



INTRODUCING
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Animals as our Teachers

HUMANS HAVE forgotten their innate relationship to the Earth Mother and the forces of nature that fundamentally represent her influence in our life. We have forgotten to look to her when we are lost or confused. We have forgotten to look to the animals, the stones, flowers, and trees as our brothers and sisters. We have become disconnected from the ebbs and flows of Nature: the phases of the moon, the changing of the seasons and the elemental energies that support all life. We have forgotten that we are not single entities living solitary lives isolated and alone, but rather that we are all related; created from the one source, each representing vital strands in the universal web of life. We have forgotten our personal power, our reason for being and our purpose. It is time to wake up and reclaim this knowledge.

Animals teach by example. They show us how to live abundant, whole and interrelated lives, by simply demonstrating how they go about doing it. The way animals interact with their kin, other species and their environment offers wisdom enough for us to live in balance on all levels. All we have to do is look to them and their ways, and integrate what we observe into our own lives.

Each animal carries unique wisdom - keynote knowledge referred to as Medicine, that when recognised as sacred, offers the potential to bring about positive change. The animals we keep as pets, and the 'wild' animals that persistently inspire us to notice them, point out the areas that require our immediate attention. Their Medicine is the key to our healing. They are the voice of our Earth Mother, symbolically reaching out to us, while encouraging us to introspectively identify our experiences as wisdom and inspirational stepping stones to power.

Their mere presence effectively reflects the triggers that prompt us to act in certain ways and to respond or react when 'provoked'. Animals encourage us to acknowledge and productively deal with these triggers, thus diminishing the need for the familiar but negative patterns we have nurtured up until now. 'Better the devil we know' is *not* a mantra endorsed by the animals. Each animal, and its different species or breeds, individually help us to get to the core of all illness and dis-ease by pinpointing the real issue at hand: the reason for the event, the reason for why the Earth Mother, God or Spirit would inflict such hardship upon us. Hidden behind the reason is a lesson that, if acknowledged and integrated into our life, will make the illness obsolete and consequently heal us of its symptoms.

To own a cat, for example, and to feel an incredible bond with it, suggests we

may be learning to stand in our own power, or that we may be subconsciously separating ourselves emotionally from those around us. To identify the precise moment that forced us to consider the ways of the cat and make the choice to 'shut down', to discover and embrace the lesson behind the trigger and to then productively transmute the realisation and heal, all we need do is look to the breed or colour and observe how it relates to us. Black Cat is the guardian of the feminine creative power: the womb and the sexual region. Typically associated with women and occasionally the advisor of men, Black Cat asks us to consider a time in our past that may have triggered a lack of trust in our creative force; an event that dampened our sexuality and the more sociable side of our personality. Ginger Cat is the minder of those who have forged unhealthy relationships with those charged with the maintenance of law and order within the community. Generally a companion of counsellors, youth workers, teachers and human rights advocates, Ginger Cat encourages us to forgive and to walk a path of truth and integrity. White Cat is the protector of the "home angel, street devil": those who truthfully try to be the perfect child at home, but as soon as the parents are out of sight, let their hair down. Protected all the while and safe from harm, the sensitive White Cat simply wants to know freedom, to break out, experience life and try everything once.

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Whether we choose to keep a cat or a dog, a canary or a horse says a lot about who we are, how we live our life and how serious we are about healing or reaching our potential. To look at the animals we surround ourselves with, and then to deepen the search by looking at the colour, breed or sex of our animals, is a powerful way of ascertaining the productivity of our life path and how we can instigate dynamic change. People assume we choose our pets. The fact is these animals are guided to us. We are inspired to seek out certain animals because the Earth Mother knows that the subtle energies, spiritual wisdom or Medicine of these animals will shift to us as awareness and transform our perceptions.

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