



## COMMON ANIMAL SPIRITS

The **dog** can be invoked to assist in workings associated with love, grief, loss, loyalty, companionship, acceptance, relationship patterns and trust, while the spirit of the **dolphin** can be called upon as an aid, or midwife, during the birthing process, or to help with issues related to peace, communication, children and all emotional issues. The dolphin is also a powerful ally as a guide during meditation and a gatekeeper to the other realms.

The **cat** brings wholeness, and can be invoked for advice and assistance concerning relationship breakdowns, fear of being alone, confidence, sexual protection, physical protection and knowledge of the spiritual realms, while the spirit of the **buffalo** (sometimes associated with the Native American Goddess, the White Buffalo Calf Woman) can be invoked for knowledge of prayer, the sacred ways, tradition, abundance and respect.

The **pig** can be called upon to help with issues concerning fertility, personal cycles, issues concerning children, life, death and rebirth and acceptance of the way things are. The **bear** aids with listening to the inner voice, contemplation and introspection, while the **eagle**, although associated closely with Spirit itself, is also the bringer of new beginnings, illumination and bravery, and assists with issues relating to strength, passion, and courage.

The spirit of the **owl** (sometimes associated with the Goddess Athena) can be summoned for assistance regarding fear of the unknown, study, avoidance of revenge, respect for silent wisdom, overcoming unseen obstacles, deception and change, while the **raven** brings messages from Spirit, assists with magickal understanding, issues relating to change (and sometimes death), and fear of the unknown. She is a master healer, shapeshifter and teacher in the art of manifestation.

The spirit of the **deer** can be invoked for esoteric knowledge, healing, gentleness, the use of love over fear and self-confidence, while the

**horse** governs issues relating to travel, personal power and the stress associated with moving house. The **mouse** can be called in to give advice on how to deal with legal matters, contracts, wills, agreements, promises and vows; the **rabbit** can be invoked for issues relating to control over fear, caution and assistance with fertility problems; and the **hen** can teach much about nurturing, mothering and sacrifice.

be seen as being more majestic than that of the worm. The messages of all the animals should be appreciated as life lessons, and should be seen as qualities that we would do well to incorporate into our own lives.

There are probably only about half a dozen legitimate reasons why anyone should seek assistance on a spiritual level, through magick or any other source for that matter. Healing, protection, love and acceptance, abundance and strength are acceptable reasons for working magick, so long as the 'harm ye none' rule is always acknowledged.

Once the purpose for the ritual or ceremony has been established, and the suitable animal has been chosen, gather together the necessary materials. When working with animal spirits it is important to remember that when choosing candles, herbs and incense, consideration must be given to the convincing of the animal to (a) present itself, (b) agree to work with you, and (c) stay for the duration of the charm. No matter what candles seem appropri-

ate for achieving your goal, one should always burn a brown candle to welcome the spirit of the animal, as brown candles should always be burned when working with familiars and spirit animals for magickal purposes.

Similar consideration should also be taken into account when choosing herbs. Choose an herb for the magickal working, and one for the enjoyment of the animal. For example, cats (in spirit, or as familiars) love catnip and dogs adore roses, while rabbits appreciate yarrow, and dragons enjoy basil.

No matter how you approach your ritual or ceremony, when choosing to incorporate the energies of the animal spirits, whether by having your familiar spirit working physically beside you, by shapeshifting and using the animal energy symbolically, or actually invoking the

spirit of an animal, the approach should always be made with humility, love and respect. The knowledge animals spirits can impart is a pathway to power – a pathway which should be gently trodden. The power lies in the appreciation of our role in life, crediting every living thing as a teacher, retaining a reverent attitude, and treating everything as an equal. Always give thanks to the animal and spirit through prayer and offering, and never take them for granted. 🐾

❖ *Scott King runs Circle of Stones, a retail shop in Warburton, VIC. (03) 5966 5138 (or barnowl@foxall.com.au) for information on upcoming workshops, spiritual development classes, animal totem readings, totem shield workshops, and correspondence courses in shamanic studies, drum making, and more.*