

# SPIRITED ANIMALIA

## WITH SCOTT ALEXANDER KING

By Leela J Williams

**S**cott Alexander King is an Animal Spirit Intuitive. Since the age of eight he has been aware of animal spirits, and it was not unusual for him to see the spirits of cats, rats and rabbits around the house. So, kind of like John Edward, but with animals...????

Scott says what he does is not dissimilar, "Except that I invoke the spirits of the animals that are currently walking with an individual. I intuitively receive the messages they wish to impart and simply pass them on to the client or audience member. We are all born with several animal spirit guides that protect and guide us as we grow and develop physically, spiritually and emotionally." You are probably familiar with the idea of animal totems but Scott describes the animals that walk with us as archetypes, "Symbolic representations of the relationships we hold with the world, the other realms and each other. When we consult the animals, we must be prepared to identify the beliefs and values that hinder our growth, to re-evaluate them and to abolish the ones that retard our progress."

Scott sensed five animals with me. An **Otter** - a teacher a spontaneity whose message is to loosen up, stop doubting myself and to follow my instincts. A **Cow** - that indicated mother energy and led Scott to accurately describe my mother as a "nurturer who took her role very seriously." A Teacher **Wolf**, a **Snake** of healing and creation and to my surprise: a **Platypus**. The first time I saw a platypus was just awesome. I was about 12 years old and we were camping with friends. It was just for a moment, but they are so shy and unusual - it was like seeing a mythical creature out of a fairy tale. The interpretation that Scott gave to each animal was detailed and I was intrigued with what he had to say about the **Platypus**:

*"The Platypus speaks of reclaiming aspects of ourselves that we may have been forced to abandon or leave behind... Sometimes it feels necessary to follow our heart in a personal way, and to close our mind to tradition or expectation. If you have made a decision that angered or disappointed your family, and it resulted in them asking you to step away and now you have begun to understand the reasons for their stance, then sit with it a bit before making any decisions. Feel your way through what is to happen next. Remember you needed to discover the 'truth' for yourself. We cannot learn anything if we are constantly following the expectation of others without asking why or testing the waters for ourselves. You did not make a mistake. When you follow your heart, and it is done with respect for who you are, or who your family have allowed you to become, you cannot make a mistake. Spirit does not make mistakes... Hold your power, speak from the heart and leave it to others to respond. Choose action over reaction. Do not respond to anything said in a negative way. Welcome their views as simply that - their views. You don't have to take anything said on as your truth. If it conflicts with the way you feel, let it. When people ruled by fear see people inspired by love acting out their inspiration, they become more afraid, and the only way they can deal with their emotion, is to try to replace the love felt with fear. Let them try, but you maintain the love. Decide for yourself what you should do. You are simply sharing your realisations, not asking for their opinion. Remember that."*



If you feel you have to break with expectation and tradition to follow their heart and own their truth, inviting shy old Platypus to join you as a 'totem' or 'archetype' - would be ideal! Australia is home to so very many wonderful birds and animals why would you go anywhere else for a totem? Most of the books available feature European and/or American birds and animals as that's where they are penned. In "Animal Dreaming" you will find a range of creatures that you are also likely to find in your backyard - from galahs and kangaroos to fleas and leeches.

Whenever we are planning a feature on an author, I like to put the word out to see what areas our readers would like us to address. I must say that the following question was the most challenging - so it's the one I asked!