Listen to the Whispers Around You

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Participants: Jean-Baptiste (Araili), Julie (Fontine)

Topics:

- *Empathic connection and interconnectedness with others*
- *Exploring the shaman archetype through the natural environment*
- *Listening to the “whispers” of plants, animals, and elements*
- *The dying tree and the vines as an example of nature communicating through story*
- *Allowing animals their own expression and value fulfillment*
- *Interconnectedness as something continuously expressed through everyday life*

Anthea: Good morning.

Julie: Hello.

Anthea: How are you?

Julie: Great today. Thank you.

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Anthea: And what have you been exploring?

Julie: Jib and I were discussing how, well, I'm experiencing more, um, I would, I might say empathic connection with people or awareness of that happening. Um- That connection with me and others, and especially with Jib and with my husband right now, like they're the best connections. Or maybe it's because we talk about it more, we talk more, and so then I can realize that, um, oh yeah, we're thinking the same thing, we're on the same page, or we're like right there complementing each other with our ideas and our experiences. Um-

Anthea: Yes. And you are very open to each other also.

Julie: Mm-hmm.

Anthea: You share similar interests and also desire.

Have you played with your archetype?

Julie: I have a little, yeah. Um

Anthea: And what have you experienced with that?

Julie: Well, um, I think I've experienced a deeper connection with the spaces around me. And I was practicing just breathing the idea that I'm breathing in all these atoms from all over the planet, and, the creatures and the, and, and the water that's moving through the planet is coming through my body, and that the, and that my breath is connecting me to everything, and, um, this shared communion. Um, and sometimes I get in a really nice zone. It feels really good. And I've done that a couple times, I

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guess.

Anthea: Those are such wonderful experiences.

And have you entertained the… this dance with your direct environment, your garden?

Julie: Have I, um…

Anthea: As the shaman.

Julie: Have I danced?

Anthea: Yes.

Julie: Um

Anthea: Barefoot.

Julie: Well, I was not dancing, but one night when I woke up, I, I went out and I sat under a tree and sat in the grass and meditated with my back against the tree and, um That's, uh, and connected with the sky and the air and, and, and I guess that's as deep as I've gone as far as getting outside and doing it in my physical environment.

Anthea: And have you heard the whispers?

Julie: No, I didn't. What, what should I look for?

Anthea: You may listen to the whispers of your creatures and of your elements around you. They should be particularly expressive at night.

They may tell you stories.

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Julie: Huh, okay.

Anthea: About yourself and your relation to your world.

Of course, they are a reflection of yourself, and it’s listening to you.

But they are more poetic, if you will.

Julie: I don’t know how to tune into that yet.

Anthea: Mm, just like you would do with your partner. Be present.

Mingle with the energy of the place and of the creatures that are moving around. Just like you were breathing the atoms and every particle.

Julie: Mmhmm.

Anthea: Mm, they also do that dance as they move around, as the air blows.

As the dust settles or is carried away by a breeze or by the steps of your creatures also. It’s all moving, responding to each other.

Julie: Mhmm.

Anthea: And they contain stories.

They carry the information of your interactions.

And they just resonate like the bells around you. It’s just different kind of sound.

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Julie: So one thing I think I noticed, and this is, um, I noticed this over a period of months, is that some vines, morning glory vines were taking over one of the trees in our meadow. And at first I thought, “Well, they’ll, they’re gonna kill the tree and I need to take them down,” and I started doing that.

But then I kept stopping and I never did take them down. And then I started noticing that the tree, um, it looked like that tree was dying anyway, and that the, and that the vines were not overtaking any other tree in the meadow, only that one. And like I thought maybe that tree even called the vines to help it die.

Anthea: Yes. And also being celebrated.

Julie: Being celebrated?

Anthea: Yes, by the plants that curl and swirl around it. That creates that ornament to accompany his passing.

Julie: I don’t know why I am so touched.

Anthea: That is the whispers I’m talking about.

The ones that talk to you.

Julie: And here’s another, here’s another I think I got this message from my chickens. Um, we

Anthea: What have they told you?

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Julie: So we've been keeping chickens since we moved here, and at first we were keeping them locked in the coop for part of the day so that they would lay their eggs in the coop, and, um, and then let them out to free range in the afternoons.

Um, and those chickens, um, they, you know, they would, they would live for a couple years and then they would start dying or the hawks would start taking them. And I felt that their quality of life was not very, was not worth for them more than a couple years, and then they were ready to go. And the chickens that we have, I, I just started letting them just free range all the time, where they can just roam free. And they lay their eggs wherever they want and I don't always get e- find the eggs. And so, but I felt that it was worth it for my chickens to be happy instead of me getting eggs. 'Cause they seem happy. And, and these chickens, um, they're not dying. And they're not being taken by predators. And were previously entire flocks would be gone within the, within two years, these chickens seem happy and nobody's dying. And they're just doing their thing and they look really happy. And, and they are sort of semi-wild, but they don't mind people being around them either. But they don't want us to catch them. And we let them do their thing and they seem happy.

Anthea: That's particularly wonderful that you have listened to them and allowed them their own expression and value fulfillment.

And how do you find it enhances your own life to have that freedom being expressed around you?

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Julie: Um, both Michael and I feel very comforted when we observe them scratching the ground and roaming around as they wish. And their gentle clucking is very soothing. And both of us, it w- can, we can just sit and watch them and just feel comforted by that. It's…

Anthea: you say they are part of your family?

Julie: Y- yeah.

Anthea: Mm.

Julie: Yeah

Anthea: That's wonderful that you can also ri- ripple that out for all other people in your planet now. To help have a different perception of your creatures, that they are not only for consumption.

Julie: Uh-huh. Do you have a message that you would like to deliver for us today?

Anthea: Listen. This is important. Listen to what surrounds you, because it is you talking. Even the whispers of essences are you talking to you.

And they have much to share with you. And it's not only about instructions or teachings, but also about being, about appreciating and being the incarnation of all that is.

Those are your primary stories Your primary myths. They are being expressed now. They nourish and support your daily lives. They are available to you whenever you need them to help you connect with other parts of yourself that you have cast away momentarily for that physical

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experience.

And if you allow yourself to listen, not only look at what’s around you, but listen to the vibrations and to the humming that sustains life, you will also experience and understand on a much deeper level what you call interconnectedness.

It is always being breathed in and out of your experience.

Just like with your chickens. And they’re roaming around your gardens.

That is the message for today.

Julie: Ok.

Anthea: I will enjoy dancing with your chicken and you in your garden. In whatever way you want to do it.

Goodbye, my dear friend.

Julie: Goodbye. Thank you.

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