

Spirit animals

BY TERRY TASKER

A medium for many years, Terry Tasker has over three decades experience as a healer, and is healing secretary, approved healer, course organiser and tutor of the Spiritualist Association of Great Britain's healing course.

Below, Terry (pictured left) takes a look at a different subject and explores the relationship between humanity and animals here and hereafter.

FOR thousands of years, mankind has had an affinity with animals and nature.

In the ancient past, people in many parts of the world believed in animal spirits who lived in a world which is invisible to our own.

Paintings of animals which date back many centuries have been found on cave walls.

Ancient man had an understanding that spirit animals had the power to protect and heal.

They were regarded as guides and worshipped as types of deities.

In the modern world, we have become less connected with animals and nature. However, through their understanding with animals and nature, many communities have maintained that link.

How good it is to walk in the countryside and through a forest listening to the sounds of animals and nature. It would be wonderful to swim like a dolphin, fly like an eagle, run like a cheetah and have the strength of a bear!

We all are aware of the unique way that animals help the human race, as there are many wonderful stories to confirm this. This help continues from the spirit world, for by dreams, meditation and visualisation we can connect with animal guides.

Over the last few years, my awareness of how animals assist us from Spirit has become

more evident. For instance, I was taking a class on healing and we did a meditation to link us with healing energies and helpers from Spirit.

I opened my eyes and could see spirit animals in the room standing by the students. My immediate thoughts were that they had come to help in the healing process.

The students were then told which animal was there for them and to try and connect with energy from the animal as they were doing healing practice on their partner. The energy that came through was amazing.

Shamanism is practised in many countries and cultures of the world. Using various methods, the shaman has the wonderful gift of connecting with spirit animals and the other world.

Shamans have the wisdom to connect with the universal healing energy that is helpful to people as well as them. They use drumming, singing, dancing or imitating the voice of an animal or birds, and believe that the material world parallels a non-physical one.

We can all connect with our animal guides, visualising the animal you would like to help you, then going deep within and listening to your heart and not just the mind.

At times, you might be aware that your pet cat or dog is staring into an empty space, but they are seeing spiritual activity.

A few years ago, a colleague of mine was staying with us over the weekend, as she was taking the services at our church. She had to return to London on the Monday to work at the Spiritualist Association of Great Britain.

The next day, I also went to work there. During the day, she asked me where the fluffy black and white cat had gone.

"We do not have a cat," I explained, but she said that this cat had been sleeping on her bed the nights she stayed with us.

When I returned home, I told my partner, Averil, who said that the description was that of her cat which passed to the spirit world many years ago.

About 18 months ago, Averil and I were travelling to work when we came upon a black cat lying in the road. We assumed it had been run over.

I stopped to see if we could do anything to help, but before I could get out of the car, we both saw its physical body shake. Next, its duplicate spirit body appeared above it and also shook, then disappeared.

In spirit communication, it is nice to give evidence of sitters' loved ones, but it is also nice when you are able to describe their pets and sometimes get their names, too.

When we connect with our spirit animal, we have to be mindful of which animal or bird we would like to help us. The most natural thought would be to ask for the pets we have had to be there to help us.

We know that to a certain degree animals and nature have a wonderful ability to heal themselves. Native Americans have shown us the magic and healing power of animals on many different levels.

The characteristics of the animal or bird that you wish to connect with have to be taken into consideration. Like us, all creatures have strengths and weaknesses.

We have relatives in America. A few years ago, our cousin Bonnie left to go to work. When she arrived home later in the day, her two large dogs would not let her go back into the house.

Bonnie could not understand this until her husband, Larry, who was a New York policeman, arrived home from work. He likewise started to make his way to go into the house, but again the dogs would not let him enter.

Larry then became aware of the smell of gas. Had Bonnie and Larry gone into the house, they would not be with us today, so the two dogs saved their lives.

Still abroad, a wonderful story I came to know about recently was that in Japan a few years ago a man was returning home from work by train. Walking along the platform on his way out of the station, he noticed a puppy all on its own.

The man asked various people if the puppy belonged to any of them, but no one claimed him. He then asked the station master if he could keep the dog at the station just in case anyone came back to claim him.

The station master said that the dog would be locked by itself in a room overnight. If no one claimed it, the next morning he would have to take it to an animal shelter.

The weather was bitterly cold, so the man decided to take the puppy home with him. The next day, he put up lots of posters all over town to see if anyone would come forward and claim the dog, but no one did.

The man decided to keep the puppy and a wonderful strong bond developed between them. When the man went to the station, the dog would go with him and then return home.

The dog would leave the house in the evening, walk down to the railway station and sit on a wall opposite the entrance at the same

time that his master would be arriving back from work.

This continued for a number of years, but one day the dog would not go with him to the station. The dog did everything it could to try to stop him going.

However, the man had to go to work, but during the day he suffered a massive heart attack and passed to Spirit. Even so, the dog still left at the same time in the evening to sit on the wall to await the return of his master.

The dog did this for quite a number of years afterwards until he, too, passed to Spirit to be reunited with his master. The people in the town concerned have put a statue of the dog sitting on the wall outside the train station in recognition of the pet's devotion to his master.

There are, of course, many books written about the way to connect with your own spirit animal. It is said that we all have at least one animal helper from the spirit world.

Once you have found a way to connect with your own animal guide, build on the relationship. It takes time to develop a friendship with an animal spirit. It has to be based on mutual trust. You will need to have a lot of patience to build up the bond.

Learn as much as you can about the animal's characteristics and try to find out where your animal would have come from in this world.

Also find out which is the best way for you to connect with your spirit animal. You can use music, singing and dancing as well as dreams, meditation and visualisation.

You are the one that has to be happy with the connection, which can be done by yourself or in a group. Either way, make a regular time that you can develop your link.

Over a period of time, you will find that you have different animals and birds bringing their help and wisdom to you. In this way you can build your own totem.

You may, of course, have animals in your totem that might be the same as a friend or someone you know, and find that you already have a good connection with them, which can only become stronger with the link with your animal guides.

The wonderful way that animals help us in this world and the next one is amazing. I hope you are able to connect with your own spiritual animals and nature to benefit yourself in a healing way and especially the people that you are helping in life.

