



The Intuitive Healing Voice Course

with Dominique Oyston

POWER ANIMAL PRACTICES

Connecting with the Spirit of an animal allows its 'teacher' vibration to come through to support you in your healing work.

As I mentioned in the Nature and Healing Sounds document, I see the Plant realm aligned as the 'Healer' realm and the animal realm aligned as the 'Teacher' realm.

The following practices are grounding and connecting. Animals naturally 'embody' their wisdom. Using these practices helps us to do the same.

Animal Practices in Sound and Movement

The animal matrix allows us to give voice to our more instinctual nature. We travel into our empathy for the gifts of our animal friends and our own instinctive nature and inner laws.

In traditional shamanic medicine, animal teachings help us to connect with the primal self and with wisdom beyond the intellect.

For example:

Turtle. Sounding the Turtle teaches us to slow down when we are too busy, teaches us when to retreat, to listen to our need for rest to gain strength. It carries the emotional essence of Home. Being close to the earth grounds us and supports us going deep inside ourselves. Our strong shell reassures us of safety and protection.

Dolphin. Sounding the dolphin connects us to our joy and our breath, more emotional freedom and laughter. Dolphins swim synchronistically with hundreds of others so they allow us to imagine swimming through the waters of life with our community.

Ape. The Primate position (a physical gesture) allows us to relax into the chest and heart space and sink deep into our lower tones away from the head. The primate gives us a sense of the substantial power of the torso and encourages deep breathing and connection to the muscles of the central column. It reminds us of slowing down and experiencing the body and earth connection, communicating without language and our physical strength.

Lion. The voice of the tiger or lion is useful to go beyond habitual behaviour, hopelessness, issues where there is a lack of grounding and power, separation issues, self-sabotage and abuse. It is a sensual sound and allows us to feel connection with our belly and the earth.



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Ka The Dragon. Sounding the dragon activates power, charisma, magnetism, dignity and the element of fire. This breathing sounding practice stimulates kidney energy and the regulation of stress.

Bird. The bird gesture and sound motivate visioning and far seeing above the emotional melting pot.

Kahu The Hawk is spreading your wings, walking your talk with a keen eye, heightened awareness, courage and the ability to see far. This practice encourages detachment and independence.

Some Examples of Specific Practices

You can apply the following ideas to any animal totem whose medicine you may wish to invoke. The idea is that you:

1. Choose an animal whose symbolism you feel you need in your life.
2. Call meditatively upon the animal medicine of your choice.
3. Ask questions connected to the theme of this animal.
4. Connect to the sound and the movement of this animal.
5. Sound and move
6. Return to a sitting meditative position.
7. Receive the impressions and journal.

Hawk medicine – Clear Seeing Exercise

- Kahu in Maori is the Hawk medicine. It is the weaving of the two syllables: KA (a name for the life spirit body in ancient Egypt) and HU, the ancient name for the Divine.
- Hawk is Vision, the messenger of the magic power. With a keen eye and a bold heart, the hawk keeps the overview and the vision. Hawk is heightened awareness and a messenger. IN the Norse mythology, at the top of the world tree sat an eagle with a hawk on its beak. The Hawk was the third eye, the deliverer of the spiritual messages to where ever that message was needed. Hawk is magic and initiation. Hawk is teaching us about responsibility and to be aware of omens and signals in life, to listen.
- Hawk medicine is birthing visions, with both discernment and overview. It is a medicine of taking risks and of spreading your wings in a grounded way. With compassion walk your talk with a



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keen eye. Be nurtured, be brave, be courageous. Show power and let your vision soar for the highest good of humanity.

- Sound the energy of Hawk. Play with sounds and let them carry you into the element of air and far-seeing.
- Create your own unique movement, inspired from the flight of the bird, the raptor that flies above the earth seeking and observing.
- State and proclaim KAHU as you move forward with grace and focus.
- Listen to your intentions and your visions. Believe in yourself and be creative in your movement and sounds.
- Listen and then journal messages

Snake-medicine Release Exercise

Snake medicine helps us to 'shed our skin' and to release anything poisonous that we have taken on.

- Locate an area of your body that needs attention in this present moment. This exercise is a warming-up exercise both physically, energetically and emotionally.
- Exaggerate the sensation you experience and start to match it with your sound frequencies. Imagine the sound is going through your digestive system and that you are now tasting it in your mouth. Explore baby-sounds, ah sounds, dissonant sounds and any other sounding that is appropriate.
- Poke your tongue out as you focus on further releasing the poison/pain from the tip of your tongue. Take it with a certain lightness as it is a warming-up exercise however it can still be a deep sensation and release.
- When complete finish with harmonising sounds to your whole body.



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Turtle Exercise- Protection Exercise

Turtle has a protective shell. In Native American teachings, America is Turtle Island. She carries her home, the world upon her back. Turtle protects you from negative projections and connects you to the Earth Mother and your inner home.

- Spread your legs wide, feet parallel, while opening your arms and bringing them to the side. Thereafter bend your arms in an inward movement, as you bring your knuckles to the temples. Simultaneously make a forward -bend of your back, keeping the sacrum/lower back area straight. You now look like a turtle!
- Start breathing deeply into the belly, pulling in earth energy from your feet as you make circular movements with your knuckles around the temples. Start sounding the energy.
- Practice as long as needed. You may step out of the position for a moment by gathering your feet together before taking a new round.
- You may also move into a version of Child Pose on the ground with your hands out in front of you like paws. Feel like your back is a protective turtle shell from which you can peek out and sound, then draw your head back in again.

Frog Medicine – Cleansing Exercise

Frog can swim through the pristine waters or burrow down into the mud and be 'in' the earth.

- Squat with your knees wide apart, leaning forward with your hands on the floor. Express a sound like a frog croaking. Play with the rhythm and sound qualities. Allow yourself to move back and forwards somewhat as you sound. Imagine water, pure and cleansing flowing or dripping around you.
- Next curl up into 'child's pose' and imagine immersing yourself in a mud bath. This mud bath is drawing out the toxins and the



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sadness. Let your sounds grow into grief sounds. If grief is difficult for you, sense into your body and where feels sad or imagine how children cry, loud and free and straight from their source of pain.

- There are places in our unconscious that can only be accessed through grief. These places are often muddy in our consciousness. Sound into these depths and let the sounds draw the power of the earth and mud out of you.
- Lastly return to the squatting frog and sound the cleansing rain. Imagine water cascading over you, clean and clear and washing all the mud away.

Sometimes, embodying the animal spirit or animal medicine creates a dramatic experience of that energy. Trust your SOUNDS to be the pathway through this. You are honouring that animal spirit through your sounding voice, your intention and your heart. Be humble and grateful.

So be it!