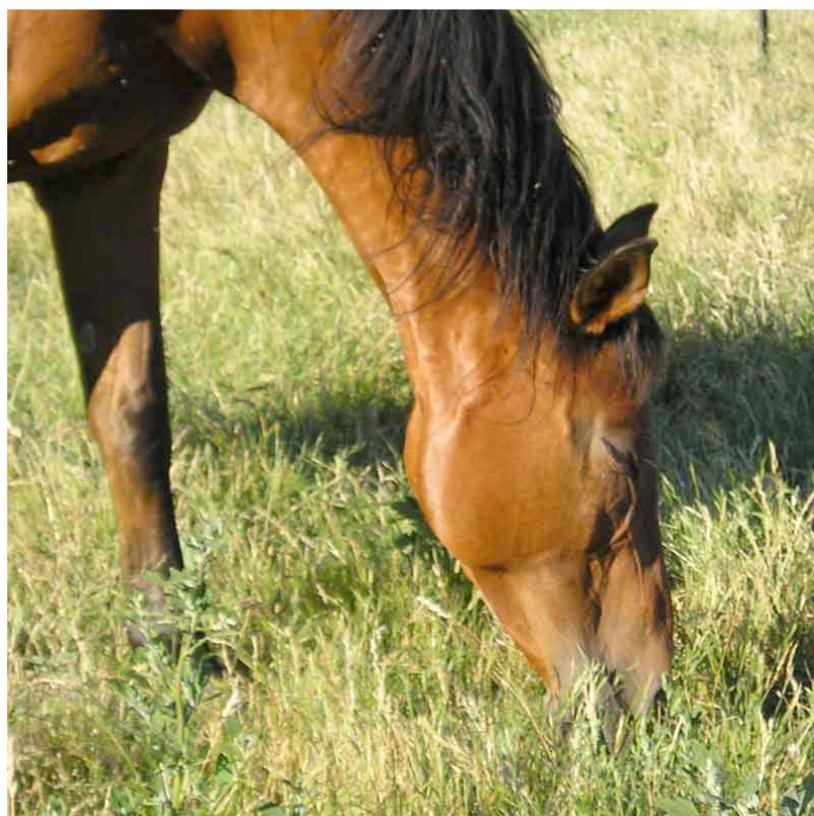




Rainbow Fianna:  
Wisdom School for Earthkeepers

ANIMAL SHAMANISM  
LEVEL I  
MODULE SIX

Billie Dean



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# Animal Shamanism Level I: Module Six

## Introduction

Hi, this is Billie Dean and welcome to Animal Shamanism Level I Module Six.

## The Boy Who Loved Animals

Once upon a time, a long, long time ago, there lived a young boy who loved animals. He lived in a house of wood at the edge of the forest with his grandmother – a woman who was steeped in the ways of the wise.

This son of her daughter was a gentle boy, and her heart ached with pride as she watched his gentle fingers splint the broken leg of a rabbit he found in a trap. No words of anger ever fell from his lips, but he always brought home the animals who had been hurt by men. So around the tiny cottage filled with herbs, hobbled a fox who'd been shot with an arrow, the rabbit with a broken leg, several cats, owls, ravens and wrens and an old wolf who needed a friend.

Peace and harmony reigned in that cottage and the wise woman treasured those nights when she and her grandson slept in front of the crackling fire, the animals curled up beside them.

It was on such a night, as the wind howled and the rain fell like icy knives on the old thatched roof, that the old woman's eye was caught by the spirit of the fire.

She knew by what she saw and what she heard, that she and the boy were in grave danger, for the new religion was marching across the land. And gentleness, wise healing and a love for other species and the Otherworld were not part of it.

Trembling, she got up and went to her altar for Mother Earth. She could have spoken to Mother Earth anywhere for She was everywhere, but after years and years of communion on cold, stormy nights through the long, long winters, the altar had built up a power.

And so she lit a candle and sat in front of her altar, and she dropped down into a light trance, and began to Listen.

"Mother," she whispered. "How do I protect the boy?"

In the morning, the Boy who Loved Animals, woke up to the sound of the Grandmother packing up the old cottage.

"Is it time?" he asked gently.

The old woman nodded. They had both known this day would come.

And so it was that after casting the cottage into invisibility, the Boy, the Wise Woman and all the animals padded silently along the forest paths until at last they came to an old oak tree. The wise woman spoke the words of opening and an opening appeared. And they all padded down, deeper and deeper and deeper into the Otherworld. There they were met by an ancient gnome, who greeted them with no surprise on his face, only sadness. For those like She and He were needed in the world of men.

The boy, however, was filled with excitement. He ran to the light at the end of the hallway and stepped out into the beautiful meadow filled with pretty wildflowers and a magical stream, the animals keeping up with him as best they could.

And as they stepped onto the meadow, the animals were all transformed. Broken wings and limbs became whole; the old became young. The wise woman took on the form of a younger warrior woman with a straight back, rosy cheeks and laughter in her blue eyes.

The Boy chuckled delightedly. "Here you will all be safe," he said to his family. And he bowed to the Gnome. "Thank you for giving me the certainty I needed, for just to know the old stories are true is a gift beyond measure. I will carry this place in my heart. And in my healing hands."

The wise woman's heart went cold. "You're not going back."

The Boy took the Wise Woman's hand and looked her in the eye. "Mother of my Mother," he said. "I will always go where I am needed and I am not needed here."

The Wise Woman sighed. It was as the Mother Earth had said.

"But the bridge between the worlds will close for a long, long time," she said, pleading with her eyes. She loved this gentle son of her daughter very much.

"I have the gift of Eternal Youth now," he said quietly holding her hand. "I will return when the door opens again. In the time of Peace."

The Wise Woman nodded. She, too, had the same gift. But what she wanted for him was a different life. Someone he could love, and who would love him. A peaceful home. And as many animals as he wanted. But she saw in the steel in his stance, and the look on his young face, that that would never be. And she knew she could not let him go alone. He was still not more than a child.

"Come then," she cried. "There is much work to do in the world of man. Much undoing to be done. We have to help the sleeping drugged wake up, we have to keep Mother Earth alive, and the magic of the Old Ways."

"And all our beloveds," said the Boy, casting his eyes over his assembled family.

"We're staying with you – you need protection and warmth and companionship. We are needed to weave the energies of the land, and hold the energy of the Love of the Goddess and the Gods," the wolf, said, and the fox echoed, and the birds nodded and so did the hare and the cats.

The Wise Woman laughed – a merry peal – and she hugged the surprised Gnome who had arrived with tea. "It's for the best then," he said gruffly and he took them all out of the beautiful meadow with the magical stream, he took them up the staircase and out the door, which he locked behind them. And then he smiled. And he whistled as he skipped down the stairs.

When the Wise Woman, the Boy and the animals got into the forest, they were met by fierce soldiers in armour trying to follow their tracks. But even though their horses snorted at the sight of them and called out to them a greeting, the soldiers couldn't see them.

The company slipped past into the shadows of the ancient trees. "It doesn't matter Grandmother, they can't see us," said the Boy.

The Wise Woman nodded. "It is for the best then," she said, echoing the Gnome's words. The Gnome who knew All and who had made them invisible until the Great Time of Peace returned, and they came back to the meadow. She sent him silent thanks.

And so it was that nobody has seen them to this day. But they wander all the lands, speaking to any who would Listen. The Wise Woman in the blue cloak, the child in his green one and the animals who walk beside them.

And it's said that if you sit in front of your Earth Altar and light a candle, they will come to you, and tell you stories that will help you remember. And when you do, they are one step closer to returning Home and finding the True Love and peace they so richly deserve.

*From Stories Around the Hearth by Billie Dean*

(Music break)

## **Walking the Talk**

As a Bard I love to work in the realm of story, which speaks to your soul on another level. Here we delve into the mythic and find a key which unlocks memories hidden within your own soul, allowing you to be a little more of yourself than you were before.

As you are probably aware by now, a human angel for animals requires more than simply heart and desire. Fully embodying being a human angel for animals on the path of peace requires knowledge and the wisdom to put this knowledge into practise.

It's about walking the talk, not just talking it.

If we are to create the New Era of peace and a life of beauty for all animals – including ourselves – then we need to keep putting one foot in front of the other and making sure we are responding (not reacting), noticing with our psychic antennae up, Listening with a capital "L", and living in that realm of kindness and compassionate action. Living without being triggered is a state of grace.

## **A Different Perspective**

The animals want us to grow up as a species, and that is why I have designed this course this way. Because even though animal communication and holistic care is at the core, the ethics and personal work are vital. It gives us a different perspective when we come across clients in need. We can then help them see their animals and problems from a different perspective.

So instead of punishing Woofie for peeing on the mat, or getting asked if you can, "Make him stop," you will know how to respond.

You can say, instead, that no one can tell another what to do, but we can ask. And we won't just ask him to stop. We will ask him why he is doing that action in the first place. We will ask him what his needs are, and how can we help him express himself to his person.

Woofie might dislike his name and it might make him feel anxious and upset. Perhaps he feels as if he isn't getting the attention he needs and he sees the cat's litter tray getting attention, so he uses the rug as a litter tray. Perhaps that anxiety is because of the tension in the household. Perhaps there are entities in the house. Perhaps the wife brought entities home from the office party. Perhaps the husband has large black scary things attached to him (from a dog's point of view). Perhaps the stress the husband carries is scary. Perhaps the diet Woofie is on is making him feel sick. Perhaps he has a urinary problem. Perhaps he simply thinks that is what one is supposed to do, because the human baby did it.

Who can know until we ask Woofie himself?

But the most important thing we have to realise is that Woofie is not doing it because he wants to make his person cranky, because he hates them, or because he is vindictive.

A dog might be aggressive or prone to behaviours because they are afraid, but underneath every furry exterior is love. In a lifetime of doing this work, I have never met an "evil" animal. I have simply met troubled ones.

This is very important to understand.

## **Earth**

This is the last module for the element of the Earth, and the Earth is also about our body and how our bodies are our temples for the Divine Source. So it is very important that we love our bodies and use all our senses. In what other dimension or planet or world do we have such a fabulous vehicle to enjoy life? So have that childlike curiosity about life. What does a piece of vegan cheesecake really taste like?

So many of us rush around doing, that we forget how to be and we forget to live in our bodies. Then our bodies become uncomfortable to live in, because we haven't taken care of them, and then we start to think bad thoughts and buy into the collective consciousness about aging or the negative programming about bodies – and so it becomes, because thinking makes it so.

We are a soul having an experience in a body with a mission to remember our true Divinity. And once we do that, all the animals will rejoice, because once we are free, so are they.

## Your Body

So I invite you all to really consider your bodies. Stand in front of a mirror and look at the physical house of your soul. You can be fully clothed; it doesn't matter. What does it say about you? Try and see yourself with fresh eyes. Do you see someone who screams "victim", or someone who says "peace"? Are those crinkles around your eyes laugh lines?

How do you abuse your body? Do you drink enough water, eat the right nutrients, take supplements or superfoods, exercise, do yoga or meditation? Or do you drink yourself into oblivion, eat poor quality foods and a ton of sugar to numb or comfort yourself? This is all a form of self-abuse, and if you are still abusing yourself, then you are still carrying the wound of abuse and still on the rescuer, victim, perpetrator triangle. This means you are the perpetrator and the victim is yourself.

But if this self-abuse continues, how is that going to affect the family dynamic? Will the animals in your home pick up the dis-ease created by the imbalances, and take them on for you?

How can you really find happiness and inner peace at this level of consciousness, if you are thrown off balance chemically by the food you eat or don't eat?

Of course, if you raise your consciousness high enough then you can eat 16 bars of organic milk chocolate and call it "light" and so it will become. You could also manifest it out of thin air so no cows or calves were harmed in the making of the product!

The beauty of life on this planet is that it carries an illusion of stability, but it is not. It is all atoms and molecules. We aren't even solid. So there is no need ever to feel stuck. All life needs and asks for is movement and flow.

This is why the animals want us to dance barefoot on Mother Earth. This is why Mother Earth will transmute our negativity and refresh us when we lie our bodies down on her. She recognises her own.

And there is more – she helps us return to perfect health when we are not cut off from her, when we positively engage with her healing magnetic field.

Mother Earth is a healing organism for all of us who Know and ask, and give back. I was once crippled with a back that was out. I was in agony. I was supposed to fly to the USA the next day to get to a

class, but I couldn't move. So I gingerly laid myself on Mother Earth, prayed to her a request for healing and sunk into her arms. After about 15 minutes I was about to give up when I felt my back gently click back into place. I was able to get up and resume animal chores immediately. I shouldered a heavy backpack and flew the 14 hours to LA from Sydney, and I have had no recurrence of this injury.

My give back to Mother Earth is constant. I am in constant gratitude to her for my good health and stamina.

The Earth, Sky, Sun, Stars and Moon all give us life force. By being barefoot, we engage with that life force from the Earth and aren't cut off from it by cement and shoes. This is why it is so important that horses are barefoot as well. And that cats get their outside time. As I have said before, Mother Earth doesn't like cement, and this is one of the reasons why. She is cut off from us and we from her. I could not live in a house with a cement slab and nor would I ask a horse to live in a stable with a cement floor.

Mother Earth is a living, sentient being, just like us, just like any animal. If you can imagine that, you can begin to engage with her at a deeper and more sacred way, like the ancient ones did and the indigenous elders still do. Talk to her, listen to her, give back to her.

Dogs, too, show us how to be in the moment. "Life is good right now. Throw me a ball! Move, lose yourself in the moment. Play, lighten up. Move, move, move. Dance with me. Do yoga with me. Come on, I'll show you Downward Dog."

So move – dance – and shift things up. Do you always wear jeans? Try wearing a skirt – just once. Sleep on the other side of the bed. Change your routine. Ruts age you. That was the suggestion of shamanic teacher Denise Linn many years ago. Don't get stuck in one mode of behaviour. Shift and juggle. Life is a game and humans need to get back that feeling of childlike spontaneity and curiosity. This too lifts your vibration and helps the animals in your home. It will raise your life force.

Many artists live this way because we are wired differently to other humans. We know we need to absorb the world like a sponge in order for our creativity to find the right mix of impressions and spit them out in a new and inspired way. So we explore life, both in the inner and outer arenas, dipping into the eternal river of Muse, feeling everything, absorbing, noticing.

I recently went to hear Michael Pryor, an Australian children's writer talk about exactly this. His solution for writer's block was to walk in

the park. In the park one day, he heard angry male cries and something that sounded like crashing garbage cans. They were sounds that might have had ordinary mortals scuttling back to the safety of the street, with lights and cars and other people. But because he was a writer, he was curious even in the face of possible danger. It was misty in the park. And the mist made the path dark. He stepped forward with care and quiet. The crashing noises became louder. And louder. It was over there, beyond the trees. He crept forward some more. And then suddenly the mist lifted, and in front of him on the shore of a lake stood two knights engaged in a sword fight. "Blimey, he thought. I've stepped through a wormhole and gone back in time. At last!"

But then, as he stood there staring, one of the knights took off his helmet and said crossly, "And what are you starin' at, mate?"

He knew he was still in Melbourne at that moment. But because everything is for a reason and synchronicity abounds, he made friends with the two knights who belonged to a medieval group, and today still rings them up for research for his own novels. He says they are a fantastic resource.

So imagine if he hadn't followed his pounding heart? Imagine if he had slunk off in fear.

He would not have had that moment. He would not have had that story. I would not be telling it now.

## **Stepping Out of Your Rut**

Life is about engagement and stepping out of your rut, and often your comfort zone. This is what we all have to do today. We have to follow our pounding hearts and live life with curiosity and courage, understanding the game of mental mastery that it really is, and enjoying every minute with gratitude.

In winter, the days are so short that Andrew and I find ourselves doing the animal chores in the dark. I love the silhouettes of horses on the hill. I love the gentle feeling of the moon's rays. Being outside at night gives life a sense of mystery and wonder.

One rainy full moon night we were out feeding hay in the dark, when we saw a moon rainbow – it was the most incredible sight. I had never heard of one before. But the moon rainbow was spectacular – pale colours across a moonlit sky. This is one of the reasons I love

living on the land with the animals in my care. It may not be easy or comfortable all the time, but moments like these are magic.

I also love staring at the silhouettes of stark winter trees reflected in the water of our creek. The bright red jumper of my daughter against the bleakness of a drought stricken or winter landscape. Life has a sensual beauty to embrace and be nurtured by.

## Physical Senses

This physical temple of a body has hands and five senses. So let's consider these five senses, so we can enhance our experience of life in a body.

### Smell

Get some essential oils and incense, some scented soy candles. I use [Young Living](#) therapeutic oils on my animals on a daily basis, so the air is filled with all kinds of tangible scents.

Lighting incense helps me feel more holy. For me, candles and incense bring my spirituality into my every day life and into my home, transforming it from the mundane to the magical. I love the smell of vanilla soy candles. And soaps. You can buy so many amazing soaps. Cocoa smelling soap – yum!

The other thing you can smell is the air. Probably not so great if you live in the city. But out in the bush, sometimes the air is filled with the scent of eucalypts or wood smoke from the winter fires. Sometimes you can smell rain or the sea. And if you are lucky enough to have a garden, smell the soil, the grass, the flowers! I love the smell of horse and baby goat and healthy dogs. This is what it means to be gifted a body on planet earth.

### Taste

For me, there is nothing better than beautifully prepared whole food. At home we are exploring many amazing raw food recipes like cashew crème. Add cashew crème to some sliced oranges and you have an amazing and healthy desert.

Make it an exploration and a game. And even if you live on your own, you can remember to delight your senses and take time to make every meal, no matter how simple or how rushed, a delicious feast. My grandmother always made her simple meals of steamed veggies a ritual. She would dress for dinner even though she lived

alone. She would set her tiny table with a tablecloth and bring out the silver and the best plates. She believed in only lightly steaming the veggies, so they were always crisp and warm and colourful. And she would add black pepper and a tiny dollop of butter. It was a ritual.

She also enjoyed an afternoon cup of tea in floral teacups wearing her pearls. True, she belonged to another era, but today I remember how her steamed veggies tasted and the delightful way we slowed down to eat together.

Simple real food nourishes the body at a different level than processed packets and tins for the rushed cook.

So, get a great vegan cookbook and explore the recipes with curiosity.

You can also taste rain, taste the salt air, taste the wind, taste the snow!

## Touch

Really sense the glossy coat of your animal friends. Close your eyes and really feel it. What does grass feel like? What does the earth feel like under your feet? What does your own skin feel like? How lucky are we to touch? What about touching an old wood table? A snuggly jumper. What about the touch of someone you love?

I never grew up with my parents, but later when I was able to spend time with my dad, I was astonished at what it felt like to hold his hand. I could feel our common blood and a bond deeper than time. I felt his love for me, and I felt safe.

And then there is the touch of a lover, or a hug from a friend. Life would be far less without these simple things that mean so much.

One of the ways we reassure each other and calm our animal friends is with touch. When we are shocked or frightened, there is nothing better than being held. When our dog Dusty takes one of his health turns and is shaking, I will embrace him, reassuring him with my body that he is safe in the same way as a mother wraps a baby or a therapist wraps a patient who, for example, is so overwrought or grief stricken they are threatening to spirit travel. Touch.

Touch can also be abusive, so it is learning to touch in the correct way and when it is the right time to give that hug or embrace – for animals and people alike.

Try it now. Close your eyes and touch your kitchen table, the chair you might be sitting on. Touch a flower, the grass, the bark of a tree. Really use your senses to explore the world around you.

## Sight

The gift of seeing in rich technicolour is incredible. So next time you go outside try far seeing – stretch your eyes out over an horizon, bring them close and study for example an ant. Say hello. Then look at the stars or the moon or the rainbows or the light dappling on the tree outside your office or kitchen or just in the street. Slow down and look at people, animals, offices, homes. See everything. Notice.

And look, too, at the invisible world. Shift your perception and see the colours of the auras around people. The pinks, the purples, the greens, blues, and yellow.

All the colours of the rainbow. Look at the colours in nature, and the sunsets, and the clouds, and the light at different times of the day.

The animals tell me we have to dress our homes in bright and vibrant colours (the cats love a warm and bright lemon yellow) to uplift our spirits. The Inka wear crimson in their cloaks and hats.

You have to be grateful for the gift of sight! It makes the world so vibrant and makes you appreciative of all that you see.

## Hearing

Just close your eyes for a moment and listen to the soundscape of where you live? Can you hear the wind whispering, a creek dancing across rocks, a dog barking or snoring, a cat's purr, the crackle of a fire, water from a hose, a baby gurgling, the drone of the TV in the background, music – an uplifting melody, the delights of a soaring song – laughter..

## Appreciating the Body

On earth, we take it for granted that all these things exist. We take it for granted that we live in this physical temple called a body. Most people are so focused on their pain and depression and woes that they forget they live in a beautiful temple on an amazing planet. They take this body for granted when really we could be excited and grateful for every moment because every moment is an experience.

if you understood that others in the universe don't get to experience this, they don't have bodies, then you might understand how lucky we are.

Many of the entities, or small beings, that I remove from people when I do healings are interesting little ETs, who look like little black goblins who want to experience emotion. They can play havoc with the emotions of their host, but it's so fascinating for them. They don't mean to play havoc, and I have a special angel who comes and carries them home like children. And the host person returns to normal.

Some souls who are animals come to Earth, as we do, to learn to live in a body. We are so lucky. Our planet is so rich with experiences, and yet we live in a day and age where people are glued to the computer and to the phone and to the television or Playstation. Young people are stuck in virtual worlds instead of real ones. And this is fine when it is a balanced part of life, but sad when humans become depressed, despondent and lacking true connection to the very things that make it a privilege to be in a body. Like the natural world. And sadder when it takes over one's entire life, making life without meaning, texture or magic.

The element of earth is about exploring the senses, and regaining the joy of life in a body.

So keep in mind what an honour it is.

Having said that, the time we are in is about transforming the body from coarse and dense to lighter and more refined. People call it from a carbon-based body to a crystalline body. The prophecy is about the return of the children of light. We are those children.

There are a lot of misunderstandings about the 2012 prophecy. It's not about going anywhere. It is about staying here as a grown-up human being who really understands that the Earth is our Mother, and remembers how to walk lightly upon her. Permission, respect, reverence, and the magic of understanding how to alchemise energy for highest good! Being peace, loving beauty and being fully alive and happy. That's the vision of tomorrow that we all need to be creating today with our thoughts and actions.

And of course, a vision of the animals living in a world without suffering. A world of freedom and deep peace for all species.

So dance barefoot on Mother Earth, and if you can't do it for you, think of it as sacred service – and do it for Her.

(Music break)

## Diet

We can begin to create this vision of deep peace and freedom for all species by the kind of diet we choose to embrace. The 2012 energies, as we have discussed previously, are demanding that we become more refined and of lighter vibration by dropping meats from our diet. One, they are tainted with the death and suffering of other species, and two, they are heavy and keep people energetically dense. They also contribute to degenerative disease, causing acidity and inflammation. In the words of my 1970's herb teacher Denis Stewart, "Meat putrefies in the gut". I was very glad to be a vegetarian when he gave that lecture.

If I can generally tell meat eaters from vegetarians, then so can the animals. In fact, horses have told me they can tell! A human who eats meat is a predator!

Now, of course, plants have feelings too, which makes it difficult when you are sensitive as me. But there are people who are breatharians, for example, downloading everything they need from the prana in the air around us.

And in our live classes we have been experimenting with manifesting apples out of thin air. At this point we haven't managed a full apple, but we can definitely see and feel one. It's pretty cool! So you can see in the future, we won't have to kill anything. Angels don't. Angels just play and create. This is our future.

And to have this vision of the future, we have to think it and start to dream it in with our imagination.

Back in the present, many people are concerned with what they are to feed themselves and their dogs and cats. And in this new world of compassion for all life and stewardship of the earth, a meat diet no longer works. It has to be phased out to stop the suffering of other species.

I talk about diet in [Secret Animal Business](#), and I would like you to visit the [Vegepet](#) website in the USA and the [Veganpet](#) website in Australia. Both James and Sandy have done a lot of work in blazing the trail for an alternate diet for cats and dogs. And really it's not that hard. My dogs basically eat the same as we do. It's just that people are brainwashed to think that dog and cat food should come out of a

can. Wrong. And it is why we see so much degenerative disease and skin problems in companion animals.

And of course, our family doesn't eat junk food, so neither do the dogs. I understand that many families eat very poorly with take away food and other rubbish that is advertised on television. This sort of food creates disease in all species!

We will revisit diet again in Level III, because foods are medicine, supplements are medicine, herbs are medicine, and they can all blend together to create a tremendous foundation for health. With the right diet, you can turn around those cats and dogs who wouldn't get a second look in the pound.

My favourite story is about Louie, the German shorthaired pointer, who was covered in eczema, smelled bad, growled at everyone, and chased the local ducks. Nobody liked him and I knew he wouldn't survive a visit to the local pound.

So I took him home.

He was starving. I fed him a natural raw food diet and in two weeks he looked great. Within a month, people were stopping me in the street commenting on his shiny coat and lovely demeanour. He was truly a prince. We just had to help him be all he could be. And the only healing modality we used was good food.

I am not a scientist or a nutritionist or even a vet. But I know that good health comes from a foundation of good diet, access to the life force of sun and earth, exercise, love and good energies.

## Good Diets and Eating Raw

A good diet is whole food. Not canned or dead or processed. Food that has life force. In the wild, animals don't use can openers. So a natural diet would be one that was close to their own. Even predator-type animals like the canine would eat the stomach contents of their prey first. They would eat ripe fruit from the ground and also pick berries with their mouth. They ingest grass.

A good diet is preventive medicine. And it includes good water because today not all water is good. So clean, pure or purified water is also essential to health.

People who eat a good raw food diet will often have a glow and a vitality about them. And there is so much discussion in nutrition

circles that that is what I have to look at when I consider a diet for myself and my own family. I want glow and vitality.

You don't have to be 100 percent raw to have good health. You can have a great balance of raw and cooked. But raw food diets have been known to turn diseases like diabetes, arthritis and cancer into health.

So you have to consider all this when feeding yourself and your family.

My experience of being 100 percent raw for two months was that I felt the best I had ever felt and I too, glowed. I didn't need much food. We found recipe books and got excited about adventuring into new ways of using nuts and vegetables.

(Our 100 percent raw adventure fell over in winter and when I had to prepare the food instead of Andrew, who was brilliant at it!)

Our diet is constantly evolving, as we are, and raw food and liquids like juices, soups, veggie stews and smoothies are the way forward into a lighter vibration – and makes chops and three veg seem a thing of the dim dark ages.

I'm trying to give you a context for a diet you can create for your own animals. You need to realise that the world is changing. It's evolving. Everything is moving forward. In a world of compassion and peace, no animal suffers. This is the world I already live in because, I see it and the possibility of it. When you truly understand the power of the collective consciousness, you can understand that it is like a spell that everyone is under. And it takes the rebels, the outcasts, the ultrasensitives, the people who remember, the trail blazers and the lightworkers to break out of the spell with their word swords and blazing I AM consciousness, and create new paths.

The more people who adopt a cruelty free lifestyle, the more it will become so, and the more lions and lionesses will lie down with the lambs. As we have seen with the story of Little Tyke and other magical stories.

So vegan and vegetarian cats and dogs – no biggy.

Vegepet has been going since the mid-80s and they did a lot of research and have great supplements to make things easier for you. Both Vegepet and Veganpet have kibble for both cats and dogs. And check my own website for other vegan resources.

## Diet and Supplements for Dogs

Animals, too, are changing their bodies. And it really depends on their particular bodies what kind of foods they need to eat. For a healthy dog, raw food is a must, as part of or all of their diet, and warm, easily digested veggie and chickpea or lentil stews are wonderful too. Dogs are omnivores and can eat a wide variety of foods, but like us they need their supplements right now, and each individual dog may have different requirements.

For example, enzymes, calcium, vitamin C and B and omega fatty acids are important. Digestive enzymes are important if you are including cooked food. Some say give digestive enzymes anyway – especially to more senior dogs.

You can find already made-up vegetable and power supplements that you can add to your animal's diet which contain all these things, or you can make up your own.

Some of the supplements I use include:

- tahini for calcium
- chia seeds for omegas
- brewer's yeast for B
- spirulina for B12
- rosehips for C or vitamin C powder, and
- a very good vitamin and mineral supplement.

I also use carob, which is rich in nutrients. And the dogs love it. And coconut milk and oil. And kelp, turmeric and garlic! Vegan dogs also need carnitine and taurine for their hearts.

My dogs have an abundance of energy and sleek and shiny coats, they smell great and are very vital and healthy. There is no arthritis in my animal family. And no skin problems.

They get rolled oats with coconut milk every day for breakfast. Sometimes with carob powder. At night they'll get fresh raw pulped veggies as a base, sometimes with ground nuts and seeds to make a raw food pâté, with coconut oil added as a fat, herbs like turmeric (anti-inflammatory), kelp, and garlic.

Sometimes they get stir-fried tofu with coconut milk and turmeric with the raw veggies and garlic. Sometimes they get miso soup with

seaweeds like wakame, noodles and lentils. Sometimes they get pumpkin soup made on pumpkin, garlic, ginger and coconut milk. I don't cook the pumpkin a lot for them – I do believe that raw is better, and as our diets change, they change with us. My dogs used to be more vegetarian and eat cottage cheese and eggs. Now they are more vegan.

They do like to chew and crunch, so sometimes as a treat they'll get vegan dog biscuits or Veganpet kibble. We bought a food dryer so we could make dried sweet potato to cleanse their teeth.

They also love fruit like bananas, apples and berries. We also give them millet, buckwheat, quinoa – we mix it up and make sure they get a wide variety of foods to give them their nutritional needs. Sprouts, too, are wonderful. And you can even make yoghurt on coconut milk. And pups love to chew on raw carrots – even raw broccoli stems.

We don't feed them onion or chocolate.

All dogs require the magic green. This is what they tell me when I speak to clients, "I want 'green'." You can add a spoonful of chlorophyll powder such as wheatgrass, barley grass or spirulina or you can grow your own wheatgrass. We'll give them pulped greens and raw juices from our garden veggies, and we also keep a green chlorophyll powder on hand. I'm always on the lookout for new cutting edge superfoods for the animals, as well as ourselves.

Some of the cats I've given a home to have been too freaked out by their previous life to initially venture much outside. So we have grown them wheatgrass in a tray or pot to nibble on.

To summarise...

Dogs are omnivores and ever since they have been domesticated they have been eating our food. So let's take the mystique out of the home prepared diet.

Meat-only diets are not only unhealthy and lend themselves to degenerative diseases like arthritis and cancer, and skin conditions, but some commercial foods have rendering plant "meat by-products" in them, and this is so gross its not funny. At rendering plants, all dead and diseased and euthanized animals are thrown into a big melting pot and blended together. It creates quite a toxic cocktail. This is then used by the pet food industry.

There are also commercial foods that feed too much cereal, and this is causing an imbalance in dogs. We are seeing more dogs prone to pancreatic problems.

There are dogs who are allergic to beef and chicken. Dairy, soy, wheat and corn are other allergens for some dogs.

So I can't give you a blueprint of what to feed your dog. You have to watch and observe your own animal and do the research. If the dog is itchy, chewing paws, has poor digestion, is vomiting or had diarrhoea, then you might need to try eliminating something. Something isn't right. Maybe he is allergic to one of the above – or maybe he needs to adjust to the new food.

### Transitioning to a New Diet

The other thing that is important is that you need to change your diet over slowly. This is very, very, very important. Take at least a couple of weeks to introduce the new foods and phase out the meat. Or the phasing out of meat could take longer as you go from lots of it to less of it in the diet. Explain to your animals that you are doing this for greater compassion and stewardship.

They will soon embrace the new food and feel better for it. If they don't then just be patient. Keep trying. A healthy dog will eat anything!

So just consider first giving your dog a home prepared meal and perhaps introducing a fast day and a couple of meat free days. This is what Juliette de Bairacli Levy used to suggest. Juliette was the mother of herbalism, especially for animals. She dropped out of vet science after four years, claiming she wasn't learning how to heal, and went off to study with the gypsies. Her [Herbal Handbook for the Farm and Stable](#) and [Herbal Handbook for the Dog and Cat](#) (Amazon links) were my bibles in the 1970s when no one else much was working with animals.

When you are used to preparing food for your dog and have done your research, introduce more and more vegan meals into the diet.

Juliet introduced a fast day and veggie meals because in the wild, no animals gorges on meat seven days a week, day in and day out. They fast. So she suggested one day on milk and honey and slippery elm. She of course was talking about milk from her own goats, and so on. So today I give rice milk and slippery elm when an animal needs to fast. A veggie meal either side helps the digestive process and the

digestive system of the animal. If you don't have a sound gut, then you don't have a healthy animal, including humans.

## Different Needs at Different Ages

Animals, too, have different nutritional needs at different ages. A puppy is going to need more protein and carbohydrate than a more senior dog who might need less calories and more fibre. Puppies might need more calcium and phosphorous include perhaps tahini , kale – or a supplement from Vegepet.

But speaking of senior dogs – let's not forget the story of Bramble, a rescue dog in the UK, , who lived to be a very healthy 27 years young on a nightly bowl of rice, lentils and organic vegetables – with plenty of exercise and lots of love thrown in.

We have cut short the lives of the animals we love by the commercial diets we feed them. It's time to go back to more simple things – lots of nourishing and raw food, prepared with love. Our animals and the farm animals will thank us for it.

## Diet and Supplements for Cats

Cats are different from dogs, but there are lots of vegan and vegetarian cats living healthfully. They need carnitine and taurine for sure, and vitamin C and brewer's yeast will help keep them pH acidic, which is the opposite of the dog and human who need to be pH alkaline for good health.

Veganpet in Australia makes a good kibble for cats, but I would never suggest this as the main part of any diet long term, as kibble has no life force. It can also contribute to kidney problems in susceptible cats. I feed this kibble to my cats sort of as a supplement to their diet, because creator Sandy Anderson has put some good stuff into it.

Make sure your cat gets veggies – mine love chickpea patties, lentils, and pumpkin. I'll sometimes make them up special bakes with veggies, sprouts, tamari and brewer's yeast, coconut oil and lentils, for example. They like savoury tastes. So wakame and tamari and miso are all good. I keep offering them whatever I make the dogs, with extra brewer's yeast. You just need to be aware that vegetables will give them more of an alkaline pH, and you need to adjust this for their health. Add vitamin C and the brewer's yeast. You might start with a sardine bake with veggies and eggs, and then reduce to a more vegan bake.

I've had rescue cats addicted to canned fish, so I swap them over to human grade canned fish, and then keep adding new vegetarian foods to their diet. The Veganpet really helps here, as it looks like the old kibble they used to eat, but it is meat free. So it helps break the cycle, and once they are better nourished they seem to want less of it and it can become a treat or a supplement.

Cats have a problem with too much magnesium, so be careful of tuna while you are in this phase. And I would be careful of fish per se these days because of the poisoning of the waters. I'm always careful of where I get my kelp.

And some senior cats maybe just won't make the switch, and we have to honour that too.

I've had cat clients request "green", and also white cheeses and eggs – scrambled, omelettes or raw! So this could be a bridge to a more vegan path as well.

Some cats love tomato pasta or tomato couscous with garlic! Mine don't like garlic, but I did have some cats who loved Vegemite!

Some cats will also like fruit, like grapes and melon, for example. Keep trying different things and keep doing your research.

The big thing to keep in mind is that cats really need to have an acidic pH, otherwise they can tend to urinary problems.

And the other thing to keep in mind is that we are all changing, our bodies are changing and what food suits us all is changing. We might be forging a trail today, but tomorrow it will be the norm. And then it will be outdated and something else will be required.

If you are on the right track, you will be rewarded with healthy shiny coats and lots of vitality.

Like I said, because food is medicine in this current time, we will go more deeply into nutrition and diet in Level III. We'll also talk about teeth, plaque, and the digestive system. This is an introduction and enough to get you started thinking about food and diet in a different way.

(Music break)

## **Lost Animals**

As I say in *Secret Animal Business*, animals, as a rule, don't get lost. They use their extra senses more than we do. They might go off on

secret animal business; they might have been offended. I had one family of dogs who wouldn't go past an Aboriginal line that the person was completely unaware of. I had to do some healing on it all before they came home.

In the advanced classes, we will learn what it feels like when an animal is out of body and why he or she might not give us straight answers.

But for now, it is enough to know that the quickest way to find lost animals is to ask them where they are and why they have gone off. You need to remove the emotional causation. Did the boyfriend bring over his dog? Did someone say something nasty? Are they missing at all. And please, when could they come home as their person is missing them?

Sometimes that is all that is needed, and suddenly they are turning up at home.

Other times it is more difficult because of human intervention. But normally, if you can clear the way energetically and the person who took them hasn't trapped them by locking them in somewhere, they will return home when they can. One dog told me he would be home on Thursday – he turned up a month later – on a Thursday!

I had one dog who refused to come home until his person promised to stop feeding him tinned food. And then he turned up.

Tracking animals can be challenging. You have to ask to see out of their eyes, or ask them to give you landmarks. So listen for sounds, and look out for images. I've seen everything from garages to jacaranda trees to wooden floors to views out a window and a woman's chunky stockinged leg. I've seen neat apartments and cluttered family homes. I had one cat show me very clearly himself sitting looking at a busy road in the rain. I could see the headlights of cars in the dark. The cat came home soon after – wet.

You might have to do some counselling to have a missing animal come home. Make sure their needs are being met. Sometimes they have gone walkabout because they need their person to contact you so you can speak for them. So ask them what they need.

Some animals choose to go and live with someone else, as they weren't happy with their own person. And some go off to die.

Don't forget, there are no accidents. We cover death in more detail next level, but the important thing to remember to do is to have

faith. Remember the importance of thoughts and words. Have the person and yourself hold the image of the animal returning home. This is important and creates a light bridge for the animal to come home. Understanding the importance of words and thoughts you will understand the negative barrier that could be created if the person is filled with negativity. Animals are sensitive to our thoughts.

Missing animals are a fascinating area, and a lot of animal communicators won't touch them because they can be a challenge. But it's important to remember that unless they are stolen or picked up or hurt for some particular reason, they know how to get home.

In short...

Ask them if they can get home, if they are coming home, is there a reason they left, can you do something for them? Do they need to tell their person something? Can their person help them get home? Can they show you some landmarks?

It also takes people action. Flyers, letter drops, ads in the paper, radio... If the animal has been stolen, this will often spark the animal to be released. And because people know there is a missing animal, they also know who to return the animal to when they are found.

We had a local dog who confidently wandered the main street. Everyone knew who he was, and he had no collar. He was a local character, and belonged to some people who had a shop in the middle of town who loved him very much.

But one day he went missing. He'd been picked up by some people passing through. When I tracked him, I saw him in the city. The area was built up. He told me he wanted to get home but it would take time. He was quite frightened and miserable. I had a few students who knew him and we all held him with a bright light, seeing him home.

The people had done all the right things – there were beautiful paintings of him in the front window of their shop. There was a huge network of people who knew because he'd been in the paper and there were flyers.

Three months later he was reunited with his people. He'd been found wandering around the city. In a built up area. The next time we saw him he was wearing a very smart red collar. He was quite traumatised by the event and so were his people.

And more interestingly, when his person forgot to put the collar back on after a bath, this dog came and found me, as he knew I was in town with some students. He was very worried. I called his person and just reminded him gently that his dog didn't have a collar on and was anxious about that. The collar went on, and the tension went out of this dog, who settled on his mat in front of the fire in his person's shop with much relief.

If an animal goes missing, there is always a reason. The times when people interfere are the worst. If you are having trouble tracking an animal, call another animal communicating friend, as two telepathic heads are often stronger than one.

(Music break)

## **Gnome Work**

This is the end of our exploration of Earth, but we don't have to say goodbye to your gnome or to the school. Inner Avalon, the school of the Rainbow Fianna, lives inside you all now. You can visit this magical place at any time, and call on Shira and Merlin and your gnome to help you, especially in areas of money or career or service.

The old ways of money and success are gone now in the dust that is scientific materialism and new ways of attracting abundance are coming in. Today, we are going to ask the gnome – how can we make a living out of doing what we love, in the new era of peace – or at least in the transition time until we truly are the children of light? How can we be supported? How can we pay the bills? How can we prosper?

To earn a living doing what we love, we have to know what is behind those doors of happiness, and we have to know the gift of ourselves. This is what the gnome has been helping you with.

It's not always easy to see yourself as a gift, but look at your animal family. They don't do anything or pretend to be anything but themselves, but my goodness they are precious.

And so are we.

So what is your gift to others? Are you a nurturing, giving, empathetic type? Are you a wild, free, funny type? Are you thoughtful and studious? Do you have a gift for technology or the healing arts? Are you simply a peaceful soul that makes others feel at peace? Do you teach meditation or yoga? What is your area of expertise? How can you shift from a third dimensional reality into a

transitional reality now? Is it your self expression, your fruit jams, your healing dinner parties, your wonderful way with children, your calming presence for animals, your fabulous paintings or ceramic work?

## **Journey**

So I want you to journey now. Get yourself comfortable. Take a deep breath in, hold it, let it out. Take another deep breath in, hold it, let it out. Take another deep breathe in, and ... let it out.

You find yourself in the forest. It is beautiful. You hear your feet crunching on the deep leaf litter on the ground. You hear the birds as they welcome you back, singing a song for your benefit. You arrive at the old oak tree and eagerly open the door, skipping down the steps, going down, down, down, deeper and deeper and deeper.

And there is the light of the meadow, and across the meadow, the school, that lovely old sandstone building. You run up the steps and into the entrance living room with its comfy sofas and huge wood burning fire place.

Your gnome is there. He materialises a cup of hot cocoa for you. You laugh and take a sip, delicious.

Shyly, he takes you by the hand and takes you to the Hall of Mirrors. There he explains that there are many parts of you. Parts you have chosen to express in this life, and parts you haven't. You start to walk down the Hall of Mirrors, and the first one you see is you as a child – joyous and playful. Who were you then?

The second mirror shows you as an older child. Who were you then?

The third mirror shows you as a teenager. Who were you then?

The fourth mirror shows you as a young adult. Who were you then?

The fifth mirror shows you as you are now.

The gnome gives you a piece of paper and gently pushes you through the mirror. On the other side is an alternate life. You look at the paper and see which life it is. What was the road not travelled, those soul urgings from your youth, when you knew who you were?

There you are. You see your alternate self – just one possibility of you. Engage with that life. Engage with your self. Ask them what it is you need to know.

And now the gnome comes with another sheet of parchment. You look down and there is another dream life. When you look up, you are there, watching your alternate self living that one possibility of you. They are vibrant and laughing. Approach them. Ask them how they got there. What is it you need to know?

The gnome takes you by the hand. It is time to go back. He tells you to keep the parchment and remember what you have seen. Remember the feeling of what it was like to be your alternate you, taking the road not taken. Or perhaps simply not quite fully embraced.

You find yourself back in front of the fire with another cup of hot cocoa in your hand. Your gnome smiles at you. He wants to make sure you remember him and will talk to him, asking him for advice. He tells you how beautiful you are and how you are needed in the web of life. He says *you* are the precious jewel to Mother Earth and all our relations. Just you. And he reminds you that by radiating your own personal warmth, peace and light, by being who you truly are, you can magnetise all your desires.

With that he presses a gift into your hand and gives you a huge hug. And you find yourself back in the old oak tree opening the door and stepping out into the sunlit forest where blue birds are singing.

And then you find yourself back in the room, coming back now into this time and place. Take your time. Rub your hands together and your feet on the floor. Stretching up. Shaking your hands. Stretch again.

Now write down everything on the parchments and notice the gift you have received. What did the gnome teach you? Write it all down.

(Music break)

To keep in *ayni* or right relations, the gnome asks that you leave out some offerings of food for him and his kin. Ask him or her what they would like, and don't forget to make it healthy, even if it is a treat. White sugar and processed food even upset the elementals and the fae! Although I was just told "a ginger biscuit or cake is quite acceptable with a cup of tea!"

## **Practise**

### **Story**

What did the story of the boy mean to you? Did it touch a chord? Write it down.

### **Senses**

Spend time with each of your senses, exploring the world to become more richly engaged with your physical reality.

### **Earth**

Lie down on Mother Earth and really let her take your pain and inflammation away. Ask her to rejuvenate you.

### **Animal Communication**

Keep practising with other people's animals and also your own, seeking validation to build your confidence.

### **Gnome Work**

What did you learn from your gnome about yourself and how you could earn a living by just being you? How can you start to bring that into your life now – even thinking about it with excitement will start to bring those things you love to do closer to you.

## **Finally**

This ends the lessons of Level I and the element of Earth. We've had a long journey together and learned much. We look forward to taking you deeper into the mystery of human/animal relations in Level II, learning more about animals in spirit and the mystery of the dying process and the world beyond death.

We will continue practising our animal communication, bringing our skills and confidence up. We look at animal messages and guidance, power animals, animal allies and how they can help us in the physical reality. We learn about divination and we will meet a new elemental friend who will help us with our personal work as we move around the circle of the Elemental Wheel.

Thank you so much for being on the journey! We'll see you in Animal Shamanism Level II!

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## **Resources**

[Herbal Handbook for the Farm and Stable](#), Juliette de Bairacli Levy  
(Amazon affiliate link)

[Herbal Handbook for the Dog and Cat](#), Juliette de Bairacli Levy  
(Amazon affiliate link)

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

[Veganpet](#)

[Vegepet](#)

[Young Living Essential Oils](#)

## **About Billie Dean**

*Billie Dean is Australia's leading animal shaman an 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](http://www.billiedean.com) and [www.wildpureheart.com](http://www.wildpureheart.com).*

