

2021 6 30 Anna Breytenbach Interspecies Communication (E57)

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SPEAKERS

Anna:, Charles:

Charles: 00:01

Hello, and welcome to a new and ancient story. This is a podcast, a series of conversations, interviews, and occasionally speeches dedicated to the transformation of self and society. The basic idea is that we're moving from a story of separation to a new story. New for the dominant culture, at least of inter being, what that means will become apparent as you listen to the series. We explore things like technology, spirituality, agriculture, healing, economics, politics, ecology, relationships, education, I mean, pretty much everything that is undergoing a transition today. As our old story nears collapse. If you want to engage these ideas more deeply, you can come to our website, Charles eisenstein.net. Alright, Hello, everybody, Charles Eisenstein, here with my new friend on a breytenbach, who has been kind of in my sphere for a long time, many years, we have some very dear friends in common. So I've been looking forward to this conversation for a long time. And we've talked in Formula a couple times and just feel such a good resonance. So it is an interspecies communicator, that's what she's known for. Not to reduce her to that. I don't know that much as a public figure, but but there's a film that you are pretty well known for. Right? What was the name of the film?

Anna: 01:37

The documentary was called the animal communicator focusing specifically on that.

Charles: 01:42

Right. Welcome to the podcast, as it's called.

Anna: 01:49

Thank you, it's great to be communicating with you and in human worldly ways.

Charles: 01:54

Right. Even though that's not interspecies, here we are still.

Anna: 01:59

Exactly. And still bridging the seeming divide of distance, which is actually, you know, there's no distance at all between beings, really, but we make it so in our minds, at least then we get excited when we ping and get something back. We we feel we're feeling our heart when our minds are fairly clunky, five senses register something. So yeah, it's great. It's great to be here. Likewise, I've been I've been tracking with you. And, gosh, just so gloriously saturating myself in what you've written over the years, also, the kinds of things that just stay in the heart, and that that resonates, you know, in the web of life. So thank you for bringing all the vectors forward for human eyes and minds to to remember.

Charles: 02:47

Thank you. Sorry to have questions that I've been thinking about. Maybe I'll start with a video I saw of you explaining what's going on behind shark attacks. Because, and when I heard it, I was like, yep, like, it just had the ring of truth. Or either that or it's something I wanted to believe it's something that fit in with my general worldview. So as most people do, and something fits what you would like to believe. You say, Yep, that must be true. I guess the conventional view is that maybe humans aren't the normal prey of sharks, but they are that these ruthless killers, you know, and if you cross paths with one, then chomp chomp chomp, bad luck for the swimmer. Is there more to it than that?

Anna: 03:36

Definitely. Gosh, Well, firstly, part of the more to it let's just paint the context a little bit is that hundreds of millions of sharks of various species are killed every year by humans and human caused reasons. And less than a handful of humans are ended up losing their physical lives after a shark encounter, you know, per annum, literally more people are killed by toasters going up. So I, it's it's so interesting to see how even in our language we we, of course, we create our reality through our language, not only when we're intentionally doing positive things like involved with prayer or other invocations, but just an ordinary day speech as well. And so it is very common for us in our modern culture and for the media to to refer to encounters with sharks as shark attacks. And if there is physical contact nose or mouth of a shark with human flesh, then it's definitely deemed to be an attack. And that comes with a weight of presumption around the motivations of the shark. so grateful to be tuned into the so called work that I do and then the kind of fields that are that are there for all of us to perceive. But when I really pay a certain kind of attention, I can literally know from the animals perspective, what their motivations are. And for any for any behavior, there's always a reason that's driving that behavior, right? Of course, there's a need or a desire that wants to be filled.

Charles: 05:16

Yeah, we don't call them shark panics or shark errors, Dewey,

Anna: 05:21

great, great, great alternative, and see the headlines. Now, shark era injures one human. But you know, we joke that is often the case, it's, if one really gets into the perspective of a different species, number one, that's a good place to start to imagine what it might be like to be that species in their environment, with their priorities, with their dominant sense, and with their ways of going about things. And then beyond even the species perspective, we also need to be able to get into the perspective of the individual, much like humans, different individuals have different personalities, different needs and

ones. And so when people ask me, have you communicated with sharks? What do they say? And like? Well, that's like saying, Have you communicated with humans? And what do they say? It is individual stocks have pretty poor eyesight. And their way of navigating their world is with the sense of smell, and electromagnetic sensing. So they come to investigate things you're following center trails, following an electromagnetic emission that is different than the baseline of what they know to be the natural environment underwater. And human flapping around, usually was metal scuba tanks, on their backs, with the human heartbeat, and that electrical signature being put out is definitely worthy of a shark's curiosity. And how they satisfy their curiosity is to come up really close, and give something a nudge or a little taste back to see what might be food. And after that test bite, they usually spit out the morsel of human flesh with a big Yak and and then swim away. And if we happen to bleed out, well, yes. And the fact that we humans happened to bleed out through an artery being being punctured is is nothing in their knowing or their intention at all. We just these frail by pedals, you know, sort of flapping around out of our natural environment. So it is often its its unintended, unintended consequences, because they are being sharks and coming and just simply testing or being as dominant as they are, by nature, in the food chain in the sea. They might be trying to push back the surfer or the swimmer if they feel that their territory is encroached upon. There's also another context, which plays out a lot these days is literally a shortage of food. And so sharks themselves in the sort of intro areas in particular, are desperate, they're desperate and they're competing amongst themselves for food, and going to investigate anything that might be food can be quite a competitive affair between different sharks. Plus, they pick up on any competitive energy that the human might be having in the water. And predators don't tend to take too well to add the predators being on their turf, or in this case in their surf. So if the spear fisherman is hunting in the water, and the sharks around, they're going to notice that vibration of predatory otherness going on and come to investigate or push back. surfers are highly competitive, too, they might not like to think so. But there's the competing for the wave and for position. And this too is a is a predatory vibe that we are literally emitting from brains and from our states of being and any predatory shark is going to come to investigate.

Charles: 09:03

So if I were swimming in the water, and I saw a shark coming up, maybe the best thing to do would be to just relax. I mean, I'm not sure how Carl might be able to be if there is a shark swimming around me but but as calmly as I could maybe just swim back to shore. And

Anna: 09:24

salutely that is the thing to do is to is to relax and I'm smiling broadly because when we were filming the animal communicator, Craig Foster, the director and filmmaker who's more recently known from our octopus teacher, he had the bright idea that we should prove the peaceful possibilities in an encounter through interspecies communication, by doing what you suggest to take me out into the huge so called false Bay off the coast of Cape Town which is very poor visibility and dangle me there until a great white shark comes along to investigate For then, you know, for me then to get into this very Zen peace like state and exude that which, and then has C and film The shark turning away? Well, I, I know that I would not be able to manage that self discipline at a near drowning. And when I was three and just being in the water was enough of a challenge at that time. And I didn't think it would into well, particularly when he said, Well, if that fails, then just give the shark a punch on the nose while it's you

know, pulling a vertical to to come to you. So I respectfully declined, he did suggest that perhaps we film everything else first and make that the last thing to film.

Charles: 10:40

Right, just in case.

Anna: 10:42

Absolutely, a very committed filmmaker. And yes, we have to genuinely be able to make ourselves peaceful. Now that can be hard for us to do in the context where we're suddenly pray, right, the shoe was on the other foot, so to speak. And when we pray, to to have the self discipline to control our state of being here is exactly where it's at. But the good news is, is that we can preemptively do that. And I've known plenty of surfers and kayakers and divers who at first with some shyness and secretly as they're kidding up to get into the water kind of duck behind a rock, and an excuse for getting changed to do a quiet little meditation. And as they eventually speak about it with each other. Now, some friends of mine have spotted groups of sofas, sitting down and getting into a peaceful state and actually sending out the message before they even said toe into the water, sending out a silent greeting, a greeting to just the idea of any shocks that may be out there. And then stating what their human intentions are, and that they come in peace. And let's just say that the greeting is an important threshold moment to and I know you you are aware of this and have refer to it and times combined also. But there is there is a kind of a gateway. That is there's a threshold that they can do with our conscious asking, and participation and and waiting to know that we are invited, if not at least accepted into that environment. And that's everything about who we being in the environment and what our relationship is and what our attitude is.

Charles: 12:21

Yeah, this this gets to something I really wanted to talk to you about. I I've been playing with this idea, or maybe working with this idea that there is a kind of a covenant between humans and other species, and also between other species and other species. But I'm thinking now of the human covenant, which is of a different nature with different species. So with say honeybees, there's an agreement that includes all of the CO evolution of aspects of the relationship, you know, that we've evolved in relation to each other. It is an agreement that is being violated right now by humans in important ways, which is, on one level, the reason why we have a colony collapse disorder. The honeybees are like, yeah, we're if you guys are going to hold up your part of the bargain, then we really can't do it either. Like or another example I heard a story from might have been Costa Rica or Ecuador. But But where there were some Jaguar attacks. And the indigenous people there took that to mean that something in the relationship has been disturbed. So the first the first question was what has been disturbed? Like, how has this agreement been broken? Why is it Why are the Jaguars so confused? That they are attacking human beings? And I don't remember the resolution but but they solved the problem, when they figured out what was disturbing them and confusing them, because they knew that jaguars eating people is not part of the agreement. So something must be wrong. Yeah, I'm very grateful that despite the egregious violations of the covenant between humans and bees, humans in corn, humans and wheat, humans and cows, for example, that they're still with us and doing their best to maintain the arrangement, the sacred arrangement that we have. Yeah, I just want to put that on the table and see what if you want to add something to that idea.

Anna: 14:35

Thank you. Yes, it's, it's quite astounding how, how they remain true to these underlying states of balance and harmony, which the universe on the micro macro level is always moving towards and then moving, you know, even even the state of balance or harmony is never going to be a static point. But I've been so moved again and again, in my work, which is all with wildlife and wild spaces to see and witness just how compassionate the nonhumans are towards us. And there's plenty of examples amongst the bigger animals. Like the sharks, like the cows, black elephants in captivity are those used in logging, there's plenty of species who are large enough to very easily cause a lot of damage to their human captors, or slave drivers. And they don't, they could just trample us or task us or horn us or, or break out and, and they don't, they have not only an inordinate amount of patience, but a huge amount of compassion. And when connecting with animals in the most tragic of circumstance, I'm so moved again and again, how much compassion they have for the humans involved, who are the ones who have lost the plot, and how we humans have lost our way. And the nonhumans have this amazing ability to still continue just radiating their beingness their availability for for us to come back to the table for us to find our way back. They stand firm. And so when there is a disturbance, and when it all just gets too much. And things then go awry. It the first part of what you were saying I do just want to point out that when there are repercussions or consequences, it's not coming from an ill meaning place in those animals. It's not vengeful, or retribution. It's just a very natural, consequential symptom of things being so so out of balance, and they just can't hold it back can't hold the field on their own anymore. And things start to go pop as they disintegrate. Yes.

Charles: 16:57

I have the feeling that that some animals part of the agreement isn't like, you know, that they're going to be so compassionate and everything like like scorpions, for example. My My sense is, and I'm going to ask you actually, like some more like nitty gritty about interspecies communication, but my sense with scorpions is like the agreement is actually to, to help us be mindful of our environment. And, I mean, they've got it with a stinky human being, it's like, it's not that there's a misunderstanding there. It's like, it's like, yeah, I'm gonna see you twice back. And yeah, I mean, like, you know, they're scared if you put your foot in the nice shoe that they've taken refuge in, but sometimes they can be pretty aggressive, you know? So, I don't know if you don't have to comment on that if you don't want to, but it's just a little added flavor.

Anna: 17:54

All right, yeah, I absolutely agree, you know, our ideas of what looks like a good relationship is another version of anthropomorphizing. And absolutely these these different species have their place in nature, they have their ways of defending their territory, and a lot of that is very pre emptive, and pushing back in the possible threat. And it's always it's always for the, for the highest good of all parties concerned. So yes, that example is we get to learn a lot of awareness that doesn't only benefit them but indeed ourselves to and it doesn't mean that Scorpion species, first of all, is all about serving humans, and that their soul and so is o le n s o ul purpose on the planet is to dash around bringing humans into awareness because, you know, who died and put us in charge really. But when when animals are being their most authentic selves, again, the the beautiful consequences of of that is going to be the benefits to others to others in the environment. And, and so yes, when we look at, you know, everything,

everything these days are so through the Anthropocene, anthropocentric lens, even conservation, for sure, and the whole, you know, climate change situation, that's all taken from the reductionist point of view and all about, you know, our rights and then as we are lords and masters over the others, perhaps we can afford the other species, a little bit of space to continue being in service to us, right, but just ask any cat you know, we also in service to the animals, there's a there's a symbiosis, it's way beyond our human understanding. But as long as we think everything has to be about our rights, we actually causing a lot of a lot of wrong in your in the context of that polarity.

Charles: 19:50

Paradoxically or tragically, our own well being suffers as well. Even when we're trying to serve our own well being like, Yes, absolutely. Because Because we don't actually know what the full purpose of any species is, when we reduce it to the ways that we can measure its service to ourselves, like carbon sequestration. Okay, so now with carbons, you know, awareness of carbon sequestration, we think that, you know, peat bog is much more important than a, you know, some other ecosystem, because we can do those measurements, and we can say, well, the peat bog is sequestering more carbon than something else. But do we really know the ultimate contribution of say, like the species, we try to eradicate, like mosquitoes or scorpions or something like that, in the end? because everything's tied to everything else, everything is related to everything else, like any loss is a loss for everybody. And I mentioned to a couple people that I was going to be speaking to you, and what would they ask? You know, and one question was like, does your information come? And this isn't my question, but I just wanted to set up what my question is, maybe they like does the information come in images as it come in? Like words? Are you channeling it? And I'm like, because I get the sense, like, for one thing, Pro, your approach to interspecies communication is very scientific, almost very empirical. And you you take like, all the mundane things like the shark, it has poor vision, you know, like, what is it like to be a shark, you're not excluding these mundane kinds of information, and instead going into some esoteric realm, like you're, you're taking all of your understanding, any bit of information you can get that can bring you into their world? And I'm guessing, like, probably what's happening is that you go into that question, what is it like to be you and an understanding congeals from that place? So like, Okay, this could be explained very scientifically, right? You're making these conjectures. And but then there's also I know, from hearing some things about you, I know that there are definitely examples where you become aware of information that it's very hard to explain through normal, you know, scientific reasoning, like really specific information about a specific animal. So I guess I'd like to, you can comment on that generally. But I'm also curious, like, was there a moment where you're accessing information that is that there was something extraordinary, in the basic sense of outside of the ordinary, outside of the human normed ordinary that was going on in your work.

Anna: 23:04

I did, indeed have quite a few of those experiences that were beyond what could be imagined to be true for a particular species. I'll give an example in a moment, but just to address that, you know, if we're looking at this whole matter of connecting, possibly defined as empathy and that in turn, possibly defined as knowing and understanding the others truth from their perspective, which, which gets us over judgment and human projections and so on, then to set about a an empathic understanding, it's not inappropriate to start that with an imagined activity, your what might it be like to be their grinder, what might it be like to be that goldfish in that ball in the doctor's waiting room your day in, day out, and

it helps a lot to first imagine their physical reality, Place yourself as if you were on the inside of the bowl, looking out and seeing all the surrounding furniture, you're from that perspective. Now imagine what it's like to be wearing that skin and scales or body covering. So those can be great door openers, once we begin to imagine what it might be like to be inhabiting the five sensory world of that creature. We are laying the very good foundation for us to be able to perceive their great experiences, and also to be able to perceive that individual nonheme human person that individual beings particularly experience and thoughts and feelings about things. For the first time I connected with bees, for example, I was in front of the hive that was struggling, they weren't sure if it was going to make it and I was looking at a few bees who were very slowly crawling around the outside. And so you know, imagined being in that small body and having wings and six legs with my eyes closed. Suddenly, my vision sense of the surroundings that are sharing with the bees in that place, my visual sense became quite disturbed, almost very mosaic like. And it took me a moment to realize with my observing human mind that I was essentially experiencing compound vision, as insects see. And that was when I crossed the bridge from thought invoked imagined act into just directly experiencing the ways we're the way the bees were seeing. And then I became present to these ultraviolet emissions from flowers and sort of different intensities that was making them choose where to go. But one of my first experiences when when remembering how to do this through the CC international animal Institute, was through the case studies we had to do. And yes, it was quite a scientific approach. They were double blind case studies, we had to connect with animals that we'd never met before we lived with people we didn't know, again, to avoid any auto suggestion, or pre existing ideas, perhaps missing the things. And we would ask animals, pets, a barrage of standard questions about their food bowl and water bowl and favorite place to sleep and all these things that could be empirically validated and verified afterwards by the person. I remember I was connecting with a rather large dog named Connor. Big, big, beautiful, beautiful, Rottweiler. And one of the standard questions we were asking, in this case studies was, is there anything missing from your life. And you might imagine until then, the answers have been, you know, things to do with toys, or food or walks. But I got behind my closed eyes, I got the brief mental image of a bald eagle flying through the sky, and then just a flash of the upper part of the men's arm. And I honestly wanted to just discard that it was so brief, I didn't understand it. But the protocol of the Institute was that we had to transcribe and write down all perceptions when patients that we got and so I did. And when I gave feedback to the the dogs person over the phone, she burst into tears and eventually was able to speak again and told me that her young husband in his early 30s, had died the year before in a car crash, he had had a tattoo of a bald eagles head on his bicep. And that was one of those wee wee moments wrestled, that's it. And I'm losing my mind, there's, you know, there's other stuff out there was quite scary for me, because I had a very ordinary suburban upbringing and degree in economics and psychology and maths and, you know, so and the next thing had happened was just ignoring it for a while within myself and the machinations of the mind. But that was one I couldn't just write off as a, as a lucky guess, or having had any suggestion I have not met dog nor person before. So this was what led me to research it and I did a lot of reading in those days on new physics or quantum physics, which does explain a lot of how this works. And that was just my way I'm very very cognitive and analytical. In retrospect, I wish I hadn't spent quite so much time on the trying to understand it and smoke coming out of my ears because truly experienced is the only real teacher and and it's just so beautiful to be so directly related to these to these other beings. Gosh, you know, it was ours that's been ferreted away and knows in books, could have been just chatting with a butterfly or lying on a blade of grass and having a conversation. But that was the path I must have needed to follow from our mind to eventually

give up the fight, and to accept the wisdom of the heart. And now I tried to keep those two internal aspects talking well with each other.

Charles: 28:56

Yeah.

Anna: 28:59

Should I answer what that other person's question was too about how it feels to be receiving information?

Charles: 29:04

Yeah, whatever, whatever is coming to you to feels like it wants to be spoken.

Anna: 29:08

When one connects in these ways, or just drops into the relational field that's already there. perception and inflammation just sort of arises from the field, it arises and maybe seeps into our awareness more because we are quiet for once and we are focused. But then this is where the mind the human mind does come back in because we are automatically unconsciously receiving and empathically knowing so much, you know, our our instinct isn't something that we have to switch on, nor is it entirely individual. Our instinct is contextual. And here I use the word instinct and intuition interchangeably in this context. So it is contextual is everything to do with not only the exactly where we are geo physically located, but our existing relationships, emotional bonds, connections, Your awareness in literally infinite radius distance and from our own bodies wherever that is situated. And so when we drop in whatever is reverberating through the field becomes available, available for proceeding and is being done so on the unconscious level. But that's the point I don't get nervous about it with no human awareness because it's unconscious, or intuitive. And perhaps the art of me asking a certain question, casting out the fishing line of a question to sort of pull out some, you know, some piece of data might be the way to go, or whatever just really is important to that other being like they're they're in pain, or they've got a need is what's going to be quite loud on that energetic landscape, speaking from a quantum physics point of view, and so that will automatically come to my attention. But what's happening is that those those emissions of what his thoughts feelings circumstance, state of dehydration of a tree, injured left wing of a bird, these have just been broadcast into the space as our thoughts and balloons by the way. And until those incoming bits of data filter through my mental database of stored words, vocabulary, life experiences, you know, emotions, images, and find a match. Yeah, I've never bought it. So I know about it inside my own humaneness when my mental database kicks up a little flag. If I'm connecting with a young elephant, who's perhaps been found wandering around and, and separated from the herd, and I'm feeling their separation anxiety. What might come first to my mind is, is a memory and my own personal memory of first day at school when I was five years old, because I was experiencing separation anxiety, then. And that's because the energy is a match, that baby elephant's energy is a match for what I felt that day. So if you several people standing in front of the same animal might might translate the incoming messages differently within themselves, and then nobody will be wrong. Let's say the truth is a diamond, the cutter diamond. And different people looking at the diamond can of course only be looking at one facet at a time and whichever facet they're seeing is how they might describe the diamond. And it is a facet of the diamond. It's a lens into the lens into the truth. So some I

might get a memory of my first day at school, the next person might in a very dry, technical way, just see the words separation anxiety, in their mind's eye, without a booming elephant voice, and they're not clear audience and a sense of getting, you know, hearing voices in one's head. Somebody else might just get the raw, the raw emotion, there's no right or wrong way that happens automatically within ourselves.

Charles: 33:00

I mean, we are here in South Africa, I'm in the eastern North America, you don't have very many animal acquaintances in common. But I'm thinking, you know, the way that you work could work with not just animals, but it could be plants, or it could be any bn. And in my mental organization of the world, more and more I'm seeing and actually feeling and experiencing the world as just full of beings bursting with beings that everything is being not only an animal or a plant, but you know, a river, soil, a swamp, a mill, a hill, a cloud, even a being a story can be a B and A nation is a BM jealousy is a being like everything is a being. So we do have some Queens in common when we expand it to that level. And one of them is the planet Earth itself. When you connect in that way with Earth, and ask and imagine what is it like to be earth which may be even more challenging than with a goldfish because the senses of the earth are millions of times more diverse and numerous in the senses of a goldfish. But when you when you make that attempt and really connect with this planet, is there one of those things that is you know, like the elephant with separation anxiety or like the animal in pain, like anything that is just so obvious that you're that you can communicate that might be helpful for everybody who loves and cares about the planet.

Anna: 35:00

When I do connect with a very diverse, large hunk of rocketry upon, I feel two things and infect them in any connection, whether it's at something very large scale like that, or just simply in an end, on the path outside, instantly, it's like having a sort of stereo track, so to speak. Because the first thing that I become present to is the intrinsic essence of that being. If it were an AMA, one might say they personality, they're sort of predilections, but they're sort of baseline signature frequency, become become aware of that that's outside of any ideas. It's just like any human conversation, beyond the words that are being spoken, you just have a sense of who the other person is, in ways that you could never describe. So that's one level and when connecting with the earth as a whole, I feel an immense sense of groundedness and just bedrock stability, and immutability. I feel it in my own body, it's like this body becomes the earth and feeling both at molten core and the incredible solidity. And then the second layer that one connects into is the actual topic of conversation, shall we say, which is more to do with happenings, and feelings or experiences of those of those happenings in the, in the linear experience of elapsed time, such as that's one dimension of experiencing time. And Earth is yes, is feeling very aware of what I can do really cool, I suppose scarred skin, the ongoing affliction of her surface being scarred in so many ways. And some of its through the drying up of watercourses and the cracking and drying, a lot of it is through all of it is through the ways in which agriculture are being are being done. And like any fibers, and whole network, when there's enough scarring, eventually the connection points begin to get broken the signups has become disjointed and disconnected and and shrivel. And so it's really it's really, really getting edgy, this is not just a few places of scarring or injury, that can be isolated or that that the rest of the surface area of this can make up for. So this the scarring of being cut into being cut into and being soaked in plastic is literally affecting the flow not only of the

waters, but of the the ley lines, the energy flow in what would otherwise on a normal, healthy, functioning earthly surface. Be a very spontaneous and natural process, you know, processes of resources being moved around where the systems, air regeneration, wetlands, the hydrological cycle. And so the ability for those things to move and flow well in the constantly striving for harmony, complexity that life is that being disrupted. Yeah, again, there's no sense of grumpiness to that. But there is a feeling of suffering. Without the judgment that might come with that without us having a judgment of the perpetrators of these afflictions and we know who the perpetrators are. It's just a business to it. And it's a struggle, it's becoming a real struggle. It's beyond the irritation value of wanting to sort of flick away the irritating nets from from your face because they're biting too much. We've got some real systemic breakdown things happening. Yes.

Charles: 38:55

One of the when I was researching my climate book I wrote a few years ago, I really began to appreciate the physiology of the planet. And, like, imagine if your heart couldn't communicate with your liver, your heart communicates in many ways with the liver. And with like electromagnetically, hormonally, like through pressure gradients, I mean all kinds of ways. And imagine if like one by one, those ways get disrupted. Or imagine, like on a planetary level, that megafauna are no longer migrating in vast numbers from one part of the continent to another, like there's a whole system of nutrient transport that happens through like birds flying from, you know, feeding grounds to nesting grounds, you know, from like, whales taking nutrients from one part of the ocean to another. Like there's all of these flows that that happen, partly through geophysical forces, but also through animal migration. And then the way Animals affect the hydrological flows. I mean, it's just so interwoven, so complicated. When we don't understand earth as a being as as, like a physiological living being, then we just like don't think about, oh, okay, let's build a border wall. Like how many people? That's like one of the most contentious issues in my country? Is anyone talking about the disruption of wildlife migration patterns? I mean, there may be on the fringes there are, but that's like, not the one of the main points of the debate. You know, it's not because, you know, we're, we're evil or anything, it's because it's just not on the menu. It's not part of the worldview, that determines the debate. It's, it's, it's a forgetting of a way of being a way of seeing that, I think that we're really hungry for like, when you describe the experience of tuning in to another band. For me, there's like, it arouses a longing to return to this community to like, come back home again. And I think that, ultimately, the the planetary crisis that we face, it requires nothing more and nothing less than our homecoming.

41:26

And yeah,

Charles: 41:28

your stories, and I've heard other ones to you know, that they, they make me feel more at home. There's a part of me that is like, yeah, see, I'm not crazy. Such things are real. We're not alone. Here. We're not like these alien beings who are the sole possessors of sentience and subjectivity in the world. You know, surveying a dead random melee of fundamental particles that, you know, in this biochemical soup that gives a semblance of life, but it all it is really at the bottom is generic particles bouncing around according to deterministic forces. And we're the only observers here. We're the only experiencers here like that. alienation is when I tuned into the oversoul of humanity. I mean, here's

another way to use the practice that you've dedicated your life to, like when I tune into the oversold of humanity. I get loneliness and anguish and hope. There's still hope there's still this there's still a through line. Yeah, do you have anything anything to say when you're tuned into the to the world man, you know, the ask you about the planet? Now I'm asking you about the world, which is the human world and its relations like what what's, what's going on with the world?

Anna: 43:02

Gosh, yes, one doesn't have to bother pointing to specific current craziness is to spot the themes. And we are we're suffering from a great loneliness of spirit, greater in the spirit, nothing to do with, you know, lockdowns, and then being removed from easy flow with human companionship. But before that, even we are we are suffering from a great separation sickness ourselves. And, and perhaps even separation anxiety that we haven't clocked as, in the correct set of causal ways. Where we are suffering from a great separation sickness, we dragging the others down with us, they also get the effects of that. But it's because we are we are ignoring our home, you know, we have a couple of homes we do that have nothing to do with the shelter over our heads, or our bodies are comprised of the elements and are our physical animal bodies, as humans is a home. And perhaps it's our first home when we are incarnate is our our bodies, our animal bodies, that have their own miraculous processes and that by the way, have incarnated here so must surely know intrinsically inherently, how to relate well, how to balance on the earth how to move with how to notice how to smell and respond and, and feel and dream. And, and then we as humans across cultures, with the exception of a few nomadic cultures, we we like to make home in place and even nomadic people do they just have different scale of cycles, you know, following the seasons and feeling deeply at home within those spaces, and not only places. So the problem with modern humans is when we do relate to our earthly surroundings. If we presume that where we choose to make our home is the place we're going to feel the most grounded, and the most in physical relationship with our non human surroundings. problem is when we choose, we still come at it from a possession point of view, we look at a piece of earth as belonging to us, it's an old language, it's an all the legal, contractual relationships that we have. And we own a piece of land or you know, we rent it and it belongs to us, and then we start holding and become ingredient bad and wanting to take that into the position further, we've lost, perhaps the reverse concept is that what if we belong to the land, what if we belong to the land and all of her beings? What if they care for us that deeply What are they embrace us and hold us where we are, what types of birds wherever we are, the birds notice consensus are still sleeping, resting heads and and know how their sun impacts us. Your water we belong to the earth. And, and if we lived that way, we would be much less making concepts about things or going into this whole separation game that science is even becoming fixated on measurement about a new, you know, few aspects at a time, and being very unrealistic. If we again allowed ourselves to have the feeling of belonging, and to surrender into that. So deeply, we will be prompted by our surroundings, our very actions are very choices would be moved by that we would never dream of buying a toxic detergent to use in our worldly homes, because we would care about the spiders further down in the drainage outside or the ends getting poisoned, we would deeply care. And we would delight we would delight and how much that little stalk of mice had grown overnight. We would delight without needing to make concepts and certainly without any strain, strange view of there being relative value, and relative importance or relative intelligence. So I'm fascinated even by the word belonging, because we break that down the beer in all the times we used to be long time, we used to be long time somewhere. And in our days of rash, we're kind of crushing our spirits. We have short attention spans,

we demand immediate gratification, we permanently distracted. We're not even long with our own pets in the evenings, we might be there as a sort of hollow as a hollow skin bag, but we're on devices or watching something distracted in our minds. And the animals just sit there looking at us like Hello, lights are on but no one's home.

Charles: 47:56

Yeah, no, my first book was called the ascent of humanity. And it's about the subtitle was the age of separation, the age of reunion, and the convergence of crises that is birthing the transition. And, and I do see, like, as you were saying like that, that our condition is one of separation and a longing to return. Like the resolution, the the transformation of our age is to an age of reunion, where we reunite with all that we have separated from and what you're describing another way to that I feel the oversold is of a kind of like, as a feeling of addiction. Because once that separation is underway, it's so painful that you need increasing doses of distraction in order to avoid the pain, you know, in order to continue existing. So like there's all these addictions on an individual level, like every little device, you know, every every distraction prevents you from attending to what's around you to what's within you to how you feel. And then humanity collectively also addicted to more and more of what we don't actually need that substitutes for the real need, which is to reunite like this like the child who's not getting attention from the parents. And it's just put on devices again and again and the instant that when I see this around with kids with parents I know like the instant that the show's over that the video game is over. The kid is in pain and needs something else. Because the state of inattentiveness free from the parent The state of being cut off is intolerable, actually, and I get the feeling Have humanity like in real pain right now, like in a in like this, you know, like late stage addiction, where even the next fix only brings you back to barely tolerable, you know, the first the first fix the first shot of heroin or the first drink, makes you feel great. You're and it's actually a reminder of your birthright, but eventually like, like there's a rightness in the addicts first hip, which is like, yeah, this is how it's supposed to be. And eventually, though, because it's actually just a reminder, not the real thing. It's it. Like all it's interesting, like all of the addictive substances are also medicines. You know, like, heroin is actually a medicine is not being used for its right purpose. But But all these things are medicines. And so they do, maybe, like, open a little. Like, maybe you never knew what it was like to feel good. And now you know what it's like to feel good. And that's the purpose of it. But then, of course, it doesn't create the foundations of feeling good, it doesn't actually create connection. So you need it again, and again, and again. And eventually, it doesn't make you feel great anymore. It just keeps you just like brings you back up to baseline. And then as it wears off, you sink into deeper and deeper misery, and then you take another hit, and it brings you almost back up to baseline. And so I think that humanity is collectively in this state, where where, like the addiction is to technology, the addiction is to control the addiction is to money. And as these things fail, we ramp it up, take a bigger hit a bigger dose. But even the bigger and bigger dose isn't creating the collective sense of well being that societies like Western societies had a generation ago. Like so it's like this, this late stage addiction, where the pain caused by the medicine is greater than the pain alleviated by it. And it's like the sense of, of desperation, right now this collective, and it's not quite reached its fulfillment yet, like there are still parts of the world where Yeah, this is working, like China, for example. You know, where versus like, maybe America was in the 60s, you know, we're gonna conquer all the problems, you know, technology Savior, you know, onward and upward, like, we've got this kind of thing. And when you were talking, I was just thinking about what it's like to be out in my garden. And I was like, you know, I mean, I can buy mulch for my vegetables, but I'm like, I might as well just buy

vegetables, if I'm going to do it that way. So I'm like, scrounging around for leaf to treatise on the edges of my small yard, and taking the leaves and using that as mulch, you know, and then like, oh, and I'm, I'm scraping these leaves. And we should be covering the moss that grew last year. And now the moss is going to come back to life. But I don't want to take all the leaves because the trees are going to need some of that nutrition in the future. And, and like, I just start, because I care about the moss. Like it's not rational from the neoliberal subject sense. It's not rational to care about the moss. But I'm sure everyone's experience that's a light in seeing moss spread. And just being, you know, in it, with these other beings like it. I'm not getting anything measurable from it, but I'm getting happy. I'm back in relationship.

Anna: 53:56

Yes. Yes, yes. Yes. My my deep nature connection and tracking mentor John Yang speaks a lot about this. And the research of Bradford KEANEY back in the day was the the bush people, hunters and gatherers. And what they speak about are these webs of connection. And we might walk out one day and notice that first little teeny green speck of mass and interest noticing it, we have gifted that one was our attention. And if we're happy about it, or even just vaguely admiring when we gifting them with that appreciation also. And that lays down a gossamer thin thread like little one strand of a spider's web or thread of connection. It might be a week or two before we have our eyes fall there again and we see there's been some progress or more growth and and that's adding another little gossamer thin thread and so that becomes like a piece of cotton, and thicker and thicker. And so these ropes of connection are built, there's spontaneously left with our awareness and in fact the mutual awareness between ourselves and them. There's plenty of ways that science by the way has been able to show both through kirlian photography, showing the integrated commissions of plants, as well as through sound. The Federation of Dominator has amazing technology that allows the energetic emissions from plants in various states to be digitized and translated into music. And I've done this on little playshops. With kids, we've popped the sensors into the soil of a potted plant standing in a room and have listened to what its baseline energetic emissions are. And then the three or four kids just stand about a meter away. And simply regard the plants with appreciation, noticing its beautiful characteristics. And instantly, the energetic state of the plant changes. And by the way, as those amplitudes and wavelengths and frequencies get digitized into music, it happens to become a lot more harmonious and melodic. So there is reciprocity happening the whole time, and that is the natural Hi, I cannot imagine for one second choosing a recreational substance to put into my bloodstream. Knowing what the well known what the natural highs are available, that are out there, just a simple goal free wandering moment in nature or quiet sit allows the beauty of all that is to arise into my awareness. Even when I'm not looking for that experience. I remember one morning, having got back from a work trip being absolutely exhausted, lived on a farm retreat center in the countryside. And I really wanted to sleep in late the next morning. But for some reason, of course, that's a problem with having expectations. The exact opposite happened. So the next morning, well, just just just after dawn, well pre sunrise, a bird don't know what kind of species it is and met doesn't matter because it's not about naming things that a beautiful winged being must have set right outside my window, just behind the head of the bed on the windowsill and chose that particular place to open their mouth and make their first sound of the day. And I was deeply asleep and bought out of that by this by this first note of the bird I was so between wakefulness and sleep that it was one of those experiences of time seeming to slow down and stretch out. Like usually happens in a crisis or when your intuition is really really up things kind of go in slow motion. And I was

aware of a few things I was aware of my significant grump and the thought arising in me like Oh, no Shut up. But thankfully, while that human reaction was going on, because the veils were so soon I had been so fast asleep, I was automatically in the in the experience of the bird didn't have to open any gateways or intend to connect I just was you know, it appears right through. And while my mind was thinking that I wanted this to stop, my body and my being were experiencing that bird emitting its first note of the day. And I cannot describe it really was words at all. But if I have to try I can only say that it was like having this atom bomb of joy explode in the center of my chest. It was just this unstoppable force of joy literally of tectonic proportions was bursting forth, that happened to roll over the vocal cords and and results in this kind of sung vomit, this projection of sound that was it was instinctual. Unbelievable, it was the most joyful arising of, of a beautiful bursting force of pure energy. And, gosh, you know, I could not have imagined that but I got to directly experience it as a felt feeling. And it's not dissimilar to the way by the way not dissimilar to how whales feel when they breach out of the water. And scientists marine biologists tried to figure out the reasons why perhaps they want to scrape barnacles off their skin but not everything is just about utility. functionality. Magic just reaching out of sheer exuberance just because you can just the sheer joy of being alive really is it is absolutely amazing. Yes, ah,

Charles: 59:43

yeah. These threads that you're talking about like that, gosh, that first gossamer thread when you see that little speck of moss, these as these develop their way tell me that I'm here. That's what the belonging comes from. It comes from like, like being like existence is not a function of one to be is to relate. And as the relationships get attenuated and cut off by technology and markets, we become less here. A lot of young people speak of like D realization, they call it like this feeling that you're not really here. And when I'm in relationship to something, and for me, actually, it does not do to simply, maybe it satisfies a little bit of it, but just to like, walk through nature doesn't do it for me, I have to actually have an ongoing relationship, I can't just like, look at some moss and buybuy, like that's creating that thread and then snapping it again. And every time a thread of connection gets snapped a little scar tissue forms. And this happens to kids, like, if they get, you know, they're in one daycare center for the first year, and then another one, and then they go to school, and one teacher in the next first grade is a different teacher in second grade, and third grade and like, and then the kids move away, you know, because society is so mobile, like, eventually, like when these ties get broken again, and again, and again, we're never allowed to form that's part of the feeling of being alone. Part of the alienation. So So for me, it's like watching that loss day after day. And having a relationship that isn't just visual, but it's tactile, and it's a relationship of giving and receiving and noticing. This being like, then it becomes part of me and anchors me here. And then I become aware like, like you're describing with the bird pouring forth its song, like birds sing way more than they have to, to attract a mate and mark off territory. These explanations, you know, of animal behavior, that are based on genetic self interest, you know, maximizing reproductive self interest like that, that is like such an insulting reduction of life. Absolutely. It is part of what makes us feel alone here is obviously not true. Like those birds like singing. I'm sorry, but they're just like, they they're like you were saying they're bursting with song. And flowers. I mean, do they really have to smell that nice? Do they really have to be that beautiful? Like life is exuberant? Yeah, just like even tadpoles wriggling around, like they're in sheer joy. You know, they're just like, most of life is, like, there's way way more joy in this planet than anything else. I think

Anna: 1:02:40

there is there's just the joy of being themselves and expressing just expressing who they are, in the moment, in response to something or not just just to be alive is worthy of a good, regal and the good, Jake, you know, really? And yes, as you're speaking, I'm reminded that so many modern last names, also named as I would call them, are descriptive, somewhat descriptive of a person's trade they used to have like in the Smith's in the blacksmith, Potter, Harry Potter. Exactly. But a lot of descriptive of where the personal The family was situation. I mean, my my own last name comes from Germany, originally, and refers to her a wide stream. And yes, that's how people were known to belong, they were their coordinates, were a set of natural phenomena and earthly gifts, other beings in which they were held. And that's how you would know where to find that person. And you wouldn't find them there. In that place, separated from their surroundings, they were with the wisdoms of that they lived, you know, ate and slept that way. And so the separation sickness we're struggling from? Absolutely, we're covering over covering over with addiction, like you say, because we, we can't actually face that deep, deep well of grief. Nevermind the practical implications, if we were to deeply relate, again, the implications and the responsibility would be called into for the macro choices we make every day. But first on a feeling level, just that, that grief, that sorrow is that's that ability to really witness what we're putting the others through. It's something we prefer to just avoid and turn away from also because we've lost so many grief tending and condoling rituals in our societies and no more rites of Rites of Passage. And so we're getting more and more frenetic and just covering over these things, because we can't face the grief which would also be a great motivator. I know you have written before so eloquently about becoming an environmentalist, not being a scientific decision because of some awesome presentation and someone made a good case for for climate change. For example, It's about getting in touch with the love that we're speaking about the love and the joy and the pain. And, and particularly that combination can be a fantastic motivation to actually have us wake up and dance again with our kin of, of all species.

Charles: 1:05:21

There's an idea in mind, some environmentalists, which I understand that they say, the planet is not in trouble, planet is not threatened, the planet will be fine. It's humans that could go extinct. But in the vast span of planetary existence, it'll be fine. And it kind of goes along with this attempt at humility, which is like, we're not that important. You know, like, let's get over ourselves. But I think there is some something important missing from that, which is the principle that, for one thing, that guy loves us, loves us, like, a mother loves a child. And you would never say to a mother whose child is seriously ill well, you'll be fine if the child dies. Secondly, every species is created for purpose. And all of its capacities, all of its gifts contribute to that purpose. Human beings are no exception. We have gifts that I would say are unique in some way. And we have not maybe use them for that pert for their true purpose. What is the true purpose? Well, the true purpose of any like, of any species, is to increase the liveliness of all to increase like the level of complexity, life and beauty on Earth. So when we awaken to our purpose, then we will do that too. And that that is important, wasn't random, that human beings came onto this earth. And even like, I would go so far as to say that everything that is required for us to have this conversation right now over computers was provided by Gaia, easily accessible minerals, fossil fuels, it was like everything was built up to allow civilization and technology to happen. So there, so my sense is that there is something that is not yet fulfilled, that is important for us to fulfill. So it's not, oh, we're not that important. It's we are important, and let's try to understand why. Which is the question what is a

human being for? So yeah, I just like to ask you about that from from maybe a place of from, you know, tuning into Gaia, tuning into humanity, and maybe we can develop that idea.

Anna: 1:07:55

Well, thank you for sharing that sort of, because, yes, you know, outcomes based thinking, whether it's in the education of our children, or this planetary scientific fact. And outcomes based thinking has got nothing at all to do with the present tense, nothing at all to do with the here and now, which is where life is busy happening. So yes, ultimately, our earth will be turned to a crisp as our sun becomes a supernova and all of that. But these, these trajectories, they've got nothing to do with with the here and now. And I might even go so far as to say that, in my opinion, the here and now kind of shouldn't have anything to do with the future outcome either. And, and it might be a version of insanity to imagine that we can manifest future outcomes, you know, per our design, or as we imagined they might happen. Because the fundamental flaw is that we think we are the the the orchestra conductor, and that we can determine what the result might be, when in fact, we are just one participant in this amazing orchestra of life. So I'm not a fan of these kind of panaceas of what will happen anyway. And I'm also not a fan of being hell bent attached to things having to be a certain way. That doesn't mean that that the the hope, and the possible futures that are inspiring don't have a role in the here and now they absolutely do because they inform the present. They inform our choices and our actions right now. It's that it's that vision, it's that calling and that living into a possibility, that in a strange way, sort of backflows into the present, and allows us to make the best possible choices right now. And I use the choices the word choices quite deliberately decisions are different to me, decisions are based on analysis and evaluation and You know, sort of measurement based things, to me choices in cludes, a whole lot of other things like our intuition, like context, like relevance and relationships with all that are around us, as well as our own willpower, and manifestation ability and all the things that we do have here to offer in the context. And I'm reminded of actually a beautiful communication from elephant species at that sort of species level that was procured by a fantastic elder named Dina Metzger. And when she tuned in with elephants, and asked what it is to be, in their purpose to be them on this planet, there's a beautiful phrase that came forward. They said, this is our grace, to be an exact note in the chord that animates creation. And so yes, we humans do have a role to play. It's not the leading role. The roles are the leading starring roles. But we have a role to play that is ever changing and dynamic. And it's for us to be successful at that and fulfilled in that for our own benefit and pleasure as well. will require us being able to think on our feet you know, be in the moment dance with all that is become less separate in our thinking, become more participative and to be working with some playing lists and dancing with an informed by all the others as well. So yes, we we humans are not only applied to a cancer apply on the planet, that's that's how it looks with the way we go about things was a mixture of our ignorance and arrogance. But there is a place for us was we wouldn't be here. And we are one of those children. We are and all of life supports life. Look how much the earthly gifts or so called resources have supported us already despite our wayward habits, and our recalcitrance and as being the kind of bullies in the schoolyard. You know, so there's, there's a beautiful joy in these ways of reconnection in any ways of reconnection, one of the most beautiful joys is as you're pointing to, as it is coming back into the direct experience with the roll feeling of being alive and just being here to be exactly who we are. And to be guided by that, not from the cerebral centers, you know, above the neck, but to be guided by our bodies, by our heart and by our connections, and the whisperings that we may perceive that are coming from our environments. Those whisperings that might be as large and as obvious as an environmental

disaster happening on our doorstep that we feel called to help with, or might be as subtle as that birdsong or that mass that is in that mutual witnessing with us. These things feed ourselves. And it's more about us dropping our ideas of our human selves and advancement and relative importance to come back into our sovereignty in fact and our gifts.

Charles: 1:13:22

Yeah. When I said were important, I didn't mean more important than NATS important. Yes. And the question then becomes, well, I said, What is the human being for but it could also be like to quote GG coil, although many people say this, what is mine to do? And that is all it is, as you're saying, very present question. It always means what is mine to do right now, yet also the cerebral parts of the neck that you invoked, and along with them, the capacity to plan to bind time, that was believe it was Alfred korzybski named he named as like, the fundamental distinguishing like humans are time binding creatures, like all of these capacities. I extend the question to that too. What are they for? If not to be the conductor? I I concur with that, but it is to play our instrument beautifully. And to participate in the orchestration, the orchestrating intelligence of this world and of this cosmos, like even after the planet burns to a crisp when the sun goes Nova. everything that has happened here, feeds into a cosmic evolution that is just, you know, on a timescale and an unimaginable timescale, but you know, to bring it back down to earth, and I think You're seeing a bit of this, like stories of the future stories of, of, we're myths I would even call them of who we are, where we're going, they feed into the present, even when maybe on some level, we know that they're not permanent, sort of like that the story of what is a human being for right now. I mean, in the previous era, the story was to dominate and conquer nature, to rise above nature. That was an exciting story for a lot of people, you know, space, you know, the, the deep ocean, you know, the final frontier, like all that stuff, it inspired children to become engineers and astronauts and gave meaning to life. And it no longer really does. It's a story that has the whose Wellspring has dried up, and it is some a stagnant pool now that is getting covered over with algae and is not able to satisfy our thirst for meaning and purpose anymore. And, and new springs are rising. And I think that humans are story making animals, we are mythological beings, and that our healing is not an abdication of that capacity. And we're just going to live from I know, you're not saying this, but I'm just thinking out loud here, you know, and we're just gonna live from the neck down from here on. It's not an application of those powers. But it's a fulfillment of them. And so for me, the question is not about, okay, let's stop, you know, thinking about the future. But it is tuning into and inhabiting, and being inhabited by the next myth, the next story of the future, that is a wellspring of purpose and participation, like it helps us know what our participation is, and what note to play. And for me, that story is we are here to heal the damage that has been done. To serve life and beauty here, and to come back into relationship with all the things that we've objectified and ignored. And, and like for me, like there's like a little element, at least when I say it, and maybe maybe not when you say it, but when I say it, there's this element of, of pain of self rejection, when I speak of arrogance and ignorance of our arrogance and ignorance, you know, this guy a CSS arrogant, ignorant? There's, there's two I see my, you know, when I have a teenage son, who's acting arrogant and ignorant, do I have any shred of contempt for him? No, because I know that this is like part of his beautiful process of coming into himself. And that there is an initiation ahead of him, that will obliterate the arrogance and ignorance. And I'm like, you inhabit this now? You know, like, fill it out, because I know it's coming for you. And I would like to, just in case anyone is listening, like, who's listening? Has that contempt triggered by humanity's arrogance and ignorance? Because I hear that a lot. That note of contempt in environmental movements, you know,

environmental discourse. Like Gaia doesn't feel that, you know, Gaia loves us. Can we love ourselves? Can we? Can we say, Yeah, we did that. And we're done. We're done. With being the conqueror. We're done with the folly. The the hubris, not because it's bad. But because that's not who we are anymore. Like, it's not true. We recognize it's not true. It's not based on truth.

Anna: 1:19:20

Love it, the better for us. Because yes, like a parent would regard a teenager as arrogance and ignorance. And absolutely, without judging it is like that was with Gaia, and the phrase we would use in English and that sort of kindly parent view might be Oh, I'll just go ahead knock yourselves out. You know, knowing a little bit early is a phase. And yeah, you know, we humans are pretty much knocking ourselves out at least large numbers of ourselves as a natural consequence of having those attitudes that there is no judgment from Gaia or any of her species, which probably explains what we were speaking about. There's compassion that the nonhumans have for us. They can sense how we lost and there's a kindly patients with that end, and then remaining an invitation for us to come again into the circle of life to rejoin the circle to participate. And then what's possible with with full participation is the most amazing possibility around around co creation, things that we could never imagine. Even without technology, even with our space programs. Even with the most forward thinking philosophers and metaphysical scientists, they are things way beyond the current confines of our imagination that are possible if we really co create with the others. And I'm talking about a co creation that isn't still laced with the subtle superiority complex, like, oh, let's co create with the wind and harness wind power, and be all sustainable about it.

Charles: 1:20:58

It's not harnessing things.

Anna: 1:21:00

Exactly. Good luck with that. You know, even biomimicry, as wonderful as it is, at least Bob's ahead in the direction of acknowledging the fantastic design and architecture inherent in natural systems. But biomimicry is still all sort of, you know, notebook and pen following in the trail of the miracle of life, taking notes and seeking to copy for for usually human only benefits. What if we just left all the notebooks and the pins at home and the the keyboards and in our own small ways, right where we are began participating again, gosh, the CO creations that would be possible, that would fire in our minds above the neck would be informed by the collective and by our deep connections, and wow, that's, that's a game I want to be in and enjoy.

Charles: 1:21:51

Yeah. So you might take the clipboard in the notebook, you know, and go out there and be like, what process could happen? That requires our participation? And what is our role in that process? And so, yeah, it's not biomimicry, it's bio participation. So like, perhaps like, you know, after a long observation, you see how soil keels over time, and in that circle of regeneration, you're like, wow, like, we can step into this spot in the circle. And that healing could happen much faster or more extensively. Korea, I was just on a call with this amazing Brazilian guy, me and Tino, he's a farmer, who, you know, basically inherited his family's sugarcane plantations. And now on 40,000 hectares, he grows a third of the world's organic sugar. And, and the biodiversity of his sugarcane fields is higher than the surrounding

forest. Because he's just like, you know, just doing all these things that he's developed over 30 or 40 years to serve life. You know, yeah, like, if you just abandon all the fields and less things to themselves, they would eventually recover. But something is possible with human participation, and not just recovery and healing. That's the next phase. But how could the earth come even more alive? For me, it's, that will be the question. It's not just like biological life, either. I'm thinking of like these Dallas temples, where they were from start to finish conceived of as a new growth on the landscape. Like they were a gift to the land. Like every Imagine if every human creation was conceived in the spirit of a gift to the planet. And it gets into an esoteric realm, you know, like, like, it's not that necessarily that lots and lots of species are going to live inside your temple, but it is doing something to that place, and maybe there's more life outside of it because of the exact spot that you put this pyramid of structure, you know, or whatever. McDowell's temples weren't pyramidal. But but you know what I mean? There's, what was this biogeometry? Like, there's this whole movement of, what was it? What's the guy's name, the founder anyway, that he goes and like, puts like, these geometries near cell phone towers and power plants and stuff, to transmute the the, you know, some measurable on some non measurable frequencies, that the discordant frequencies that they generate. I mean, there's like, there's just so much beyond our purview right now. And I think that for me, the story of maybe not the next 500 years, like that's pretty clear about healing, the discernible damage, but the story of the 5000 years or the 50,000 years after that has to do with why I'm really going off on on a tangent here. Maybe I'll be quiet and See if there's anything stirring in your chair around what I said, or anything not around what I said.

Anna: 1:25:08

Well, I absolutely agree and can feel those those possibilities of that way of being related. There's a reverence inherent in there, you know, the Taoist temple, the offering to the Landy, a lot of a lot of rituals, a lot of you know, saying grace, before a meal, a lot of rituals are all orientated around appreciation. And, and again, the reciprocity that that springs forth from that is amazing and not and reciprocity is not transactional. It's not eye for an eye, tooth for a tooth, there's no sacred accounting going on. It's not like the masses, and the birds and the trees are waiting to see how much we give and then figuring out how to how much how much to give back. And, you know, as we, as humans in our sort of Earth suits are moving around, right now we can be that offering to whichever place we're at, in any moment. Because it is about the energy of things, you know, energy is just energy. And matter is simply more tightly squished together densities so that it goes through the illusion of being solid, it's just basically more dense energy. There's no difference in possibility or actuality of condensed energy seems more solid versus more dispersed, that might be a thought or a feeling. And so as we cross any threshold, for example, like out of our doors in the morning, are very awareness on anything that isn't ourselves is is a gift. Our awareness is a gift to the other. That is the gift that is our offering, where the light of our awareness, not only does it create, relating as a verb, not maybe our ideas relationship as a noun, but relating is happening, but our awareness, even just baseline awareness before appreciation and gratitude and all of those things. Those are our gifts, those are offerings on a on a daily basis, there is no scale or relative importance or magnitude, when it comes to gifting this with ourselves with who we are.

Charles: 1:27:23

And is there just like totally changing course here. Is there is there like any species that maybe on a species level you've been most intensively working with or communicating with recently that you feel

has like some timely urgent message or some kind of information that you would like people to know about Coronavirus? Have you been getting Mr. Coronavirus?

Anna: 1:27:49

Oh, yes, yes. As I as I have in years gone by, with in the proliferation of viruses or parasites living in this body, as happens, I mean, we are just walking petri dishes ourselves as we should be. Yes. But when there's a little too much billary or malaria kind of, you know, floating around. And it's, it's, it's time for a good conversation. And in those cases, in my past, it's been very interesting to hear from those, shall we say, macro organisms, what they're up to how things are out of balance, and how they're able to very easily naturally take advantage of that situation. And so we have to come to some sort of agreement. And that means me having to make some shifts to so that's the sort of, you know, architecture of how these things work. Again, you know, we are in relationship with everything we just don't get to come in and obliterate and why part and other species because we don't like them. And currently, there seems to be a worldview of huge amounts of prejudice against the various Coronavirus strains, you know, years gone by and the most recent experience in the last couple of years. And yeah, what can I say there's an intelligence there an intelligence that will always out run our feeble attempts to squish and squash and kill and devise things to you know, counteract. It's the intelligence of nature to adapt. And so micro organisms will adapt, will mutate. That's just the way things go. So there's also the greater context of of balance and things move and things happened in waves and there's constantly adjustment and feedback loops that are informing the greater system. So you know, there is no judgment on the part of the macro organism, towards humans. This is not some uprising from nature to try to kill humans often. By the way, that's not even what's happening. Sounds like a lot of a lot of people are really succumbing to this. And no, not at all. Not at all. Not at all. But it is a very interesting spotlight. The whole phenomenon is a very interesting spotlight, Shawn on, on how we have been, that have led to these great out of balance, perhaps species jumping things happening is because of our relationship with, with wildlife and the conditions under which we keep them interact with and suppress their immune systems. But mostly, it's an opportunity for us to be reflected to, you know, how we are, how we are responding, what our prejudices are, how we assume that humans should prevail above all else, and how are we willing to poison ourselves to achieve some idea of longevity?

Charles: 1:30:39

Yeah, so as far as Coronavirus, goes, and hope this won't get a censored, but, but a year ago, I became least a year ago, pretty early on, I became aware of Renegade scientists claiming that this was the result of basically bioweapons research, where they're inserting, you know, new sequences into bad coronaviruses. And I mean, there's like all kinds of papers about this, you know, now. And if you said anything of that nature, you would get censored, and ridiculed and, and destroyed. But now finally, it's becoming clear, I would say that that is indeed what happened. Not not necessarily that it was deliberately loose on the population. But you know, it's kind of like the Sorcerer's Apprentice. You, You mess around with this stuff. And eventually it, you lose control of it. And you learn some kind of lesson, hopefully. So one of the most fascinating things about this, that I have not heard people talk about is, What a pathetic failure it is as a bio weapon. Great point. Like they, like they were doing this research to engineer something to be very, very deadly. And then it escaped. And it actually isn't that deadly. So I think that there's something going on here. And it's related to what you were saying. You've said it a couple times in different ways that nature isn't out to seek revenge that we're not going to and I the way

I put it is we're not going to be saved from ourselves and delivered from having to make a choice by planet becoming unlivable for us. We could continue developing technology and destroy the entire planet and have artificial food and bubble cities and so forth. Like that's the direction we're moving in. Nature is not going to say no, you can't do that. Nature is going to say, do you want to do that? Here's like, this is what the Kogi say that if you knew she could feel you would stop, suddenly, because you you don't know that she can feel you're not connected with the pain that you keep doing this. And that is what will change our direction. If we choose it, it's not an inevitability, it is a choice. So it's almost like there's some part of like some deep unconscious recess of the established scientific world that kind of wants there to be a pandemic, like a deadly one. Because then our finely honed technologies of control can finally be deployed. It's like, you know, you like those people who build the nuclear bombs and bombers and, and missiles and stuff, like there's part of them that wants to use it, you know, like to validate it. Like we have all we have this whole arsenal of control based technologies. And there's part of us that wants to find the deploy them. And so here comes what's actually a very marginally deadly pandemic. I mean, I don't want to like say, Oh, it's nothing. But, you know, it's not half the population dying, or a quarter or a 10th, or even 1%. So, but we still jump on the opportunity. It's like trying to force a kind of this this, like, save your relationship, this this validation of domination, and isn't working, like we are not actually in that phase of our teenagehood anymore. And especially now, as it's becoming apparent that the response to COVID was worse than the disease. Not only like the, you know, millions of children starving from lockdowns and things like that. When you're in South Africa, you probably that's probably more visible for you than it is here in the US. But across Sub Saharan Africa, South Asia, I mean, like the amount of suffering from lockdowns, it's just but but also the and this isn't as apparent yet, but the the health consequences of isolation, the mental health consequences, and then possible, like a growing awareness now of the side effects of substances that shall not be named. Yes. So that the censorship bots do not find this, but the substance that shall not be named you know, cause thing like side effects that are getting hard to suppress now, you know, as they're happening to people so. So like this is, in a way, part of the initiation that I invoked earlier. And so but it's interesting here, because here is an organism that are a virus at least being that exists through a manipulation. And I'm curious, like, in a way, like corn, cattle, honeybees, they've co evolved with us to, like vegetables, you know, there's been a relationship that one might call breeding, but is a coevolution. And this, these genetically modified beings are, like, like a new extreme of what do you think?

Anna: 1:35:54

Well, yes, Coronavirus have been around for a long time in animal populations, and there's perhaps a more harmonious relationship between coronaviruses and their non human hosts. And yeah, sometime in 20, gosh, 19. Now, when I first connected with so called COVID-19, and it definitely felt that it had been modified. So there's the base Coronavirus, which, you know, doesn't do well for human bodies until our human bodies would naturally learn to adapt and develop natural immunity. But at the outset, it's just a bit of a shock as we would learn to adapt once we've jumped to the species barrier. But yes, it has then been modified as well, which by the way, not only has been unsuccessful on the numbers level, but it also it changes of course, the intrinsic nature or personality of that virus becomes become a hybrid and release able to operate under its own normal guiding principles, even biologically speaking, because those have been altered, suppressed or interrupted. And so within this new version of this virus and new versions, there's this kind of mixed signals, some signals, pathways have been cut off, there's this kind of errant errand aspect, that's that is, that is not self determined, any longer or not part

of the way things would naturally evolve. So, nonetheless, it's it is as it is, and, and we, you know, we so collectively speaking, as humans, we so quickly fall into us versus them, you know, and then the threat based thinking and us being victims, and then along come the technologies are various other things that shall not be named, that does seem to be the saviors. And it's, it's all ashes playing in the sandpit really, you know, any, any ill, whether personal and unique to one individual on a grander scale, it all will show something that will reveal something that might need addressing or redressing or working with or participating with. And, you know, a few years back, I was really, really ill was viral and blank and stuff that had me be very unwell for more than six months with some, some pretty serious consequences in terms of the human body. But I wasn't slowing down, I wasn't taking all the kind of spines or the advice from mentors or all the, you know, short term hits of my energy, I wasn't slowing down, I was still traveling a lot and just doing doing doing overdoing. And this system was not going to be able to maintain that. And so something just basically had to make that stop. And that's been my greatest teacher, I wouldn't have chosen it. But it's been the greatest teacher when what I actually needed for my own sustainability. And my own growth, by the way, my own growth and hopefully coming a little until a little bit wiser and a little bit gentler, and needed that teacher that I wouldn't have chosen. So everything is an opportunity. You know, crisis is an opportunity, as defined in the Chinese language, I believe. We, we need to watch how we fall into an us versus them or us versus the virus or the illness and come back into a place of relationship with everything again, without going into magical thinking. But just really, really birth for your mind individuals human body and mind and having compassion for us where I am at this phase, in 10 years time I may, I might make much better choices, but I'm not there yet. I'm where I am now. And to have that self forgiveness and that self compassion inherent in just sort of doing the best that I can. That's how I wish to dance with life and that's for me is quality of life. Which by the way has nothing to do with quantity of life, or how long my lifespan is. And that's something that all the non humans have totally got. They've just got it. Yeah, I do not see your shorter, longer lifespan as having anything to do with anything to them. physical death is just a transition in the state of being, and they're not going to be sacrifice sacrificing the quality of the life that's possible now for extending the linear time. inclination.

Charles: 1:40:30

Yes, I think the primary insanity of our time is the worship at the author of safety, the division that we can, that remote die, you know, exactly, that the purpose of life is to survive it. It's, it's, yeah, it's crazy. You know, not to take risks just for the sake of risks, but it's really, to put living fully above, surviving indefinitely. I think if we really got that, we would have much less patience for lock downs and perpetual distancing. But things are changing now. And I think that the impatience with it is really growing. It's like a, it's like a outburst of life. Now, that's been suppressed that is unstoppable. And I would like to see how far the celebration of life can go.

Anna: 1:41:28

I absolutely agree with you, you know, and the impatience with it isn't only mental or psychological as, as is appropriate. Anyway, it's again, our instinctual nature and our animal bodies are just a sensing this lack of touch of reciprocity with other humans, of community of hugging, of sharing circles of, of all that is possible when space is shared. And so I think, perhaps, unbeknownst to most of us, we've become much more instinctual, in this time of lack. Because often, it's only that pain of missing something, even

if we don't know it mentally, it's a pain of missing something that will, that will draw us into seeking remediation, and reaching out again.

Charles: 1:42:17

Few years ago, I lost my ceremony, I experienced being an animal in a cage. There was certain circumstances in the ceremony that were very confining, you know? And so I responded by going into like this, this like, deep identification with caged animals, and I totally understood why they like chew on their limbs, you know, why they like, like, just to create a feeling of lightness. It's just so like, the life force has to do something. And if it has no other expression, because it's so caged in then of course, it turns on itself. It kind of explains like the meteoric rise in addiction and suicide and self harm and and domestic abuse that's happened under lockdowns, it's ultimately it's just repressed wife bursting out in whatever ways available.

Anna: 1:43:22

And that ties in to what you said a while ago, also about unless we are witnessed and related to we don't know that we're here. We're not actually here until we are mirrored and related to where we were not.

Charles: 1:43:38

We're not here. Yeah.

Anna: 1:43:48

And you're when we humans are here, wherever. The here is, how all the other nonhumans know that too, whether or not they can move away from us, if they choose to your plants can't uproot and run away from us and we're being obtuse or loud or insensitive in an environment. That's all know that we're there. They know. Our emissions. They they know our signature frequency, they absolutely read our state of being better than we might even know of ourselves. Yeah, being. Being here or being somewhere isn't just about our idea of putting ourselves in an environment and then with our five senses, noticing that it is relational. It's actually relational layer swapping of information and frequencies happening the whole time and instead of doing we are of course affecting that environment. We live in an energetic imprint that lasts like an echo after we've gone as well. Everything is touched and moved. without us having to physically touched everything is touched and moved and altered. had their experience added to by our presence even fleetingly anywhere.

Charles: 1:45:07

Yeah. Just even existing on earth. And living a life is part of a planetary and cosmic evolution. have had received that message sometimes too, when I became like, so addicted to doing all the time and getting burned out, you know, and nothing I could do is enough. Because the problems are so big. And in those moments, you know, when I was in pretty severe breakdown, fatigue, and you had moments of absolute clarity, that guy or reaching out to me and saying, I just want you to be here, you have no idea how important your existence is. In MMI, it's like, Oh, so you're saying, um, I don't have to do anything. I can just be here and take up space. Yes, that's right. You don't have to do anything. And I know that, who you are, who you're who you are, in your full being you do things. But you don't have to earn your right to exist. None of the animals and plants think that they have to earn their right to exist. They're not

making excuses for themselves. They're not justifying their existence, by how much they're contributing. Like that is secondary. First is I am here.

Anna: 1:46:38

I love the gentleness and and self compassion. There is in that exactly. And it also helps us really feel and know and trust that is not about scale of what we're doing. There's no one more or less important activity. There's there's a phrase in a song from a long time ago, and it's kind of used, you know, worldwide, I suppose in dooby, dooby dooby doo. But that's a thing to tie the wrong way around. The do comes first. It shouldn't be the other way being being his primary being is our gift. Being is our resonance being is our participation. And if we really relaxing and just sublimated into being, then doings will arise, we will be moved. We will be moved to be doing something moved by whatever forces might conspire to have us do something that is appropriate to the collective. Yeah.

Charles: 1:47:37

It'll come from the same place as the bird song comes from. pours forth irrepressibly. Yes. Maybe we should bring our conversation to a close for now. It's everything you want to say about the work you're doing now or any anything you want to offer publicly, or any message you want to make sure to imprint on people listening.

Anna: 1:48:00

Thank you. Well, I would love people to just know and trust how easy this is, this isn't some intuitive connection is not a function of the mind. It is just a function of being it's happening in your way. And wherever we are indoors or outdoors. In a moment of our awareness going to something we are related. And we may even find out some things by simply wishing to from a place in our hearts that has genuine curiosity and interest in the so called other. So I encourage people to be with this. To connect in these ways, not quite another idea about that, that will create separation from just knowing the delight of being deeply connected and participating. And then in terms of little helpful tips and so on, I do have a YouTube channel that can be found and animal animal spirits, or one word animal spirit. With a few excerpts on how to live more kindly, which is the sort of tagline I'm on about how we can live more kindly does include being kind to ourselves also, but living more kindly with the little garden critters around us or our feathered friends. Yeah. And later this year, we'll be launching a video course along with a colleague, Brad Laughlin, we're titling it for the love of animals. Because that's so often what inspires us humans to connect with the animals. It's the non humans who show us a little taste of their presence and authenticity, and show us a whole lot about ourselves as well. So for the love of animals is what often draws us into these ways of connecting. And that course will be a video course delivered over six modules, exploring how we can unpack within ourselves any obstacles and barriers to the pure and simple joy of connection and that'll be available from September. People can sign up to the mailing list to be told more about it as at animal spirits.org.

Charles: 1:49:55

Yeah, we'll put the links in the description so people can Find those. And I'll just highlight one thing you just said, it's not like you have some ability that other people don't have. It's that for the modern person who has been indoctrinated otherwise, animal or interspecies communication is more available when you know that it's possible. So what I get from talking to you and watching your videos and stuff, is that

it anchors the field of possibility. It basically says, Yeah, you can do this. She's human, she does it. I'm human, therefore I can do it. And it's one of those things that like, you kind of have to know that you can do it in order to do it. Once you know that it's possible, then you start doing it. It's not that you have to be able to do it in order to know that it's possible all the way around.

Anna: 1:50:55

Smithy, you don't have to see it to believe it. You have to believe it, to experience it to see to have it happen in your awareness. Yeah, right.

Charles: 1:51:03

Right. So So I thank you for creating the outpost of that. To so that we can go stand there and be like, Oh, yeah, yeah, it works, because it really does. And the amount of information and the kind of information that you get that way is so needed in our time. I look at the state of the planet and the state of humanity and like it's going to take a miracle. So let's be serious about that. Yeah,

Anna: 1:51:33

it absolutely is. And thank gosh, thank you, Charles to for being one of those humans at the outpost, also just inviting others to come and look at the fabulous view from out here on the on the edges on the margins on the periphery. It's endless horizons of possibility and the beauty of it all. So thank you, thank you for your voice in in singing people into this possibility also.

Charles: 1:51:58

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