

# Animal crackers

When he was 15, the cat stood up on its hind legs and became his grandfather . . .

by gab knowles

**S**COTT King always loved animals but when he was eight he learnt he could "see" animal spirits.

"I remember sitting at the kitchen table with my sister and we both saw white rabbits falling from the ceiling," he said.

Scott admitted that first conscious experience of animal spirits "freaked him out".

"We both saw it so I could not pretend it was my imagination," he said.

He then began to see a black cat following him everywhere.

"I assumed other people could see it too because I would say 'the cat's here again' and everyone would answer 'is it?' but never mentioned they could not see it," he said.

Scott said when he was about 15, the cat stood up on its hind legs and became his grandfather – who had died many years before.

"I figured that he had been watching over me all those years and had appeared in a form that I would feel comfortable with," he said.

Scott believes each animal has a message or a "medicine" it can impart to help guide people in their lives.

Five years ago, the 37-year-old gave up his role as a primary school teacher and began working full-time on trusting and listening to animal spirits.

He now runs workshops and does readings to pass on messages from animal spirit guides and help people interpret those messages.

The Yarra Valley-based animal spirit intuitive is holding a workshop at Perth Zoo on Saturday, August 6.

He said the practical workshop would involve personal readings for participants, discussions about what certain animals symbolised and lessons on how to read messages from nature.

"It is not really the animal that gives people a message but it teaches them to listen to themselves," he said.

Scott said his communication with animal spirits was multi-sensory.

"They place images or symbols in my mind that I can interpret because I have studied them and understand their ways, motivations and purposes," he said.

"I can smell and hear things and I more often sense, rather than see, them there."

Scott said that it depended what his mind was focused on whether he saw animals near people or not.

"It happens regularly, but it's not a 24-hour thing," he said.

"I do have to be focused."

Scott said he believed people were born with a set of animals that governed their lives.

He has 13 animals he regularly works with and



Scott King with a King Charles spaniel.

each represents different things or has different powers.

"I have animals that look after my family when I go away or help me in my business," he said.

"Other people may see them as angels or guides."

Scott said as well as helping people identify what animals nurtured and inspired them, he also discussed what animals they disliked.

He said those animals – or shadow totems – represented people's limitations, secrets and dark thoughts.

"If people can understand and deal with those fears, nothing can hold them back from realising their potential," he said.

Scott said people could see animals in their physical form, in dreams or in symbolic ways such as on a billboard, T-shirt or magnet.

"That animal is trying to give them a message if it jumps out at them for some reason," he said.

In 2003, he published his book *Animal Dreaming*, which listed the symbolic interpretation of more than 200 of Australia's indigenous and introduced animals.

He is now working on his second book, *Animal Messengers*, which when published, will include *Animal Dreaming*.

*Animal Messengers* will discuss animals from all over the world.

Scott said he was writing the typical messages that he received from animals or knowledge from his learning.

"But I encourage people to see what I wrote as a foundation," he said.

Book for the workshop on [animaldreaming.com](http://animaldreaming.com) or call Leanne on 0408 631 411.