



## **GAP Day 1 White Eagle**

So few of you remember how to soar in spirit. The simple truth is that the world looks so different when viewed from above; from a greater distance and higher perspective. You need to remember how to take your awareness upwards, and also focus inwards, so you can see expansive visions and intricate detail simultaneously.

We seek to reconnect you with that which lies outside of your physical forms and senses, so that you may bring that greater wisdom and perspective back within yourselves. When you lose trust in the currents of life, you are buffeted and blown in even the gentlest of breezes. Slow down, and reconnect with the timeless wisdom of the nature - you will know when to seek shelter amongst safe branches, and when you can glide and soar amid the currents with grace - whatever their outer appearance.

When our wings are strong, our flights are effortless.



## **GAP Day 2**

### **White Jaguar**

I follow eagle because chaos follows eagle - it must, because when you give up control, your illusions about who you thought you were are shattered to allow new beliefs to form in the space that opens. We are masters at seeing the paths through chaos, since chaos is only a pattern not yet seen in its completeness.

Our eyes see the whole universe and our bodies sense energies you can barely imagine, yet we choose to be here, on earth - and so do you, an equal mystery and intrigue. What is it about earth that brought you here? What is it you love? What is it that you cannot bear? Trust that you are here at the right time, and strong enough to face all that life may offer - you would not be here if you were not stronger than all attempts to overwhelm you, nor if you had no chance to change aspects of the world that seem to threaten you most.

There is softness in everything, an underlying gentleness that rises through our paws and fills our beings with beauty. This radiates out of our auras but also our bodies, as we are all embodiments of divine spirit. We walk calmly with you as you face more turbulent times - silent allies and powerful guardians, unflinching in the brightest light or most intense dark, safe in the knowledge that we all have a sacred place in the cosmos.



## **GAP Day 3**

### **White Spider**

I'm pleased that you decided to speak with me - many do not, caught as you are between their desire to hear and their fear of my form, and making a different choice. I hear you now, wondering if this fear of spiders was once important to your survival - instinct handed down from generation to generation without question, a reaction travelling the old passageways of the brain that are so hard for you to overwrite. Does it surprise you that I know of your brain structure? It should not - my silk can be woven into any pattern imaginable!

You are tricky creatures, you humans - beautiful, and with an otherworldly quality, when you function as nature intended - but tricky. You fight like flies when you believe yourselves to be tangled in any situation, even though all are of your own making - and yet you suffer such anguish when you believe yourselves to be separated from the Web of Life. You cannot have it both ways! Surely you know that all is connected in this universe?

Perhaps, then, your question should not be when you became afraid of spiders, but when you became afraid of life itself - torn between the beauty of creation and your fear of its creator. Where does that fear arise from? Perhaps you should reconsider the stories you tell yourself about this, the tales you spin and capture yourselves in. Perhaps, instead, you should tell yourselves the stories you so long to hear, and wrap yourselves in the comforting blanket of their words. What's not to love in the story of Grandmother Spider?



## **GAP Day 4**

### **White Peacock**

I am masculine beauty, displayed with feminine grace. You speak of times when the divine feminine will return and her energy is greatly needed in our world - but so, too, is that of the true, divine, masculine. It is mostly your females who are laying the foundations for your change, nesting and brooding so that new life may come forth, but it is through males that grace will first pour into the world in a way that will be felt by the collective. Only then will you remember that we are all masculine, and feminine, co-existing and co-creating in perfect harmony, in our highest nature.

My message here, though, is about what you choose to display to the world. You revere our looks and so appreciate the beauty that we bring forth into the physical world, and yet are so reticent about your own shining natures. If we never showed the full splendour of our feathers, you would feel that we wasted our gifts, or wish to heal us, understanding that something was wrong - yet you continue to hide away your own beauty, so susceptible to the criticism of those who are unable to see past their envy and self-doubt when confronted with a being similar to them, but embodying their higher essence. But still, you have a choice - as a sacred mirror for all who see you, what will you choose to reflect back to the world?

Will you forever reflect your wounds, shadows and doubts to each other, enforcing your ideas about your lower natures or believing you should not show your beauty whilst others cannot show theirs? Or will you choose to hold yourself and every other living being to their highest potential - reflecting the love and beauty of creation, a living inspiration and aspiration for all that you are capable of being and becoming?

If you truly seek change, you must do something different! Radiate the beauty you were gifted with into the world.



## GAP Day 5 White Dolphin

The message of Dolphin does not come in words,  
But plays with the rhythms and sounds of the world!  
As jesters who fool around only with love,  
We bring joy and healing to all beings above  
Below  
Around  
Within

Swim! Go inside!  
It will open your minds!

There's no need to solve the Great Mystery called life,  
Or come into conflict with anger and strife,  
Here, there is beauty and such love for all -  
A watery cushion whenever you fall!

An ocean of freedom, dancing through grace,  
Endlessly moving from chase to embrace.

This is our message for you:

You are divine breaths,  
Taken down to the depths,  
Released to float upwards; and then

As you break through the surface,  
You burst open with purpose,  
To expand into Oneness again!

All of life is a game,  
And what's crazy is sane!

But there's *both* rhyme and reason,  
So just keep on breathin'  
And embrace the pure joy in this plane!

\*Laughs\*

Namaste, to all our fellow bubbles of divine breath!



## **GAP Day 6**

### **White Wolf**

There are some transmissions that are beyond words, and those of White Wolf fall into this category for me. The feeling of the highest frequency energies pouring into every aspect of my being as I stood in the presence of a pack of White Wolves for the first time last year is one that cannot be passed on in words - those sacred moments can only be experienced, lived, breathed in.

White Wolf is the only animal who has never spoken to me in words, yet she is one of the animals who has taught me most - about listening, empathy, intuition. I can only share her message in my words, by taking you on a journey into the communion she offers you here.

Whilst White Wolf does not speak, she asks that you visualise her sitting in front of you as you read this, and invites you to place one hand on the rich fur around her neck, allowing your love for her to flow from your hand and into her being as she returns this love through her aura. She asks that you understand that this in itself is an act of sacred trust - as a wild animal and one who is sensitive in this area of her body, her simple act of allowing you to connect in this way speaks volumes.

And it is a story of sacred trust that she wishes to share with you today, for the relationship between wolf, dog and man is one that is founded on trust. White Wolf knows that man did not domesticate wolf, because no being can take the wild spirit of another. Yet she opens her heart and allows you to see how completely the aspect of wolf that became dog is devoted to this journey - living from the heart, trusting in this relationship wherever it goes, loyal and committed to her expanded family life.

As wolf became dog, and dog the eternal puppy, so man began to become the eternal child. White Wolf says softly that we have yet to understand, to embrace all that this means - but she hints that domestication has a higher purpose, carrying within it the seeds of divine friendliness, interspecies love, and cooperation between all beings that will flower in times to come.

At the same time, the beauty of wolf is that her wild ancestry and presence remains, and she invites us now back into the wildness of our own hearts and true nature, asking that we bring our love and compassion for all species with us. She shares gently that when we fully reconnect with nature, we will do so at a higher level, having risen beyond both predator and prey. How can you leave ancient fears behind you, and radiate such a divine, loving presence that predators would not harm you and prey would not fear you? This is the question she whispers into the silence between you.

White Wolf looks deeply into your eyes at the end of her transmission, her blue eyes trusting and a diamond twinkle in her pupil. She asks you to feel for and embody your heartfelt truth, even where it differs from her own - and then she lightly dissolves your connection into the field of love from which it emanated.



## **GAP Day 7 White Buffalo**

May the thundering of our ancestors' hooves across the plains  
stir up the winds of change;

That they swirl across the world, felt by All.

May our breath be released as warm clouds of gratitude,  
for all that we may give, and all that we receive.

May our circles of protection stand strong,  
as the cycles of life bring all into the Great Mystery.

~

May the fires of your desire be seen as longing for the One Great Light,  
no longer in disguise.

~

May the prayers of all beings join together as one;

Infinite expressions,  
One Dream.



## **GAP Day 8**

### **White Hummingbird**

Let the sweetness of the world sustain you!

Be free, by embracing the niche in the world that only you can fill - fully, totally, with complete trust, even where it makes you different from all of those you see around you. Feel safe with all you love and need, as true dependence is not co-dependence but interdependence - the entanglement that means you do not influence each other but dance together because you *are* each other. I could not survive without the flowers on which I feed, yet they could not survive without the pollination I offer in return - are we separate, or one in different forms, the flowers and I?

Be courageous enough to travel any distance you must to find the sweetness in life. Never forget your strength when you flow with life, and never compromise on your mission of love.

More than anything, as time stands still and yet encompasses all eternity, as yourself this - what beauty will you become entangled with?





## **GAP Day 9 White Deer**

I call to you from the magical realms, inviting you to commune with the wild spirit of nature. In the dappled centre of this emerald forest, you are held by nature's embrace. Relax into her arms and listen to her heartbeat, feeling your rhythms align with Gaia's once more.

I call to you from the magical realms, inviting you to walk through the forest with awareness and feel the sparkling hints of higher potential dancing in its spirit. Tread softly! There are dreams waiting to be uncovered here, and none should be crushed by a careless step.

I call to you from the magical realms, inviting you to choose your dreams. Do they float as orbs amid the ever-changing light show of the leaves, singing aloud their joy at being seen; or do they hide within the roots and earth, gently shaking in anticipation of your first touch?

I call to you from the magical realms, inviting you to create new fairytales and myths - stories of magic and intrigue, of talking animals and nature spirits, of brave and romantic quests so enchanting that you would not believe them to be true, were they not happening to you.

I call to you from the magical realms, inviting you to see that I am the spirit you seek today - I bound gracefully over all in my path, my being one of lightness and my presence filled with tender love. Elusive, yet ever-present, I choose to be seen only by those who will match my gentle heart.

I am the White Hart of nature and the White Heart of spirit. I call to you from the magical realms, but the sound that you hear is your own essence. You call to us from the magical realms, guiding us back to the Universal Love that we have always been contained within.



## GAP Day 10 White Heron

I appear today as, like Eagle,  
I am connected with the energy of Phoenix.

Ever-watchful,  
Ever-waiting.

Equally at home in the  
Peace of solitude,  
Or comfort of community.

Whilst Eagle's intense gaze  
Pierces your armour,  
I am the soothing animal of water and air,  
Who comes after the flames of transformation have calmed.

I stand firm in deep water, allowing life to flow around me;  
Able to rise gently above all on graceful wings.

I do not have a long message for you today.  
I simply wish you to know that you can call on me,  
When your soul seeks tranquil waters.