

MEETING YOUR ANIMAL TOTEM

For centuries, shamans have understood and used the power of animal spirits to gain access to sacred knowledge. Here, Scott King takes you on a guided, meditative journey to find your animal totem ally.

Shamanic wisdom suggests that it is possible to commune with the forces of nature, to speak readily with the spirits and deity, as well as plants and minerals, and especially animals, birds, reptiles, fish and even insects, listening to what they have to say and learning their medicine. It teaches that everything is sacred and that Nature whispers to those who listen.

Long ago, shamans journeyed to the realms of non-ordinary reality in order to gain access to the sacred teachings that made this communication possible. Severe thirsts, fasts, ingestion of hallucinogenic substances, such as poisonous herbs and venoms, and various sources of immense pain were self-inflicted to deliver themselves into altered states of

awareness – a vital stage in the development of their understanding of other non-physical worlds. It was believed that the sacred knowledge could only be obtained this way – and only by those willing to seek it.

During sacred ritual and ceremony, the shamans adorned themselves with animal body parts – skins, feathers, skulls, teeth, bones, claws, horns etc. – in an attempt to endow themselves with the wisdom and power of the animal spirits.

They believed that every natural thing on Earth, particularly the animals, had a lesson to teach, and they made it their mission to learn and use this knowledge to manifest their qualities into their own lives. They believed that

in order to achieve any goal or mission, or to successfully fill a role or responsibility, it was necessary to invoke the medicine or power of an appropriate totem animal on the spiritual plane.

When an individual calls upon the power of an animal they are seeking complete harmonious union with the strength of that animal's being. They are asking for the animal to share its secrets, its key to what makes it unique, and therefore making it vulnerable to attack.

It is for this reason that the approach is made with humility, a loving heart and a true intent. Quietening the mind, easing the tension of the inner self and listening with an intuitive ear can lead to the miraculous being found in the silence. The sacred silence is the key,