Rainbow Fianna:
Wisdom School for Earthkeepers

Animal Shamanism
Level I
Module Three

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Animal Shamanism Level I: Module Three

Introduction

Hi I'm Billie Dean and this is Animal Shamanism Module 3, Level 1.

In this module we're going to start looking at behaviour and continue our journey with the Silent Language.

A First Look at Behaviour

We have looked at the power of words and story and how important it is to be clear and clean and hold others in the highest light. When we hold others in the highest light we allow them to be all they can be. When we shut them in a box of limitation, then it blocks them from growing too. So a dog who might have been "terrible", in one home, for example, could blossom in a home where he is loved, safe, and Seen, with a capital S, for who he is.

I can give you any number of examples of dogs, for example, who are socially unacceptable to some people, and treasures for another. Our own Clea was considered a burden in her third home, which was kind and loving, but a big dog who fought with their dog wasn't their ideal. She's never shown any signs of aggression in our home. In fact, she's incredibly gentle and sweet. She fits in because she knows she is loved and wanted. A tension has left her. She's relaxed. She's relieved. She can open her heart to love.

There are many reasons for aggression, from vaccinations to emotional and physical pain to entities and just reflecting the person – and this is a huge topic, and one which needs to be well understood because in society's current thinking we tend to simply put the blame outside ourselves without looking within and taking responsibility. It's hard for people to understand that their aggressive dog might be a function of their own internal rage, violence, wounds, or simply because the person is sick and not their usual strong self, or the couple are having marital problems and therefore there's a lot of tension in the house.

Dogs will become aggressive when their person or anchor isn't strong and centred. In this situation, many dogs feel they have to overcompensate and be the protector. Other dogs can be aggressive to other members of the dog pack who are sick and weak. They can

kill cats and attack other dogs because of the mental thinking of the person or the animal. Perhaps the animal they killed or attacked had a death wish. Perhaps it was their time and they needed an out. Sad and upsetting as it is, we have to look at the bigger soul picture and tune into the play of silent voices creating the outcome. And there are many.

For example, there was a woman who had an old wolf and she didn't know how she was going to "help him die" when the time came as he wouldn't have allowed a vet near him. Of course, I have problem with that thinking – but we'll ignore that for now. She wasn't well and had a lot of animals. She found caring for them all tiring. She wanted fewer animals to take care of.

So one day she came home to find a pack of dogs had been through her place, killed most of her animals and the senior wolf had died valiantly in a fight.

All her problems were solved. She got what she wanted. Her wish was granted. The Universe provided. Pure magic.

But instead of understanding that this was her doing, the woman sought revenge and had the pack of dogs hunted and killed.

This is why it is so important that we take charge of our thoughts and words. They become things. They go out into the universe and get heard.

I've come across dogs who have become aggressive after being to the vet. What happens when they are under anaesthetic is that they'll go on spirit flight. And if they are open and vulnerable, an entity might become attached. This could change their behaviour. And their health.

Entities

Now just a quick note on entities. They aren't horrible things. They are usually just lost souls who need help finding their way home. They might need releasing, they might need some forgiveness, and they might just need some love. Usually a vet surgery has lots of animals in spirit who were killed before their time. If they were killed before their time and against their will, they often become earthbound. If they are earthbound, they can attach themselves to others. Often puppies will attach themselves to female dogs as a surrogate mother.

My daughter was sick with a tummy wog once. Only it didn't turn out to be a wog. While she was lying down resting in bed, I scanned her body and found a little black spirit pup attached to her. I released the pup and realised that it was Dylan, the pup who had been instantly "accidently killed" by a horse. He just wanted to say goodbye to Tam, to comfort her as she grieved him. He didn't mean to cause her pain at all. But he was living in her body as a soul part or an entity.

I left Tam sleeping and a little while later she joined us in the office, completely healed.

More on Behaviour

Back to behaviour. we're in very challenging times right now with many earth changes, and I notice if my normally calm pack begins to get irritable with each other, then there is possibly something bigger at play. It's a warning for me to begin to notice the wider world. Is there an earthquake about to happen, or a flood? Somewhere in the world? Is there an energetic shift? I know a woman whose goats bleat for a week before every major earthquake. Her horses have been known to go off their hay and are alert, listening.

So as I said, animal behaviour is something to respect and pay attention to. Not label as "bad" and try and control. What are they really trying to say?

Let me tall you about Rupert. He was a former racehorse, rescued from the track's fate to become a dressage horse by a gentle uni student who wasn't well. Apparently he was "ballistic", in quotes, in Sydney where he was kept in small yards and handled by horsewomen – who claimed they knew how to handle stroppy horses. Rupert was known to destroy young trees in his anger and fear and frustration. But that wasn't given as the reason. He was just "ballistic".

And the uni student was told to kill this seven-year-old horse, because what was the point when you couldn't ride him. Hmmn. I love the slave/owner perspective at work here. He's broken, so kill him. Don't bother fixing him. This is not a life worth saving. You can't use him, so kill him. Unless a horse is perfect we'll sell him on or kill him. I don't consider this to be an acceptable viewpoint – all beings deserve life.

Here at home, with wide-open spaces, no pressure, and a kind and loving herd, we never see any signs of "ballistic". He's just a lovely horse and member of the herd. Very intelligent.

However I forgot about his past and yarded him next to the house one night to keep an eye on him for potential colic – he had major digestive problems as well, in his former environment. And you can understand why. All that anxiety.

In the morning he didn't have colic, but he had gone into fear. He paced, he sweated and he had a far away look on his face. There were other horses around, and right next to him, so that wasn't the problem. It was being on his own in the yard. He feared he was leaving us for another nightmare life. Andrew and I talked to him and told him he wasn't going anywhere – except back with his usual herd.

He was so in fear that he wasn't his usual focussed self. So we just talked to him and told him he was going back to the herd. Andrew chunked down the entire exercise of moving him back, into small pieces, talking to him all the time. He gave him something to focus on gently and confidently and Rupert slowly came out of his fear and calmed down. "Now we're going to open the gate. Now , can you look over here?" It was so sweet watching the realisation hit this horse that he was safe as we walked him back across the creek to his mates. He calmed so quickly. There was no fight, just understanding and respect. He's never given us a moment's trouble and he's never had colic. All the trees are safe.

So let's remember that so-called bad behaviour is just a communication to us, reflecting anxiety, stress, ill health, or frustration. Cats who begin to spray outside the litter tray, for example, are a prime target for their people to get annoyed. I was in a class once with a woman who said she got rid of her two cats because they sprayed constantly. Ouch. Those poor cats were trying to communicate to her that her own life was out of balance. Her stress was their stress. They were getting urinary problems, from her stress and her take on life. They were her mirror. So when she threw them away, as one does in a society that considers animals as disposable toys, she not only lost an opportunity to heal herself and grow, but she lost an opportunity to receive the on-going gifts that these two blessed beings were giving her.

Cats have a multitude of reasons why they might pee inappropriately. It could be anything from a dirty litter box to entities or other visitors in the house. They could be peeing to deter rats, mice and other cats. And they could have a serious kidney or urinary issue and be trying to get your attention.

This is important because if your own or other animals are acting out, you have to track the source. And usually the source is the environment and the carer.

If Rupert hadn't been agisted in small yards, on his own with aggressive Sydney horsewomen, he may have been able to bond with his person and they could have danced together. But I tell you, he simply burst out of his float when he arrived here and it was all she could do to hold him. As soon as he saw Andrew's calm horse Dakota standing in a paddock to greet him, he calmed down too. He looked at the horizon and Dakota, and you could see thought transference and realisation hitting him immediately. His body unwound. A calm horse like Dakota says to other horses, "This is a good place, there is nothing to fear."

Smokey, our most recent rescue, knew where he was coming because of the telepathic connection he had with me. He was "flighty" in previous homes, and put a young horse trainer in hospital. But here, he is sweet and smart and he ran onto the float to get here.

I've also communicated with dogs who ran away because they didn't like doggy junk food – tinned food. One dog only came back when his person agreed to giving him a fresh, raw diet. Smart dog

So these are just some of the communications behind the behaviours that an animal may present with when you communicate with them. The thing is, we can't presume we know the answers. We can't guess – even if it is an educated guess. The only person who knows the truth of an animal's behaviour is the animal himself. So ask the question and be open to the answer you receive.

An important to thing to remember as we walk this path is that we don't know anything. It's time to empty our minds of everything we've learned, put ego aside, and understand that the world is a wonderful place and there is always so much to learn.

I've been communing with animals for decades now and they still give me fresh insights into the world and to themselves. How can we ever know another soul, unless we ask them? So be very wary of a person who tells you they know all about animals. Because how can any of us? This is where humility is so important.

I always say to people – just be curious. If you are always curious and sincerely want to know about another, then both your lives will be enriched. This is how we can best be of service – ask the questions that are going to help an animal in need. Be their true

voice, and bring greater understanding between them and their person

About the Silent Language

Now let's talk about communication or thought transference

The Universal Silent Language is thought transference or telepathy. We each commune with others in much more than the spoken word. For a start, we read another's subtle body language and a very good example of this is the TV series "Lie to Me". It's a new twist on the old cop show about a man who reads faces for a living – those subtle twitches and shrugs and other facial and body quirks. Interesting.

But when I say reading another, I mean that we are reading the aura, the luminous energy field, the light body of another. We need to understand and read the world of energy. This is how we begin to fall into synchronicity and harmony with the real world of nature – and the trees and the rivers, the stone, the animals, the wind, the sun, moon and stars. Everything is alive and everything speaks – even the wooden furniture in your house has a consciousness and a voice.

One of my early teachers was a Hawaiian Kahuna, or shaman, whose job it was to talk to computers about why they weren't behaving. He was hired by corporations to do this. My life was saved by a little blue bag once when I was in the desert getting ready for ceremony. It was in Joshua Tree and it was dark and cold. The bag had been to many ceremonies and been blessed and activated. It had been my medicine bag or mesa, holding my medicine stones. I had just bought a new one – a bigger one – and my mesa that evening, was packed in that one.

"I want to come to ceremony," I heard. "Take me into the room. I just want to come. I don't need the rites. I just want to come."

I apologised to the shaman colleague I was with. "Won't be a sec, my other bag needs to come."

Fortunately she was another shaman, so she completely understood. And I left her standing in the desert dirt road piled with our mesa bags and blankets, and flew back to our cottage, collecting up my little blue bag who fell silent. I rushed back, only to find my friend white faced. "Thank you," she said to my bag. "Your bag just saved our lives," she told me.

This was a deserted desert road with no lights. Apparently a car had come speeding around the corner and would have collided with us had we kept walking.

The still small voice can come from anywhere and that is why it is important to learn to listen and to act on it. Especially now in this time of change. It could save your life.

I still have the little blue bag by the way and sometimes she acts as a mini mesa bag when I am travelling. I honour her.

This is ancient knowledge that was taken away from us by the Church and now it needs to be returned. This is what is meant by the return of the great feminine principle. Intuition and instinct and wild creativity and honouring and respect and reverence all belong to the Divine Feminine.

We know intuitively when another is not being honest. We know instinctively if we like someone or not. We know instinctively if a home feels welcoming and friendly—if it has a "good vibe" or if it feels jangly.

We are a lot more than we know and we can leave behind a kind of etheric trace or imprint. This is what a traumatised animal often shows me in their homes. The etheric imprint of someone who was angry.

This needs to be cleared. It needs smudging. Keeping the home space cleared, especially after any emotional outbursts, is really, really important – for us and especially the animals.

The luminous energy field or light body is like a bubble around us. When I have Seen with the eyes of animals, that is what they see. They see how much light we emanate. They see the energy blockages in us, they see the violence in us. They see dark patches and entities. They see our love too.

So we need to be aware of all they see and all of who we are and they are in the matrix of light.

We have what I call eyes and ears all over our body. But we might be stronger in one ability over another. Some people are empaths and feel the emotions of others. Others can see clearly and receive images being sent by others. Still others have an intuitive knowing. Or they might be clairaudient and hear words.

In my telepathic expression, I'm strong in everything, but as a child I was a very clear empath. My memories of my childhood are one of feeling the pain in the world around me.

So when you do your telepathic exercises just notice where are strong. And don't stress. It takes time to build this language so you can be a clear channel.

You might notice where you are already communing. You might just think that it might be time to feed the dog. Well, that's the dog talking to you. You might think of lighting the fire. And see a fleeting image of a cat lying in front of the fire. Guess what, that's the cat talking to you.

You might see a horse and just know something is wrong. Guess what, that's the horse communing with you.

My horse Sollie used to send me images of where he wanted to go. So we'd head off to the dam, as if we were of one mind.

You can understand the silent language well when you are still and centred. If you let your stress or emotion get in the way, the voice is much harder to hear. It's a subtle mix of words, feelings, images and sometimes even smells. You are reaching into the Otherworld which is far less dense than this one – which is why it is the sensitive among us who are usually the ones who can sense this language.

Telepathy is universal. Distance is not a problem and that includes all dimensions, including the spirit world. So you can speak with the dead, the living, those from other dimensions and other planets. You can go backwards and forwards in time. There are no limits.

(Music break)

Reading Others

I was in the supermarket the other day, when I saw a woman with sharp edges and tight lips. I "knew" she was into control. It was in her body language and her aura. I overheard her saying she needed to "get good at riding quickly" because she was an older rider. I felt sorry for her horse because there was no softness to her. Not even when she stood in line and spoke to young children. I knew she wouldn't be a soft, relaxed rider. She held herself with tension and that would be translated into her posture when riding. This would be difficult for the horse to balance. He would have to work hard to carry her. His mouth hurt as she gripped the reins too tightly. He had soreness in his left side.

This was a chance Seeing in a supermarket and I wondered why I was standing there in the isle staring at the tofu, at the same time as she was getting cheese. Nothing is random. There are no accidents. These mental notes were done automatically as part of my automatic reading of the luminous energy field, light body or aura. All the information resides there.

This kind of reading is what I want you to do as homework. It's not about projecting your thoughts onto another, or your judgements. It's looking clearly at another with all your senses. As I looked softly into her field, I could see her. As I shifted my perception, I could sense the horse. As I focussed more strongly, I began to have a conversation with him through feeling the pain in his body. I stopped myself doing more because I didn't have permission. He had a lot to say, but it wasn't the right time for me to listen. And this all happened in seconds, in the supermarket, spontaneously. Perhaps there will be a part two to this story sometime in the future.

When I am doing what I call "Otherworld work," I like to shift my focus inwards. I'm inviting a merging of luminous energy bodies.

This is why we have to ask permission. Otherwise it can be a violation of another. Often of course, communication comes voluntarily and in these cases that is permission already granted. But the big thing to understand is how delicate we need to be. Some strong personalities can overwhelm an animal in their desire to "do good". And this can feel invasive to the animal.

I was at the vet once with a very scared puppy who had a grass seed in her ear. I was sitting on the floor cuddling her when the vet nurse crept towards us with a blanket. I was terrified. It took me a moment to figure out her intention. It took me a moment to find my human voice. I wasn't terrified; it was the pup. I stopped the nurse with a strangled "no". She was a good and kind woman, but her energy was tentative in her movements and large in her being. The result was truly scary.

And this was interesting for me to learn and understand from the dog's point of view. If you are going to do something to an animal – ask permission first and be honest about it. This vet nurse knew the pup was scared but didn't seek to reassure her. She made it worse. If she had been strong and centred, the pup would have felt more safe and relaxed. She could have done what Andrew did with Rupert, speak to her honestly and tell her step by step what was going on, inviting her to share in the experience. Animals respond to calm and polite human beings!

Our luminous energy field is almost gelatinous in substance. It can get sticky. You can feel when you are in someone's presence and you feel tired or elated, calm, or tense. You can feel when someone gets too close to you. And you don't like it.

So can the animals.

So, to be good at this work, you need to work on yourself to achieve calm, so the animals can be calm. If you are jittery, it will make them jittery. It seems obvious, but in practise, it's amazing how many people are unaware of their personal selves – the self they project onto the world – and other people and animals. And of course it varies with different emotional states.

(Music break)

Journey

We're going on a journey now to experience telepathic communion. We all have this ability, and in the future, it is going to become easier and easier to read each other. You can't lie to an animal. And what is happening in the world today is that people are becoming more intuitive and that's why more transparency is being demanded. The days of lying and cheating are over. Yay!

Telepathy makes us honest. When we are honest, we can be trusted. And it is really important to animals that they know they can trust us.

Make sure you are comfortable. Take a deep breath in, hold it, and let it go. Take another breath, hold it, and let it go.

You find yourself in a familiar forest outside the beautiful old oak tree with a door and a cheerful blue bird singing in a branch above. You open the door and find yourself welcomed by your gnome friend who takes you down the stairwell, deeper and deeper, deeper and deeper.

You find yourself laughing with the gnome as you run across the meadow toward the school. What does the building look like as you approach it? Is it friendly? What can you read about the building? What does it tell you?

Standing at the door is Shira. She smiles and ushers you inside. What do you feel in her presence? Take some time and consider what you pick up from her luminous energy field.

What do you read in the gnome's field? Sometimes you can tell if a person is neat or tidy, absent minded, happy, has a garden, is a

vegetarian or vegan, is spiritual, is creative – or the opposite. You can tell a lot by just learning to sense with all of your body.

So sense with all of your body now and allow your body to tell you about Shira and the Gnome.

Now you are suddenly interrupted by a huge friendly dog. What can you read about this dog? What does his luminous energy field tell you? He wags his tail and you know you are supposed to follow him. So you find yourself trotting along a stream with the dog and you look down at your body and find you are a dog. Experience what it feels like to run and play in the stream as dog.

Feel what it is like to smell as a dog, to run along the sand as dog, to experience the Mother, as dog. Race the wind, two dogs together – free.

Now you shake yourself and find you are a horse. You step proudly into the meadow strewn with tiny coloured flowers, and you can feel what its like to have a long back and four legs. Experience what it is to be a horse. Go for a canter. Or maybe a gallop. What does the wind say to you as you run?

You find yourself in the grounds of the school. There is a stone walled garden filled with flowers and vegetables. It is peaceful there and you look down at yourself and find you are an orange cat. The sun is warm on your coat and you feel so drowsy. You find a sunny warm stone to curl up on and allow the sun's rays to go deep into your cells. You purr with contentment.

Does the sun and the stone have a message for you?

You wake up to find your gnome friend sitting beside you. It's time to come home. And you are back in human form.

So you slip into the tree outside the Hall of Studies and climb up the stairs , give your gnome friend a friendly goodbye, and step back into the forest, and back into the room , in this time and place.

Slowly and in your own time, rub your hands together and tap your feet on the floor.

When you are fully back, write down your impressions of your gnome and Shira and the school building. Write down your experiences as dog, horse and cat. Did you learn something about those species that you didn't know before?

(Music break)

Alter Your Perceptual State

When I want to commune with other species, I will shift my focus inwards for communion with another, sensing their body with my own. This is why it is important to be healthy and clear, not muddied with poor chemistry from bad food and drugs and alcohol. You need to know the difference between your body and another's. So you will drop down and find that still pool inside you, call the animal's name and ask permission to speak.

When I'm out in nature, I cast my senses out. If you want to listen, put your attention onto your ears and your extra ears. If you want to see , call in your second eyes. Some people see with what is called soft focus. I simply see by dropping into the very light trance of my other reality and this is what I am getting you used to doing when we journey. A shaman can pass between this world and the next easily. You'll soon be able to drop into that still pool within to listen with all of your body to the silent world around you.

A telepath is a translator. But you want to be a clear translator. It's a very humbling position to be in. To be trusted with the sacred thoughts of another. To interpret their silent words, thoughts, feelings and images, into the clumsy language that is English. Sometimes we don't have the words to transcribe what a wild horse feels when she is running with the wind. And the interpretation can be lame.

Or perhaps we look at someone and put our unhealed feelings of loneliness and inner pain onto them – we project onto them. You might say they are sad because they look miserable for example. When really, they just have an upset tummy or their arthritis has flared up! Or maybe they are listening to a friend down the road, or having a conversation with someone in Spirit. You don't know until you ask. You can never assume.

Reading the external is not enough. You have to go deeper and feel and see the animal him or herself. He might not say, "Hey I have a gut ache." But you will sense a pain in your own body that wasn't there before when you put your attention on the animal.

Listening is an important job these days. The animals need us to get it right for them without muddying the waters with our personal stuff.

(Music break)

Practice

1. Hero's Journey

I would like you to write your own hero's journey. You've come up with a new hero, now you have the opportunity to put your hero, *you*, into a story which contains your fears – from past lives or this one or both, and turn those fears into allies and strengths.

It can be a paragraph or a page. Can't be onerous. Think of it as an exciting adventure. The classic hero 's journey is something like Star Wars, with Luke Skywalker as the reluctant hero overcoming the obstacles in his life to become all he can be.

You could even take your imagination into the future and play with what you become. This is a fun exercise. Loosen up your imagination. Set yourself free.

2. Reading Others, Free Writing, and Keeping a Journal

I prefer people begin their journey with the silent language with humans to get validation. We are all telepathic but there is often that voice within many people that says "that's not right". "You can't do this." "That's just rubbish." "You're rubbish."

Andrew and I call this voice, the voice of Mrs Crotchety. It comes from our parents, our teachers, other kids at school and so on. Mrs Crotchety is self-doubt and lack of confidence and that gets in the way of many people's ability.

So we tell people don't think! Just write down the first things that come into your mind.

Keep a Journal. This is important. Find a lovely journal and make it your Telepathy Journal. When you first receive impressions, you might not take notice of what it is because you think you are making it up. But when you write things down , you'll find that there might be words or phrases in there that you don't normally use. You may find insights there that you hadn't thought there was.

So, first up is a free writing exercise. Write down as fast as you can, a story about "The Wise Woman's Garden". Allow yourself to write whatever comes out, but you have to write fast. Write as much as you can in one minute. Don't think!!

The next story is: "The Boy and the Billy Cart".

Write it in one minute. Don't think, just write.

The next story is: "The Purple Room"

You can have two minutes for that one!

Practise reading people and situations and rooms. Notice. Be mindful. Be aware. Be polite. Be ethical. Remember this isn't judging or invading, it is noticing. It is opening your senses wide, putting up your intuitive antennae and being aware of the world around you. What impressions do you receive? Do you know if someone isn't being honest with you? Is someone hiding something from you? Do you feel an instant rapport with a place or a person.

Notice your reactions. Notice if you are getting yourself in the way. Are your receiving or projecting?

And notice your energy? Is it big or small? When is it big and when is it small. An energy dance goes on all the time and most people are aware but not truly noticing. So this is about being mindful and noticing.

When you walk quietly through the forest with all your senses on alert, you See and experience things that make magical moments, that deepen your connection to the world and make you realise how magical it is.

Notice when thoughts come through around the animals or nature. Are they communing with you? Can you tell?

Go out into nature and sit against a tree and practise dropping into a light trance state. Drop down into your solar plexus, slow your breathing and cast your awareness out. Listen with all of your body. Write down how it feels.

Open your eyes. Is there an animal there? Did you hear anything? Feel anything?

Enjoy spending time in Mindful Awareness and Noticing.

3. Earth Altar

Sit with your earth altar and explore each part of the Earth Mother you have gathered. Tell her how much you love her and them. Find yourself feeling peaceful and offer her peace and blessings from your heart to her heart.

In the next module we will communicate with animals through pictures. Until then, enjoy flexing your intuitive muscles.

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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 and www.wildpureheart.com.*