



Dreaming

"THE ANIMALS PRESENT THEMSELVES WHEN WE NEED THEM MOST. THEY SHARE THEIR KNOWLEDGE UNCONDITIONALLY, EVEN IF WE DO NOT CONSCIOUSLY HEED THEIR WISDOM AT THE TIME."

be beneficial. Frog teaches us to welcome our tears, to honour them, and to see them as a healthy way to cleanse the soul. Frog helps us to address emotional, physical and spiritual burdens that rob us of unity and serenity, while her Tadpoles nag us to acknowledge our inner child.

Life in the city, however, is different. Life in the city waits for no one. In the city, paddocks become billboards, bush tracks turn into bitumen roads, gardens are but balconies lined with potted geraniums and, instead of dams and lakes, we must be satisfied with bowls of water on our windowsills. We must look to the trees in inner city parks as spiritual support while meditating to find answers. Many of our once outdoor rituals are performed indoors and we must learn to interpret the Dreaming of urban animals instead of the familiar beasts of the woods and fields. The 'feral' Pigeons may still seek to remind us to touch base with home and family from time to time: the Ants parading on the pavement ask for patience and team cooperation, while the adaptive Possum encourages us to take responsibility for our own actions and to develop strategies that will enhance our quality of life. The Mynah trying to steal your lunch is prompting you to show appreciation for what you have and for what is yet to come your way, while the Sparrow helps to build an inner sense of strength and self-worth. Sparrow is the guide for those seeking a home of their own, free of landlords and other overpowering forces that prevent freedom of speech

and movement. The Rat hiding behind the garbage bins in the alley may be encouraging you to act upon feelings of restlessness by indicating when to take necessary action and when to remain still, while the stray Dog running free in the park may be called upon to aid in the development of those rare but valuable qualities that can only be recognised fully in others when harnessed within the self. That Starling feather being washed along the flooded gutter may be hinting at the need for emotional adaptation, while the Seagulls that hover over the city square fountain suggest that we ride out the current upheaval instead of bickering and fighting to be heard.

City life does not need to be difficult, restrictive or spiritually unrewarding. Spirit has provided more than enough signals to confirm and encourage. When we feel alone or at a loss, do as the wise ones did of centuries old: consult Nature and Spirit. Find a quiet place. Create a sacred space. Close your eyes and relax. Breathe deeply and ask Spirit for guidance. Concentrate on your intentions and your reasons for asking and spend time enjoying the inner peace you have created. Allow your eyes to wander over the cityscape. What do you see? Look with your inner eye and your heart. Feel the city and look for its animals. Allow the animals to come to you. Do not let the energy confuse you. Do not allow the heat, the panic and the 'Oh my God, I'm late...' attitude of the city sway your intentions. When you see your animal teacher, ask it to share

its wisdom with you. Let the words enter your mind intuitively and listen carefully. Do not interrupt and certainly do not try to analyse it. Write it down and forget about it. Later, read it again and meditate on it. This is your answer. It may be something as simple as a Turtledove eating crumbs on the steps of Parliament, whispering something as profound to confirm the love of another, or the Parrot on the side of the Arnott's truck that may be silently congratulating you for being spontaneous, chatty and brightly dressed in a way that contradicts the expected dull grey of the city.

Animal signs are as abundant in the city as they are in the country. They are limitless and everywhere, but you must remember to give thanks and make a return offer whenever you receive. Visit a piece of Nature (she is determined and will show up in the most unlikely of places – the pond in the grounds of the city hospital, a tree in the park or the circular flower display at the front of the fast food store), give thanks and push a small offering into the soil, out of sight. Offering thanks completes the cycle. All that is left for you to do now is to wait for confirmation. ❖

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