



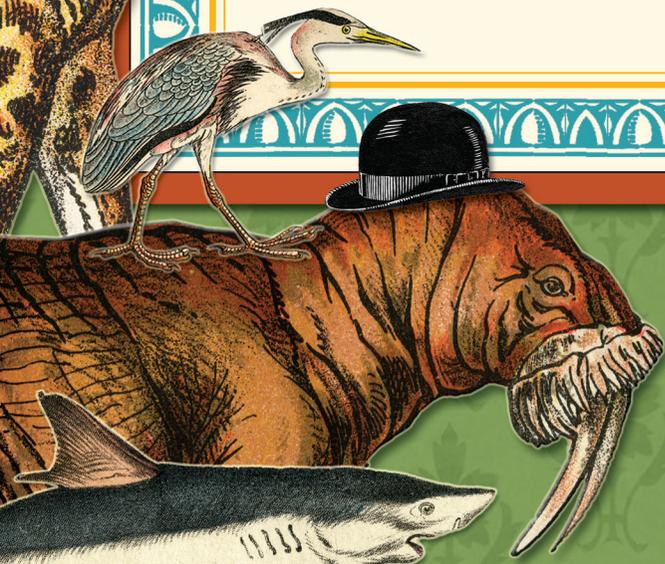
Sarah Seidelmann's

WHAT

the Walrus

KNOWS

An Eccentric's Field Guide to Working with
Beastie Energies



“NATURE IS AN UNLIMITED BROADCASTING STATION,
THROUGH WHICH GOD (OR THE UNIVERSE) SPEAKS TO US EVERY
HOUR, IF ONLY WE WILL TUNE IN.” - *George Washington Carver*

INTRODUCTION

BEASTIE -

ANY INSECT, REPTILE, BIRD, MAMMAL OR MYTHICAL CREATURE THAT EXISTS OR HAS EVER EXISTED, FROM SALMON TO WOOLLY MAMMOTHS TO DRAGONFLIES.

A while ago, I fell madly in love with a taxidermied walrus. I couldn't stop myself from going back to the little shop a block from my office where he lived. At the time, I was a bit wild about money and how I'd replace the income I'd lose. My job as a physician held me with golden handcuffs. My aim was to be more free to pursue what I loved, but so far I was just worried.

I'd been living a nature-starved, over-civilized life for a long time. My husband and I are both physicians and we're raising four kids. Add all my other interests to the mix and the result was a constant state of overwhelm. I was on sabbatical from my work as a pathologist, though I continued to do my life coaching work with clients. As I started spending more time in nature, taking more walks and noticing what was happening around me, I began to feel better. Then I picked up *Animal Speak*, Ted Andrews' book on animal totems, and began my journey into a magical world.

When I became aware that Beasties might have something to teach me, my whole life cracked open.

I found that connecting with Mr. Walrus and the spirit I sensed in him (even in his taxidermied state) felt deeply reassuring. I discovered that the walrus is a powerful Beastie, offering strength, abundance, gregariousness, deep diving, and even a touch of the psychic. To this day, whenever I think of that walrus, a feeling of deep security comes over me.

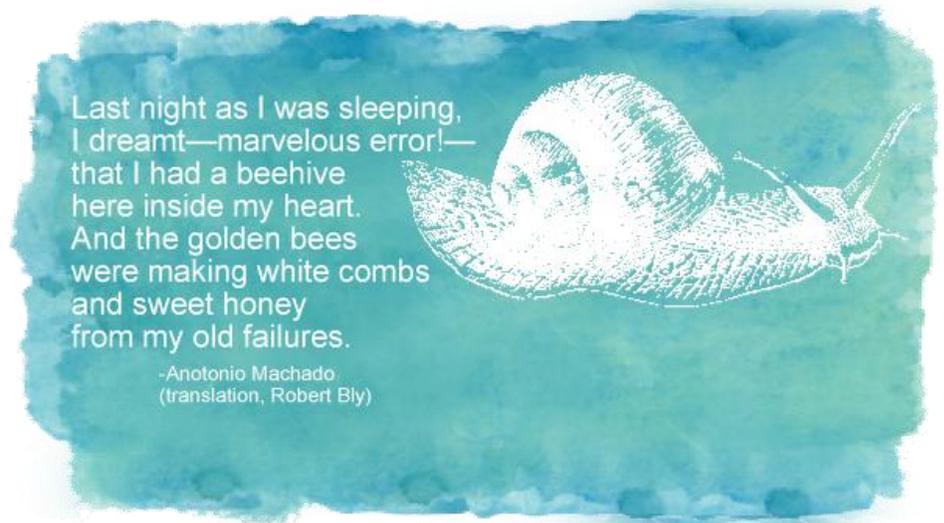
Many amazing things began to happen in rapid sequence. I attracted an insanely fabulous opportunity to travel to Africa, I realized it was time for me to step away from my medical job altogether, and I manifested the money to make all of that possible and easy. But the most important thing was that I found a deep sense of peace and joy through discovering what Beasties had to teach me, which I would love for you to find as well.

Because of the connections I made with Beasties and nature, I had an awakening. I began to have a sense of magical support and love surrounding me. During my sabbatical, my resistance to what I wanted

decreased dramatically. I suddenly felt connected, like I belong to this world. I began to see beauty everywhere and experienced many moments of ecstatic joy. I entered a joyful, peaceful state of harmony that had previously eluded me. As a result of making this connection with nature, I've felt real magic in my life. That's why I'm passionate about sharing it.

This not a guide to help you *identify* Beasties, but to help you identify *with* Beasties. Identifying with Beasties happens not in a linear, left-brain way, but in an intuitive, right-brain way, beneath the surface.

My true heart's desire is to tell you about Beasties and their energies in a way that's fun and easy to understand, so you can discover their power and joy for yourself.



APPRECIATION

There's a bigger, deeper world all around us all the time, full of messages and support. We're marinating in it. It permeates and surrounds our ordinary reality. I wasn't aware of this deeper world until the Beastie spirits (energies) seemed to find me and I started connecting with them. Observing Beasties helps us tap into this deeper level of information.

Connecting with Beasties is an empowering way to invite personal transformation and to manifest what we want. Many of us (especially me) tend to get stuck in our heads. We try to solve the problems of our lives using our left-brain and linear intellect. Often, though, those of us who are "left-hefty" need to get out of that mode in order to manifest change more effortlessly.

One of the fastest and most magical ways to manifest change is through appreciation, which connects us to intuitive knowledge. Our Divine Self

knows what's possible for us and knows the easiest ways to get things done. The ancients knew this, too.

We tap into appreciation more easily when we're in nature or observing the natural world. If you're familiar with the teachings of Buddhism or yoga or Eckhart Tolle, you've likely come across the idea that in a state of appreciation, joy and expanded possibilities are more available to us because we're not concerned about the past or worried about the future. We're just here in this moment, appreciating our now.

Ask people how they get themselves into a really good-feeling place and they'll tell you things like they listen to music they love, or look at a great piece of art, or connect with a friend or loved one. They also say they go outside. Being in nature is a great way to feel good. We walk dogs, stroll along beaches, take hikes, sit on benches in parks ... and feel better. One of my favorite clients floats in the water on a little raft. However we do it, being in nature opens us and helps us connect to what's bigger than we are. It lifts our vibration.

When we spend time in nature, we rekindle our primal connection with the earth. That's why the sounds of nature -- the crash of waves, the hum of rain, wind in the trees -- are very grounding and reassuring. We're tuning in to Mother Earth, one of the most powerful manifesters of all.

You don't need to move out into the wilderness or set up camp in a yurt to experience this wonderful earth connection. You can do it from wherever you are right now. Whether you live in Los Angeles or Chicago, in the middle of the desert, or anywhere else, it's a wonderful place to begin. You only need a little curiosity.

LIKE ATTRACTS LIKE

The Law of Attraction is the concept that like attracts like -- something with a certain vibration attracts other things with a similar vibration. The idea is that if we spend a lot of time in a certain state, we'll attract into our lives more experiences, people, things, and events that match that state. If we're frustrated, we'll attract more frustration. If we're joyful, we'll attract more joy.

From a shamanic perspective, everything is alive, infused with conscious

energy or spirit, and interconnected. Quantum physics increasingly seems to offer evidence of this concept, too, with its theories of entanglement and the idea that adding an observer appears to change the behavior of subatomic particles.

The way this ties in with Beastie energies is that everything has a vibration -- some would call it spirit -- including all natural things, like rocks, flowers, trees, insects, birds, and mammals -- and the vibrations of things in nature are inherently high and positive. They're very powerful manifesters because they don't experience a lot of resistance to their

own selves. As Deepak Chopra says, "The grass doesn't try to grow. It just grows." Beasties are not judgmental or resistant to their own existence the way human often are. The walrus doesn't say, "Oh, good heavens! I'm getting so fat! Why do I lay here for hours in the sun at the beach with my friends? I should be exercising more or starting

that diet or catching up on my emails instead." No. The walrus knows that all is well. It's doing what it loves and enjoys. It's following its instincts without getting into its head too much.

When a Beastie shows up in our experience, it's like an invitation to join in their vibration. Wild Beasties are radically self-loving -- they're vibrational role models, in a way. When we're able to love and accept ourselves, there's really no other work to be done. We experience joy and abundance. Becoming aware of Beasties can help us find that place in ourselves.

When we connect and align with self-love and self-acceptance and harness that to left-brain intellect, it's my belief that there's nothing we can't do or create. This is powerful stuff.

By being curious about what's around us and simply noticing the Beasties that show up in our lives, we connect with their higher vibrations and discover all sorts of things about ourselves and how to positively manifest what we want.



AN ANCIENT PRACTICE

Working with Beastie spirits is an ancient practice that's been going on for tens of thousands of years on every continent. Most of us weren't raised in the Amazon Basin surrounded by shamans. Most of us have long forgotten how to tune in to nature's information and assistance because we've been raised in a culture where humans believe that that we're somehow superior to the rest of the natural world in terms of intelligence and abilities. Why would we want to tune in to something we believe to be inferior and not as powerful as we are, like an ant? But we're coming to realize, even through hard sciences that cover issues like biodiversity and habitat, that every creature's contributions are critical for the health of all.

The wonderful thing is that it's not too late. You can benefit from the natural world right away, simply by beginning to work with it. Many times, I've witnessed how quickly and easily this connection becomes a natural part of people's lives as they open to it and sense it all around.

I think there's something ancient embedded in our DNA or our collective experience about working with nature and Beasties. We still see signs of this connection in our most modern creations. In the movie *Avatar*, for example, the hero connects with horse energy. When he's about to ride the horse for the first time, he takes the end of his own braid and connects it to the end of the horse's tail. At first it's awkward -- and sometimes it can be that way with learning to connect to Beastie energies -- but once the bond is made and their energies are shared, the hero is able to ride to many wonderful places and do many things he wouldn't have been able to do without sharing power and energy with the horse.

The process of working with Beasties and natural energies is like plugging into the endless power source of Mother Earth. It's like having direct access to a gigantic, infinitely powerful charging station.

TUNING IN TO TOTEMS

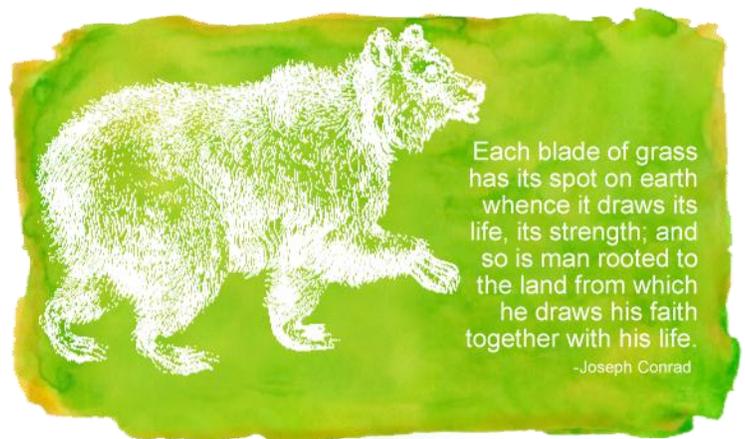
“I ONLY WENT OUT FOR A WALK AND FINALLY CONCLUDED TO STAY OUT TILL SUNDOWN, FOR GOING OUT, I FOUND, WAS REALLY GOING IN.”

- John Muir

A *totem* is any natural object -- it could be a Beastie (insect, reptile, bird, mammal, or extinct or mythical Beastie), a plant, a rock, or even a planet -- that bears a special significance for an individual. A totem is a source of strength and insight that the person would not have without it. Another way of saying this is that a totem's vibrational energy is aligned with the person using that totem. The more you honor and consult with a totem, the more strongly aligned and higher your own vibration will become.

There are two basic kinds of Beastie totems. The first I like to think of as a **Guest Beastie**. They're around for a limited time. They come to stay with us for a moment or a month, or even a year, to bring a message or share some wisdom. Guest Beasties arrive to guide us through something important that's going on in our life. They're basically saying, “Hey! Over here! Notice me, because I'm trying to tell you something that's important for you to know.”

Guest Beasties may come to us when we're outdoors, whether in the woods or on the way out to the car. But there are many other ways they come to us, and they all count. They may come into your awareness through a television or computer screen. Someone may give you a card with a cartoon of a Beastie on it. Maybe you see a carving of a Beastie in a museum, or a logo on a shirt as you're doing the laundry. Just by paying attention to what shows up in your awareness you can begin to tune in to these Guest Beasties.



The other kind of beastie we'll explore is what I like to think of as a **Core Beastie**. Other writers refer to them as guardians, power animals, or protectors. As I began to teach and share Beastie knowledge with others, the word “power” often seemed to be thought of only as “intimidation”

and “strength.” While it’s true that a Core Beastie does offer strength, it’s not the strength of being more powerful than others, but the strength that comes from being connected to your own self. The “Core” in “Core Beastie” is the core of YOU.

Core Beasties stay with us for many, many years -- often for a lifetime. They’re usually a wild Beastie and they’re often a mammal, probably because we humans are mammals, so they’re most closely related to us. A Core Beastie is very protective and empowering. Having a Core Beastie is like having a wonderful mentor alongside you for your whole life.

Before we go further, let’s talk about pets. People often ask, “Can I do this Beastie energies work with my pet?” Sure. It’s a great way to start, particularly if you struggle with connecting to wild Beasties. But domesticated Beasties are in service to humans in some way, whereas a wild Beastie lives outside that impact of human vibrations. So know that even though you can use a pet as a way into working with Beastie totems, wild Beasties may offer you an even more powerful connection to positive vibrations.

BEGIN WITH THREE STEPS

Beginning to work with Beasties requires almost no effort at all.

The first step is simply to notice what Beasties show up as you go about your day -- as you read the newspaper or watch TV, as you pick up the mail or walk down the street. Even notice mythical or extinct beasts, like unicorns, dragons, or dinosaurs, as the principles for working with them are the same.

As you notice what Beasties are showing up, also notice what they’re doing. ***What activity are they involved in? Are they flying, sleeping, hunting, or snuggling?*** Simply notice.

The second step is to notice what’s on your mind when the Beastie enters your awareness. Are you thinking about an issue you’re having with a business associate? Are you mulling over a big step you’re thinking of taking? Are you reviewing an incident with a friend? Or thinking about a relationship that needs healing? Again, simply notice.

The third step is to look in a book or on the Internet to find out more about the Beastie you noticed. Explore the animal in a way that feels good to you. Then ask yourself: **What insights does this exploration reveal or evoke in me regarding what's on my mind?** What instant “Ah-ha!” do you get, if any? If nothing rises to the surface ... simply be patient and wait. Often, a significant insight will occur to you later.

You can use the Beastie Manifestos provided in this book to explore some of their special qualities and attitudes. Explore some of the ways their energies may show up in your life. The manifestos have been inspired from my own experiences, while working with my clients, and from the hours I've spent on *Squirrel Radio* interacting with brilliant people, listening to their stories, and learning about the ways they've experienced these Beasties.

I believe in kindness and also in mischief.
Also in singing, especially when singing is
not necessarily prescribed.
-Mary Oliver



If you can't find a Beastie here in the manifestos, don't be dismayed. There's a resource guide at the end of the book to help you find the odd Beastie not listed here. My goal with this field guide is to provide you with a hearty collection of Beastie Manifestos, in the hope that you'll find one or several you feel a

connection with. I've also thrown in a few odd and special Beasties that have been particularly powerful for me.

As you read about the Beastie, think about what you noticed: the Beastie itself, what it was doing, and what you were thinking about at the time. Interpretations of Beastie energies and spirits that others write can be very helpful, but the most powerful messages and connections you'll make as you go about your interpretation are the ones that will begin to come from within you. You may find that your internal knowing about what a Beastie signifies when it comes into your awareness will be the most meaningful.

The next two chapters cover Guest Beasties and Core Beasties. The remainder of the book is a dictionary of Beastie Manifestos, which you can use like a field guide to help you discover more about Beasties and how they can help.

INTENTION

Setting an intention is a powerful thing. What would you like to happen as you explore the world around you and the Beastie Manifestos? What would you like to happen today? How would you like the Universe to shift? Clear intentions help us shift and lift our vibrations, and make the connections that are all around us all the time easier to see.

My intention is to help you discover something powerful about yourself today.

THE FOLLOWING IS A SMALL SAMPLE
OF

BEASTIE MANIFESTOS.

TO EXPLORE AND ENJOY BOTH GUEST
AND CORE BEASTIES . THE MANIFESTOS
ARE HIGHLIGHT SPECIAL QUALITIES
AND STRENGTHS CERTAIN BEASTIES
POSSESS AND CAN SHARE WITH YOU.

TIGER MANIFESTO

SINK INTO YOUR SOLITUDE.
YOU ARE WHOLE AND COMPLETE. AS IS.

REVERE YOUR STRIPES.
WARM YOURSELF IN YOUR LUXURIOUS UNIQUENESS.

DEMAND ROOM TO ROAM.
EXPAND YOUR COMFORT ZONE TO THE FAR HORIZONS.

CLAIM YOUR VOICE.
ROAR. GROWL. PURR. AND KNOW WHEN TO BE SILENT.

SLINK.
MOVE WITH EASY GRACE. MAKE THEIR JAWS DROP.

DISAPPEAR FROM VIEW.
IN A CROWD. IN A BUBBLE BATH. IN A SPLIT-SECOND. IN A PINCH.

STILL YOUR MIND.
LIE LOW. BECOME THE QUIET.

BE THE ARROW.
YOU'VE GOT THE POWER. SPRINT WITH INTENT.

PLAY ROUGH.
TOUGH ENOUGH TO GET THE JOB DONE. AND THEN SOME.

ENJOY PLEASURE.
LAY YOUR DEFENSES DOWN FROM TIME TO TIME. SWIM IN THE RIVER.

ELEPHANT MANIFESTO

FAMILY IS EVERYTHING.

CHOOSE THEM. USE THEM. NEVER LOSE THEM.

PATIENCE SERVES LOVE.

NOW IS INFINITE SO IS HOPE.

MESSY IS A METHOD.

THROW STUFF AROUND. FIND THE PRIZE SOONER.

RELY ON YOUR POSSE.

CRY EASILY. LAMENT. FORGIVE.

SHOW YOUR HEART.

RALLY THE TROOPS. GET SOME BUDDY BRAVERY.

GRACE IS AN ATTITUDE.

SIZE IS IMMATERIAL. LIFT YOUR CHIN. WALTZ.

CLEAR A PATH FOR YOURSELF.

OWN YOUR STRENGTH. USE IT TO MOVE IT.

CREATE A RUMPUS.

KICK UP SOME DUST. ACT THE FOOL. ROMP.

THROW YOUR WEIGHT AROUND.

TAKE UP SPACE. BE YOUR OWN BOUNCER.

SENSITIVITY IS AN ASSET.

USE YOUR SNIFFER. TUNE IN TO TUNE UP.

SNAKE MANIFESTO

GRAB OPPORTUNITY.

OPEN WIDE NOW. DIGEST LATER.

REINVENT YOURSELF.

SHED LIMITATIONS. UPGRADE. GROW.

SEXY IS A FORM OF INTELLIGENCE.

YOUR BODY KNOWS. SWISH. SENSE. ENJOY.

QUEST FOR COMFORT.

FIND SHADE OR SUN. HONOR YOUR NEEDS.

BE INFINITY.

ENCIRCLE YOURSELF. JOURNEY WITHIN.

KNOW YOUR POTENTIAL.

MASTER YOUR COILED ENERGY. IT SPRING-LOADS YOU FOR ACTION.

DASH.

SPEED CAN BE ELEGANT. ACCELERATE.

IGNORE THE LINE IN THE SAND.

ERASE IT AS YOU CURVE INTO NEW TERRITORY.

HEAL INSTINCTIVELY.

TASTE THE AIR. FEEL THE SOUL. USE WHAT YOU KNOW.

STAND ON YOUR OWN.

LIFT YOURSELF INTO THE AIR. RISE.

**I SINCERELY HOPE THIS LITTLE TASTE OF
THE BEASTIES HAS YOU FEELING MORE
CURIOUS ABOUT HOW POWERFUL
CONNECTING WITH NATURE CAN BE.
PLEASE FIRE AN EMAIL TO ME IF YOU
HAVE SUGGESTIONS, FEEDBACK, OR OTHER
IDEAS TO SHARE. I WOULD LOVE TO
HEAR HOW YOU HAVE FOUND THE BOOK OR
WHAT BEASTIE MANIFESTOS YOU WOULD
LIKE TO SEE. THANK YOU!**

SARAH