

Meeting One of Your Animal Guides

Tele-Playshop

7/12/06

Class Notes and Resources

Why Include Animal Energies in our SoulCollage Decks?

quote- p. 34 in Seena's book:

By Ladson Hinton in an article called Return to the Animal Soul:

The future survival of humankind depends upon return to a right relationship to nature. The need is both inner and outer. In this endeavor the animal soul is our most dependable guide.... Since we no longer hunt in lonely communion with animals, and since few of us feel called to go on formal vision quests, we have to seek ways of recreating meaningful connection with the animal realm.

“Making SoulCollage cards is an excellent way to honor these animal energies and to strengthen their power to assist us” --- Seena

You can think of it this way also..... humans are relatively new to Earth. Our first footprints were only 130,000 years ago but animals have been here since the dawn of time. Author Susie Green says, in the book Animal Wisdom:
Spider has spun her silken weave for 400 million years. Tortoise has plodded over hot sand for 200 and 20 million years. Pig first rooted in moist, rich soil 37 million years ago, while even Tiger, a relative newcomer to the world, has patrolled the eastern jungles for one and a half million years.

Even the Old Testament makes clear reference to animal wisdom- Job 12:7-8
Ask the animals and they will teach you, or the birds of the air, and they will tell you; or speak to the earth, and it will teach you, or let the fish of the sea inform you.

This quote from a Native American named Lame Deer:
All of nature is in us, all of us is in nature. That's as it should be.

In their book Warriors of the Rainbow, two Native American authors talk about
Something deep and wonderful... the understanding of the Spirit Being that manifests itself in all living things.

Ways to Meet Your Animal Guides

1. Seena's guided imagery- p. 38-42 in the SC book, also on CD now, not just tape available for purchase here: <http://www.soulcollage.com/process/SCaudio.php>
2. dreams- pay attention, ask before you sleep
3. vision quests- shamanic type experiences similar to native American vision quests
4. holotropic breathwork experiences- <http://www.breathwork.com/>
5. coming across many many sightings or images of the same animal over a period of time. Might seem like a coincidence, but..... NOT!
6. maybe you already know and feel a kinship with a particular animal
Janice- leopards
me- swans
7. last but not least..... the magical inner journey you will hear in this recording, which is a guided imagery experience written especially for this playshop.....

More resources:

KaleidoSoul's page on animal totems: <http://www.kaleidosoul.com/animal-totems.html>
(scroll to the bottom for a list of books that were referenced in this tele-playshop)

Karen Mann's article on animal totems:
<http://www.kaleidosoul.com/animal-totems-article.html>

Animal Totem Meanings- <http://www.sayahda.com/cycle.htm>

Music that is playing during the Magical Inner Journey:

Wind Dancer- by Dean Evanson and Tom Barabas