



Talk to the Animals

interview by
Lucy Cavendish

Author Scott King gets his spiritual guidance from the critters — and for that matter, he says, so can you.

Scott King, author of *Animal Dreaming*, the first shamanic field guide to Australia's native and introduced species, trained under a recognized medicine woman and has practiced Animal Dreaming since childhood. A regular contributor to the Australian Pagan magazine *Witchcraft* on the subject of animal totems, Scott has been the subject of numerous interviews and stories on local radio, television and magazines. Scott was interviewed for *PanGaia* by Lucy Cavendish, the founder of *Witchcraft* magazine.

Lucy Cavendish: Could you describe your first interactions with animal spirits? Was there a particular event that kicked off your ability?

Scott King: As an eight-year-old, I was sitting in the kitchen with my younger sister and all these White Rabbits began falling from the ceiling! Seriously! But what triggered my realization that my connection to Spirit was inspired largely by the "medicine"

of the animals was when I first noticed the Black Cat that followed me wherever I went. I told my parents the Cat was there, and as they never said that it wasn't, I just assumed that everyone could see it. It was a beautiful Cat — almost human in nature. It used to sit on the vanity basin in the bathroom, curl up on my bed, smile at me around corners and sit with me as I did my homework after school. When I was about fifteen, the Cat stood up on its hind legs and "became" my Grandfather. I guess Spirit knew that I would feel less threatened by an animal spirit than I would by the sudden appearance of my long-dead Grandfather! From then on, I began seeing the energy I had previously only felt with people as being animal-like in both form and nature.

What kind of patterns with animal spirits have you noticed?

Every animal in Creation has a specific role, message or gift to share with us. There is an animal, for ex-