him.

I would like vets to understand this, because they love to name a disease without realising their patients hear every word and understand it. Often the animals know what is going to be said even before they get into the car to go to the vet. I've had dogs refuse to get into the car when they are ill, until I have promised them they will come home alive and that I am not going to listen to the vet's verdict.

Sure enough the vet has mentioned those words, "You should put her to sleep now". I, of course, refuse, and then have to deal with the

shock both in my body and my beloved's. But we make it and have much more quality time together.

So you say, "Oh, he has cancer", and so it becomes. Say the words and so they become. This is the basis of all magic.

Words can harm. We have to be aware of our words. This is why I don't go to psychics. They see a future that might or might not be real, depending on their clarity. They say words. It goes in. And if I believe it, then it becomes so. Although I have to say that a naturopath once told me when I was 20, that I would need glasses when I was 40. I got determined and today still refuse to wear glasses in my 50s. I have no need of them. I tell my body it is healthy and young and it is so.

But imagine if I wasn't schooled in the power of thoughts and words? I would have been wearing glasses by now, my eyesight dimming.

The other thing is people getting excited and doing readings without permission. I had one student constantly doing this because she was in her ego and she couldn't hear this section about the importance of words and permission. She would tell people what she saw, and often caused pain, panic and anxiety. This is what I call sorcery.

Sorcerers can do so much damage to people and animals through intentional use of words. I talk about this in *Secret Animal Business* so you might read that section. It's in the chapter entitled "The Power and Importance of Words."

And here I want to say that there are sorcerers who walk around in our society today. Many of them are ill-trained. Some pose as good and spiritual people. But because they are unhealed and still in their ego, they say things which do incredible harm.

What makes a person want to hurt another? Nasty gossip is sorcery. Don't talk about another unless you can say something nice. Comedy. You've all seen the comics who put the knife in with their words and send out barbs for a laugh.

What people need to understand is that those barbs and knives become etheric barbs and knives, which actually go into the luminous energy field and cause harm. And if the person they are aiming at is strongly protected, the barb can go to the animal who has made a contract to protect them.

Or who is vulnerable.

It's not nice.

But people do it because they want a laugh. They want to prop themselves up. They want to be seen as better than others. To me, that is so sad, and it is currently common in our culture and society.

This is why we practice forgiveness and ask permission and make sure that we don't attack others with our words. Make sure that we don't use words that put animals down in any way. Stupid dog. Dumb cat. Bloody horse.

"I'm going to send you to the knackers".

"You're going in a can if you don't behave."

"You're gonna be dog meat."

I can't tell you how many horses have repeated these phrases to me, and shocked their people into embarrassment.

What does it do to an animal to be called "dumb", "stupid", "crazy", etc? Have someone call you names and see how it feels.

Further it is simply a projection. So if you have someone in your life who calls the animals names, consider what they are saying about themselves. Words tell everyone who we really are.

And stop them talking badly about animals.

I once had a student in class who thought it was funny to tell her horse she was going to send him to the knackers. She couldn't get him to do as he was told. She couldn't control him. She found this frustrating. She told me he knew it was a joke.

I said I knew it wasn't a joke. And so did he. We could both read the frustration in her. What she needed to do was let go her control, come into partnership and stop threatening a prey animal with their worst nightmare. It is simply unacceptable behaviour.

In our society we tend to learn from negative example. We also learn from television so we are programmed for mediocrity and violence. This is no longer acceptable.

We need to understand that words and thoughts carry a song and a vibration, and it is NOT okay to put others down and make them feel less than the marvellous species of whatever kind they may be.

We often send out darts in anger and frustration. We are not educated in our society to understand what this means. But what it does mean is that people suddenly feel "stabbed in the back". Or they get heart pain. Or something else. As a shamanic practitioner I

have energetically taken out bullets, darts, spears, arrows, swords and so on from the energy field of a person or animal. This can be from this life or it can be from previous lives. It's all there in our luminous energy field.

And it is there for example in a messy relationship break-up. That's when the darts can really go in!

This is why I have written about the power of acknowledgement in *Secret Animal Business*. Animals, like people, need names and words of praise so their spirit can shine. We need to keep holding people and animals in the highest light. If you tell a dog that she is always going to run off, then she will say, "Okay!" Keep remembering the highest light and let people and animals expand into all they can truly be.

By naming illness, by telling beings they are old, by talking about "putting him down" as vets and people do all the time, we create shock and misery in the animals we say we love.

Every bard knows about the power of words and story. And this is why this it is so important for you to learn in *The New Shamanism*. You can use words to heal and this is the realm of the shaman.

A shaman is a healer.

And you have stepped onto the shamanic path with this course. So now you have stepped into responsibility for your words and thoughts – especially around animals.

Instead of telling the bad news and contributing to pain and shock and fear, be reassuring. I had a red heeler who was always getting into scrapes. It was her way of getting attention. She was smart and full of energy and her brain would switch off as she ran and ran and ran – and sometimes got injured in that mode.

I would take her to a special quiet place in the house to treat her and she would look at me miserably. "It's okay," I would say. "It's only a wound and you heal quickly. You'll be running around before you know it."

Her eyes would clear, relief evident. She would sigh and sleep and recover very, very quickly.

Imagine if I had said, "Oh my god, Cedar, you're a mess. I don't know how I'm going to treat this enormous gash in your side."

This would have given her more anxiety. And the anxiety would have slowed her healing process.

The animals understand us more than we know, and it is our duty to give them love and make them feel safe. That is what a carer does. We need to keep them away from negative people – and undo the sorcery of ill spoken words, with counter words.

I was at an acquaintance's place once and she was holding a cat. Her grown-up daughter approached and started poking the cat. My senses were on red alert. This woman was holding the cat as she was talking to someone else, about cats. The cat, being poked, dug her claws in. She was roughly put down on the ground and sat there in a tight ball of anger, her tail swishing, while her behaviour and faults were discussed in front of her. Apparently she was not as good as another cat, now in Spirit.

I couldn't stand it. I squatted down and stroked her. "It's all right, Beloved. Know that they love you but they are not yet awake. They don't recognise your true beauty. But I do. I see you. You are a magnificent being. Just let it wash over you and know you are deeply loved – and you are seen for the truth of who you are by me."

I said this quietly to the cat. Sometimes people don't want to hear they are wrong and it will make matters worse for the animal if you go into battle. Lead by example. Choose your time.

I simply told this gathering later that I thought this cat was remarkable and extolled her virtues. Because I was complimentary, it reflected well on the cat's person who was then able to see this cat in the light of my words, not through her own viewpoint. So a healing began.

When you do a reading you need to phrase it in the positive. You need to be aware of using words. If you cause a reaction in the animal's carer, that will also be transferred to the animals.

This is the path of impeccability. And this is part of what impeccability is. It means be awake and aware with all your human and animal transactions. It means dropping all ego and coming from a place of humility which means you can learn from everyone and every experience. And that you are grateful for that learning.

So don't, as one animal communicator did, say, "This dog has cancer and will die in four months." You can feel what that sentence did to both dog and carers. The dog's first words to me were, "I don't want to die."

In this case, I had to give the situation hope, even though the dog felt really sick to me. The dog didn't want to die, so open the door of possibility and let some fresh air in. Even if the animal does pass because the people have contacted you too late, you have given love and hope and relief to an animal's soul. Because you heard correctly. And you Voiced what you heard. And this is a special gift to an animal's soul. And sometimes, you never know, a miracle could happen. And the animal will mend.

To talk like that of death and dis-ease is unethical. We need to always be life-affirming and clear. We will be discussing death and dying in detail through the levels as it is important that you are very clear about the soul's journey.

Words and thoughts are powerful. So be aware of barging in like a bull in a china shop. Tread lightly and carefully like a warrior of the Fianna. Consider your words. Perhaps you might feel pain in your body from an animal. Perhaps you might see an obstruction. But don't name it. All disease begins in the etheric and it can be undone if it and the animal and the animal's carer just thinks of it as energy. Perhaps blocked energy.

It can also be undone if it is named – it just takes more work. I'm asking you to be aware of the power of words and the weight they carry. Sadly, today the words "tumour" and "cancer" strike fear in people. And this makes the situation much worse. Because the animals feel the fear. You can't lie to one who is telepathic.

We talk more of this in Level IV. But it is vital that you understand ethics and the power of words and thoughts in healing before you begin communing with any animals. You don't want careless words to create a path of dis-ease, pain and suffering. This is why it is so important that we begin with this.

Thank you for listening.

(Music break)

## **Pointing**

Another part of often unintentional sorcery is pointing.

The world is made up of light and energy and around us is a beautiful big field we call the light body. Its other name is the luminous energy field.

When you point at someone, as we often do to make a point, you send energy, which disrupts the energy field and can cause pain.

I had someone once who relayed a story of how she was telling her horse off, and she was jabbing the air as she spoke, as she did at the time. Apparently her horse turned and fled. I could well understand why!

So please don't point at animals, children or each other. Have someone point at you and see how it feels. The path of the new shaman is an experiential one, and one which is gentle and causes no harm.

## **Names**

Animals will often be given names that don't fit their highest vibration. A name is a powerful affirmation. I will often change the name of a rescue animal, to change all memory association with their previous life. This is what I did for Dusty, who was shockingly abused, even though he held the name Lucky. Lucky for him, he ended up here. But he gave me the name Dusty, and perhaps it was from one of his earlier homes, but for me when I think of Dusty, I think of the wonderful singer Dusty Springfield. And our boy is getting the vibration of a country music song every time I say his name.

We had two rescue girls with nice names like Gemma and Holly – but they had come to me for a reason and soon I heard that one wanted to be called Sage, because she had wisdom and could heal. The other called herself Heyoka. She was a sad and sensitive girl whose foster person said she didn't connect with people at all. Until she met me.

Heyoka is the native American name for "sacred clown", and she seemed less like a sacred clown than anyone I had met. But when we honoured her chosen name, she quickly blossomed and showed us her real sense of humour. She had a sparkle in her eye and would show us when we needed to lighten up.

I had to tune in to a wild brumby once, who was kept in a yard and refused to co operate with the people who took her from the wild. They had called her Jezebel. And there was a lot of pain in that name. It spoke unkindly to a horse of the wind. So they renamed her River. That was just a tiny start to their horse human relations. River would have taught the people much if they continued to listen.

We are now in a New Era. So it is time to really step up and work with the highest vibration. Names are important.

My brumbies didn't have names they called themselves but when we named Finn, they all said they wanted "important names like Finn had". I honoured their choices. Some chose Celtic names and some didn't.

Names are all about vibration. So think about your choices.

Give them names they can grow into. Like Heyoka did. Don't call them Roly Poly or Fatso or Ugly.

My first rescue dog was called Poo because he stank, because they fed him junk. His story is incredibly sad and is why I started a forever home. Because I learned an important lesson. Poor Poo was abandoned when his people moved across the road into the house next to mine. He was no longer acceptable to this new house and left living underneath the old house in the dirt. He grew anxious and lost his hair.

My other neighbour and I stepped in and I offered to find this dog a new home. That was fine. He was no longer wanted.

I found Poo a beautiful home on 15 acres keeping another older dog company. But he cried when I left and that sound haunted me, and still does to this day.

These kind people took Poo to the vet, who said it was too hard to heal him and killed him that day.

I was in shock. As a natural therapist I knew that Poo simply needed love and a decent diet with supplements. I could have turned him around in a month. I wrote the vet a furious letter and never ever re-homed an animal to people who weren't trained in holistic thinking.

Of course today I wouldn't write a furious letter because I now know that anger is not the way. But I digress. Poo was a horrible name to give a dog and his life was as miserable as his name.

If the story had been different I would have given him a name to be proud of and start his healing with that. And let kindness, love and holistic diet and medicine do the rest.

The other story I like to tell was of a sluggish cat called Sergeant Plod. He was a reject from a cattery. I brought him home and named him Chockmah and suddenly he was no longer sluggish. He

was vital and youthful and funny and intelligent and an overall brilliant cat who was instrumental in teaching me that we could communicate and that the rapport we had was indeed a language. He was incredible. And I am incredibly grateful to him.

I want you to consider names. Are they barbed humour? Are they demeaning? Or are they giving the animal the best opportunity in life for life and the highest vibration.

(Music Break)

## **Journey with Stone**

Now we are going to journey again, and this time I want you to hold your stone – the stone you found last module.

Take a deep breathe in, and hold it. And out. Take another deep breath in, hold it, and out.

You find yourself in a familiar forest and eagerly follow a bluebird to the tree with an old wooden door. You open the door and go inside. You walk down the stairwell, going deeper and deeper and deeper into the earth.

At the end of the stairwell, your gnome is waiting with a big grin on his or her face. You hug and he or she grabs you by the hand, takes you to the light at the end of the hall, and walks you across the meadow to the school grounds. There's a beautiful old tree just outside the Hall of Studies and you find yourself sitting there comfortably with your back against her trunk. She holds you in her arms and sighs, welcoming you back. The stone in your hand pulses. You concentrate on the stone and gently ask if the stone has a name and where the stone came from.

What is the stone's story? Does he or she have a message or some guidance for you?

You thank the stone for his or her words and become aware of the tree's gentle energy. You feel revived. The tree has some guidance for you as well. What does the tree tell you?

You thank the tree and ask her if she would like an offering of oats. What does she say?

Leave the oats, if appropriate.

And then you turn to find the gnome grinning beside you. It's time to go back now, but you will return soon.

You find yourself hugging the gnome goodbye and climbing the stairwell inside the old, old tree, coming out into the familiar forest and coming back into this time and place.

Rubbing your hands together, and rubbing your feet on the floor.

Stretching.....

Thank your stone and place him on your altar for now. And now write down the messages and guidance you received in your journal and the story of your stone and any other feelings or understandings you experienced from your journey.

## **Practice**

### **1. Good Words**

Practise the art of Good Words -- Acknowledgement and Praise. Tell your family of all species how much you love them and how wonderful they are. Give them a hug and thank them for being with you. Try to catch them doing right and let them know.

### **2. Lie on Mother Earth**

Lie on Mother Earth and let your body relax into her arms. Ask her to transmute your stress and fatigue and negative emotions. Listen for her heart beat.

When you get up you will be refreshed.

Please offer your Mother a gift in return. Because I am of Celtic descent, I like to offer oats. I've seen how Mother Earth is nurtured by them. And the fae like them.

The fae have also told me that something special and a bit sweet is very welcome! I don't leave out chocolate or anything made of refined sugar from shops because it can harm other species who might eat the physical form, but often I will do special vegan baking like spelt cupcakes or something, sweetened with rice malt – and put that out as a gift for the spirits of place, Mother Earth and the fae.

The world is alive in the other dimensions that we can't see. I call this the Otherworld or the Unseen. And there are spirits of place everywhere. They have been ignored. So acknowledging them and offering them oats or healthy treats, is a good first step to repairing relations, and starting a special one between you.

When I needed some hawthorn berries for a faerie ritual we did last year, I asked permission to take them. I was granted permission but told not to take all of them. To leave some for the tree and the birds. I was grateful and careful. And then I scattered handfuls of oats around each hawthorn and watched how the Mother was nourished by the exchange.

In the old days, people would leave out milk and cake or bread for the fae to keep in good relations with them. Variations of this same tradition are repeated around the world. When we were with Don Francisco of the Inka Q'ero nation, he offered a drink to Mother Earth and also Grandfather Sun before he took a sip himself. Always acknowledge, always give, always stay in gratitude.

This puts your feet firmly on the path of Beauty.

### 3. Warming Up for Telepathy

In preparation for the telepathic section of the work, please start by guessing who is on the phone when it rings. Notice if that person had crossed your consciousness recently.

The Universal Silent Language is gentle and subtle, so we are going to begin exercising the muscle by noticing the thoughts in our mind. Some people doing this module may already be practising telepathy, but it doesn't hurt to get back to basics and stretch your muscles. Andrew and I made this a game, even though I was fluent in the Silent Language. We would also guess how many calls were on the answering machine after we'd been out.

### 4. Letting Go of Control

The other thing I want you to do is notice where you try and control your life and conversations. Just notice if you catch yourself! Some people like to be in control of situations and conversations, but if you are going to become a good listener, you need to let go and allow the silent language to flow.

This path is about self-reflection and awareness at a deep level.

Have fun!! And if you have some time – read the section on Telepathy in *Secret Animal Business*, as it may help you realise how telepathic you already are.

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## **Resources**

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

## **About Billie Dean**

*Billie Dean is Australia's leading animal shaman and 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).*