

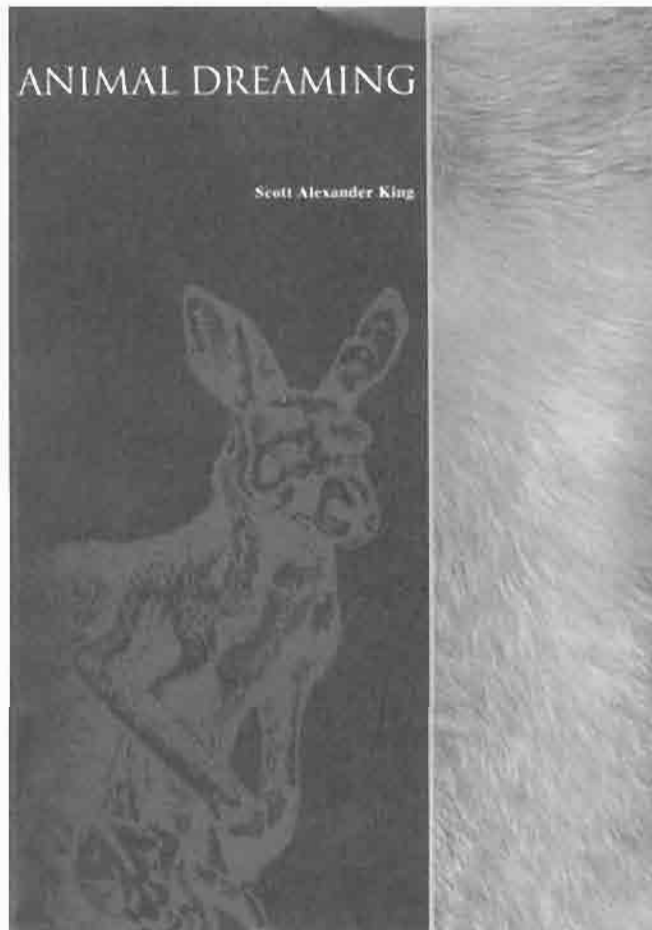
Bookshelf

Each month in *Bookshelf* we review the works of self-published Australian Authors.
This month, Someone E. Else reviews *Animal Dreaming* by Scott Alexander King

Animal Dreaming by Scott Alexander King is Australia's first shamanic field guide that lists the symbolic interpretation of over 200 of Australia's indigenous and introduced animals.

The book takes the reader on a journey into The Dreamtime, the time before time – when the World was new and the Ancestor Spirits were wandering the Earth, often in human shape, helping to bring form to the land, the plants and the animals. It was when everything on the horizon was being created and when everything was getting used to being.

Animal Dreaming helps the reader to understand that animals can be spiritually called upon to assist us in almost every aspect of our lives. It is a realization that opens a floodgate of knowledge and power to those who seek their counsel. Ancient teachings suggest that we are capable of communing with the forces of nature and to speak readily to the animals, birds, reptiles, fish and even the insects. If we listen carefully to what they have to say and take time to learn their symbolic language, the teachings say that everything is equal and that nature speaks to those who listen. The animals each have a lesson to share and we can make it our mission to learn each one and use the knowledge gained to manifest their qualities and sacred wisdom into our own lives.



Animal Dreaming can be seen as a unique opportunity to broaden one's ability to interpret the symbolic language of the animal kingdom. It brings to the People, possibly for the first time, a comprehensive list of over 200 Australian animals – introducing them to its readers as totems, teachers, healers and spiritual allies.

Animal Dreaming provides ample guidelines for partaking in your own medicine walk – the ability to

'listen with one's eyes', the chance to discover your own animal totem by means of a guided meditative journey, and how to honour your totem once found. It illustrates quite concisely Australia's seasonal wheel of the year, introduces its readers to what it means to be a 'feral' Australian, while expansively listing the spiritual and symbolic interpretations of over 200 native, domesticated and introduced animals, birds, reptiles and fish. Following in the tradition of *Animal Speak* by Ted Andrews, *Animal Dreaming* is an Australian first and a must have for anyone interested in Earth Wisdom and rudimentary Shamanic Lore.

Steven Farmer PhD, had to say about *Animal Dreaming*:

"*Animal Dreaming* is a powerful, comprehensive, and accessible handbook on how to tap into the wisdom of animal spirit guides. Mr. King has done a remarkable job of detailing the spiritual characteristics of both feral and indigenous animals of Australia. For those on the spiritual path, you'll find this book useful for many years to come."

— Dr. Steven Farmer,
author of *Sacred Ceremony: How to Create Ceremonies for Healing, Transitions, and Celebrations* and *Power Animals: How to Connect with Your Animal Spirit Guides*.



Animal Dreaming is distributed wholesale
Australia wide by Brumby Books
(03) 9761 5535

This is one of my all time favourite books and for anyone who has ever felt somehow connected to animals, or the land we share with them, *Animal Dreaming* offers the spirit a path home. It leads us on a magical, yet very grounded journey and is packed full of fantastic information and practical guidance from an Author who is clearly a gifted and enlightened Medicine Man.

Jennie Burns
Editor – Free Spirited Magazine