

ing there the moment we call upon them.

Are there particular animals associated with Gods, Goddesses and other etheric beings?

Yes, and this is a realization that broadens the field and makes the animals that much more accessible to other people. I am constantly hearing from people "But I don't resonate well with animals." The fact is that *everything* has an animal totem or "cousin." Understanding this offers such people permission to break out of their comfort zones and to explore the animals as an alternative or as a way of enhancing their current path. For example, those who work primarily with crystals may find it interesting to know that each of the stones have an animal that corresponds energetically with their vibrational properties. For example, the aquamarine and the Frog share medicine, as do the lapis lazuli and the Cat, the rose quartz and the Dog, the citrine and the Buffalo, and the clear quartz and the Eagle.

Plants also have "animal cousins." The most famous relationships are those held between the yew tree and the Black Pig, the myrtle and the Thrush, the Dragon and the elder, and the apple tree and the Unicorn. And, of course, animals are associated with Gods and Goddesses found in every culture.

Can you suggest a simple exercise to help our readers connect with the animals?

Okay. Find your inner silence, and think of an issue that you especially need help with today. Visualize the issue and relay your circumstances directly to Spirit and the Earth Mother. Now that you have handed the situation over, ask to be sent an emissary of enlightenment, change or healing in the form of an animal messenger. Understand that the process only need be executed once, for Spirit hears all our prayers in what ever form they are offered. Now wait.

The messenger will appear almost immediately, and depending on you, it may appear in one of many ways. For example, an animal may present itself physically; you may see a bird flying past, hear a dog barking in the distance; you might smell the scent of horses or feel the sting of a mosquito. The animal messenger may present itself

in the words of a song, a shape in the clouds, an advert on the television, a billboard or a print on a t-shirt. It may appear to you in your dreamstate, or during a meditation. It

may come home with your child as a sculpture or a painting created during their art-class at school. The animals have always been there. We have just forgotten to look for them and how to listen to them. They will (and do) appear to us constantly in any way they can. They are, after all, the voice of Mother Earth. All you have to do is listen with your third eye and trust what they are telling you so that the message they wish to impart may be interpreted and fully integrated into your life in a sacred way.

Once interpreted, acknowledge the animal's wisdom by acting on their advice. The rewards are immediate. The animals remind us that, as the children of the Earth, we are constantly being watched over, cradled in loving arms and inspired to reach wondrous

heights. As the children of the Earth we are loved, needed and rewarded for acknowledging the vital role we play in the transformation of the planet. No matter what the obstacle or lesson, or how painful life may seem, there is an animal with the

wisdom or power to overcome it. We just have to remember to look for them and be willing to listen to their wisdom. ▲

— Scott Alexander King is a teacher, animal spirit intuitive and author of *Animal Dreaming a shamanic 'field guide' that offers insight into the wisdom of over 200 indigenous and introduced Australian animals.* Scott is available for interviews, workshops and seminars. He is based in the beautiful Yarra Valley, Victoria, Australia. To contact Scott or to enquire about his book visit www.circleofstones.com or email info@circleofstones.com.au. All photos courtesy of Carol Seppings.

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