

Animals in Paganism



Paganism is a religion of nature, in other words Pagans worship Nature. Pagans see the divine as important in the whole of life and the universe; in every tree, plant, animal and object, man and woman and in the dark side of life as much as in the light. Pagans live their lives attuned to the cycles of Nature, the seasons, life and death.

Research on the web to find out the meanings of words in blue.

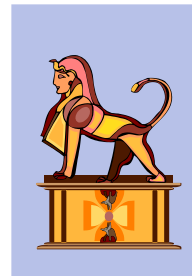
What Pagans believe:

Animals are on the Earth to teach humans about what is important in their lives. We should listen to the important lessons they give. They always remind us that we are not important, and really just a tiny part of creation. They tell us that every part of creation has its place on the Earth. Every creature, big and small, has its part to play.

Animal spirit guides or **totems** are guardians of the worlds of land and spirit. If you can form a connection with your animal guide, it could make you a better person. You could be healthier, happier and calmer. You will see the world in a different way.

Many societies see animals as sacred. Many types of animals were held in respect by our ancestors. They created ceremonies and built temples to worship them. People like the Egyptians, Ancient Greeks and Aztecs worshipped all sorts of different animals.

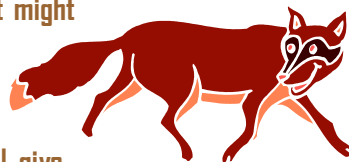
You could **meditate** to find out what your own animal spirit guide might be. It is no good having a fixed idea as to what your animal spirit will be. You'll need to set aside a bit of time to yourself. Make yourself comfortable, somewhere you won't be disturbed by your kid sister or brother!



Take a warm shower. Wear comfortable clothes. Make sure your room is clean, warm and cosy. You could have something in your room that will give you a nice smell, and play some calming music. Find a comfortable position to sit in.

Close your eyes and breathe in slowly for a count of three. Slowly, let your breath out. Keep going until you get used to the rhythm. Listen to your breathing. Try to relax and let out any worries you might have. Try to clear your mind. When you are completely relaxed, try to imagine what your animal spirit might be.

Imagine a beautiful landscape. It might be that you are sitting there. Call to you. Your animal guide will give you its name. Ask what they can do. Thank them for the help they will give you. Stretch to ease your muscles.



be forests, mountains or rivers. Imagine your animal spirit and ask them to come appear in front of you. Ask your animal to help you in your journey through life. Open your eyes and have a good

Once you have decided what your animal spirit is, you might want to keep a **totem** to it in your bedroom. Read up and **learn as much as you can about your animal**. Visit the animal's natural habitat, if that is possible. You might want to **get involved in protecting it**. Research how you could do this.

Ask your spirit guide for help in everything you do.

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