



LUPA GREENWOLF

ANIMAL MAGIC, NEO-PAGANISM, & CONNECTING WITH TOTEMS

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1
00:00:02,029 --> 00:00:12,570

[Music]

2
00:00:18,670 --> 00:00:15,850

the planets puppet-masters although sure

3
00:00:21,339 --> 00:00:18,680

you have a plan it's clearly maybe

4
00:00:24,279 --> 00:00:21,349

something there beyond the realm of man

5
00:00:27,429 --> 00:00:24,289

until we thoroughly tested every last

6
00:00:33,009 --> 00:00:27,439

pose just did you find the mole you

7
00:00:36,119 --> 00:00:33,019

think you know much you really do where

8
00:00:44,720 --> 00:00:39,340

we know the lying to us just don't know

9
00:00:52,310 --> 00:00:44,730

what to green where would we be without

10
00:00:52,320 --> 00:01:00,240

[Music]

11
00:01:06,219 --> 00:01:03,640

all right higher side Cheddar's if you

12
00:01:08,140 --> 00:01:06,229

ask me the best models for reality are

13
00:01:10,000 --> 00:01:08,150

ones that put consciousness center stage

14

00:01:12,550 --> 00:01:10,010

and acknowledge that this energy is not

15

00:01:14,890 --> 00:01:12,560

only a human quality but something that

16

00:01:17,440 --> 00:01:14,900

radiates from all life plants animals

17

00:01:19,270 --> 00:01:17,450

and otherwise in Western societies world

18

00:01:21,520 --> 00:01:19,280

view that non-human life forms are just

19

00:01:23,889 --> 00:01:21,530

meat robots running instinctual programs

20

00:01:26,680 --> 00:01:23,899

has become the justification for a whole

21

00:01:29,290 --> 00:01:26,690

lot of cruelty destruction and sometimes

22

00:01:31,270 --> 00:01:29,300

even eradication yet we are in a small

23

00:01:33,850 --> 00:01:31,280

sliver of time and space in which our

24

00:01:36,160 --> 00:01:33,860

isolation has made us cold and ignorant

25

00:01:37,840 --> 00:01:36,170

not just in regards to the importance of

26
00:01:40,090 --> 00:01:37,850
nature and the power of consciousness

27
00:01:41,859 --> 00:01:40,100
but of course the usefulness of magic as

28
00:01:44,440 --> 00:01:41,869
well so today we're going to talk about

29
00:01:46,719 --> 00:01:44,450
animal magic totems and occult areas

30
00:01:48,730 --> 00:01:46,729
we've yet to fully explore because these

31
00:01:50,710 --> 00:01:48,740
traditions go back as far as time itself

32
00:01:52,990 --> 00:01:50,720
but are completely taken for granted

33
00:01:54,880 --> 00:01:53,000
today ironically within an empire that

34
00:01:57,790 --> 00:01:54,890
still invokes the bald eagle as its

35
00:01:59,620 --> 00:01:57,800
primary symbol however these values live

36
00:02:01,660 --> 00:01:59,630
on in indigenous cultures we've yet to

37
00:02:03,639 --> 00:02:01,670
disrupt the pagan communities that still

38
00:02:05,440 --> 00:02:03,649

practice the old ways and they're

39

00:02:07,359 --> 00:02:05,450

returning under the guidance of teachers

40

00:02:09,999 --> 00:02:07,369

like today's guest lupa green wolf

41

00:02:11,980 --> 00:02:10,009

lupa is a naturalist neo-pagan and

42

00:02:13,089 --> 00:02:11,990

ritual tool making artists living in the

43

00:02:15,100 --> 00:02:13,099

Pacific Northwest

44

00:02:17,110 --> 00:02:15,110

she's the architect and creator of the

45

00:02:19,120 --> 00:02:17,120

Tarot of bones as well as the author of

46

00:02:21,610 --> 00:02:19,130

several great books on these subjects

47

00:02:24,699 --> 00:02:21,620

such as Fang and fur blood and bone a

48

00:02:26,740 --> 00:02:24,709

primal guide animal magic skin spirits

49

00:02:29,830 --> 00:02:26,750

animal parts and spiritual and magical

50

00:02:32,050 --> 00:02:29,840

practice and natural spirituality from

51
00:02:34,600 --> 00:02:32,060
the ground up connect with totems in

52
00:02:36,940 --> 00:02:34,610
your ecosystem here to bring us back to

53
00:02:38,589 --> 00:02:36,950
nature school asan animal magic can help

54
00:02:41,199 --> 00:02:38,599
us connect with the totem you won't find

55
00:02:43,809 --> 00:02:41,209
on a smartphone screen an ambassador of

56
00:02:45,460 --> 00:02:43,819
animal spirits professor of neo-paganism

57
00:02:47,170 --> 00:02:45,470
and a master of her domain

58
00:02:50,260 --> 00:02:47,180
lupa green wolf welcome to the higher

59
00:02:50,800 --> 00:02:50,270
side hey thank you so much it's good to

60
00:02:53,110 --> 00:02:50,810
be here

61
00:02:54,910 --> 00:02:53,120
yeah I'm really excited we could do this

62
00:02:57,130 --> 00:02:54,920
I think it's gonna be a lot of fun I do

63
00:03:00,190 --> 00:02:57,140

Q I've always been really interested in

64

00:03:01,839 --> 00:03:00,200

animals and more recently magic so it's

65

00:03:03,860 --> 00:03:01,849

going to be great to explore where they

66

00:03:05,809 --> 00:03:03,870

intersect I guess to kick this off

67

00:03:07,910 --> 00:03:05,819

maybe you can tell us a bit about your

68

00:03:10,130 --> 00:03:07,920

particular flavor of magic and how you

69

00:03:12,500 --> 00:03:10,140

got into it because we talked to Kaos

70

00:03:15,170 --> 00:03:12,510

magicians astrologers traditional

71

00:03:17,420 --> 00:03:15,180

Solomonic magicians even dello mites and

72

00:03:18,979 --> 00:03:17,430

masons on occasion but I think people

73

00:03:22,460 --> 00:03:18,989

will be a little less familiar with

74

00:03:24,440 --> 00:03:22,470

terms like neo-pagan and totemic magic

75

00:03:28,039 --> 00:03:24,450

so give us a little bit background on

76

00:03:31,069 --> 00:03:28,049

you all right so I'm kind of an

77

00:03:33,470 --> 00:03:31,079

interesting case I've been pagan for a

78

00:03:36,759 --> 00:03:33,480

little over two decades and my PAP has

79

00:03:38,960 --> 00:03:36,769

taken me and some really unusual

80

00:03:42,110 --> 00:03:38,970

directions or but at least it's been a

81

00:03:45,110 --> 00:03:42,120

bit of a winding path so I started out

82

00:03:47,839 --> 00:03:45,120

with sort of generic Wicca flavored

83

00:03:51,259 --> 00:03:47,849

paganism by way of Scott Cunningham who

84

00:03:53,869 --> 00:03:51,269

is a pretty well-known author he wrote

85

00:03:55,610 --> 00:03:53,879

some classic books like Wicca guide for

86

00:03:58,280 --> 00:03:55,620

the solitary practitioner and so forth a

87

00:04:01,789 --> 00:03:58,290

lot of people especially in the 90s cut

88

00:04:03,860 --> 00:04:01,799

their teeth on his works so I spent a

89

00:04:06,289 --> 00:04:03,870

few years doing that thing and then I

90

00:04:09,199 --> 00:04:06,299

discovered chaos magic in the early

91

00:04:12,020 --> 00:04:09,209

2000s and latched on to that for a few

92

00:04:13,849 --> 00:04:12,030

years and then for a number of years

93

00:04:18,080 --> 00:04:13,859

I basically was working towards trying

94

00:04:20,210 --> 00:04:18,090

to create a sort of neo shamanic path

95

00:04:22,279 --> 00:04:20,220

using all the various things that I had

96

00:04:26,089 --> 00:04:22,289

discovered and learned and put together

97

00:04:29,750 --> 00:04:26,099

over the years and the thing that I

98

00:04:32,900 --> 00:04:29,760

found as I was trying to create this

99

00:04:36,350 --> 00:04:32,910

formalized path with you know rituals

100

00:04:38,689 --> 00:04:36,360

and holidays and devotions and practices

101
00:04:41,210 --> 00:04:38,699
and all that and you know all this dogma

102
00:04:43,879 --> 00:04:41,220
the more I found that it took me away

103
00:04:47,510 --> 00:04:43,889
from the things that I really found

104
00:04:49,969 --> 00:04:47,520
sacred which were you know actual nature

105
00:04:52,370 --> 00:04:49,979
itself you know physical nature being

106
00:04:55,010 --> 00:04:52,380
out in you know the woods and the fields

107
00:04:57,050 --> 00:04:55,020
and engaging with the world on a

108
00:05:00,730 --> 00:04:57,060
one-to-one level I was really getting

109
00:05:04,879 --> 00:05:00,740
distracted by the abstractions and the

110
00:05:06,560 --> 00:05:04,889
symbolism that are so prevalent in

111
00:05:10,040 --> 00:05:06,570
paganism and which I was trying to latch

112
00:05:13,370 --> 00:05:10,050
on to pretty heavily and so I finally a

113
00:05:15,830 --> 00:05:13,380

few years ago I just said fine I'm done

114

00:05:17,180 --> 00:05:15,840

with this I'm going to strip everything

115

00:05:20,990 --> 00:05:17,190

down and get back

116

00:05:22,700 --> 00:05:21,000

to the very very basics of what has

117

00:05:24,820 --> 00:05:22,710

fascinated me since I was a very young

118

00:05:27,380 --> 00:05:24,830

child and that's being outside and

119

00:05:29,810 --> 00:05:27,390

learning about the animals and the

120

00:05:33,530 --> 00:05:29,820

plants and the fungi and everything else

121

00:05:35,900 --> 00:05:33,540

in an ecosystem and that's where I found

122

00:05:37,190 --> 00:05:35,910

the most inspiration throughout my

123

00:05:41,900 --> 00:05:37,200

lifetime and that's what I'm going to

124

00:05:43,850 --> 00:05:41,910

keep myself focused on so to me as a

125

00:05:47,360 --> 00:05:43,860

neo-pagan as opposed to an indigenous

126

00:05:48,920 --> 00:05:47,370

practitioner totems you know I'm not

127

00:05:51,860 --> 00:05:48,930

Native American I don't have any

128

00:05:54,320 --> 00:05:51,870

background in that so what I practice is

129

00:05:56,060 --> 00:05:54,330

very different from what put me from an

130

00:05:59,800 --> 00:05:56,070

indigenous community to practice but to

131

00:06:03,230 --> 00:05:59,810

me a totem is an archetypal being that

132

00:06:07,790 --> 00:06:03,240

embodies all the qualities of a given

133

00:06:09,350 --> 00:06:07,800

species so for example I don't just work

134

00:06:11,590 --> 00:06:09,360

with bear because there are eight

135

00:06:14,450 --> 00:06:11,600

different bear species on a planet and

136

00:06:17,030 --> 00:06:14,460

you know polar bear is a very very

137

00:06:18,170 --> 00:06:17,040

different being from Sun Bear and most

138

00:06:19,850 --> 00:06:18,180

people when they think bear they're

139

00:06:21,710 --> 00:06:19,860

thinking like you know grizzly bear and

140

00:06:25,220 --> 00:06:21,720

they don't think of the things that make

141

00:06:27,350 --> 00:06:25,230

each of these species unique so a lot of

142

00:06:28,880 --> 00:06:27,360

my practice is very much about working

143

00:06:31,700 --> 00:06:28,890

with the totems of individual species

144

00:06:34,150 --> 00:06:31,710

the other thing and I really really want

145

00:06:37,430 --> 00:06:34,160

to emphasize this is that as a

146

00:06:40,100 --> 00:06:37,440

naturalist pagan I don't really believe

147

00:06:42,380 --> 00:06:40,110

in the supernatural per se anymore I

148

00:06:46,870 --> 00:06:42,390

think that things have natural

149

00:06:49,940 --> 00:06:46,880

explanations and rather than trying to

150

00:06:52,880 --> 00:06:49,950

prove that all this stuff exists outside

151
00:06:54,920 --> 00:06:52,890
of my own consciousness I am perfectly

152
00:06:56,900 --> 00:06:54,930
happy with the fact that right now all

153
00:07:00,830 --> 00:06:56,910
the evidence points to all these being

154
00:07:05,150 --> 00:07:00,840
existing within the highly complex and

155
00:07:06,740 --> 00:07:05,160
beautiful terrain that is my conscious

156
00:07:08,300 --> 00:07:06,750
mind and various levels of my

157
00:07:11,930 --> 00:07:08,310
consciousness if I find evidence

158
00:07:13,340 --> 00:07:11,940
otherwise later awesome but I want

159
00:07:15,500 --> 00:07:13,350
listeners to understand that you don't

160
00:07:17,360 --> 00:07:15,510
have to literally believe in all these

161
00:07:19,790 --> 00:07:17,370
things in order to work with totems and

162
00:07:22,820 --> 00:07:19,800
spirits and so forth you can also take a

163
00:07:24,740 --> 00:07:22,830

completely symbolic perspective but you

164

00:07:27,380 --> 00:07:24,750

can also take it literally if that's you

165

00:07:29,120 --> 00:07:27,390

know what you choose so I want people to

166

00:07:30,950 --> 00:07:29,130

understand that what I say here is not

167

00:07:34,070 --> 00:07:30,960

Holy Writ and you're welcome

168

00:07:35,960 --> 00:07:34,080

to take and use as much of it as you

169

00:07:37,460 --> 00:07:35,970

find useful and if there's stuff that

170

00:07:40,580 --> 00:07:37,470

just isn't useful to you great you know

171

00:07:42,230 --> 00:07:40,590

leave that by the wayside mm-hmm well I

172

00:07:44,659 --> 00:07:42,240

think that's a great breakdown and of

173

00:07:46,520 --> 00:07:44,669

course I'm reminded of lone Milotic it's

174

00:07:49,249 --> 00:07:46,530

book it's all in your head you just have

175

00:07:52,070 --> 00:07:49,259

no idea how big your head is and just

176

00:07:54,080 --> 00:07:52,080

that idea that all of reality could be

177

00:07:56,300 --> 00:07:54,090

are in our head we really don't have a

178

00:07:58,219 --> 00:07:56,310

good proper model of consciousness

179

00:08:00,379 --> 00:07:58,229

interacting with reality when it comes

180

00:08:01,879 --> 00:08:00,389

to the mainstream you know you have to

181

00:08:04,070 --> 00:08:01,889

go to these alternative places where

182

00:08:07,430 --> 00:08:04,080

they even recognize consciousness let

183

00:08:09,920 --> 00:08:07,440

alone how powerful it might be so I

184

00:08:13,490 --> 00:08:09,930

think that's really interesting ya know

185

00:08:15,050 --> 00:08:13,500

and I think that's a really especially

186

00:08:18,249 --> 00:08:15,060

in paganism in the last several years

187

00:08:21,770 --> 00:08:18,259

there's been this real push to try to

188

00:08:24,200 --> 00:08:21,780

scientifically validate people's beliefs

189

00:08:26,529 --> 00:08:24,210

you know we've spent a lot of time being

190

00:08:29,659 --> 00:08:26,539

told oh we're crazy because you know

191

00:08:31,969 --> 00:08:29,669

many pagans believe in spirits and magic

192

00:08:34,760 --> 00:08:31,979

and so forth and oh that's what's crazy

193

00:08:36,740 --> 00:08:34,770

talk and it's you know people in general

194

00:08:39,100 --> 00:08:36,750

have a whole bunch of beliefs of all

195

00:08:41,990 --> 00:08:39,110

different sorts that can't really be

196

00:08:45,250 --> 00:08:42,000

scientifically validated but I think

197

00:08:48,230 --> 00:08:45,260

sometimes we've looked to some of the

198

00:08:51,889 --> 00:08:48,240

you know sort of more experimental ends

199

00:08:53,630 --> 00:08:51,899

of physics and so forth to try to give

200

00:08:56,030 --> 00:08:53,640

ourselves some kind of validity in the

201
00:08:58,490 --> 00:08:56,040
world because just saying hey I believe

202
00:09:00,710 --> 00:08:58,500
this doesn't seem to work for everybody

203
00:09:04,510 --> 00:09:00,720
the problem with that of course is that

204
00:09:07,910 --> 00:09:04,520
we then take little bits and pieces of

205
00:09:12,560 --> 00:09:07,920
science that sound good and we try and

206
00:09:14,180 --> 00:09:12,570
shoehorn them into our beliefs in ways

207
00:09:18,500 --> 00:09:14,190
that really aren't appropriate for

208
00:09:22,069 --> 00:09:18,510
example a couple of years ago I read a

209
00:09:25,790 --> 00:09:22,079
blog post by a woman who was claiming

210
00:09:28,010 --> 00:09:25,800
that piezoelectricity was what made

211
00:09:31,210 --> 00:09:28,020
crystals do their thing

212
00:09:35,420 --> 00:09:31,220
now piezoelectricity is a very specific

213
00:09:39,019 --> 00:09:35,430

quality basically if you take a quartz

214

00:09:41,930 --> 00:09:39,029

crystal and you apply a little electric

215

00:09:43,880 --> 00:09:41,940

shock to it it will vibrate and it

216

00:09:44,879 --> 00:09:43,890

vibrates at a very specific frequency

217

00:09:48,030 --> 00:09:44,889

and this is a

218

00:09:51,929 --> 00:09:48,040

vibration that can be measured and if

219

00:09:55,049 --> 00:09:51,939

you strike that quartz crystal you know

220

00:09:58,019 --> 00:09:55,059

give it a physical blow it will create a

221

00:09:59,729 --> 00:09:58,029

tiny amount of electricity

222

00:10:02,340 --> 00:09:59,739

so it's you know either an electrical to

223

00:10:04,530 --> 00:10:02,350

a mechanical shift or mechanical to

224

00:10:06,539 --> 00:10:04,540

electrical and this is actually what

225

00:10:08,609 --> 00:10:06,549

makes quartz watches work because what

226
00:10:10,409 --> 00:10:08,619
happens is there's a teeny tiny quartz

227
00:10:13,919 --> 00:10:10,419
crystal inside your quartz watch and

228
00:10:14,970 --> 00:10:13,929
when the battery lets off a tiny

229
00:10:16,979 --> 00:10:14,980
electric spark

230
00:10:19,769 --> 00:10:16,989
it makes the crystal vibrate and that's

231
00:10:21,539 --> 00:10:19,779
what moves the second hand so this is

232
00:10:24,030 --> 00:10:21,549
very specific it's not that this quartz

233
00:10:26,939 --> 00:10:24,040
crystal is constantly emanating energy

234
00:10:28,650 --> 00:10:26,949
it has to be affected by either the

235
00:10:30,479 --> 00:10:28,660
electrical impulse or the mechanical

236
00:10:32,429 --> 00:10:30,489
impulse well this person was basically

237
00:10:34,019 --> 00:10:32,439
saying oh yeah piezoelectricity is the

238
00:10:36,419 --> 00:10:34,029

thing that makes quartz crystals give

239

00:10:40,710 --> 00:10:36,429

off super magical energy all the time

240

00:10:42,359 --> 00:10:40,720

and I basically wrote a blog post

241

00:10:44,309 --> 00:10:42,369

talking about how no that's really not

242

00:10:47,429 --> 00:10:44,319

the case and can we please stop abusing

243

00:10:49,259 --> 00:10:47,439

science hey like I said I recognize that

244

00:10:52,309 --> 00:10:49,269

we really really really really want to

245

00:10:55,799 --> 00:10:52,319

validate our belief but I don't think

246

00:10:58,289 --> 00:10:55,809

misusing what scientific data we do have

247

00:11:01,019 --> 00:10:58,299

is going to help us either in

248

00:11:03,749 --> 00:11:01,029

understanding what we're doing or in

249

00:11:05,970 --> 00:11:03,759

making ourselves look more valid so I

250

00:11:08,340 --> 00:11:05,980

think we really need to be comfortable

251

00:11:09,689 --> 00:11:08,350

with the possibility that like you said

252

00:11:12,559 --> 00:11:09,699

you know we don't know how big our

253

00:11:15,689 --> 00:11:12,569

brains are the mind is a really

254

00:11:18,119 --> 00:11:15,699

fabulously complex place and I think

255

00:11:20,460 --> 00:11:18,129

it's a really amazing playground to

256

00:11:23,159 --> 00:11:20,470

explore both on spiritual and other

257

00:11:25,079 --> 00:11:23,169

levels well said I think that's a great

258

00:11:28,229 --> 00:11:25,089

example I love a good data based

259

00:11:31,079 --> 00:11:28,239

argument rather than one that's just

260

00:11:32,729 --> 00:11:31,089

emotional or wishful thinking and it is

261

00:11:35,159 --> 00:11:32,739

really interesting that we do see a high

262

00:11:37,409 --> 00:11:35,169

level of consistency of ideas when it

263

00:11:39,569 --> 00:11:37,419

comes to indigenous cultures in these

264

00:11:41,819 --> 00:11:39,579

types of realms and the respect for

265

00:11:44,369 --> 00:11:41,829

nature respect for animals and the type

266

00:11:46,049 --> 00:11:44,379

of practices they engage in and we're

267

00:11:48,629 --> 00:11:46,059

obviously pretty sure they didn't have

268

00:11:51,679 --> 00:11:48,639

any contact with each other so it seems

269

00:11:54,239 --> 00:11:51,689

like some of this is the kind of natural

270

00:11:58,410 --> 00:11:54,249

conclusions people might come to without

271

00:12:00,030 --> 00:11:58,420

the imposing Western structure but I

272

00:12:01,949 --> 00:12:00,040

you think anyone who has pets has

273

00:12:03,840 --> 00:12:01,959

probably really wanted to get into their

274

00:12:07,379 --> 00:12:03,850

heads or at least recognizes that

275

00:12:08,639 --> 00:12:07,389

animals seem to be more aware and lucid

276

00:12:12,210 --> 00:12:08,649

than we give them credit for I've

277

00:12:13,920 --> 00:12:12,220

watched my pets dream quite a bit I also

278

00:12:17,069 --> 00:12:13,930

sometimes wonder if my cats can see

279

00:12:18,960 --> 00:12:17,079

spirits based on how they act but I'm

280

00:12:21,780 --> 00:12:18,970

curious just generally how you fold

281

00:12:23,879 --> 00:12:21,790

plant and animal consciousness into your

282

00:12:27,300 --> 00:12:23,889

worldview how do you see these non-human

283

00:12:30,150 --> 00:12:27,310

persons experiencing the world there's a

284

00:12:33,170 --> 00:12:30,160

wonderful quote by Henry Beston that I

285

00:12:36,540 --> 00:12:33,180

absolutely love and it goes like this

286

00:12:39,350 --> 00:12:36,550

we need another and a wiser and perhaps

287

00:12:42,360 --> 00:12:39,360

a more mystical concept of animals

288

00:12:44,670 --> 00:12:42,370

remote from Universal nature and living

289

00:12:46,829 --> 00:12:44,680

by complicated artifice man in

290

00:12:48,840 --> 00:12:46,839

Civilization surveys the creatures

291

00:12:51,120 --> 00:12:48,850

through the glass of his knowledge and

292

00:12:52,620 --> 00:12:51,130

sees thereby a feather magnified and the

293

00:12:54,840 --> 00:12:52,630

whole image in Distortion

294

00:12:57,420 --> 00:12:54,850

we patronize them for their

295

00:12:59,579 --> 00:12:57,430

incompleteness for their tragic fate of

296

00:13:04,980 --> 00:12:59,589

having taken form so far below ourselves

297

00:13:07,079 --> 00:13:04,990

and therein we err and greatly err for

298

00:13:10,019 --> 00:13:07,089

the animal shall not be measured by man

299

00:13:12,300 --> 00:13:10,029

in a world older and more complete than

300

00:13:14,759 --> 00:13:12,310

ours they move finished and complete

301
00:13:17,160 --> 00:13:14,769
gifted with extensions of the senses we

302
00:13:20,100 --> 00:13:17,170
have lost or never attained living By

303
00:13:22,889 --> 00:13:20,110
Voices we shall never hear they are not

304
00:13:25,110 --> 00:13:22,899
brethren they are not underlings they

305
00:13:27,769 --> 00:13:25,120
are other nations caught with ourselves

306
00:13:30,750 --> 00:13:27,779
in the net of life and time fellow

307
00:13:35,519 --> 00:13:30,760
prisoners of the splendor and travail of

308
00:13:39,780 --> 00:13:35,529
the earth and I really love that quote

309
00:13:43,230 --> 00:13:39,790
because we tend to be we tend to be

310
00:13:45,900 --> 00:13:43,240
exceedingly anthropocentric we are very

311
00:13:48,750 --> 00:13:45,910
human centered and that's even when we

312
00:13:51,900 --> 00:13:48,760
mean well one of the things that we

313
00:13:53,790 --> 00:13:51,910

really have to keep in mind when we're

314

00:13:55,439 --> 00:13:53,800

dealing with other species of animal

315

00:13:58,199 --> 00:13:55,449

because we ourselves are animal we are

316

00:14:00,990 --> 00:13:58,209

Homo sapiens sapiens we are the only

317

00:14:03,090 --> 00:14:01,000

remaining human ape you know yeah we

318

00:14:06,150 --> 00:14:03,100

have big brains we have opposable thumbs

319

00:14:10,800 --> 00:14:06,160

we walk upright but we're still eight so

320

00:14:12,300 --> 00:14:10,810

we tend to really try to shove other

321

00:14:15,540 --> 00:14:12,310

animals into

322

00:14:18,960 --> 00:14:15,550

to our way of seeing the world so

323

00:14:23,210 --> 00:14:18,970

whether we're judging wolves and sheep

324

00:14:26,850 --> 00:14:23,220

by you know how useful they are to us or

325

00:14:29,340 --> 00:14:26,860

when we misinterpret an animal's

326

00:14:31,980 --> 00:14:29,350

behavior by anthropomorphizing it by

327

00:14:34,650 --> 00:14:31,990

saying oh that dog is showing its teeth

328

00:14:38,910 --> 00:14:34,660

that means it must be happy there's a

329

00:14:42,630 --> 00:14:38,920

lot of videos online of animals doing

330

00:14:46,190 --> 00:14:42,640

various actions that are actually pretty

331

00:14:49,590 --> 00:14:46,200

serious signs of stress and unhappiness

332

00:14:53,490 --> 00:14:49,600

that we misinterpret as cute I think the

333

00:14:56,280 --> 00:14:53,500

one most glaring examples is there's a

334

00:14:58,680 --> 00:14:56,290

video of an animal called a slow loris

335

00:15:01,980 --> 00:14:58,690

that's the kind of very primitive

336

00:15:04,800 --> 00:15:01,990

primate and they have these sort of

337

00:15:05,970 --> 00:15:04,810

raccoon looking spots over the eyes and

338

00:15:09,150 --> 00:15:05,980

little bitty ears they kind of look like

339

00:15:12,060 --> 00:15:09,160

little teddy bears and there's this

340

00:15:15,269 --> 00:15:12,070

video of this guy sort of tickling this

341

00:15:16,950 --> 00:15:15,279

animal's ribs and this is an animal you

342

00:15:20,820 --> 00:15:16,960

can hold in your lap at the size of the

343

00:15:23,430 --> 00:15:20,830

only be a large cat and as this person

344

00:15:27,390 --> 00:15:23,440

is tickling this animal with lorises

345

00:15:28,980 --> 00:15:27,400

ribs it's putting its hands up and the

346

00:15:30,870 --> 00:15:28,990

you know the caption of course on all

347

00:15:33,870 --> 00:15:30,880

those Facebook pages and stuff is like

348

00:15:37,620 --> 00:15:33,880

oh look it's so cute it's being tickled

349

00:15:40,710 --> 00:15:37,630

aw and two of the things that people a

350

00:15:42,750 --> 00:15:40,720

lot of people didn't get is that a that

351

00:15:45,300 --> 00:15:42,760

putting the the hands up thing and

352

00:15:47,070 --> 00:15:45,310

displaying the claws is actually a fear

353

00:15:51,630 --> 00:15:47,080

and threat display on the part of that

354

00:15:54,990 --> 00:15:51,640

animal also that lorises almost certainly

355

00:15:58,920 --> 00:15:55,000

had its fangs removed because they have

356

00:16:02,460 --> 00:15:58,930

canine teeth and slow lorises in the pet

357

00:16:03,750 --> 00:16:02,470

trade have their canine teeth yanked out

358

00:16:06,030 --> 00:16:03,760

because they had they're actually

359

00:16:08,160 --> 00:16:06,040

slightly venomous and also because they

360

00:16:10,590 --> 00:16:08,170

can deliver a pretty powerful bite if

361

00:16:12,210 --> 00:16:10,600

they want to so this is an animal that's

362

00:16:15,269 --> 00:16:12,220

already been subjected to a great amount

363

00:16:17,660 --> 00:16:15,279

of cruelty and has had its main form of

364

00:16:21,270 --> 00:16:17,670

defense removed and is now being

365

00:16:23,460 --> 00:16:21,280

subjected to greater stress and torment

366

00:16:26,190 --> 00:16:23,470

for the enjoyment of millions of people

367

00:16:29,010 --> 00:16:26,200

on YouTube and so we get that with

368

00:16:31,590 --> 00:16:29,020

Horace's we get that with canine body

369

00:16:34,170 --> 00:16:31,600

you know body language and behavior we

370

00:16:35,730 --> 00:16:34,180

get that with feline body language and

371

00:16:38,970 --> 00:16:35,740

behavior or horses I mean pretty much

372

00:16:42,000 --> 00:16:38,980

anything there are so many examples

373

00:16:45,270 --> 00:16:42,010

online I can't think about it of people

374

00:16:47,370 --> 00:16:45,280

basically trying to say well that animal

375

00:16:49,560 --> 00:16:47,380

is doing a thing like a human does so it

376

00:16:50,810 --> 00:16:49,570

must be experiencing the same feelings

377

00:16:54,540 --> 00:16:50,820

and that's really not what's happening

378

00:16:57,420 --> 00:16:54,550

so it's not just a matter of you know

379

00:16:59,460 --> 00:16:57,430

hey we need to not value animals based

380

00:17:01,470 --> 00:16:59,470

just on whether we like them or not you

381

00:17:03,330 --> 00:17:01,480

know gosh I hate snakes

382

00:17:05,130 --> 00:17:03,340

so snakes are bad but you know I really

383

00:17:06,810 --> 00:17:05,140

love puppies you know I think it's

384

00:17:08,670 --> 00:17:06,820

really important that we value both the

385

00:17:09,990 --> 00:17:08,680

snakes and the puppies whether we like

386

00:17:15,630 --> 00:17:10,000

them or not I'm not a huge fan of

387

00:17:18,510 --> 00:17:15,640

mosquitos but I really value them both

388

00:17:20,790 --> 00:17:18,520

as insects that have persisted as a

389

00:17:22,230 --> 00:17:20,800

group for millions and millions of years

390

00:17:22,980 --> 00:17:22,240

and have really cut out a niche for

391

00:17:24,449 --> 00:17:22,990

themselves

392

00:17:27,740 --> 00:17:24,459

and also because they're really

393

00:17:31,020 --> 00:17:27,750

important to ecosystems today both as

394

00:17:32,550 --> 00:17:31,030

periods of their own DNA and also food

395

00:17:34,560 --> 00:17:32,560

sources for other animals you know

396

00:17:36,360 --> 00:17:34,570

they're really integral if we didn't

397

00:17:39,210 --> 00:17:36,370

have mosquitoes there'd be a lot more

398

00:17:41,190 --> 00:17:39,220

hungry bats out there but it's also

399

00:17:42,960 --> 00:17:41,200

important as I said especially with

400

00:17:45,920 --> 00:17:42,970

people who really really really really

401
00:17:48,300 --> 00:17:45,930
really want to connect with their pets

402
00:17:52,530 --> 00:17:48,310
it's really important that we take that

403
00:17:55,590 --> 00:17:52,540
step back and learn about canine or

404
00:17:58,170 --> 00:17:55,600
feline or avian behavior on its own

405
00:18:00,210 --> 00:17:58,180
merits as opposed to just making

406
00:18:02,930 --> 00:18:00,220
assumptions about what that animals

407
00:18:05,880 --> 00:18:02,940
doing based on what we think it's doing

408
00:18:07,950 --> 00:18:05,890
well said and I know exactly what you're

409
00:18:09,780 --> 00:18:07,960
talking about with that loris example

410
00:18:12,930 --> 00:18:09,790
I've seen the video for people who have

411
00:18:15,300 --> 00:18:12,940
and it is a very adorable creature but

412
00:18:17,220 --> 00:18:15,310
then when you realize that it's actually

413
00:18:19,230 --> 00:18:17,230

scared and frightened and you see all

414

00:18:21,630 --> 00:18:19,240

the damage done in the animal trade it

415

00:18:23,280 --> 00:18:21,640

is like incredibly depressing when that

416

00:18:26,130 --> 00:18:23,290

switch hits and you're like oh god

417

00:18:30,030 --> 00:18:26,140

here's humanity just doing what humanity

418

00:18:30,720 --> 00:18:30,040

does and it's just really sad but I

419

00:18:33,600 --> 00:18:30,730

guess how do we

420

00:18:36,180 --> 00:18:33,610

better resist that temptation or get

421

00:18:38,580 --> 00:18:36,190

more into the animals mindset when human

422

00:18:40,080 --> 00:18:38,590

context is all we have I guess magic

423

00:18:44,129 --> 00:18:40,090

helps well

424

00:18:46,109 --> 00:18:44,139

yes and no magic is this really really

425

00:18:48,899 --> 00:18:46,119

subjective thing that we put a lot of

426

00:18:51,239 --> 00:18:48,909

ourselves into I think it's really

427

00:18:53,249 --> 00:18:51,249

important to do things like meditation

428

00:18:56,369 --> 00:18:53,259

you know I really love guided meditation

429

00:18:57,959 --> 00:18:56,379

as a general tool just because it's a

430

00:19:02,009 --> 00:18:57,969

great way to get out of your own head

431

00:19:05,639 --> 00:19:02,019

it's a really wonderful way to imagine

432

00:19:09,109 --> 00:19:05,649

what it might be like to be you know for

433

00:19:12,239 --> 00:19:09,119

example a wolf or a raven or a

434

00:19:14,759 --> 00:19:12,249

mudskipper or any of a number of other

435

00:19:17,759 --> 00:19:14,769

animals I've done so many meditations

436

00:19:20,669 --> 00:19:17,769

over the years with various totems where

437

00:19:23,579 --> 00:19:20,679

they've shown me what it's like to be

438

00:19:25,709 --> 00:19:23,589

that particular animal and I think it's

439

00:19:28,859 --> 00:19:25,719

really important to be able to get out

440

00:19:32,129 --> 00:19:28,869

of our own heads for a while and explore

441

00:19:35,129 --> 00:19:32,139

you know to have more empathy for other

442

00:19:39,209 --> 00:19:35,139

beings the big caution that I would give

443

00:19:41,039 --> 00:19:39,219

is that even when we are working and

444

00:19:42,599 --> 00:19:41,049

again this is kind of where I'm really

445

00:19:45,060 --> 00:19:42,609

caution the whole you know this made us

446

00:19:47,729 --> 00:19:45,070

be in our own heads thing even our own

447

00:19:51,209 --> 00:19:47,739

magic and spirituality even animal-based

448

00:19:54,450 --> 00:19:51,219

is still very heavily informed by our

449

00:19:56,369 --> 00:19:54,460

biases as humans because there's only so

450

00:19:59,339 --> 00:19:56,379

much that you realistically can get out

451
00:20:01,499 --> 00:19:59,349
of your own head and perception you know

452
00:20:04,459 --> 00:20:01,509
you're still interpreting things based

453
00:20:07,619 --> 00:20:04,469
on however many years you've spent as a

454
00:20:10,139 --> 00:20:07,629
human being with all of its various

455
00:20:14,639 --> 00:20:10,149
conditionings and neurological patterns

456
00:20:18,839 --> 00:20:14,649
and so forth so yes go and do you know

457
00:20:21,209 --> 00:20:18,849
meditations yes go and explore other

458
00:20:26,159 --> 00:20:21,219
levels of consciousness to the best of

459
00:20:30,149 --> 00:20:26,169
your ability but also ground that in

460
00:20:32,430 --> 00:20:30,159
actually learning about the animals that

461
00:20:37,049 --> 00:20:32,440
you're working with because the thing is

462
00:20:38,549 --> 00:20:37,059
so 10 acknowledged you know we hang out

463
00:20:42,779 --> 00:20:38,559

I've got like 8000 different thoughts

464

00:20:46,349 --> 00:20:42,789

going on one earng so in Western society

465

00:20:50,159 --> 00:20:46,359

we are probably the most divorced from

466

00:20:52,289 --> 00:20:50,169

the rest of nature of any society out

467

00:20:53,430 --> 00:20:52,299

there and that includes people who claim

468

00:20:57,410 --> 00:20:53,440

to be

469

00:21:01,650 --> 00:20:57,420

close to nature in this community

470

00:21:04,890 --> 00:21:01,660

indigenous communities who whether they

471

00:21:07,260 --> 00:21:04,900

still live there traditional ways or

472

00:21:09,120 --> 00:21:07,270

whether they have you know shifted some

473

00:21:11,940 --> 00:21:09,130

to a more Western way of being or had it

474

00:21:14,160 --> 00:21:11,950

forced upon them but the practices and

475

00:21:19,770 --> 00:21:14,170

the beliefs that many indigenous

476
00:21:25,770 --> 00:21:19,780
communities have were forged by people

477
00:21:29,130 --> 00:21:25,780
who spent every single day living very

478
00:21:31,980 --> 00:21:29,140
very close to the rest of nature not

479
00:21:34,530 --> 00:21:31,990
just in a practical level you know we

480
00:21:36,150 --> 00:21:34,540
have to get our food from the land and

481
00:21:38,910 --> 00:21:36,160
you know we have to pay attention to the

482
00:21:42,120 --> 00:21:38,920
migrations of animals and so forth but

483
00:21:44,250 --> 00:21:42,130
also the more you are around something

484
00:21:47,100 --> 00:21:44,260
the more you notice details about it

485
00:21:49,080 --> 00:21:47,110
so most of us in the Western world spend

486
00:21:53,490 --> 00:21:49,090
most of our time immersed in a very

487
00:21:58,910 --> 00:21:53,500
human dominated sanitized landscape but

488
00:22:02,850 --> 00:21:58,920

if you spend a lot of time outdoors on a

489

00:22:06,000 --> 00:22:02,860

daily basis you just normally start

490

00:22:08,780 --> 00:22:06,010

paying more attention to the animals and

491

00:22:11,220 --> 00:22:08,790

the plants and the weather patterns and

492

00:22:14,270 --> 00:22:11,230

stuff that you don't really notice when

493

00:22:17,790 --> 00:22:14,280

you're in a building all the time and so

494

00:22:21,060 --> 00:22:17,800

for us to say something like well I'm

495

00:22:23,970 --> 00:22:21,070

going to work with totems or other

496

00:22:28,050 --> 00:22:23,980

nature spirits we are bringing a very

497

00:22:30,740 --> 00:22:28,060

divorced from nature perspectives you

498

00:22:33,990 --> 00:22:30,750

know unless you are spending every day

499

00:22:38,340 --> 00:22:34,000

spending some time outside and and being

500

00:22:41,210 --> 00:22:38,350

really reliant on the natural world your

501
00:22:44,310 --> 00:22:41,220
experience is going to be different than

502
00:22:46,500 --> 00:22:44,320
indigenous people for thousands of years

503
00:22:49,500 --> 00:22:46,510
have had traditions that brought them

504
00:22:52,080 --> 00:22:49,510
directly in contact with nature so when

505
00:22:55,040 --> 00:22:52,090
we go do something like a guided

506
00:22:58,590 --> 00:22:55,050
meditation with for example black bear

507
00:23:02,760 --> 00:22:58,600
the totem black bear we are going to be

508
00:23:05,730 --> 00:23:02,770
bringing our general lack of experience

509
00:23:06,790 --> 00:23:05,740
with the environments that black bears

510
00:23:10,360 --> 00:23:06,800
are found in

511
00:23:13,060 --> 00:23:10,370
to the table so that's going to really

512
00:23:15,610 --> 00:23:13,070
affect how that meditation goes for us

513
00:23:18,670 --> 00:23:15,620

because we don't have the depth of

514

00:23:21,670 --> 00:23:18,680

understanding for the most part of how

515

00:23:25,210 --> 00:23:21,680

that ecosystem works or where the Bears

516

00:23:28,720 --> 00:23:25,220

part is in it compared to somebody who

517

00:23:31,000 --> 00:23:28,730

observes bears on a daily basis so I

518

00:23:32,950 --> 00:23:31,010

think to the best of our ability you

519

00:23:34,900 --> 00:23:32,960

know most of us or even even those of us

520

00:23:38,410 --> 00:23:34,910

who love nature you know I spend as much

521

00:23:41,350 --> 00:23:38,420

time out in it as I can but I still have

522

00:23:44,800 --> 00:23:41,360

to do a lot of learning from books and

523

00:23:47,800 --> 00:23:44,810

documentaries and classes and so forth

524

00:23:49,750 --> 00:23:47,810

because you know I'm not going to be out

525

00:23:52,000 --> 00:23:49,760

in the world out in the natural world

526

00:23:55,830 --> 00:23:52,010

enough to be able to sit and watch a

527

00:23:58,240 --> 00:23:55,840

single bears day-in day-out activities

528

00:24:01,150 --> 00:23:58,250

whereas somebody who's outside every day

529

00:24:03,010 --> 00:24:01,160

in that bears territory it's probably

530

00:24:04,480 --> 00:24:03,020

going to have a much better idea of what

531

00:24:06,010 --> 00:24:04,490

that bears daily movements are like

532

00:24:08,160 --> 00:24:06,020

because their neighbors with each other

533

00:24:10,960 --> 00:24:08,170

do you get what I'm saying with all that

534

00:24:12,820 --> 00:24:10,970

absolutely that makes a lot of sense you

535

00:24:15,490 --> 00:24:12,830

kind of touched on this but my next

536

00:24:18,490 --> 00:24:15,500

question for you was gonna be to maybe

537

00:24:20,830 --> 00:24:18,500

get into some more historical context

538

00:24:22,450 --> 00:24:20,840

because divorced like you said is a

539

00:24:23,890 --> 00:24:22,460

pretty perfect term because people

540

00:24:27,040 --> 00:24:23,900

forget that even though things like

541

00:24:29,620 --> 00:24:27,050

animal magic are considered weird and

542

00:24:31,420 --> 00:24:29,630

nonsensical in our society that is the

543

00:24:33,430 --> 00:24:31,430

exception not the rule

544

00:24:35,620 --> 00:24:33,440

and I guess I would ask if you could

545

00:24:38,110 --> 00:24:35,630

tell us a little more about the history

546

00:24:39,970 --> 00:24:38,120

of the practices you engage in and just

547

00:24:45,700 --> 00:24:39,980

kind of how widespread they've really

548

00:24:48,430 --> 00:24:45,710

been okay so there have been multiple

549

00:24:51,640 --> 00:24:48,440

cultures over the history of our species

550

00:24:55,350 --> 00:24:51,650

that have had animal based ritual

551

00:24:58,420 --> 00:24:55,360

practices some of these have been

552

00:25:00,700 --> 00:24:58,430

focused primarily on wild animals more

553

00:25:02,560 --> 00:25:00,710

agrarian communities have focused more

554

00:25:06,730 --> 00:25:02,570

on their domestic animals as being

555

00:25:12,160 --> 00:25:06,740

special some work with both so there's

556

00:25:15,970 --> 00:25:12,170

always been this drive to reconnect with

557

00:25:18,760 --> 00:25:15,980

the rest of nature especially ironically

558

00:25:20,140 --> 00:25:18,770

as we become more perceived to be

559

00:25:21,250 --> 00:25:20,150

divorced from the rest of

560

00:25:22,900 --> 00:25:21,260

nature the more we feel we're

561

00:25:25,420 --> 00:25:22,910

disconnected the more I think there's a

562

00:25:27,310 --> 00:25:25,430

desire to reconnect but we don't

563

00:25:32,080 --> 00:25:27,320

necessarily know what it is that we want

564

00:25:35,260 --> 00:25:32,090

or how to voice it and so part of what I

565

00:25:38,470 --> 00:25:35,270

think modern animal magic practitioners

566

00:25:41,350 --> 00:25:38,480

have been seeking is that reconnection

567

00:25:44,080 --> 00:25:41,360

you know we feel on some level that

568

00:25:46,360 --> 00:25:44,090

there's something more than you know

569

00:25:48,310 --> 00:25:46,370

this very human dominated world that we

570

00:25:49,870 --> 00:25:48,320

live in where everything is about us and

571

00:25:52,300 --> 00:25:49,880

everything else is shoved into this

572

00:25:54,030 --> 00:25:52,310

little category called nature that ends

573

00:25:56,860 --> 00:25:54,040

up on the back page of the paper

574

00:25:59,460 --> 00:25:56,870

whereas in communities that never really

575

00:26:02,290 --> 00:25:59,470

left nature it's a reaffirmation of

576

00:26:05,830 --> 00:26:02,300

their connections with the rest of the

577

00:26:10,510 --> 00:26:05,840

world I think for people like me it's a

578

00:26:14,950 --> 00:26:10,520

deep desire to find something that has

579

00:26:18,610 --> 00:26:14,960

been deeply lost in our own communities

580

00:26:20,830 --> 00:26:18,620

you know as I said I am a European mutt

581

00:26:22,540 --> 00:26:20,840

who grew up in the Midwest US and I'm

582

00:26:25,480 --> 00:26:22,550

now in the Pacific Northwest and I was

583

00:26:27,820 --> 00:26:25,490

raised by Catholics and so I didn't

584

00:26:29,890 --> 00:26:27,830

really grow up with this tradition of

585

00:26:33,310 --> 00:26:29,900

feeling connected to the rest of nature

586

00:26:36,460 --> 00:26:33,320

and feeling like the other animals are

587

00:26:38,710 --> 00:26:36,470

you know my kin even though I may have

588

00:26:42,160 --> 00:26:38,720

had ancestors way way way way way back

589

00:26:45,760 --> 00:26:42,170

when before you know Catholicism who had

590

00:26:49,840 --> 00:26:45,770

similar beliefs and feelings and so I

591

00:26:53,140 --> 00:26:49,850

really feel that you know for a lot of

592

00:26:55,080 --> 00:26:53,150

us coming from a Western perspective who

593

00:26:58,390 --> 00:26:55,090

didn't have that indigenous background

594

00:27:02,850 --> 00:26:58,400

we're trying to piece together something

595

00:27:07,570 --> 00:27:02,860

that was lost a long long time ago and

596

00:27:10,830 --> 00:27:07,580

there's the struggle of do we try and

597

00:27:13,060 --> 00:27:10,840

borrow from indigenous communities and

598

00:27:15,880 --> 00:27:13,070

navigate the you know harm that

599

00:27:21,010 --> 00:27:15,890

appropriation can do or do we try and

600

00:27:25,000 --> 00:27:21,020

forge our own reconnections based on our

601
00:27:28,060 --> 00:27:25,010
own experiences and biases and worldview

602
00:27:30,760 --> 00:27:28,070
and so I think that's why there's not

603
00:27:34,269 --> 00:27:30,770
really a single animal magic in the

604
00:27:37,529 --> 00:27:34,279
Western perspectives because

605
00:27:39,849 --> 00:27:37,539
many of us have found different paths to

606
00:27:41,469 --> 00:27:39,859
reforging those connections and also

607
00:27:45,279 --> 00:27:41,479
because we tend to come from a much more

608
00:27:47,200 --> 00:27:45,289
individualistic community mm-hmm yeah

609
00:27:49,629 --> 00:27:47,210
there are just a lot of complex

610
00:27:52,109 --> 00:27:49,639
questions and issues of respects that

611
00:27:55,659 --> 00:27:52,119
come into it when you really get into

612
00:27:58,570 --> 00:27:55,669
these topics and I guess you know you

613
00:28:00,820 --> 00:27:58,580

did tell us how you conceptualize totem

614

00:28:03,070 --> 00:28:00,830

animals but how do you separate totems

615

00:28:05,789 --> 00:28:03,080

from other types of spirits is it

616

00:28:09,219 --> 00:28:05,799

something that's just self-evident to a

617

00:28:13,629 --> 00:28:09,229

experienced practitioner well as I said

618

00:28:15,909 --> 00:28:13,639

a totem is an archetypal being that

619

00:28:17,649 --> 00:28:15,919

embodies all the qualities of a given

620

00:28:21,190 --> 00:28:17,659

species so we're not just talking about

621

00:28:23,649 --> 00:28:21,200

an individual brown bear spirit we're

622

00:28:26,139 --> 00:28:23,659

talking about brown bear who is sort of

623

00:28:29,979 --> 00:28:26,149

the for lack of a better term the deity

624

00:28:34,299 --> 00:28:29,989

of all brown bears you know brown bear

625

00:28:37,450 --> 00:28:34,309

watches over every single member of that

626

00:28:39,430 --> 00:28:37,460

species that has ever existed and is

627

00:28:42,969 --> 00:28:39,440

very much concerned about the protection

628

00:28:45,009 --> 00:28:42,979

and preservation of those animals and so

629

00:28:48,339 --> 00:28:45,019

in working with them for lack of a

630

00:28:51,369 --> 00:28:48,349

better term they just feel bigger and

631

00:28:53,700 --> 00:28:51,379

more powerful again more akin to a deity

632

00:28:56,379 --> 00:28:53,710

as opposed to an individual spirit guide

633

00:28:57,639 --> 00:28:56,389

it is subjective and it's kind of one of

634

00:29:00,009 --> 00:28:57,649

the things where you just have to

635

00:29:02,499 --> 00:29:00,019

experience it yourself but it's pretty

636

00:29:05,109 --> 00:29:02,509

unmistakable when it does happen you

637

00:29:06,849 --> 00:29:05,119

know you'll know yeah there's something

638

00:29:09,549 --> 00:29:06,859

different about this particular being

639

00:29:11,499 --> 00:29:09,559

here they're more they're just more does

640

00:29:14,109 --> 00:29:11,509

that make sense absolutely I've heard

641

00:29:15,999 --> 00:29:14,119

them described as Beastmaster entities

642

00:29:17,979 --> 00:29:16,009

which is a term I like that kind of

643

00:29:20,320 --> 00:29:17,989

speaks to that same thing mm-hmm

644

00:29:21,940 --> 00:29:20,330

yeah and I think that's a really I think

645

00:29:23,259 --> 00:29:21,950

however you want to conceptualize it

646

00:29:26,799 --> 00:29:23,269

that's great I think it's just a matter

647

00:29:29,649 --> 00:29:26,809

of understanding that my totem is not a

648

00:29:32,049 --> 00:29:29,659

white wolf named you know snowflake or

649

00:29:33,489 --> 00:29:32,059

whatever my primary totem and you know

650

00:29:36,849 --> 00:29:33,499

part of the reason that my name is lupa

651
00:29:38,709 --> 00:29:36,859
is gray wolf who watches over all grey

652
00:29:42,310 --> 00:29:38,719
wolves and who is an intermediary

653
00:29:44,289 --> 00:29:42,320
between the species *Canis lupus* and the

654
00:29:47,410 --> 00:29:44,299
whole rest of the world including humans

655
00:29:50,020 --> 00:29:47,420
and I think that's just so bad

656
00:29:53,380 --> 00:29:50,030
and of course a major question has got

657
00:29:55,120 --> 00:29:53,390
to be how can people find their totem

658
00:29:57,280 --> 00:29:55,130
animal I guess what can you tell us

659
00:30:00,490 --> 00:29:57,290
about that it's more than just picking a

660
00:30:03,280 --> 00:30:00,500
favorite animal right yeah I mean it's

661
00:30:07,000 --> 00:30:03,290
again it kind of tends on the person you

662
00:30:11,860 --> 00:30:07,010
know we don't have a long long tradition

663
00:30:14,080 --> 00:30:11,870

of coming-of-age rites where you go out

664

00:30:16,030 --> 00:30:14,090

into the into the deep woods or the

665

00:30:18,010 --> 00:30:16,040

deserts or whatever the far out

666

00:30:21,340 --> 00:30:18,020

wilderness happens to be we don't send

667

00:30:23,680 --> 00:30:21,350

people out there to find themselves once

668

00:30:26,170 --> 00:30:23,690

they hit puberty or once they become you

669

00:30:27,820 --> 00:30:26,180

know an adult or whatever we you know

670

00:30:30,040 --> 00:30:27,830

we're we consider that major threshold

671

00:30:31,840 --> 00:30:30,050

you know in fact our you know American

672

00:30:36,220 --> 00:30:31,850

society in particular is seriously

673

00:30:38,200 --> 00:30:36,230

lacking in formal rites of passage short

674

00:30:40,780 --> 00:30:38,210

of graduation and getting married and

675

00:30:43,890 --> 00:30:40,790

you know things like that we don't have

676

00:30:46,780 --> 00:30:43,900

a lot of introspective rites of passage

677

00:30:50,590 --> 00:30:46,790

so again it's a matter of really

678

00:30:52,540 --> 00:30:50,600

figuring out things as we go along so

679

00:30:55,660 --> 00:30:52,550

there there are a number of ways in

680

00:30:58,360 --> 00:30:55,670

neo-pagan totemism that people try to

681

00:31:00,070 --> 00:30:58,370

find their totems again take this with a

682

00:31:02,680 --> 00:31:00,080

grain of salt because this is speaking

683

00:31:04,060 --> 00:31:02,690

very much for my own biases but I have

684

00:31:06,730 --> 00:31:04,070

ones that I like and I want that I don't

685

00:31:11,650 --> 00:31:06,740

like one of the ones I'm not so crazy

686

00:31:15,130 --> 00:31:11,660

about is oh well I went outside and I

687

00:31:17,680 --> 00:31:15,140

saw this Hawk sitting up you know in a

688

00:31:19,360 --> 00:31:17,690

tree outside my yard and you know it's

689

00:31:21,640 --> 00:31:19,370

been there for the last week and I've

690

00:31:23,560 --> 00:31:21,650

seen it every single day that must

691

00:31:27,280 --> 00:31:23,570

obviously mean at that Hawk is my totem

692

00:31:28,990 --> 00:31:27,290

and while yeah it's really awesome that

693

00:31:31,150 --> 00:31:29,000

you have this red tailed hawk that's

694

00:31:32,950 --> 00:31:31,160

been hanging out in your yard it's

695

00:31:36,550 --> 00:31:32,960

probably not because of you it's

696

00:31:38,950 --> 00:31:36,560

probably because your yard is part of

697

00:31:42,250 --> 00:31:38,960

that a pair of hawks territory and

698

00:31:44,320 --> 00:31:42,260

you've just been a knit and you now have

699

00:31:45,820 --> 00:31:44,330

a via neighbors congratulations you

700

00:31:48,700 --> 00:31:45,830

should see a reduction in the number of

701
00:31:50,680 --> 00:31:48,710
mice in your area and so again that

702
00:31:52,510 --> 00:31:50,690
whole you know I saw this animal it must

703
00:31:54,880 --> 00:31:52,520
be something about me is a very human

704
00:31:57,640 --> 00:31:54,890
centered selfish way of viewing things

705
00:31:59,170 --> 00:31:57,650
just because an animal runs across the

706
00:32:00,649 --> 00:31:59,180
road in front of you doesn't mean that

707
00:32:02,779 --> 00:32:00,659
it's anything special

708
00:32:04,669 --> 00:32:02,789
it just happens to be that you know

709
00:32:06,320 --> 00:32:04,679
maybe there's been an improvement in

710
00:32:08,810 --> 00:32:06,330
habitat in your area and there's more

711
00:32:10,099 --> 00:32:08,820
wildlife which is awesome so it's very

712
00:32:12,019 --> 00:32:10,109
much a whole thing of you know making

713
00:32:15,080 --> 00:32:12,029

things about us and I really don't like

714

00:32:16,669 --> 00:32:15,090

that I'm also not a fan of well you know

715

00:32:19,219 --> 00:32:16,679

I saw this animal in my dream and

716

00:32:22,279 --> 00:32:19,229

therefore it must be my totem the thing

717

00:32:24,950 --> 00:32:22,289

is our our unconscious mind is a really

718

00:32:28,149 --> 00:32:24,960

crazy place the conscious mind likes

719

00:32:30,379 --> 00:32:28,159

words and concepts and you know very

720

00:32:32,169 --> 00:32:30,389

rational and straightforward ways of

721

00:32:36,049 --> 00:32:32,179

communicating our unconscious mind

722

00:32:37,899 --> 00:32:36,059

really love symbols and weirdness and

723

00:32:42,139 --> 00:32:37,909

when the two of them try to communicate

724

00:32:45,619 --> 00:32:42,149

sometimes it gets really strange because

725

00:32:48,019 --> 00:32:45,629

most of our dreams are just our minds

726

00:32:49,339 --> 00:32:48,029

way of processing the things that happen

727

00:32:53,629 --> 00:32:49,349

to us throughout the day you know our

728

00:32:54,919 --> 00:32:53,639

fears our experiences our excitement you

729

00:32:57,469 --> 00:32:54,929

know it's basically putting everything

730

00:32:58,339 --> 00:32:57,479

away in the giant rolodex in our head so

731

00:33:01,940 --> 00:32:58,349

we can find it later

732

00:33:04,279 --> 00:33:01,950

and so the symbolic unconscious part of

733

00:33:07,190 --> 00:33:04,289

our mind likes to sometimes pick animals

734

00:33:09,710 --> 00:33:07,200

as a symbol of a thing that's going on

735

00:33:14,899 --> 00:33:09,720

in our head let's take a dog for example

736

00:33:16,129 --> 00:33:14,909

if I dream of a dog for me personally

737

00:33:18,769 --> 00:33:16,139

that's usually a good thing because I

738

00:33:20,690 --> 00:33:18,779

love dogs dogs are awesome and you know

739

00:33:24,229 --> 00:33:20,700

I get to play with a puppy in my dream

740

00:33:26,419 --> 00:33:24,239

but for somebody who is absolutely

741

00:33:28,669 --> 00:33:26,429

terrified of dogs maybe they got bitten

742

00:33:30,409 --> 00:33:28,679

really badly when they were a kid having

743

00:33:34,210 --> 00:33:30,419

a dog in their dream may be a nightmare

744

00:33:37,789 --> 00:33:34,220

so I don't like dream dictionaries

745

00:33:40,070 --> 00:33:37,799

because there's no universal meaning for

746

00:33:42,200 --> 00:33:40,080

symbols and dreams right you know if I

747

00:33:43,909 --> 00:33:42,210

dream of a dog it's not going to

748

00:33:47,869 --> 00:33:43,919

necessarily be the same reason that you

749

00:33:49,909 --> 00:33:47,879

dream of a dog makes sense and so I'm

750

00:33:51,889 --> 00:33:49,919

really a big fan of doing your own

751

00:33:53,479 --> 00:33:51,899

personal interpretation figuring out

752

00:33:56,269 --> 00:33:53,489

well why did that animal show up in my

753

00:33:59,450 --> 00:33:56,279

dream and 99 times out of a hundred is

754

00:34:01,639 --> 00:33:59,460

going to be because it was a convenient

755

00:34:03,649 --> 00:34:01,649

symbol for a thing that happened to you

756

00:34:06,710 --> 00:34:03,659

recently or a thing you've been thinking

757

00:34:10,579 --> 00:34:06,720

about that being said with both regards

758

00:34:13,819 --> 00:34:10,589

to dreams and waking animal sightings

759

00:34:14,329 --> 00:34:13,829

if you feel deep deep deep down that

760

00:34:17,479 --> 00:34:14,339

there

761

00:34:19,039 --> 00:34:17,489

is something noteworthy or special about

762

00:34:21,200 --> 00:34:19,049

that encounter beyond

763

00:34:23,539 --> 00:34:21,210

oh wow I've never seen that animal

764

00:34:28,069 --> 00:34:23,549

before explore it explore that

765

00:34:30,349 --> 00:34:28,079

possibility one of my favorite ways of

766

00:34:32,839 --> 00:34:30,359

helping people find totems is through

767

00:34:34,849 --> 00:34:32,849

guided meditation I have a very specific

768

00:34:37,129 --> 00:34:34,859

meditation that I use it's kind of

769

00:34:40,309 --> 00:34:37,139

basically the same format that everybody

770

00:34:43,039 --> 00:34:40,319

else uses which is you visualize going

771

00:34:44,629 --> 00:34:43,049

into a tunnel in the ground and when you

772

00:34:47,389 --> 00:34:44,639

come out of the tunnel you find yourself

773

00:34:49,069 --> 00:34:47,399

in a wild natural place I don't tell you

774

00:34:51,589 --> 00:34:49,079

what that place is because I want your

775

00:34:53,119 --> 00:34:51,599

mind to pick it out and then you explore

776

00:34:55,999 --> 00:34:53,129

that place and hopefully if things go

777

00:34:58,819 --> 00:34:56,009

well your totem shows up it gives you

778

00:35:00,880 --> 00:34:58,829

just enough structure to shift your

779

00:35:04,069 --> 00:35:00,890

consciousness into that meditative

780

00:35:06,349 --> 00:35:04,079

headspace where you can be open to

781

00:35:08,509 --> 00:35:06,359

talking to your totem or totems for that

782

00:35:11,839 --> 00:35:08,519

matter you can have more than one but I

783

00:35:16,430 --> 00:35:11,849

don't like giving people specific quit

784

00:35:19,160 --> 00:35:16,440

you know habitats or species because you

785

00:35:21,170 --> 00:35:19,170

know there are so many animal species on

786

00:35:23,359 --> 00:35:21,180

this planet and your totem could be any

787

00:35:25,160 --> 00:35:23,369

of them you know it's also a reason I

788

00:35:27,319 --> 00:35:25,170

don't like totem cards because there's

789

00:35:30,289 --> 00:35:27,329

really only so many animals that you can

790

00:35:31,880 --> 00:35:30,299

fit in one deck and what if your totem

791

00:35:36,469 --> 00:35:31,890

happens to be an animal that's not in

792

00:35:39,319 --> 00:35:36,479

that deck so I really emphasize guided

793

00:35:42,739 --> 00:35:39,329

meditation as a way of finding totems

794

00:35:44,690 --> 00:35:42,749

just because it is open-ended and you

795

00:35:48,709 --> 00:35:44,700

can use that meditation just to go into

796

00:35:51,349 --> 00:35:48,719

the totem spirit world and play for

797

00:35:53,839 --> 00:35:51,359

example a bobcat runs across the road

798

00:35:55,999 --> 00:35:53,849

and you feel there's something really

799

00:36:00,499 --> 00:35:56,009

really important about that you can go

800

00:36:04,789 --> 00:36:00,509

into a guided meditation specifically to

801
00:36:06,799 --> 00:36:04,799
speak with bobcat the totem and ask well

802
00:36:08,299 --> 00:36:06,809
was there anything to this particular

803
00:36:09,859 --> 00:36:08,309
encounter was that you trying to get in

804
00:36:12,920 --> 00:36:09,869
touch with me or did I just happen to

805
00:36:15,440 --> 00:36:12,930
have a really rare sighting of this

806
00:36:18,140 --> 00:36:15,450
beautiful wild cat does that make sense

807
00:36:21,109 --> 00:36:18,150
it does it does and so I guess the next

808
00:36:23,150 --> 00:36:21,119
step let's say you do a meditation you

809
00:36:25,640 --> 00:36:23,160
do connect with a totem animal something

810
00:36:27,709 --> 00:36:25,650
becomes clear what comes next how do you

811
00:36:28,220 --> 00:36:27,719
foster that connection and strengthen

812
00:36:30,550 --> 00:36:28,230
the bond

813
00:36:32,810 --> 00:36:30,560

and what are the benefits of doing so

814

00:36:35,240 --> 00:36:32,820

well I mean one of the things you do is

815

00:36:36,290 --> 00:36:35,250

go back and visit on a regular basis you

816

00:36:39,980 --> 00:36:36,300

know just like you would with any other

817

00:36:42,530 --> 00:36:39,990

friend or ally or relationship when I do

818

00:36:44,660 --> 00:36:42,540

guided meditations to work with totems

819

00:36:47,329 --> 00:36:44,670

I'm not going deep deep deep into the

820

00:36:49,339 --> 00:36:47,339

spirit realm I'm basically going into

821

00:36:51,859 --> 00:36:49,349

what I perceive as sort of an in-between

822

00:36:52,190 --> 00:36:51,869

place between our world and the spirit

823

00:36:54,560 --> 00:36:52,200

world

824

00:36:56,660 --> 00:36:54,570

and you can also think of it as a deep

825

00:36:58,190 --> 00:36:56,670

in-between place between the conscious

826

00:37:00,730 --> 00:36:58,200

mind and the unconscious mind depending

827

00:37:03,740 --> 00:37:00,740

on your perspective and all this and so

828

00:37:05,930 --> 00:37:03,750

it's basically a neutral ground where if

829

00:37:07,670 --> 00:37:05,940

I want to speak with that totem or they

830

00:37:08,990 --> 00:37:07,680

want to speak with me you know it's

831

00:37:10,400 --> 00:37:09,000

kinda like having your favorite coffee

832

00:37:12,460 --> 00:37:10,410

shop that you go to meet with a friend

833

00:37:15,020 --> 00:37:12,470

you know it's like that kind of place

834

00:37:16,550 --> 00:37:15,030

except is bigger and you know that it's

835

00:37:18,680 --> 00:37:16,560

a good place that the totem wants to

836

00:37:20,930 --> 00:37:18,690

show you things or explore things with

837

00:37:22,579 --> 00:37:20,940

you you have the space to do that

838

00:37:24,710 --> 00:37:22,589

or if they want to introduce you to

839

00:37:26,000 --> 00:37:24,720

other totems so just going back and

840

00:37:28,640 --> 00:37:26,010

visiting and working with them on a

841

00:37:30,290 --> 00:37:28,650

regular basis is one thing another thing

842

00:37:33,620 --> 00:37:30,300

that a lot of people like to do is set

843

00:37:39,170 --> 00:37:33,630

up a small altar or shrine to that totem

844

00:37:41,740 --> 00:37:39,180

in their home and the value of that is

845

00:37:45,290 --> 00:37:41,750

that it gives your conscious mind a

846

00:37:46,940 --> 00:37:45,300

constant reminder of that being and

847

00:37:49,309 --> 00:37:46,950

their importance to you it also shows

848

00:37:50,900 --> 00:37:49,319

that totem that you really want them to

849

00:37:53,660 --> 00:37:50,910

stay around you're basically giving them

850

00:37:56,079 --> 00:37:53,670

their own place in your home this

851
00:37:58,280 --> 00:37:56,089
doesn't have to be anything especially

852
00:38:00,109 --> 00:37:58,290
elaborate it can just be a little shelf

853
00:38:01,900 --> 00:38:00,119
on the wall where you maybe have a

854
00:38:04,309 --> 00:38:01,910
couple statues or pictures or other

855
00:38:06,260 --> 00:38:04,319
representations of that totem but it's

856
00:38:08,839 --> 00:38:06,270
important because it shows both them and

857
00:38:11,120 --> 00:38:08,849
you so that relationship is important

858
00:38:13,010 --> 00:38:11,130
and then a lot of people will call on

859
00:38:16,220 --> 00:38:13,020
their totems and other guides during

860
00:38:18,230 --> 00:38:16,230
ritual practices meditations things like

861
00:38:20,420 --> 00:38:18,240
that and it's basically to saying you

862
00:38:21,859 --> 00:38:20,430
know hey you know again you're an

863
00:38:24,470 --> 00:38:21,869

important part of my life I'd like you

864

00:38:27,380 --> 00:38:24,480

to be a part of this even if it's not a

865

00:38:31,839 --> 00:38:27,390

totem for example if I am looking for

866

00:38:33,730 --> 00:38:31,849

work of some sort I tend to really I

867

00:38:36,200 --> 00:38:33,740

kind of have my go-to

868

00:38:38,120 --> 00:38:36,210

time job hunting or if I'm looking for

869

00:38:39,890 --> 00:38:38,130

another contract or if I'm looking for a

870

00:38:42,020 --> 00:38:39,900

good publishing opportunity or something

871

00:38:45,110 --> 00:38:42,030

I will talk to

872

00:38:47,120 --> 00:38:45,120

beaver and I'll talk to river otter or

873

00:38:49,670 --> 00:38:47,130

I'll talk to badger depending on you

874

00:38:51,830 --> 00:38:49,680

know what kind of work it is so I'll

875

00:38:53,660 --> 00:38:51,840

talk to these totems because both beaver

876

00:38:56,900 --> 00:38:53,670

and you know beavers very much about

877

00:38:58,550 --> 00:38:56,910

work and you know having a good home and

878

00:39:00,860 --> 00:38:58,560

stability and so forth

879

00:39:03,530 --> 00:39:00,870

badger has taught me a lot about

880

00:39:04,670 --> 00:39:03,540

persistence and toughness which is

881

00:39:07,880 --> 00:39:04,680

something you really need when you're

882

00:39:10,820 --> 00:39:07,890

job hunting and river otter does

883

00:39:12,920 --> 00:39:10,830

everything with play so I want to be

884

00:39:14,630 --> 00:39:12,930

able to find stuff that you know I want

885

00:39:19,250 --> 00:39:14,640

to find work to do that I'm going to

886

00:39:21,950 --> 00:39:19,260

enjoy and so I might invite those totems

887

00:39:24,830 --> 00:39:21,960

when I'm doing some kind of a ritual to

888

00:39:27,920 --> 00:39:24,840

psych myself up for an interview or when

889

00:39:29,870 --> 00:39:27,930

I'm about to overhaul my resume or

890

00:39:32,150 --> 00:39:29,880

anything else work-related and I'll ask

891

00:39:34,820 --> 00:39:32,160

for their guidance and their help as

892

00:39:38,600 --> 00:39:34,830

much as I'm able to so those are just a

893

00:39:42,130 --> 00:39:38,610

few of the ways that we can connect but

894

00:39:45,380 --> 00:39:42,140

I think probably the most important

895

00:39:46,940 --> 00:39:45,390

reason to connect with totems and I

896

00:39:49,970 --> 00:39:46,950

think the one that gets overlooked by

897

00:39:52,040 --> 00:39:49,980

far the most you know as I said earlier

898

00:39:55,640 --> 00:39:52,050

I mentioned earlier that totems are an

899

00:39:57,940 --> 00:39:55,650

intermediary between their species and

900

00:40:01,340 --> 00:39:57,950

everything else including human and

901
00:40:03,950 --> 00:40:01,350
because humans are having such a drastic

902
00:40:05,990 --> 00:40:03,960
impact on the rest of the world

903
00:40:07,880 --> 00:40:06,000
you know the totems are basically

904
00:40:11,000 --> 00:40:07,890
incoming to those of us who will listen

905
00:40:12,530 --> 00:40:11,010
and they're trying to get us to pay

906
00:40:13,970 --> 00:40:12,540
attention again you know those of us in

907
00:40:16,010 --> 00:40:13,980
the Western world who are causing the

908
00:40:17,780 --> 00:40:16,020
most trouble you know the totems are

909
00:40:20,540 --> 00:40:17,790
basically casting about trying to get

910
00:40:23,510 --> 00:40:20,550
somebody from this highly destructive

911
00:40:26,270 --> 00:40:23,520
group of humans to pay attention to them

912
00:40:27,590 --> 00:40:26,280
again unfortunately again because we

913
00:40:29,870 --> 00:40:27,600

tend to be so selfish and

914

00:40:31,940 --> 00:40:29,880

anthropocentric we're always thinking in

915

00:40:33,770 --> 00:40:31,950

terms of me me me me what can I get out

916

00:40:35,930 --> 00:40:33,780

of if you know what can I learn how can

917

00:40:38,660 --> 00:40:35,940

I be empowered how can I make my life

918

00:40:40,160 --> 00:40:38,670

better it's let it set etcetera and the

919

00:40:44,780 --> 00:40:40,170

thing that gets overlooked the most is

920

00:40:47,210 --> 00:40:44,790

how do we give back how do we listen to

921

00:40:49,760 --> 00:40:47,220

the totems needs and their desires for

922

00:40:52,190 --> 00:40:49,770

their species and how do we help

923

00:40:53,840 --> 00:40:52,200

facilitate that you know people

924

00:40:55,790 --> 00:40:53,850

sometimes like to talk about making

925

00:40:56,060 --> 00:40:55,800

offerings to the various spirits they

926
00:40:58,190 --> 00:40:56,070
were

927
00:40:59,990 --> 00:40:58,200
with and a lot of times it ends up being

928
00:41:02,780 --> 00:41:00,000
things like well I'm going to leave food

929
00:41:04,610 --> 00:41:02,790
out for animals to help the nature

930
00:41:07,190 --> 00:41:04,620
spirits I'm not sure how that works but

931
00:41:09,080 --> 00:41:07,200
you know apparently leaving food out for

932
00:41:10,460 --> 00:41:09,090
the animals is good for nature even

933
00:41:13,460 --> 00:41:10,470
though it promotes those animals

934
00:41:15,470 --> 00:41:13,470
becoming reliant on humans for food and

935
00:41:17,930 --> 00:41:15,480
it's is really a bad idea from an

936
00:41:21,130 --> 00:41:17,940
ecological perspective but really in my

937
00:41:25,120 --> 00:41:21,140
experience one of the most important

938
00:41:29,630 --> 00:41:25,130

offerings you can ever make to any

939

00:41:33,260 --> 00:41:29,640

nature-based being is actually working

940

00:41:36,140 --> 00:41:33,270

to help physical nature connected to

941

00:41:38,300 --> 00:41:36,150

that beings for example to help a totem

942

00:41:41,510 --> 00:41:38,310

to make an offering to a totem you do

943

00:41:44,960 --> 00:41:41,520

something to help it's physical

944

00:41:48,160 --> 00:41:44,970

counterparts whether that volunteering

945

00:41:51,080 --> 00:41:48,170

to help improve that species habitat

946

00:41:54,440 --> 00:41:51,090

whether it's making a donation to an

947

00:41:57,200 --> 00:41:54,450

organization that is working to preserve

948

00:42:00,410 --> 00:41:57,210

that species that's habitat whether it's

949

00:42:02,960 --> 00:42:00,420

volunteering with an animal rescue

950

00:42:04,250 --> 00:42:02,970

you know wildlife shelter you know

951
00:42:06,350 --> 00:42:04,260
that's just some of the things you can

952
00:42:11,980 --> 00:42:06,360
do to help those totems you know a big

953
00:42:14,480 --> 00:42:11,990
part of my personal practice is not

954
00:42:17,800 --> 00:42:14,490
drumming and dancing and things of that

955
00:42:20,690 --> 00:42:17,810
nature it's volunteering with local

956
00:42:22,760 --> 00:42:20,700
conservation organizations doing things

957
00:42:25,970 --> 00:42:22,770
like invasive species removal and

958
00:42:30,170 --> 00:42:25,980
habitat restoration and community

959
00:42:32,270 --> 00:42:30,180
education things of that nature I've

960
00:42:35,090 --> 00:42:32,280
donated money to a lot of organizations

961
00:42:37,250 --> 00:42:35,100
over the years to try and help them

962
00:42:39,530 --> 00:42:37,260
facilitate their actions even if I can't

963
00:42:42,880 --> 00:42:39,540

be there to help them themselves so you

964

00:42:46,070 --> 00:42:42,890

know it's really important to me to

965

00:42:48,230 --> 00:42:46,080

emphasize that yes if your spirituality

966

00:42:52,250 --> 00:42:48,240

helps you become a better person that's

967

00:42:56,240 --> 00:42:52,260

awesome if your spirituality promotes

968

00:42:58,820 --> 00:42:56,250

you becoming a more responsible part of

969

00:43:00,920 --> 00:42:58,830

your entire community and not just your

970

00:43:03,530 --> 00:43:00,930

human community that's why I think

971

00:43:07,370 --> 00:43:03,540

you've leveled up to me one of the signs

972

00:43:09,829 --> 00:43:07,380

of an advanced practitioner is they want

973

00:43:11,690 --> 00:43:09,839

to give back

974

00:43:13,279 --> 00:43:11,700

much as possible it's not just about me

975

00:43:15,680 --> 00:43:13,289

me me me me it's about that

976
00:43:18,680 --> 00:43:15,690
interconnection does that make sense it

977
00:43:21,170 --> 00:43:18,690
does it does and stewardship seems like

978
00:43:22,959 --> 00:43:21,180
a natural component to this kind of

979
00:43:26,690 --> 00:43:22,969
stuff when you're in that mindset and

980
00:43:29,719 --> 00:43:26,700
I'm just so interested in the minds of

981
00:43:32,359 --> 00:43:29,729
animals in my hope or suspicion would be

982
00:43:34,880 --> 00:43:32,369
that to get better insights into their

983
00:43:37,670 --> 00:43:34,890
minds and logic and the way they think

984
00:43:39,979 --> 00:43:37,680
that this stuff might be able to be

985
00:43:43,309 --> 00:43:39,989
helpful and I guess I would ask if

986
00:43:45,499 --> 00:43:43,319
tapping into these Beastmaster entities

987
00:43:47,359 --> 00:43:45,509
or any of these animal magic practices

988
00:43:49,459 --> 00:43:47,369

have helped you in that regard are there

989

00:43:52,609 --> 00:43:49,469

insights or examples you could share

990

00:43:54,319 --> 00:43:52,619

that other people just might have no

991

00:43:56,989 --> 00:43:54,329

context for because they haven't done

992

00:44:01,819 --> 00:43:56,999

this kind of work that's kind of a tough

993

00:44:04,459 --> 00:44:01,829

question because again as a human being

994

00:44:06,440 --> 00:44:04,469

in a human body with a human brain and

995

00:44:06,979 --> 00:44:06,450

consciousness and understanding of the

996

00:44:11,539 --> 00:44:06,989

world

997

00:44:14,630 --> 00:44:11,549

I'm very limited in how much I'm able to

998

00:44:16,999 --> 00:44:14,640

really understand about an animal's

999

00:44:18,829 --> 00:44:17,009

world even when I do meditations with

1000

00:44:22,069 --> 00:44:18,839

totems where they show me what it's like

1001
00:44:24,140 --> 00:44:22,079
to be that particular species it's still

1002
00:44:27,829 --> 00:44:24,150
filtered through that human

1003
00:44:30,829 --> 00:44:27,839
consciousness and conditioning and so

1004
00:44:32,650 --> 00:44:30,839
forth so I think what it's done for me

1005
00:44:35,989 --> 00:44:32,660
is helped me to learn to be more

1006
00:44:37,880 --> 00:44:35,999
empathetic toward other beings and to

1007
00:44:43,009 --> 00:44:37,890
consider that they're beings that see

1008
00:44:49,099 --> 00:44:43,019
the world in ways that I don't I am NOT

1009
00:44:51,650 --> 00:44:49,109
a big fan of this whole thing of people

1010
00:44:53,299 --> 00:44:51,660
who claim that they can talk for animals

1011
00:44:56,930 --> 00:44:53,309
people who claim that they are animal

1012
00:45:00,859 --> 00:44:56,940
communicators I have a really tough time

1013
00:45:03,440 --> 00:45:00,869

with that because I don't know what

1014

00:45:07,700 --> 00:45:03,450

they're basing things on besides vague

1015

00:45:09,259 --> 00:45:07,710

psychic powers it's presumptuous you

1016

00:45:11,239 --> 00:45:09,269

know I don't know if they're paying

1017

00:45:12,739 --> 00:45:11,249

attention to the animal's behavior I

1018

00:45:15,160 --> 00:45:12,749

don't know how much they know about the

1019

00:45:19,130 --> 00:45:15,170

animals that particular species

1020

00:45:22,339 --> 00:45:19,140

vocalizations I don't know how much they

1021

00:45:23,240 --> 00:45:22,349

know about that species overall and

1022

00:45:25,460 --> 00:45:23,250

again

1023

00:45:26,930 --> 00:45:25,470

you know I've seen so many people who

1024

00:45:28,370 --> 00:45:26,940

really really want to communicate with

1025

00:45:35,500 --> 00:45:28,380

animals but they're coming from a very

1026
00:45:39,830 --> 00:45:35,510
human perspective so I I really hesitate

1027
00:45:42,290 --> 00:45:39,840
to say something along lines of yes my

1028
00:45:45,740 --> 00:45:42,300
spirituality has helped me to understand

1029
00:45:47,480 --> 00:45:45,750
physical animals more currently sharing

1030
00:45:50,030 --> 00:45:47,490
the living room with me right now in my

1031
00:45:54,170 --> 00:45:50,040
studio as I sit here and speak with you

1032
00:45:56,960 --> 00:45:54,180
is a twenty-something year old African

1033
00:45:59,750 --> 00:45:56,970
Grey parrot he belongs to my housemate

1034
00:46:02,720 --> 00:45:59,760
who owns this place she's only here

1035
00:46:05,150 --> 00:46:02,730
part-time right now I'm the caretaker

1036
00:46:08,030 --> 00:46:05,160
the place but she brought one of her

1037
00:46:09,680 --> 00:46:08,040
african greys out here to keep me

1038
00:46:12,620 --> 00:46:09,690

company and so I could keep him company

1039

00:46:15,500 --> 00:46:12,630

and I've never really had experience

1040

00:46:17,900 --> 00:46:15,510

with birds before now did I go and talk

1041

00:46:21,380 --> 00:46:17,910

to the totem African Grey yeah I did

1042

00:46:23,720 --> 00:46:21,390

just because birds are tiny dinosaurs

1043

00:46:27,740 --> 00:46:23,730

and I tend to understand mammals better

1044

00:46:31,370 --> 00:46:27,750

and I think that experience of going and

1045

00:46:34,390 --> 00:46:31,380

talking to African Grey the totem helped

1046

00:46:36,250 --> 00:46:34,400

me to remind myself that there are

1047

00:46:38,900 --> 00:46:36,260

consciousnesses out there besides

1048

00:46:43,040 --> 00:46:38,910

mammalian ones and that I really need to

1049

00:46:46,580 --> 00:46:43,050

open my mind to them and understand that

1050

00:46:49,580 --> 00:46:46,590

their perspectives and their priorities

1051
00:46:53,660 --> 00:46:49,590
are a bit different than what a lot of

1052
00:46:56,450 --> 00:46:53,670
mammals may be after but I think what

1053
00:47:01,400 --> 00:46:56,460
was more valuable to me in bolstering

1054
00:47:03,320 --> 00:47:01,410
that was a reading up on African Grey

1055
00:47:04,670 --> 00:47:03,330
behavior from people who have been

1056
00:47:07,250 --> 00:47:04,680
living with them for years and years and

1057
00:47:09,020 --> 00:47:07,260
years and also just hanging out with

1058
00:47:13,370 --> 00:47:09,030
this particular bird and getting to know

1059
00:47:14,290 --> 00:47:13,380
his individual quirks and personality

1060
00:47:17,510 --> 00:47:14,300
and so forth

1061
00:47:21,200 --> 00:47:17,520
so I think that meditation reminded me

1062
00:47:24,950 --> 00:47:21,210
to keep my options in my mindset open

1063
00:47:28,700 --> 00:47:24,960

but I don't think it gave me any super

1064

00:47:30,770 --> 00:47:28,710

amazing insights into you know this

1065

00:47:32,090 --> 00:47:30,780

particular birds once and needs that's

1066

00:47:36,740 --> 00:47:32,100

something that I had to learn on my own

1067

00:47:39,820 --> 00:47:36,750

and if he was having behavior issue

1068

00:47:42,830 --> 00:47:39,830

I would be more likely to take him to a

1069

00:47:46,880 --> 00:47:42,840

parrot specialist as opposed to an

1070

00:47:49,790 --> 00:47:46,890

animal communicator right so again like

1071

00:47:51,950 --> 00:47:49,800

I said I think the spiritual part of my

1072

00:47:56,320 --> 00:47:51,960

relationship with nature has a lot of

1073

00:48:00,140 --> 00:47:56,330

value but I tend to give it limitations

1074

00:48:02,470 --> 00:48:00,150

compared to you know each part of my

1075

00:48:06,140 --> 00:48:02,480

life has its own sort of bailiwick and

1076

00:48:09,710 --> 00:48:06,150

boundaries and so my spiritual stuff

1077

00:48:13,490 --> 00:48:09,720

tends to be more based on my personal

1078

00:48:17,150 --> 00:48:13,500

development and that includes reminding

1079

00:48:19,130 --> 00:48:17,160

myself that I am just a teeny teeny

1080

00:48:22,040 --> 00:48:19,140

teeny little part of a huge amazing

1081

00:48:26,150 --> 00:48:22,050

universe with all sorts of different

1082

00:48:29,110 --> 00:48:26,160

beings and places and so forth right on

1083

00:48:31,730 --> 00:48:29,120

it seems very clear that you're

1084

00:48:33,920 --> 00:48:31,740

incredibly respectful and humble about

1085

00:48:36,170 --> 00:48:33,930

these kind of things and trying to keep

1086

00:48:37,580 --> 00:48:36,180

the ego out of it and another thing I'm

1087

00:48:39,770 --> 00:48:37,590

really interested in that was a chapter

1088

00:48:42,890 --> 00:48:39,780

in your Fang and fur

1089

00:48:44,750 --> 00:48:42,900

blood and bone book is familiars from

1090

00:48:47,090 --> 00:48:44,760

what I understand these these are often

1091

00:48:48,560 --> 00:48:47,100

physical animals that a magician has a

1092

00:48:50,900 --> 00:48:48,570

strong connection to rather than a

1093

00:48:53,390 --> 00:48:50,910

spirit animal like us and we see this in

1094

00:48:55,220 --> 00:48:53,400

movies like a wizard using animals to

1095

00:48:58,280 --> 00:48:55,230

fetch something important or to act as

1096

00:49:00,170 --> 00:48:58,290

spies mm-hmm is there a real precedent

1097

00:49:02,870 --> 00:49:00,180

for that in these sorts of practices I

1098

00:49:07,040 --> 00:49:02,880

think so yes it's not something that you

1099

00:49:09,530 --> 00:49:07,050

see so when I speak of a familiar and

1100

00:49:12,410 --> 00:49:09,540

also I want to add the caveat that I

1101
00:49:13,700 --> 00:49:12,420
have only actually had one familiar and

1102
00:49:18,020 --> 00:49:13,710
that's the one that I worked with while

1103
00:49:22,220 --> 00:49:18,030
I was working with that book a skink

1104
00:49:23,630 --> 00:49:22,230
right yeah she's a barrel skate and cute

1105
00:49:26,000 --> 00:49:23,640
little lizard spent most of her time

1106
00:49:27,470 --> 00:49:26,010
hanging out under the sand but you know

1107
00:49:32,240 --> 00:49:27,480
she came out when it was important she

1108
00:49:35,660 --> 00:49:32,250
liked me she's an introvert and so it's

1109
00:49:38,560 --> 00:49:35,670
not just any animal that a magician or

1110
00:49:41,180 --> 00:49:38,570
pagan or which happens to own you know

1111
00:49:44,680 --> 00:49:41,190
because I've had other pets and so forth

1112
00:49:49,640 --> 00:49:44,690
but specifically it's an animal who

1113
00:49:50,330 --> 00:49:49,650

actively makes themselves a part of your

1114

00:49:52,730 --> 00:49:50,340

ritual

1115

00:49:56,120 --> 00:49:52,740

practice and again you have to kind of

1116

00:49:58,430 --> 00:49:56,130

have some skepticism you know a healthy

1117

00:50:00,170 --> 00:49:58,440

little skepticism just because your cat

1118

00:50:01,550 --> 00:50:00,180

likes to jump up on the altar and knock

1119

00:50:04,790 --> 00:50:01,560

stuff off doesn't mean they're real

1120

00:50:08,330 --> 00:50:04,800

familiar but you can definitely tell

1121

00:50:10,220 --> 00:50:08,340

certain animals when you do rituals or

1122

00:50:13,520 --> 00:50:10,230

spells or whatever they will actively

1123

00:50:15,820 --> 00:50:13,530

lend their energy to the proceedings you

1124

00:50:20,900 --> 00:50:15,830

can feel it you know it's there and that

1125

00:50:23,890 --> 00:50:20,910

is I think what makes a familiar I think

1126

00:50:27,200 --> 00:50:23,900

the concept has been kind of muddled

1127

00:50:30,590 --> 00:50:27,210

because a lot of the information that we

1128

00:50:33,380 --> 00:50:30,600

have is honestly from the European witch

1129

00:50:35,330 --> 00:50:33,390

trials where you had inquisitors and

1130

00:50:38,300 --> 00:50:35,340

other people basically feeding

1131

00:50:39,920 --> 00:50:38,310

information to their victims who were

1132

00:50:42,350 --> 00:50:39,930

basically as Catholic as they were a

1133

00:50:45,560 --> 00:50:42,360

Protestant as they were in order to try

1134

00:50:47,720 --> 00:50:45,570

and get a fake confession so you get you

1135

00:50:51,110 --> 00:50:47,730

know a witch hunter or Inquisitor or

1136

00:50:53,900 --> 00:50:51,120

whoever saying that cat that you have

1137

00:50:56,540 --> 00:50:53,910

it's it's a gift to you from Satan and

1138

00:50:59,480 --> 00:50:56,550

it runs errands for you and your witchy

1139

00:51:01,160 --> 00:50:59,490

friends and you know basically feeding

1140

00:51:02,480 --> 00:51:01,170

all that information to people and

1141

00:51:05,180 --> 00:51:02,490

unfortunately I don't think a lot of

1142

00:51:07,130 --> 00:51:05,190

people understand the context under

1143

00:51:08,000 --> 00:51:07,140

which that information about supposed

1144

00:51:10,790 --> 00:51:08,010

witchcraft

1145

00:51:13,490 --> 00:51:10,800

came from right and so again this is

1146

00:51:17,420 --> 00:51:13,500

something like totemism I basically had

1147

00:51:19,640 --> 00:51:17,430

to recreate for myself based on the

1148

00:51:22,940 --> 00:51:19,650

experiences and resources that I had

1149

00:51:24,680 --> 00:51:22,950

access to the thing that I found through

1150

00:51:26,900 --> 00:51:24,690

my own experience is that it's not just

1151

00:51:30,830 --> 00:51:26,910

any animal it's an animal who very

1152

00:51:33,530 --> 00:51:30,840

specifically wants to be a part of your

1153

00:51:34,940 --> 00:51:33,540

workings and you can't really just

1154

00:51:36,530 --> 00:51:34,950

because you have an animal that you love

1155

00:51:38,990 --> 00:51:36,540

does not mean that they're automatically

1156

00:51:41,990 --> 00:51:39,000

going to be your familiar if I were to

1157

00:51:44,510 --> 00:51:42,000

ever to go back to actively practicing

1158

00:51:46,580 --> 00:51:44,520

magic again I'm not going to assume that

1159

00:51:49,010 --> 00:51:46,590

Liberty the African Grey parrot who's

1160

00:51:50,570 --> 00:51:49,020

sitting here looking at me with some

1161

00:51:54,170 --> 00:51:50,580

curiosity I'm not going to assume that

1162

00:51:56,660 --> 00:51:54,180

he's going to just step up and be a part

1163

00:51:59,390 --> 00:51:56,670

of what I'm doing right they kind of

1164

00:52:02,500 --> 00:51:59,400

choose you but as I wrote in the book

1165

00:52:04,390 --> 00:52:02,510

you know you can actually go into a

1166

00:52:07,450 --> 00:52:04,400

shelter or

1167

00:52:09,880 --> 00:52:07,460

pet store or wherever else you happen to

1168

00:52:12,490 --> 00:52:09,890

be looking for you basically do a ritual

1169

00:52:14,740 --> 00:52:12,500

before you start the quest for a

1170

00:52:17,890 --> 00:52:14,750

familiar and you open yourself up to the

1171

00:52:19,870 --> 00:52:17,900

universe and say hey I'm ready help me

1172

00:52:22,270 --> 00:52:19,880

find that perfect animal who's looking

1173

00:52:24,580 --> 00:52:22,280

for me and that's how I found you know

1174

00:52:26,380 --> 00:52:24,590

am I familiar before that's really

1175

00:52:29,110 --> 00:52:26,390

interesting because you know I have two

1176
00:52:31,870 --> 00:52:29,120
cats in both times I went to the Humane

1177
00:52:34,330 --> 00:52:31,880
Society to pick one I kind of let them

1178
00:52:36,550 --> 00:52:34,340
pick me and both cats ended up putting

1179
00:52:38,380 --> 00:52:36,560
there at different times of course they

1180
00:52:39,790 --> 00:52:38,390
put their paw on the glass and I was

1181
00:52:41,050 --> 00:52:39,800
like that's the one we'll take that one

1182
00:52:43,810 --> 00:52:41,060
and I feel like I have a really strong

1183
00:52:47,020 --> 00:52:43,820
connection to both of them and you know

1184
00:52:49,600 --> 00:52:47,030
I didn't really do anything magical on

1185
00:52:52,480 --> 00:52:49,610
purpose necessarily but I think I was in

1186
00:52:55,480 --> 00:52:52,490
the same frame of mind that I wanted an

1187
00:52:57,610 --> 00:52:55,490
animal to pick me and I think that's the

1188
00:53:00,280 --> 00:52:57,620

way to go about it exactly and I think

1189

00:53:03,190 --> 00:53:00,290

that's important to allow other species

1190

00:53:05,770 --> 00:53:03,200

to have agency whether that's dealing

1191

00:53:07,360 --> 00:53:05,780

with individual domestic animals that

1192

00:53:12,880 --> 00:53:07,370

you know we want to find a good home for

1193

00:53:16,720 --> 00:53:12,890

or whether that trying to navigate our

1194

00:53:19,110 --> 00:53:16,730

very complicated relationships with wild

1195

00:53:23,830 --> 00:53:19,120

nature and the animals that live there

1196

00:53:25,450 --> 00:53:23,840

again whether it has been for ill intent

1197

00:53:27,460 --> 00:53:25,460

you know people justifying the

1198

00:53:29,680 --> 00:53:27,470

slaughtering of large predators because

1199

00:53:32,320 --> 00:53:29,690

they kill our livestock and therefore

1200

00:53:35,050 --> 00:53:32,330

they must be bad or whether it's for

1201
00:53:39,400 --> 00:53:35,060
good intent but ends up being harmful

1202
00:53:41,740 --> 00:53:39,410
you know assuming that my pet Chihuahua

1203
00:53:44,920 --> 00:53:41,750
must have the same food that I do

1204
00:53:46,750 --> 00:53:44,930
because I would never eat that dog food

1205
00:53:49,720 --> 00:53:46,760
and neither should he and you know so

1206
00:53:51,310 --> 00:53:49,730
you end up with a 15-pound Chihuahua

1207
00:53:55,900 --> 00:53:51,320
that looks like a sausage with little

1208
00:54:00,100 --> 00:53:55,910
eggs when we shove our human biases on

1209
00:54:03,070 --> 00:54:00,110
to other species it very frequently ends

1210
00:54:05,320 --> 00:54:03,080
up being harmful to them and so when we

1211
00:54:08,350 --> 00:54:05,330
give them some level of agency with it

1212
00:54:11,250 --> 00:54:08,360
within reason you know then we stand to

1213
00:54:13,480 --> 00:54:11,260

learn a lot more from them I mean I'm

1214

00:54:14,650 --> 00:54:13,490

preparing to build a chicken coop out

1215

00:54:17,110 --> 00:54:14,660

here because I want to have some

1216

00:54:18,130 --> 00:54:17,120

chickens and I'm going to have to deal

1217

00:54:20,400 --> 00:54:18,140

with the fact that we haven't

1218

00:54:24,009 --> 00:54:20,410

of predators around here ranging from

1219

00:54:25,150 --> 00:54:24,019

stoats to raccoons to black bears that

1220

00:54:26,980 --> 00:54:25,160

I'm going to have to protect the

1221

00:54:30,400 --> 00:54:26,990

chickens from and so I'm not going to

1222

00:54:33,640 --> 00:54:30,410

give the raccoons enough agency to get

1223

00:54:36,370 --> 00:54:33,650

at my chickens but rather than shooting

1224

00:54:38,259 --> 00:54:36,380

the raccoons you know I'm just going to

1225

00:54:40,779 --> 00:54:38,269

work to make a stronger chicken coop if

1226

00:54:43,960 --> 00:54:40,789

they happen to manage to get in and so I

1227

00:54:46,059 --> 00:54:43,970

allowed on that level of agency of this

1228

00:54:49,390 --> 00:54:46,069

is a being that I share my world with

1229

00:54:53,680 --> 00:54:49,400

and I'm not going to forcibly change

1230

00:54:56,140 --> 00:54:53,690

that I'm just going to nudge a couple

1231

00:54:57,750 --> 00:54:56,150

things around so that my chickens are

1232

00:54:58,990 --> 00:54:57,760

safe does that make sense absolutely

1233

00:55:03,009 --> 00:54:59,000

absolutely

1234

00:55:04,329 --> 00:55:03,019

Wow well lupa I really think this kind

1235

00:55:07,059 --> 00:55:04,339

of brings us close to the finish line

1236

00:55:09,130 --> 00:55:07,069

I'm really glad you were willing to talk

1237

00:55:12,430 --> 00:55:09,140

to us about this stuff I love the idea

1238

00:55:14,920 --> 00:55:12,440

of dissolving the barriers between man

1239

00:55:17,980 --> 00:55:14,930

and beast by whatever means necessary

1240

00:55:21,190 --> 00:55:17,990

and I guess I would also ask before we

1241

00:55:23,109 --> 00:55:21,200

go do remind the people of your work

1242

00:55:24,670 --> 00:55:23,119

that you do and where they can follow up

1243

00:55:26,470 --> 00:55:24,680

on this stuff if there are still hungry

1244

00:55:28,870 --> 00:55:26,480

for more or any other projects you got

1245

00:55:31,329 --> 00:55:28,880

in the works yeah thank you

1246

00:55:33,910 --> 00:55:31,339

it's been really awesome being here and

1247

00:55:36,309 --> 00:55:33,920

I really hope people enjoyed it I hope

1248

00:55:38,440 --> 00:55:36,319

you are willing to be patient with me

1249

00:55:39,880 --> 00:55:38,450

when I got kind of opinionated if you

1250

00:55:43,390 --> 00:55:39,890

like what I'm talking about you want to

1251
00:55:45,999 --> 00:55:43,400
find out more my website is the green

1252
00:55:48,999 --> 00:55:46,009
wolf com

1253
00:55:51,099 --> 00:55:49,009
not green wolf but the green wolf when I

1254
00:55:53,769 --> 00:55:51,109
registered the domain years ago someone

1255
00:55:56,710 --> 00:55:53,779
else already had green wolf so I did the

1256
00:55:58,509 --> 00:55:56,720
green wolf and I'm also all over the

1257
00:56:01,089 --> 00:55:58,519
place them on Facebook and Tumblr and

1258
00:56:03,039 --> 00:56:01,099
Instagram and all that you can find the

1259
00:56:04,740 --> 00:56:03,049
links on the website on the links

1260
00:56:08,230 --> 00:56:04,750
section of the website

1261
00:56:10,390 --> 00:56:08,240
my latest already completed project of

1262
00:56:13,930 --> 00:56:10,400
course is the Tarot of Bones which is a

1263
00:56:15,339 --> 00:56:13,940

full tarot deck plus a companion book so

1264

00:56:18,700 --> 00:56:15,349

you find information about that on the

1265

00:56:21,849 --> 00:56:18,710

website my current project is actually a

1266

00:56:23,859 --> 00:56:21,859

book called vulture culture 101 a book

1267

00:56:25,059 --> 00:56:23,869

for people who like dead things and if

1268

00:56:28,299 --> 00:56:25,069

you're interested in working with hides

1269

00:56:30,970 --> 00:56:28,309

and bones this is actually a book on the

1270

00:56:32,020 --> 00:56:30,980

people who are interested in hides and

1271

00:56:34,660 --> 00:56:32,030

bones as

1272

00:56:36,700 --> 00:56:34,670

elections and so forth how to find them

1273

00:56:38,770 --> 00:56:36,710

how to process them what to do with them

1274

00:56:41,260 --> 00:56:38,780

what's legal what's not what to do about

1275

00:56:43,570 --> 00:56:41,270

ethical conundrums and so forth and

1276

00:56:46,840 --> 00:56:43,580

there there's actually an IndieGoGo

1277

00:56:48,580 --> 00:56:46,850

campaign starting on February 6 so if

1278

00:56:50,260 --> 00:56:48,590

you want to be a really early adopter of

1279

00:56:52,510 --> 00:56:50,270

the book which I want to have out later

1280

00:56:55,060 --> 00:56:52,520

this summer you can back the IndieGoGo

1281

00:56:56,770 --> 00:56:55,070

and help with initial printing costs and

1282

00:56:58,960 --> 00:56:56,780

so forth and get an early copy of the

1283

00:57:02,410 --> 00:56:58,970

book so there's more information about

1284

00:57:04,840 --> 00:57:02,420

that project at vulture culture 101

1285

00:57:06,760 --> 00:57:04,850

dot-com but like I said that you know

1286

00:57:09,220 --> 00:57:06,770

all things lupa can be found at the

1287

00:57:12,280 --> 00:57:09,230

Green Wolf calm my emails there if you

1288

00:57:14,920 --> 00:57:12,290

want to contact me chat ask questions

1289

00:57:17,680 --> 00:57:14,930

etc feel free to get in touch awesome

1290

00:57:19,270 --> 00:57:17,690

well thanks again I definitely learned a

1291

00:57:21,820 --> 00:57:19,280

lot I really appreciate your

1292

00:57:24,100 --> 00:57:21,830

perspectives given how long you've put

1293

00:57:25,890 --> 00:57:24,110

your attention on these themes so great

1294

00:57:28,420 --> 00:57:25,900

work and take care of yourself out there

1295

00:57:30,010 --> 00:57:28,430

yeah and thank you so much for having me

1296

00:57:32,980 --> 00:57:30,020

I've really enjoyed it and it's really a

1297

00:57:35,620 --> 00:57:32,990

privilege thank you you got it good

1298

00:57:37,090 --> 00:57:35,630

times with lupa Green wolf everybody I

1299

00:57:37,750 --> 00:57:37,100

hope you found something to like about

1300

00:57:40,750 --> 00:57:37,760

that

1301
00:57:42,580 --> 00:57:40,760
something interesting to chew on I sort

1302
00:57:45,220 --> 00:57:42,590
of figured it would be great to step

1303
00:57:46,960 --> 00:57:45,230
away from the dense heady political kind

1304
00:57:50,020 --> 00:57:46,970
of stuff and toss in one of those random

1305
00:57:52,600 --> 00:57:50,030
topics and I thought animal magic was a

1306
00:57:54,460 --> 00:57:52,610
decent one as a stoner who now works

1307
00:57:56,920 --> 00:57:54,470
from home I got these two cats I got

1308
00:57:58,830 --> 00:57:56,930
this dog now I got these fish that live

1309
00:58:01,990 --> 00:57:58,840
on the underside of our little indoor

1310
00:58:04,000 --> 00:58:02,000
aquaponic garden and I'm just fascinated

1311
00:58:06,280 --> 00:58:04,010
with observing all of them trying to

1312
00:58:08,500 --> 00:58:06,290
figure out what they're thinking and I

1313
00:58:10,330 --> 00:58:08,510

just find it crazy that someone wouldn't

1314

00:58:11,860 --> 00:58:10,340

think these animals are conscious so

1315

00:58:14,380 --> 00:58:11,870

that they don't have emotions and

1316

00:58:15,970 --> 00:58:14,390

decision-making abilities so I thought

1317

00:58:17,650 --> 00:58:15,980

maybe we could explore getting some

1318

00:58:19,750 --> 00:58:17,660

insight there since a person who's

1319

00:58:21,970 --> 00:58:19,760

knowledgeable and animal magic should

1320

00:58:24,850 --> 00:58:21,980

have a deeper understanding perhaps of

1321

00:58:26,590 --> 00:58:24,860

animals in general and I think Lupe's

1322

00:58:29,710 --> 00:58:26,600

shared what she could in that regard

1323

00:58:31,600 --> 00:58:29,720

also the concept of overarching animal

1324

00:58:33,910 --> 00:58:31,610

Beastmaster spirits is pretty

1325

00:58:37,000 --> 00:58:33,920

interesting too I got room in my reality

1326

00:58:38,920 --> 00:58:37,010

model for that but I did try a few

1327

00:58:40,210 --> 00:58:38,930

meditations trying to connect with the

1328

00:58:43,300 --> 00:58:40,220

spirit animal too

1329

00:58:44,770 --> 00:58:43,310

why not see what happens and it's just

1330

00:58:45,730 --> 00:58:44,780

tough with these things because I don't

1331

00:58:47,890 --> 00:58:45,740

know my

1332

00:58:49,780 --> 00:58:47,900

mind well enough to know if I just

1333

00:58:52,480 --> 00:58:49,790

projected something in there filled in

1334

00:58:54,400 --> 00:58:52,490

the blank if an animal came to mind that

1335

00:58:57,190 --> 00:58:54,410

was random or if there's something

1336

00:59:00,310 --> 00:58:57,200

deeper there but out of my meditation

1337

00:59:02,500 --> 00:59:00,320

exploration came the gorilla or gorilla

1338

00:59:04,810 --> 00:59:02,510

as lupa would say and I don't

1339

00:59:06,460 --> 00:59:04,820

particularly resonate with gorillas I

1340

00:59:08,920 --> 00:59:06,470

don't spend a lot of time thinking about

1341

00:59:11,920 --> 00:59:08,930

gorilla gorilla does not take up a lot

1342

00:59:14,070 --> 00:59:11,930

of real estate in my mind but maybe I

1343

00:59:17,500 --> 00:59:14,080

just need to do it a little bit more

1344

00:59:19,660 --> 00:59:17,510

also today was a bit of a rare show and

1345

00:59:21,730 --> 00:59:19,670

that lupa has obviously changed her mind

1346

00:59:24,400 --> 00:59:21,740

a bit when it comes to animal magic that

1347

00:59:26,380 --> 00:59:24,410

is fine of course and I probably should

1348

00:59:27,940 --> 00:59:26,390

have digested more recent work and I

1349

00:59:31,120 --> 00:59:27,950

might have picked up on that vibe if I

1350

00:59:33,370 --> 00:59:31,130

did but I dug into her early book Fang

1351
00:59:34,930 --> 00:59:33,380
and fur blood and bone a primal guide to

1352
00:59:38,020 --> 00:59:34,940
animal magic because it was the most

1353
00:59:40,780 --> 00:59:38,030
all-encompassing her more recent work is

1354
00:59:43,960 --> 00:59:40,790
focused on one art form like skull

1355
00:59:45,820 --> 00:59:43,970
screen or the Tarot of Bones but it's a

1356
00:59:48,670 --> 00:59:45,830
fair point that a person can change

1357
00:59:51,700 --> 00:59:48,680
their mind on things in over a decade's

1358
00:59:53,830 --> 00:59:51,710
time but of course I dedicate a lot of

1359
00:59:55,840 --> 00:59:53,840
thought to the path I want to navigate

1360
00:59:58,300 --> 00:59:55,850
through a conversation so if I'm

1361
01:00:00,160 --> 00:59:58,310
bringing up something that's maybe a 6

1362
01:00:02,320 --> 01:00:00,170
on the weird scale and she says she

1363
01:00:04,480 --> 01:00:02,330

might think that it's too far-fetched I

1364

01:00:07,060 --> 01:00:04,490

don't really have a game plan for

1365

01:00:09,940 --> 01:00:07,070

pivoting away for more and more

1366

01:00:11,680 --> 01:00:09,950

out-there stuff it's all good it's kind

1367

01:00:13,920 --> 01:00:11,690

of funny and I'm sure you can hear it in

1368

01:00:16,540 --> 01:00:13,930

my voice a few times in the interview

1369

01:00:19,599 --> 01:00:16,550

but I guess one of these points was

1370

01:00:21,310 --> 01:00:19,609

about overtaking of an animal now I

1371

01:00:23,980 --> 01:00:21,320

don't think that's too far-fetched to

1372

01:00:26,859 --> 01:00:23,990

project your consciousness into a falcon

1373

01:00:29,320 --> 01:00:26,869

let's say if a person can invoke demons

1374

01:00:31,240 --> 01:00:29,330

or undergo possession why couldn't an

1375

01:00:33,820 --> 01:00:31,250

animal be possessed by a skilled

1376

01:00:35,650 --> 01:00:33,830

consciousness projector I guess you

1377

01:00:37,900 --> 01:00:35,660

don't really need it if we have remote

1378

01:00:39,820 --> 01:00:37,910

viewing you don't need to warg into a

1379

01:00:42,910 --> 01:00:39,830

hawk when you can just project your mind

1380

01:00:44,770 --> 01:00:42,920

out there I guess like a cloud remote

1381

01:00:46,930 --> 01:00:44,780

viewing is a weird thing clearly they're

1382

01:00:49,599 --> 01:00:46,940

not sending their optic nerve to the

1383

01:00:51,550 --> 01:00:49,609

location so it's like are we just seeing

1384

01:00:53,170 --> 01:00:51,560

with our third eye what can we see with

1385

01:00:55,930 --> 01:00:53,180

our third eye what do we really need our

1386

01:00:58,090 --> 01:00:55,940

two eyes for I don't know I think remote

1387

01:00:59,530 --> 01:00:58,100

viewing brings up a lot of interesting

1388

01:01:01,690 --> 01:00:59,540

and curious questions

1389

01:01:03,880 --> 01:01:01,700

since we have data that shows no this is

1390

01:01:06,640 --> 01:01:03,890

a real thing we just don't know how or

1391

01:01:10,590 --> 01:01:06,650

why but remote viewing is one of those

1392

01:01:13,030 --> 01:01:10,600

ideas that I think is on the spectrum or

1393

01:01:16,540 --> 01:01:13,040

maybe that's the wrong phrase to use but

1394

01:01:19,090 --> 01:01:16,550

in the realm of possibility so I respect

1395

01:01:21,730 --> 01:01:19,100

her opinion and her experience but it is

1396

01:01:23,650 --> 01:01:21,740

a fairly rare thing to have a guest

1397

01:01:25,750 --> 01:01:23,660

who's gotten a lot more sobering on the

1398

01:01:27,790 --> 01:01:25,760

topics in their wheelhouse I didn't

1399

01:01:29,490 --> 01:01:27,800

expect her to have moved away so much

1400

01:01:32,680 --> 01:01:29,500

from what she had written in the past

1401
01:01:34,990 --> 01:01:32,690
but it happens in the Plus show it came

1402
01:01:37,150 --> 01:01:35,000
out a lot more because my questions got

1403
01:01:39,100 --> 01:01:37,160
a lot weirder it's not a bad thing but

1404
01:01:40,690 --> 01:01:39,110
it was a little unexpected if he didn't

1405
01:01:43,360 --> 01:01:40,700
hear the Plus show some of the things I

1406
01:01:44,890 --> 01:01:43,370
threw at her were shape-shifting and

1407
01:01:47,170 --> 01:01:44,900
consciousness projection like I

1408
01:01:49,200 --> 01:01:47,180
mentioned the idea of other kin

1409
01:01:52,930 --> 01:01:49,210
communities people who think they are

1410
01:01:55,870 --> 01:01:52,940
part animal or the reincarnation has

1411
01:01:58,240 --> 01:01:55,880
some residue from their last past life

1412
01:02:01,540 --> 01:01:58,250
that was an animal interesting stuff but

1413
01:02:03,790 --> 01:02:01,550

then also animal parts and skins and

1414

01:02:06,130 --> 01:02:03,800

magical ritual animal sacrifice and

1415

01:02:08,980 --> 01:02:06,140

magic skull screen and the Tarot of

1416

01:02:11,140 --> 01:02:08,990

Bones and connecting with plant spirits

1417

01:02:14,530 --> 01:02:11,150

versus animals they even asked her how

1418

01:02:17,380 --> 01:02:14,540

to better facilitate conscious

1419

01:02:19,930 --> 01:02:17,390

communication between me and Miss Mary

1420

01:02:21,550 --> 01:02:19,940

Jane you don't want to just burn it all

1421

01:02:24,430 --> 01:02:21,560

the time sometimes you want to talk to

1422

01:02:26,590 --> 01:02:24,440

it but on these later topics especially

1423

01:02:28,330 --> 01:02:26,600

when it came to animal skins and

1424

01:02:31,660 --> 01:02:28,340

materials I think she knows quite a bit

1425

01:02:34,660 --> 01:02:31,670

and I find the idea of energy inside of

1426

01:02:37,600 --> 01:02:34,670

an animal hide for example really

1427

01:02:39,280 --> 01:02:37,610

interesting dr. Steven Skinner actually

1428

01:02:42,280 --> 01:02:39,290

highlighted that when he talked about

1429

01:02:43,900 --> 01:02:42,290

following the grimoires to a tee you

1430

01:02:47,260 --> 01:02:43,910

need to get the material that they tell

1431

01:02:49,720 --> 01:02:47,270

you to get you can't substitute animal

1432

01:02:52,750 --> 01:02:49,730

parts for plastic because the Energy's

1433

01:02:55,150 --> 01:02:52,760

not there so I think it was great to try

1434

01:02:57,400 --> 01:02:55,160

to at least take a swing and an animal

1435

01:03:00,520 --> 01:02:57,410

centric show through the lens of magic I

1436

01:03:02,770 --> 01:03:00,530

hope you agree of course Western society

1437

01:03:04,840 --> 01:03:02,780

has done a great job of stripping plants

1438

01:03:06,880 --> 01:03:04,850

and animals from our worldly experienced

1439

01:03:08,770 --> 01:03:06,890

except for the solitary trees and

1440

01:03:10,900 --> 01:03:08,780

asphalt prisons that line the grocery

1441

01:03:12,490 --> 01:03:10,910

store parking lot and the birds hovering

1442

01:03:12,880 --> 01:03:12,500

overhead looking for something to land

1443

01:03:15,580 --> 01:03:12,890

on the

1444

01:03:17,470 --> 01:03:15,590

isn't lined with spikes so it's probably

1445

01:03:19,630 --> 01:03:17,480

a good thing to pay tribute to that

1446

01:03:21,250 --> 01:03:19,640

animal kingdom once in a while maybe

1447

01:03:24,330 --> 01:03:21,260

down the line we'll do it again with a

1448

01:03:27,490 --> 01:03:24,340

more indigenous perspective perhaps

1449

01:03:30,040 --> 01:03:27,500

either way big things to lupa for giving

1450

01:03:32,290 --> 01:03:30,050

us her time and for keeping it real do

1451

01:03:34,930 --> 01:03:32,300

check out her books and website if you

1452

01:03:37,300 --> 01:03:34,940

have an interest in these areas I know

1453

01:03:39,550 --> 01:03:37,310

she came from a more personal journey

1454

01:03:41,050 --> 01:03:39,560

type of perspective but I do think

1455

01:03:43,270 --> 01:03:41,060

there's a lot of lost knowledge in this

1456

01:03:47,050 --> 01:03:43,280

realm so I like digging into it whenever

1457

01:03:49,450 --> 01:03:47,060

we can find an angle to do so alright so

1458

01:03:51,940 --> 01:03:49,460

we took a bit of a walk down a path less

1459

01:03:53,950 --> 01:03:51,950

traveled today and then coming up next

1460

01:03:56,800 --> 01:03:53,960

is a hell of a guest way more in that

1461

01:03:59,260 --> 01:03:56,810

conspiratorial wheelhouse I consider him

1462

01:04:01,630 --> 01:03:59,270

a well respected name in the alternative

1463

01:04:03,790 --> 01:04:01,640

community one of the most respected that

1464

01:04:06,640 --> 01:04:03,800

hasn't been on THC yet I like his work a

1465

01:04:09,430 --> 01:04:06,650

lot I got some resistance to some

1466

01:04:11,590 --> 01:04:09,440

aspects of it but he's a great guy and

1467

01:04:13,750 --> 01:04:11,600

I'm lucky to be adding them to the long

1468

01:04:16,000 --> 01:04:13,760

list of great names that have graced the

1469

01:04:18,040 --> 01:04:16,010

higher side with their presence I'm sure

1470

01:04:20,110 --> 01:04:18,050

you're gonna dig it but that's all I'm

1471

01:04:22,510 --> 01:04:20,120

gonna say about it except that is show

1472

01:04:24,760 --> 01:04:22,520

out well so I'll see you then your move

1473

01:04:26,950 --> 01:04:24,770

animal spirits spirit guides and beasts

1474

01:04:28,990 --> 01:04:26,960

master entities of the Otherworld

1475

01:04:38,810 --> 01:04:29,000

your

1476
01:04:38,820 --> 01:04:53,220
[Music]

1477
01:04:59,870 --> 01:04:55,380
and you can come and see

1478
01:05:06,130 --> 01:04:59,880
[Music]

1479
01:05:36,780 --> 01:05:28,670
I'm down son

1480
01:05:46,890 --> 01:05:46,740
[Music]

1481
01:05:49,780 --> 01:05:46,900
[Applause]

1482
01:06:06,680 --> 01:05:49,790
[Music]

1483
01:06:31,660 --> 01:06:18,710
I do

1484
01:06:49,620 --> 01:06:34,830
but don't make me wanna change my

1485
01:06:54,630 --> 01:06:51,870
switch on

1486
01:06:56,180 --> 01:06:54,640
[Music]

1487
01:06:58,810 --> 01:06:56,190
story this

1488
01:07:08,890 --> 01:07:00,730

[Music]

1489

01:07:10,300 --> 01:07:08,900

please don't please seems to work it all

1490

01:07:14,230 --> 01:07:10,310

envy you

1491

01:07:29,290 --> 01:07:14,240

please don't change it all for me