

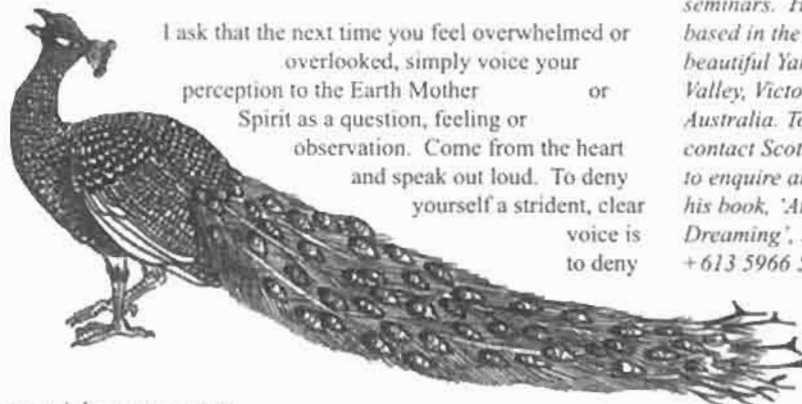
that after coupling, the women eventually birthed a child. They noticed a pattern. They realised that as the elderly died, they were



replaced by the young. Everything had a place and a time and, as with all things, Nature worked in a cyclical manner. The People eventually came to honour this pattern, and saw the recording of

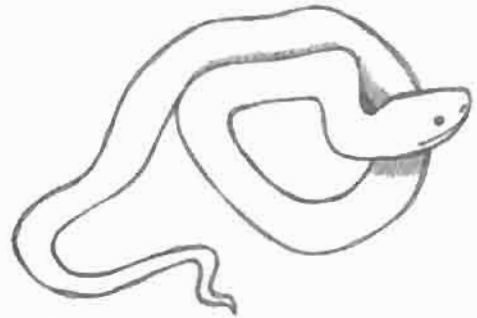
the hunt as being a guarantee of abundance and fertility for the family or clan. They believed that with each kill, the one responsible for the kill would be rewarded with the strength of that animal. They believed that the wisdom of life honoured by the animal would be shared with the hunter, making him a better hunter. He would learn to be more like the animal – strong, brave and resourceful. In order to hunt the animal more efficiently, he would learn to think and act like that animal. He would ultimately become that animal – his spirit and that of the animal would meld and become one. The spirit of the animal would become his essence, his Power, his teacher and guide. They also believed that by physically bringing the blood, the life force of the animal, into the nurturing cave, and mixing it with the 'blood' of Mother Earth (the mud), the spirit of the animal would be reunited with the Creator Spirit and permitted to return, some day reborn from the Earth Mother's womb (the cave) into the world to be hunted again by The People. The cycle of life was acknowledged and the animal's spirit was honoured, as was the way of our Ancestors.

Today, the connection to the Earth Mother is still there, lying dormant within each of us. All of us remember this ancient time. The memory is stored on a cellular level and is ready to be reactivated and consciously brought back into our lives, now. We all share an inherent relationship with the animals. We all have animalistic traits, strengths and weaknesses that help to explain who we are and why we do certain things. I believe it is my purpose, my reason for being placed on Mother Earth's back, to help people remember this sacred connection. I have been guided to write the book, *Animal Dreaming*, and several other works, to afford The People permission to once again look to the Earth Mother for the guidance and confirmation our Ancestors held so close to their hearts.



I ask that the next time you feel overwhelmed or overlooked, simply voice your perception to the Earth Mother or Spirit as a question, feeling or observation. Come from the heart and speak out loud. To deny yourself a strident, clear voice is to deny

yourself the right to be heard. State your question or feeling and wait for a reply. Mother Earth will send a messenger whose Dreaming best suits the clarity and resolution required. She will send an animal, either in the physical sense or in a symbolic form (as an image on someone's t-shirt or as an advert on a truck, for example). The response will be immediate, concise and accurate, either way. The responsibility, though, lies with you to acknowledge and interpret the wisdom and to integrate it into your life in a



productive way.

In the next issue, and the issues that follow, I will write about the animals and their wisdom, offering ways to live abundant, interrelated lives. I will do this by inviting you to integrate the ways of the animals into your lives on a conscious level, while explaining how this may be achieved. We will look at the animals best suited to help us heal our lives and those around us, the animals who may assist us to manifest abundance, and the animals that will help promote spiritual understanding, clarity and intuition. The bonds we share with the Earth Mother are as strong today as they ever were. They must be. Reclaiming them is a very simple process – one that is as easy to master as breathing. I promise.

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