

## Some of the Wild Earth Animal Essences

### Bear:

Introspection, hibernation, balancing business with rest. Incubating dreams, bringing plans to fruition.

### Beaver:

Life planning; devising new projects, motivation, industriousness.

### Buffalo:

Slowing down, contemplation, grounding, gratitude, sacred rhythms of the Earth.

### Bumblebee:

Confidence in one's capability to achieve the impossible.

### Butterfly:

Catalyst for transformation, emotional or spiritual transition. Grace, lightness of being.

### Crow:

Shamanic teacher, moving between the realms, the nature of reality.

### Deer:

Gentle awareness and calm, adaptability, humility, surrender.

### Dolphin:

Play, laughter, compassion, healing. Enhances dream recall, telepathic communication with animals.

### Dove:

Peace, blessing, being present in the moment, a sense of the Divine.

### Dragonfly:

Dreamy, spacious travel between dimensions, waking up to personal illusions.

### Eagle:

Spiritual and creative vision, clarity, perspective, transcending mundane.

### Fox:

Resourcefulness, clever solutions, confident decisions.

### Frog:

Life as miraculous, support for deep emotional and spiritual changes.

### Hummingbird:

Delight, celebration of being alive. 'Lightening up'. Gentle purification of emotional issues. Transition.

### Otter:

Childlike playfulness, humour, life as a fun game.

### Owl:

Intuition, facing things that need attention. Speaking from the highest place with a compassionate voice.

### Jaguar:

Spiritual unity, connection with shamanic spirit of the rainforest.

### Mountain Lion:

Purposeful action, manifesting one's dreams, balancing strength and gentleness.

### Peacock:

Self-esteem, appreciation of abundance and beauty.

### Rabbit:

Abundance, creative ability, fertility.

### Salamander:

Mysteries of the Earth, regeneration, secrets of the Underworld.

### Salmon:

Destiny, spiritual perseverance, life as a journey home to the Divine.

### Seal:

Effortlessness, positive body image, innocence, freedom from worry.

### Snake:

Shamanic initiation. Archetypes. Deep transformation.

### Spider:

Interconnection, weaving together, integration of the self, unification.

### Polar Bear:

Groundedness on the spiritual path.

### Squirrel:

Work as play, seeing any task as a delightful game.

### Swan:

Walking in beauty, grace and awareness of Divine. Enhances goodness.

### Tiger:

Awareness, clarity. Acting from one's highest place. Nurtures a sense of spiritual strength and mastery.

### Turtle:

Emotional and psychic protection, feeling safe in intense situations.

### Whale:

Spiritual expansion. Connecting with higher planes of consciousness. Exploring the knowledge of the ages.

### Wild horse:

Heals the heart chakra. Sense of community for those who are lonely, depressed or have lost heart.

### Wolf:

Sociability. Healthy boundaries. Honouring commitments. Divine presence.

## Some of the African Wild Earth Animal Essences

### Cheetah:

Efficiency, accomplishing tasks with speed, support in hectic lifestyle.

### Elephant:

Spiritual expansion, telepathic communication, awareness of Mother Earth.

### Hippopotamus:

Emotional grounding, support for facing unresolved issues.

### Zebra:

Community, cooperation, truth, tolerance. Integration of opposites.

when I was facing the deepest wounds and journeying through a period of intense anger and grief. One afternoon I found myself sobbing about what had happened to me as a child. As I curled in a ball, sobbing deeply, I heard a crash at the window – a bird had flown into it. I ran outside and on the ground, lay the lifeless body of a beautiful blue jay. I held the blue jay tenderly, wrapped it in a cloth and drove up to a sacred spot in the mountains, where I buried him.

During this period of inner work I faced my deepest fears and in doing so I found the darkness was transformed. There is an incredible liberation in touching and releasing one's pain. I learned the power of embracing my own wild depths – and I learned not to run from what scares me. In the 1990s I opened my professional counselling practice and my interest in vibrational healing with flower essences grew.

I began to make animal essences and enjoyed them in a playful experimental way.

Wild animals are fully themselves without thought or worry, able to live and express their

spiritual purpose from a place of power and groundedness. As they do not have an evolved thinking mind, animals don't split the world into parts, but experience it as a seamless, integrated whole.

I made eight essences initially: Buffalo, Butterfly, Deer, Dolphin, Eagle, Hummingbird, Mountain Lion and Wolf. The list grew to 48 plus 40 research essences making the total available 88.

The African essences grew out of the profound experience of living for three years in a remote village in Togo, as a rural development worker. The African tribe I lived with, the Moba people of the savanna, live in harmony with the Earth and they taught me what it means to live in the present moment, surrounded by birth and death, to give thanks at all times, trusting that we are cared for. The Moba also taught me about sacred ceremony, and the power of intention in the ceremonial process.

Wild Earth Animal Essences are made in a ceremonial process in the Blue Ridge Mountains of Virginia. They are vibrational essences which share the energy and gifts of each animal's wisdom, without capturing or harming any creature. The prime ingredient is the power of intention. I collect a bowl of water from a stream and place it in a

clearing in the wilderness, where I then perform a ceremony, attuning to the spirit of the animal in a meditative way.

The energies of the animal essences can help us to expand spiritually and tap into the higher aspects of ourselves.

Animal essences can also help us to uncover, explore and heal wounded aspects of ourselves. Carl Jung said: 'We do not become enlightened by imagining images of light, but by making the shadow conscious.' If we carry unresolved pain, grief or anger we must be willing to dive into the depths in order to heal our personal sorrow. Animals stand in their power and fearlessness with gifts of courage, strength and gentleness to help us face and move through our pain into the light. ks

### more information

- Daniel Mapel's website is [www.animalessence.com](http://www.animalessence.com)
- Daniel Mapel will be holding a workshop on 18-19 October 2003 at a retreat near York. For details tel: Mark or Sallyann Thomas-Lane on 01904 622706, email [essence@grayfin.net](mailto:essence@grayfin.net).
- A few Wild Earth Animal Essences are included in the *Kindred Spirit* Mail Order Collection; the full range is available from Cosmic Trader, tel: 01904 622706, [www.cosmictrader.com](http://www.cosmictrader.com)
- *Into The Heart of The Wild – Healing and Transformation with the Wild Earth Animal Essences* by Daniel Mapel, priced £8.95 plus p&p, is available from Cosmic Trader.

