



Rainbow Fianna:
Wisdom School for Earthkeepers

ANIMAL SHAMANISM
LEVEL I
MODULE FOUR

Billie Dean



Table of Contents

Introduction	4
Karma	4
The Woman in the Supermarket, Part 2	6
Type of Karma	7
Non-Engagement	9
Ho’oponopono	10
Forgiveness and Divine Love	11
Cutting Cords	11
Instant Karma	12
Other People and Animals	15
Gnome Work	18
Journey with Gnome	21
Communication with Animals	22
Tips for Better Communication	23
More on Ethics	24
Practice	24
1. Animal Communication	24
2. Happiness	24
Resources	25

Animal Shamanism Level I: Module Four
© Billie Dean, 2011
All rights reserved.

Billie Dean
Wild Pure Heart Productions
PO Box 61
Braidwood NSW 2622 Australia

www.billiedean.com
www.wildpureheart.com
Email: billie@wildpureheart.com
Ph: +61 2 4842 2819

Disclaimer and Disclosure

The information in the ebook is for educational purposes only, and represents my experience and understanding of the topics covered. It is not intended to prescribe, diagnose or treat particular ailments. If you or your animal is unwell, I strongly encourage you to seek professional, trained advice from a qualified practitioner. No liability is accepted with regard to the application or misapplication of the information herein. Nor is anything in this ebook intended to be a therapeutic claim. It is simply my personal experience.

Some of the links in this ebook are affiliate links, which means we make a small amount of money if you happen to buy something. Thank you for supporting our work and the animals here at A Place of Peace.

Animal Shamanism Level I: Module Four

Introduction

Hi, this is Billie Dean with Animal Shamanism Level I Module Four.

Today I want you to start the lesson by moving your body to this music. Dancing or movement is a great way to help remove energy blocks, get your chi moving, and raise your vibration. You all know that! But what's cool is that so many of my client's dogs and cats want their people to dance. They said it was really important right now – for their people, and for everyone. They said it was better outdoors and barefoot, but any sort of rhythmic movement is good. Just move and put your emotional state upwards!

We live in a vibrational world of light and energy, and the states of love, joy and peace are the frequency we all need to aim for. High frequency people at this level can affect the world around them in a positive way. Just because they are vibrating at a high level! So today's talk is about letting go the lead balloons of emotional baggage which just create toxic conditions for ourselves and our animals.

The animals want us to be happy and free, because that helps them be happy and free. We've already talked about how thoughts are things. Well, our emotions can create an atmosphere of toxicity that our animals, being generally small and sensitive, have to live in. Yuck!

So just for a moment, shift gears and get into a higher state! This is "Spiral Dance" by David Pendragon and Tribe World Ensemble. It comes from the album [The Gathering](#) – and the entire album is available from our website wildpureheart.com.

(Music break)

Karma

So today we're going to start with a talk about karma.

Now, karma is one of those words subject to interpretation, and among the Eastern religions there are differences to what karma actually means. In the West, we tend toward the Buddhist understanding of karma in its cycle of rebirth and atoning for the deeds we did in the past to others. But when I was looking for a

sentence to describe it I found myself attracted to the following simple statement from Deepak Chopra, "Every action generates a force of energy that returns to us in like kind. Choosing actions that bring happiness and success to others ensures the flow of happiness and success to you." (From [The Seven Spiritual Laws of Success.](#))

So let's start with that on the path of peace that we are travelling on – barefooted and gracefully! Give to the Mother Earth, and she will give to you. Give love to all sentient beings, and receive love back.

Give a home to someone who needs it, and watch the good karma come back from that! We call these good deeds, and they are noble, kind and compassionate.

In other pagan traditions, there is the Law of Three-Fold Return. What you send out comes back three-fold.

In Christian traditions, you have the Golden Rule: "Do unto others as you would have them do unto you." (Matthew 7:12). A slightly different take on walking a spiritual path again. But it all counts and serves as a way to set our internal rudder to what used to be called a "virtuous life".

Today, I call it a "path of peace". It is a spiritual path, and this is the path the animals want us to take because if we are to create a better world of compassion, kindness, freedom and peace for them, we have to truly understand what it means to be at peace ourselves. When we are at peace, they can be at peace.

To walk the path of peace, we need to drop the chains that bind us to the past. And through my practice of energetic medicine, I have seen how important this is.

We live in a world of flowing energy. In [Secret Animal Business](#), I talk about how the suffering of humans and animals has created so many negative thought forms that some esoteric thought suggests it has now, over time, formed a solidified etheric wall, creating in turn more anxiety and depression, which people experience and don't know why.

We can counter this with our own spiritual and ceremonial work, and being peace and joy and love ourselves. Please note that I say "being", because we need to actively embody these states. You might notice that there are a lot of peace activists who are not at peace themselves. They see peace as anti-war, whereas it is all connected. We all need to strive to embody peace today if we are to make the Great Shift and not go the way of the dinosaurs, because

globally we are moving closer and closer to a precipice. This is why this school is a wisdom school for Earthkeepers, because in the shamanic traditions, an earthkeeper is someone who takes stewardship over all of creation – consciously and from a place of sacred connection and understanding their true place in the world. For me, certainly, becoming peace has become the foundation of a spiritual path.

We are currently influenced by the 2012 Phenomenon. As Dolores Cannon so beautifully puts it in our documentary [This Sacred Earth: The 2012 Phenomenon](#), "It's time to clean up our karma." By this, she means our past emotional baggage with others. And believe me this is all up for healing and release right now. The 2012 prophecy is one of a golden age of peace, and cleaning up our karma helps us become more peaceful, and also of a lighter and more refined vibration.

So let's take the noticing we touched on last module a bit deeper with the understanding of karma in mind.

The Woman in the Supermarket, Part 2

As I suspected, the reason I noticed the woman in the supermarket so clearly, was because her horse called me. This was his communication to me. My "noticing" went beyond the normal, "This woman holds herself tightly", to "This woman holds herself tightly and it hurts when she rides me".

How could that happen? How could an animal reach out through a person? Well this is advanced work usually, but as sensitives walking in the world, I want you to understand a few things from this story. One is you need to notice when your attention is being called. This is really important. Most of the time we walk around in a fog of sleepy forgetfulness. But as we walk on this Path, things happen. And you notice with increased awareness the world as an interplay of chance encounters.

Now, there is no such thing as chance encounters, of course. I always notice who the universe is sending me in my life and who I bump into or who is coming into my field of awareness. Because there is a reason. It might be just a lesson. It might be for them more than us. It might be a "random" person who tells us some important information that turns our life around – like the herb student who's name I can't even remember who told me to read J. Allen Boone's [Kinship with All Life](#), because he understood I was

communicating with animals and would love to read about someone else who did it too.

We are currently in a time of karma, so another reason could be because we have old karma to clear out with that person. And because we are in a time of enormous vibrational change, it is essential we clear up our past so we can keep up – literally, up. Old baggage weighs us down.

And we do this letting go of old baggage through forgiveness, and with the fire. And with any other “letting go” tools you might have.

Type of Karma

There are two types of karma. One is the karma of reincarnation. We have any number of people in our lives who we need to be aware of as old enemies. You might be in love with them, and then they betray you. Perhaps this is a cycle that has been going on centuries. You might have gone into battle with them, and they didn't watch your back. Perhaps you were a medicine woman, and they dobbed you in to the Church. There are many, many scenarios.

And now you need to be the Grown-Up Human you really are, and forgive, let go and move on. This is sometimes a real challenge and you really need to notice who and what triggers you. If you are being emotionally triggered, that is the Universe sending you a sign that something needs to be cleaned up.

This can be done physically or it can be done etherically – depending on the situation. Some people who are wounded can't hear a physical forgiveness. Their filters don't skew to personal change. They are quite literally stuck in their stuff. So you just do this etherically. We just can't walk up to someone and say, “Hey Fred, I know you burned me 1276 AD, but that's OK, dude. I forgive you!”

Often you won't even know who is who in your long history on Earth. But if they are showing up now and they trigger you, simply practise forgiveness. Simply look within. And sit with your trigger. What is this bringing up in me? Notice who is in your life. Notice your feelings and reactions.

I went through a stage where I noticed I was attracting people who had anger issues. I ignored it because I liked them anyway and I don't judge people just because I can see a shadow over them. I like to hold people in their highest light and believe in their highest

potential – just like I ask you to do for the animals. We need to do this for each other as well.

But Spirit taught me through hard experience that my animals suffered and suffered really badly if I let myself be drawn into their drama. This was because we had two subconscious scenarios being played out. These were wounded people who wanted something from me. And because they weren't trained in ethics, darts were fired and like I said, it was my animals who took the hit. And yet, I am not going to blame the people for the harm done to my animals. I am going to blame myself for noticing that my antennae had been alerted, and I completely ignored it.

And secondly, I held a subconscious thought that my animals weren't safe from a centuries old wound, and I had to heal that. Because that is why these wounded people were attracted to me in the first place. I invited them in to replay an old drama. And this is what can and does happen to us all.

So simply said, my subconscious thoughts created a world in which my animals were not safe, and drew people into it to play this out – because it was up for healing and release. We are like magnets.

This was a core issue and it took me several years to really heal it. As you know our personal healing is a bit like an onion. You take off layer after layer after layer. But because my animals are so important to me, I was driven to heal it.

I had to forgive and I had to come into alignment with my Higher Self. I also had to let go these thoughts and change the world I was experiencing by changing my perspective. So I worked on that piece until I knew that the world reflected back more love and safety. Notice I said "reflected" back. The world indeed is a mirror and will let you know how you are going.

Now that really difficult lesson has healed, life has been far gentler. People still might send daggers because of their own unhealed stuff, but it no longer triggers me. So the daggers don't hit their mark. And they don't get my animals either.

I also learned to listen with my antennae up because this is not a time to be distracted by pain and suffering, and the wounded who don't want to change will continue along that cycle and drag you into it if you let them. If you let them, it becomes your stuff. If someone sends darts to you and you aren't triggered, that is them projecting. And it's their stuff and it can't hurt you. So dance out of the way.

Non-Engagement

You don't need to engage. When you don't engage, there is no energy coming back at them to fight with. So their anger fizzles out. This is the art of non-engagement. It reminds me of aikido. It reminds me of a willow bending in the breeze. It reminds me of Mother Earth who still loves and provides for us and transmutes our negative energy into light if we let her, despite the abuse she suffers from the young souls among us. Non-engagement is a beautiful way to dodge bullets and practice peace.

If somebody says something nasty to you at the office or on Facebook, don't engage. Don't willingly step into the war zone. People are stressed right now and the knives are out because they don't know how to deal with it. They don't have the tools. Practise the dance with energy and the art of non-engagement when it is appropriate.

Andrew and I used to use the improv stage work we did as an analogy for this kind of energy dance. A scene would go nowhere if two actors were hurling abuse at each other. So we would encourage one of them to take low status, like a beggar to a king, to say "yes but", or better "yes, and" to the argument, to bend like a willow, to apologise – to do anything to shift the energy so the scene would flow. We found it a helpful device for couples as well, because if you are locked into matching energy in a battle of wills, it just escalates and people get hurt. One of you has to be the grown-up, and realise that it's better to be happy than right. You can discuss whatever the situation is when you are both calm and cool. And rational.

We live in a world of revenge and violence, hatred and negativity and it's on TV, programming us to think it is okay. It's not okay. It's no longer acceptable and we have to stop the cycle. The more people have the courage to become peace, the more change we will see because it will ripple out into the world like a pebble dropped in a still pond.

And if you find yourself picking out someone's faults, step back. That person is a mirror for you and you are projecting. So notice if and when you do this. And that is the kind of projecting we don't want to do to our animal friends. Remember that life is a mirror – a big gigantic mirror, which is why the tree people told me to see everyone as love. When I did that, love magnified in my world.

We each live in the world of our own creation. So we need to understand this and watch our thoughts. In our home, a game we

used to play was “Thought Police”. We would stop each other from sliding into negative thinking. We’d pull each other up on those little phrases that are part of our vernacular. “I’m sick of this.” “This is giving me a headache.” And so on. And self-sorcery too. “I’ll never be any good at this.” “I’m useless.” Yuck. Cancel, cancel, cancel. I don’t even want those thought forms out there around me in a teaching situation!

The tools we really need right now are Divine Love and Forgiveness, and the Universe will continue to send people to you – their name will pop up, you might bump into their partner in the street, or see their name flash by on a billboard – until you have cut cords with them and truly forgiven them. The Universe talks to us all the time and we have to learn to listen.

Ho’oponopono

So let’s do an exercise now to help do this. This is called Ho’oponopono.

Ho’oponopono is the ancient Hawaiian art of forgiveness. When I first came across it in Hawaii, an elder kahuna, or Hawaiian shaman, would spend an hour or so, reciting over us every night.

But because of the times, it has been shortened by many and this particular one is what works for me and my clients and students. So let’s do it now. Think of someone you might have an issue with. Or maybe just yourself. Or even an animal in spirit. Repeat after me:

I love you.

I’m sorry.

I forgive you.

Please forgive me.

I release you with love.

Thank you.

You say this over and over and you can literally feel the chains of pain and anger and frustration drop away. Take a moment and sit with that for a while, and see how you feel.

(Music break)

Forgiveness and Divine Love

Continuing with forgiveness for a moment, some thinkers hook up forgiveness and prosperity and after doing a "Forgiveness Diet", (there are many authors to choose from with these,) you will find more prosperity flowing.

Andrew and I did it when we got down to \$200 one Christmas. Pretty scary. Drought. Lots of animals. Holiday period. Expecting book advances and film funding, and both those sources experienced financial situations and we were caught up in a domino effect which left us broke. Two days before Christmas. So we went up to the top of our hill and did Ho'oponopono over and over – forgiving ourselves, forgiving the people who broke their promises, forgiving the banks, the economy, and so on. During the Christmas break, I was flooded with clients and Andrew received contracts for several children's books. We trusted, we forgave, and the Universe came through.

It's all about energy and lightness.

With people in your past, also, instead of sending hate and anger, send Divine Love. Divine love is a delightful gift to anyone and everyone. It's much better than sending healing, for example, to anyone who needs it.

Right now, imagine people sending you healing. Now imagine people sending you Divine Love and Light. When we send healing and love from ourselves, it can be sent with the pain of our own wounds and hurt those we are trying to help. But getting ourselves out of the way, we send Divine Love and invoke spiritual help. We also add, "For the highest good of all concerned." This is important, because Spirit knows the full picture of the soul journey each participant embarks on, and we don't.

Cutting Cords

The other thing you can do is cut your cords. Cords are etheric attachments to others – family or lovers, business relationships, clients, or even animals. Cutting the cords on a daily basis is a bit like taking a shower. It cleans your etheric field and helps you be fully you. It protects you from the negative thought forms of well-meaning people who love you but are sending worry or fear at you. It protects you from clients who subconsciously want to cling on to you, and others who drain your energy.

So get centred, take a big etheric sword, and with your intent cut all those cords from all over your body. You need to do it with intent. Or get out the etheric golden scissors and cut all those cords with your intent! Or if you are having trouble, ask Archangel Michael to come in and help you with his sword. Whatever works for you.

During my shamanic training, we used real swords to cut away the negative debris from our luminous energy fields. I came across a stunning blade with obsidian set into it at an Expo once, and I use that these days. I have a smaller one for my mesa, which is beautiful and has animals on it. It was made for my mesa, or medicine bag, by a shamanic jeweller colleague, as Spirit had told me I would need a knife for cord cutting. I use the small one all the time. It's portable. It's not sharp. And it does the job fantastically.

Often when I've helped people cut their cords from others, they'll find that person ringing them. Sometimes almost immediately. They can't feel it physically, but energetically they know something has happened. And they want to make contact. The cords can reconnect, which is why some spiritual teachers suggest making this part of your daily practise.

We'll talk more about all this in the other levels. Right now, I am giving you a foundation for walking in the world with impeccability on the Path of Peace, and understanding the world of energy that the animals both live in and understand.

Finally in this section, if you think someone is putting energetic hooks into you or they are attacking you, as well as taking your responsibility and considering why and asking for help to heal this, send them blessings. This is a beautiful thing to do when you cut cords just generally. I love blessings. It heals souls.

Again, hate and revenge and anger is not the path. When you bless someone, that little arrow has a pink bow around it, and it melts into a ball of love when it hits its mark, healing the person's soul on the subtle levels.

(Music break)

Instant Karma

The second part of the karma lesson is that we are in a time of instant karma. There's a Code of Conduct that is common across many spiritual traditions, but I've noticed people understand words through their own filters and often do not get the big picture. So for

you, there's a new dictionary and Code of Conduct I've created, to help you understand the meaning of words at a deep level.

As an animal sensitive, it is vital to understand this – because sometimes your animal might have contracted to help you get your instant karma. They are shamanic teachers, after all.

We all get angry and irritable, especially now with the added interplay of electro-smog, the 2012 Phenomenon, poor quality food, increased stress, and so on. But we have talked a lot about how thoughts are things, so now you have to understand the repercussions of inappropriate thinking, speaking and action, which can result in instant karma.

This means that it happens immediately, not in the next life. And of course, the more refined you become, the more you are kept in check by your own inner rudder.

And it is one of the side effects of stepping onto the Path. Your world just might become a little more acute or intense as you set your intention to grow your wings. And this is a great thing. It can sometimes be a little like a boil needing to burst though – a bit painful and then relief. So if you find some stuff activated, relax and know you are not alone. We've all been there.

One of my shamanic mentors, Linda Fitch of the Four Winds Society, told us the story of how she was jogging one morning with her dog, and her thoughts turned to an employee she had had to fire. Suddenly, she was on her knees. Splat! Her exceptionally well-behaved dog had tripped her over. She didn't blame the dog. She blamed herself. Because she knew she was thinking inappropriately about the person. And that created instant karma. So she was grateful to the dog for the reminder. A dog, I noticed, who was an excellent shamanic teacher.

And animals as teachers and healers is a discussion for Level II.

As we walk as a Rainbow Warrior in the world, we need an internal moral compass that is not dependent on the mores of the world. Don't forget, it wasn't so long ago that "black" people were considered inferior and their children taken away. It wasn't so long ago that women were considered possessions and couldn't vote. Today, animals are considered possessions and it's okay to kill them when they chew the furniture or don't match the furniture. It's okay to subject them to torture and to submit them to suffering. The mores of the world aren't always correct.

The first thing you need to help you with instant karma is emotional fitness. You need to walk as a warrior – not just allow yourself to get angry. Anger is a natural emotion, but use the tools. Use the fire.

I can remember being furious with a vet who decided that he would no longer treat my animals because of a “deep philosophical difference”. I wasn’t able at that time to get help for an animal in need – I had a wild horse who had cut himself to the bone. And that made me angry, and underneath frightened. I knew I couldn’t carry that anger into the situation, because I had a horse with a bad injury who I had to treat myself and that wasn’t fair on him. You can’t be angry around animals. You have to be still.

So I blew that anger into a stick (with permission) and flung the stick in the fire. A little while later, I realised I was no longer angry. The anger had left and I could continue my work and examine why this had come up for healing and release.

Of course, it was all in my era of learning to shift that unconscious thought around animals. And this is the kind of stuff that I drew to myself to wake up and change it. The horse, by the way, was fine.

The 2012 Prophecy is about peace, and you can’t have peace when there is old karma hanging about and people still being wounded and acting from that place in the world – greed, revenge and fear. We need to replace these things with compassion, kindness, forgiveness, Divine Love and peace.

The more of us who actively walk this path, the more chance we have of that wonderful world of peace. And when humans grow up as a species, the animals are then safe and living without fear.

The other thing about anger is you can channel it in other ways. Use it to fuel your passions – not in an angry way, but simply in a motivating way.

For me with the vet, instead of throwing angry darts, which would have resulted in pain on his end and instant karma on mine, I felt compassion for someone so stuck in intolerance of other ways of healing. It turned out we weren’t the only ones he refused to treat, and I knew that he was creating his own karma.

I simply forgave, blessed his soul, and got on with the business of finding other vets and help.

Today, I thank this vet, because it was that incident that made me study shamanic medicine intensively and understand that the more

centred I became, the more that stillness was reflected in my outer world. And the less I needed the services of his conventional medicine, because my outer world included the animals. What is within, is without. We are all connected.

(Music break)

Other People and Animals

The other part of my Woman in the Supermarket story is about the horse. I don't run around reading everyone in the supermarket. But when someone jumps out at me in this way, I have to take notice. There was definitely something else at work here.

This kind of Noticing and being aware of people and animals' energy fields is vital in our everyday actions, because telepathy is about thought transference, and when we meet someone, for example a friend, and we can read they are distressed, then it helps us help them, perhaps gently open up.

I've got a big sign in my field that tells people I am a healer. Ever since I was 14 I've had people spontaneously unburden themselves onto me. Perhaps you are the same. I can walk into a shop and the shop assistant will start crying and telling me all their troubles. They can intuitively read that there is something in me that makes it safe enough for them to be honest. So on planes, trains, and supermarkets, I've had people share deep secrets with me.

They've needed help. And sometimes all you need to do is listen. The same for animals. Whatever health crisis that might be brewing will often fall away because someone listened. Listening is a powerful healing tool.

And then, of course, you have to protect yourself, because sometimes the hooks will go in and you'll walk away feeling drained, and that is where you learn to set your boundaries and radiate them to the world. It is all about telepathy and that subtle energy dance between you and the world.

So in this story there is a chance meeting between an animal sensitive and a woman. We met in the freezer section. We are put together again in the checkout line. I noticed she had bought ginger for her dinner. It made me want to do the same. Her horse reached out to me, getting my attention in a way animals usually don't. So something is up. My antennae goes up. I give the situation my attention.

The first thing it does is bring up the question how do you help an animal in trouble when they spontaneously reach out and they belong to someone else?

This is an important question, because when you are an animal sensitive, you might come cross animals who call you, catch your heart and ask you to help them.

And sometimes it is very tricky.

I had one beautiful student who had fallen in love with a dog who wasn't hers and she knew this dog needed her and her kind of care. This was care the dog wasn't getting in her current home. But my student and the other person were at odds. So we etherically forgave the whole situation and cut cords, and saw it working out for the highest good of all concerned. Please, always put this into your dealings with Spirit, otherwise you are meddling with someone else's karma and soul journey, and creating karma of your own.

This is where we really have to get ego out of the way. You can't run around doing good deeds like a white knight from a fairy tale – unless it is the right thing to do. You have to know all the story and your part in it.

So, for example, my student worked it out etherically and wrote a lovely letter to the dog's person, offering to take care of her dog if she ever became a burden in her senior years.

She ended up with the dog and was able to give her a very happy ending to her story. Both these souls needed to be together and the dog's soul was touched by true love and this love helped her soul journey.

It was beautiful, gentle compassion in action.

Other animals need other action. And some do need white knights who walk in love and integrity, but not anger.

So Part Two of the story with the woman in the supermarket is that the horse, now that he had a link to me, didn't let up. So I made some time and invited him to speak.

He told me he was in pain and so was his person. However, he could admit it and she couldn't. He said he wanted me to simply "put them in my prayers". I do a regular prayer circle for animals in need, working with Divine Love, Deep Forgiveness, and my Spirit Medicine people, angels and other helpers.

He said there were many horses in pain and he wanted to acknowledge me for my role in changing things. He said the world was changing and he was lucky enough to be here to witness it, sore back and all. He was wry in his personality, wise and wonderful. But he didn't call me to take him home, rescue him, or change things in the physical. This was for the two of them to work out.

However, I did put them in my prayer circle and simply asked for Divine Love to be sent to the situation for the Highest Good of all Concerned.

Can you feel how light that feels? Can you feel the subtle nature of it, and how I'm not winding my own judgements and perceptions onto the situation? I didn't pray for the situation to change. I didn't send healing. I just sent Divine Love for the Highest Good of all Concerned.

And by handing over to the Divine, I get myself and my ego out of the way. We have to remember this is a humble path. A path of humility, reverence and respect for all beings.

Now, there is nothing I could do on the physical in this particular situation unless there was another chance meeting and even then one has to be careful. You can't, as one animal communicator did, go up to someone and say, "Your horse wants to live with me." Or another who would read people without permission and go up to them and say, "Spirit just showed me that you have to do such and such." Or, "Oh I'm not looking at you, I'm looking at the Spirit man behind you." And so on and so on. It's not ethical to give advice unasked for. Remember words are powerful things and we have to stick to impeccability.

There are ways of dancing in the world so that your words can be heard and highest good can come about. If I was to come across my lady in the supermarket a third time, I might strike up a friendly conversation with her. Because we are both horsey people, the subject might turn to horses. Maybe she would complain to me about hers. And maybe I would be able to suggest that horses often misbehave because they are in pain. Perhaps her horse needs his back checked. Has she considered that? If the conversation was going well, I might give her a card and tell her I am there for her in my professional capacity if she and her horse ever need me.

See how you could hear that conversation if you were her? Rather than, "Oi, mate, I'm a psychic and your horse just told me..." It feels like an invasion, doesn't it? It doesn't feel ethical. And that's the

sort of blundering in which gives sensitives a bad name. And it comes from ego.

Most sensitives are sensitive people and wouldn't do this anyway. But I have met a few who have, so now I include Foundation Ethics in Level I, just to bring up the awareness. I believe in being honest, but there are ways to be heard so the communication is effective. So just be careful of your words. Walk the high road. You want to keep your feet firmly on the Path of Peace. Be kind and courteous to others, knowing they are just souls on a journey, as we all are.

Finally, if I was to meet that person for a third time, I might learn that perhaps it is not about her and her horse at all. But perhaps she has a skill or some information for me, and she and the horse and I all contracted to meet in the supermarket so I could receive it.

Perhaps that has already happened.

This is what chance encounters are all about. So have curiosity about the people and animals who come into your Noticing Awareness. They are there for a reason, and you will know what that reason is. Tread lightly and listen with care and mindfulness.

If you want to help an animal, make sure they want that help. You will know. Work on the etheric with Divine Love, and listen always to Divine Guidance. It's time we humans got our heads out of the picture and walk with our hearts, guided by our Higher Selves.

Thanks for listening. This is a big subject, and it's important to begin rapping your head around it as we walk in the world – with Beauty.

(Musical break)

Gnome Work

So how are things going with your gnome? I want you to take a minute and express your gratitude for having a gnome come into your life. Thank your gnome and tell him or her how awesome they are. Gnomes understand the secrets of the Earth, and they are ready to help you with your survival issues. They can help you understand what steps to take in order to move into your heart work and make a living from that. They help you find the gold in life.

As we move into the new era of compassionate and conscious living, gold has a different meaning than it did under the era of scientific materialism. The gold of the gnome is no longer precious jewels and

fancy cars and \$300 shoes. Today, the gold is found in true contentment or peace.

The way our needs are met is changing. The world is changing. For me, it has already changed and probably for you too. Your gnome wants to help you understand that when you stop worrying about survival, and start operating from your heart, you will find the doors open and your needs are met. We need to move out of the old loops and chains of survival and fear, to move forward into love and faith.

So let's go on a journey now and have a meeting with our gnome. I want you to think of a suitable gnome gift to offer him because you want to stay in right relations. Right relations is all about energy exchange. If someone gives something to you, you need to give them something back. That keeps the balance.

If Mother Earth gives something to you, you need to give back. And that is what we have forgotten to do in the era of scientific materialism. We think everything that Mother Earth has is there for the taking for the sole purpose of feeding the human's greed and desires.

We have to remember the first Code of Ethics – ask permission – and the second, which is give back. Remember your energy exchange.

And it comes down to affect us at every level. When I was very young, just left school, I bought my first block of land, which brought into my life a wonderful woman called Peggy. She told me once, "Never visit anyone without a cake". And it's true. To this day I don't like going anywhere empty handed, because of course, that's been the accusation — the whites are "The ones who turn up empty handed." I don't want to be one of those people.

The other thing I learned about the flow of energy from author and teacher Stuart Wilde was always say "yes" when someone wants to give to you. Because even if it is the worst, loudest T-shirt in the world, you will meet someone who loves it and you can pass it on,

This is how we are going to shift from needy and greedy, to calm and trusting. And this revolving giving is one of the new transitional ways to have our needs met.

Believe me, when you get into the flow of surrender and allow and trust and certainty, the chains of tension and scarcity consciousness will fall away.

But again, we have to change how we are thinking about what prosperity means. I truly believe that I am wealthy because I have the opportunity to care for so many animals in a graceful way. And I am surrounded by the beauty of nature and the magic of Listening. I have a fabulous family and my house is character-filled.

But I think it's interesting how many people with fancy cars and fancy floats dump their horses because they say can't afford them – or they don't consider affording them. Different values.

I had an interviewer turn up to the house once and ask me if I believed I was successful. I looked at my 100-year-old unrenovated cottage, the drought stricken paddock which was supposed to be a garden, the shambling sheds, and the two ancient cars – which he was also considering – and said yes. Because success to me means that every day I do something that is meaningful both to me and the world. The only time I get frustrated is when I think I'm not doing enough. But of course, simply working on yourself and striving to be peace *is* enough.

Having said that, it's lovely to be comfortable, warm and well nourished. But our mindset has taken this to excess in our society and caused grief all around. We have too many unhappy people in our culture because it is not geared for happiness, it is geared for profit.

We have to change what we think of as gold and success for the sake of the planet and the animals who depend on Mother Earth for their wellbeing. Already, so many animals have become extinct. And, of course, look at the mess we have made of the world by oil drilling and uranium and coal mining, for example.

So I invite you to think about simplifying and thinking about the things that make you happy.

The animals are also telling us to declutter – and there is gold in that too. You can exchange your unwanted goods for other goods and services, or coin. You can give to someone else who wants or needs them.

The Universe, too, will support you if you get into the right frame of mind, if you clear your survival code and turn it into trust. We'll talk more of this as we go through the school as well, because it is important to understand, so we can let go and really be who we are without an agenda for gain – simply to truly be who we are to offer our gifts, our personal treasures, to the world, in perfect right relations.

Journey with Gnome

Take a deep breathe in, hold it, let it go. Take a deep breath in, hold it, let it go.

You find yourself in the forest outside the enormous old oak tree with the door and you eagerly turn the door handle – only to find that today it is locked. Notice your feelings. Even negative feelings are a clue to what your heart and soul desires.

You turn around and find your gnome grinning at you, with a huge key. You are so thrilled that you give him or her a hug. And you present them with a gift. The gnome nods his gratitude, eyes shining. You ask him or her if they could please show you clearly what your heart and soul yearn for.

Inside the tree, you go down deeper and deeper and deeper, finding your excitement growing because you know the gnome will take you to your happiness. You are going to find the treasure called Happiness together.

You find yourself in a large room with many doors. And the gnome hands you a huge key ring with lots of keys. Each door is marked with a label – “City”, “Animals”, “Family”, “Healing”, “Friends”, “Nature”, “Creative self expression”, “Creating food”, “Gardening”, “Knitting ” – and there are other doors with other labels. Take your time. There could be many doors which interest you. Enter the doors which call you, which call a beating of the heart, a lifting of the spirit.

Spend some time with the land behind the doors. Notice how you feel and what you are doing. If it is animals, what are you doing? If it is healing, what are you doing? And so on. Perhaps beyond one door, worlds merge and you find spending time with nature and animals and doing self-expression all rolled into one. Or spending time with family and making soup and jam and painting landscapes rolled into one. Or perhaps there is a door called Happiness.

Let your heart guide you. Not your mind. Spend some time in the worlds beyond the doors. The gnome will keep you safe.

The gnome has one more key – it is the key to your own hidden treasure. Ask the gnome what that might be, as it is hidden, and you can't see it clearly. The gnome hands you a jewel. And a candle to illuminate it with.

What is the jewel and what aspect of you does it represent – an aspect that you need to shine some light on, and polish up, and feel really good about?

Thank the gnome and give him another gift in return.

You find yourself saying goodbye, and coming up the stairs of the old oak tree, up and up and up until you burst through the door, carrying the treasure that represents your bright self, and bringing it back into this time and space, back into the room.

Rubbing your hands together, and your feet on the floor.

Take your time. Write down your journey and your feelings and all that you learnt about yourself and your gnome and the rooms of happiness.

(Musical break)

Communication with Animals

We are going to start our communication journey today by looking at a picture of someone else's animal. You need to be able to get validation from the person themselves until you can build trust and confidence in your own ability to listen with all of your senses.

Because of the way we are developing as a species, it is easier now for people to listen and understand the silent language. You have already been engaging in subtle conversations in the Otherworld. In that world, you hear perfectly well. So you have to bring that over to our world. And the bridge is confidence. And you get confidence from validation.

Now, many people think they are hearing, but because they are still on a soul's journey of their own, there is definitely an opportunity to tangle their own thoughts and viewpoints with that of the animals'. And this is what I want you to be really clear about in this school, and why there is a such a focus on personal growth and that ability to be really clear, to listen to the still silent voice, and to get an objective and true interpretation of the words, feelings and images which will come flying at you in time.

Animals have had other lives and other experiences in the world than you have, and you just need to honour them and what you get.

This is why I like people to do the writing exercises of the last module, to get you used to writing without thinking, judging, or criticising yourself.

When you look at a photo, you are not reading the photo. You use it as an anchor to call the animal to you. When you focus on the animal, the animal's consciousness is alerted. He hears you. When you call an animal's name, they come into the room.

Then you can ask permission to speak and begin asking questions.

Get a journal out and get ready to write all your impressions without thinking!

Begin by going into meditation – a light trance. Take a couple of deep breaths and close your eyes. Find yourself in the forest, looking at a pond. It is deep and still and quiet. Wait until you feel as settled as the pond. Slow your breathing, and drop your awareness down into your body. Call the animal you want to speak to you. Ask permission. "May I speak with you?"

Place your attention on the animal. Merge the two energy fields together, and sense the animal in your own body. Don't worry if you can't. The animal has come into the room and now you can communicate in the best way you receive thought transference. Now ask a question. How is the animal feeling? Do you receive an answer in your own body? Can you see pictures or hear words? Start writing down your impressions. Don't second-guess. Just write. Then check your answers with the animal's person.

Tips for Better Communication

Keep a journal.

Still your mind and settle your emotions.

Drop down into your body.

Place your awareness on the animal.

Feel in your own body.

See the images.

Write down all your impressions without thinking. Write everything. It is vital you don't leave anything out. Write down everything. There may be things you don't understand, but perhaps the animal's

person will. So know you don't have to understand everything you get.

Don't forget to ask permission, and thank the being.

One of the big secrets is the still and centred mind so keep remembering your breathing and that still pond in the forest. The quiet lake.

More on Ethics

Now another word on ethics.

I have had many people who out of curiosity want to know what the animal went through before they picked them up at the pound. Sometimes this is helpful for healing. Sometimes, however, it reopens old stories and wounds that the animal would rather forget. And as sensitives, you know how that is. Some have dropped their old story and moved on. They don't want to invite it back into their body. So let's respect that.

Have fun communing with animals.

(Musical break)

Practice

1. Animal Communication

Work with five animals this week, and start by asking the simple questions of their favourite activities, how they are feeling, perhaps their favourite foods. Then ask is there anything else they would like to say?

And take notes. Some people will be able to take many notes, and others will just get a few words. That's OK. Everyone is at different stages. You are all on a journey and what we are looking for is validation. So please be honest with each other. Nicely!

And please read the stories in [Secret Animal Business](#) so you can understand the sorts of things which happen when you launch into the world of the silent language of animals and nature.

2. Happiness

I often ask my students to make a commitment to happiness. This, of course, raises your vibration, and that's important right now. So

during the ensuing weeks, simply consider some of the things that came up for you during the gnome journey.

What are some of the things your heart and soul yearn to do? It might be spending more time with your animals and family. It might be taking art lessons, or learning the guitar, or simply sitting in the sun. But especially in these edgy, crunchy times of the death throes of scientific materialism, we all need to be doing just a bit more to nurture ourselves. This brings contentment and peace. And that's good for you, and your family of animals. So just do it!

.

Resources

[Kinship with All Life](#), J. Allen Boone. (Amazon link)

Secret Animal Business, by Billie Dean, available at my [web site](#) or on [Amazon](#).

[The Seven Spiritual Laws of Success](#), by Deepak Chopra (Amazon link).

[This Sacred Earth: The 2012 Phenomenon](#), my documentary. Link goes to our Wild Pure Heart Productions web site.

About Billie Dean

Billie Dean is Australia's leading animal shaman and animal rights advocate and advocate for the use of alternative modalities for animals. Born with an innate ability to understand the silent language of animals and nature, Billie made a stand for animal welfare at an early age and today personally cares for over 40 rescued horses, eight rescued dogs and a host of other rescued farm animals on her country property. Trained as a journalist and professional filmmaker, Billie works tirelessly to improve the situation of animals, has written a book Secret Animal Business, and has made three films through Wild Pure Heart Productions, the company she runs with her husband Andrew Einspruch. She is committed to the path of peace, founding The Deep Peace Movement and The New Shamanism. See www.billiedean.com and www.wildpureheart.com.