

I assume that you have been faced with difficulties or personal hindrances that, up until now, have forced you to perhaps postpone dreams or to limit the activities that make your heart sing when you are alone or have quality private time. I want you to know that to have Deer walking with you is a powerful sign – you are being primed for change. You are being offered the power to face a personal demon or to speak up against some wrong inflicted upon you. You are being offered the strength of the Deer; the strength to finally seek gentleness within yourself – the gentleness that allows us to be kinder to ourselves, to expect others to treat us as we would treat them, to walk gently upon the Earth as a brother or sister to all things of Creation, and to be honoured as an equal to all other beings.

## MIXED LOYALTIES

**I've had a strong feeling that one of my animal totems is a cat, but since I've befriended a crow over a period of a couple days I now seem to be intrigued by crows. Every few days I seem to see one or more. One flew beside my car one day whilst travelling to work. I find crows to be very mysterious and yet I feel completely safe around them, like I am being watched over. I wonder why I am seeing the crows so regularly and what they mean in the animal totem world.**

**Naomi, WA**

Crow's medicine speaks of justice, truth and ethical principles and is governed by the Element of Air and so rules matters of the intellect. Crow's wisdom promotes thought, reason and clarity of mind. Bestowed with the sacred mysteries of the void, Crow is the keeper of universal law and the ancient records of creation. On a personal level, Crow's appearances may foretell new love, emotional stability, developing intuition and sacred intimacy. Crow's philosophies prompt us to 'walk our talk' and to 'walk in beauty' within ourselves.

Crow's appearances may be suggesting that you look at your life and ask yourself, from a practical point of view, whether or not you feel as though you are being mentally stimulated by your present job,



relationship or way of life. You are being asked to clarify your life, to clear your vision and to see things for what they really are. You are being asked to revisit your past and to recall what you told yourself you would do once you reached your present age, and whether you have achieved these goals? You are being told to stop picking at what you consider to be the weaker aspects of your 'self' and to honour your ability to shift your perception; you are more than capable of adapting yourself to any situation, to shapeshift your consciousness and to harness any new skill, law or understanding at will. Since Cat dominated your space before Crow's appearance, you should remember the aloofness of Cat, the innate strength and self pride the feline wisdom offered you, and combine the emotional support afforded by Cat with the mental clarity of Crow. You are about to step into a new phase of life; a facet dominated by the knowledge of women, and you will need to keep your wits about you. Crow can herald an ending or a symbolic 'death' of sorts, but find comfort in knowing that you are being nurtured by the protective energies of the Crow and that the animal seems to be guiding you on your path.

## TALKING TO ANIMALS

**I would like to know more about how we interact with animals on a personal level? I have a cat and it is apparent that sometimes we are mutually in**

**need of attention from each other. She will jump up and lay on my chest, then within minutes a feeling of deep synthesis and harmony abounds – it's as if we are communicating on some level. At other times I find her watching me with a quizzical look on her face, as if she's intent on puzzling me out.**

**Simone, via email**

Before you can expect an animal to mind-speak with you, you must remember that every animal has a powerful spirit, and that very animal has its own medicine. Animals deserve as much respect as our human brothers and sisters. Their pride can be squashed just as readily as any human's; they can be humiliated, insulted and belittled by disparaging remarks and condescending comments.

No one likes to be spoken to or treated like an idiot. Animals are no different. Speak to them as an equal while treating them with respect at all times. Do not speak down to your animals, do not speak at them, and do not expect them to do anything you would not do yourself. As you would approach any animal in the wild with respect and awe, it is equally important to approach your domesticated animals with reverence and peace in your heart. It does not matter how long your animals have physically lived with you, by rushing any animal you will scare it and it will not trust you.

If you want your animals to work with you, you must be prepared to work with them. Honour your animals and their medicine. Once their medicine has been shared and the trust of the animal assured, it is important to honour the presence of your animals and to show them recognition by putting photos of them on display, taking them out with you, and feeding them with food prepared to fulfil their needs. Allow them to become part of you and your life. Maintain productive contact with your animals at all times, and when you least expect it, in a moment of deep silence, you will hear their voice. You will make contact on a personal level. A link of communication open that will remain intact forever, with chitchat going back and forth as readily as you would expect between two old friends.

