

OUR ANIMALS

Our Guides to Happiness



KALEEL SAKAKEENY

To Learn from Animal Being

BY JOHN O'DONOHUE

*Nearer to the earth's heart,
Deeper within its silence:
Animals know this world
In a way we never will.*

*We who are ever
Distanced and distracted
By the parade of bright
Windows thought opens:
Their seamless presence
Is not fractured thus.*

*Stranded between time
Gone and time emerging,
We manage seldom
To be where we are:
Whereas they are always
Looking out from
The here and now.*

*May we learn to return
And rest in the beauty
Of animal being,
Learn to lean low,
Leave our locked minds,
And with freed senses
Feel the earth
Breathing with us.*



*May we enter
Into lightness of spirit,
And slip frequently into
The feel of the wild.*

*Let the clear silence
Of our animal being
Cleanse our hearts
Of corrosive words.*

*May we learn to walk
Upon the earth
With all their confidence
And clear-eyed stillness
So that our minds
Might be baptized
In the name of the wind
And light and the rain.*



Chapter 1

Animal Communication Improves our Daily Positivity



By Wendie Sakakeeny

Voiceover narrator and travel photographer

Routine is a powerful thing. It rules our lives:

When we get up

How we shower and when

What we have for breakfast

When we leave the house and what route we follow to work

What we eat for lunch and where we eat it

Just think how unconsciously we live. With what little awareness we go through our day.

I once met a journalist who quit his job and formed a group called “For Spacious Skies.”

His sole purpose was to get people to simply notice the sky. Look up. Check out the sky from time to time. Stare at it for a few seconds.

I tried it. At first it was awkward. Gradually I got used to it. Then I loved it.

The sky became part of my day. My life. I actually looked forward to those sky-high moments.

It made me happy!

