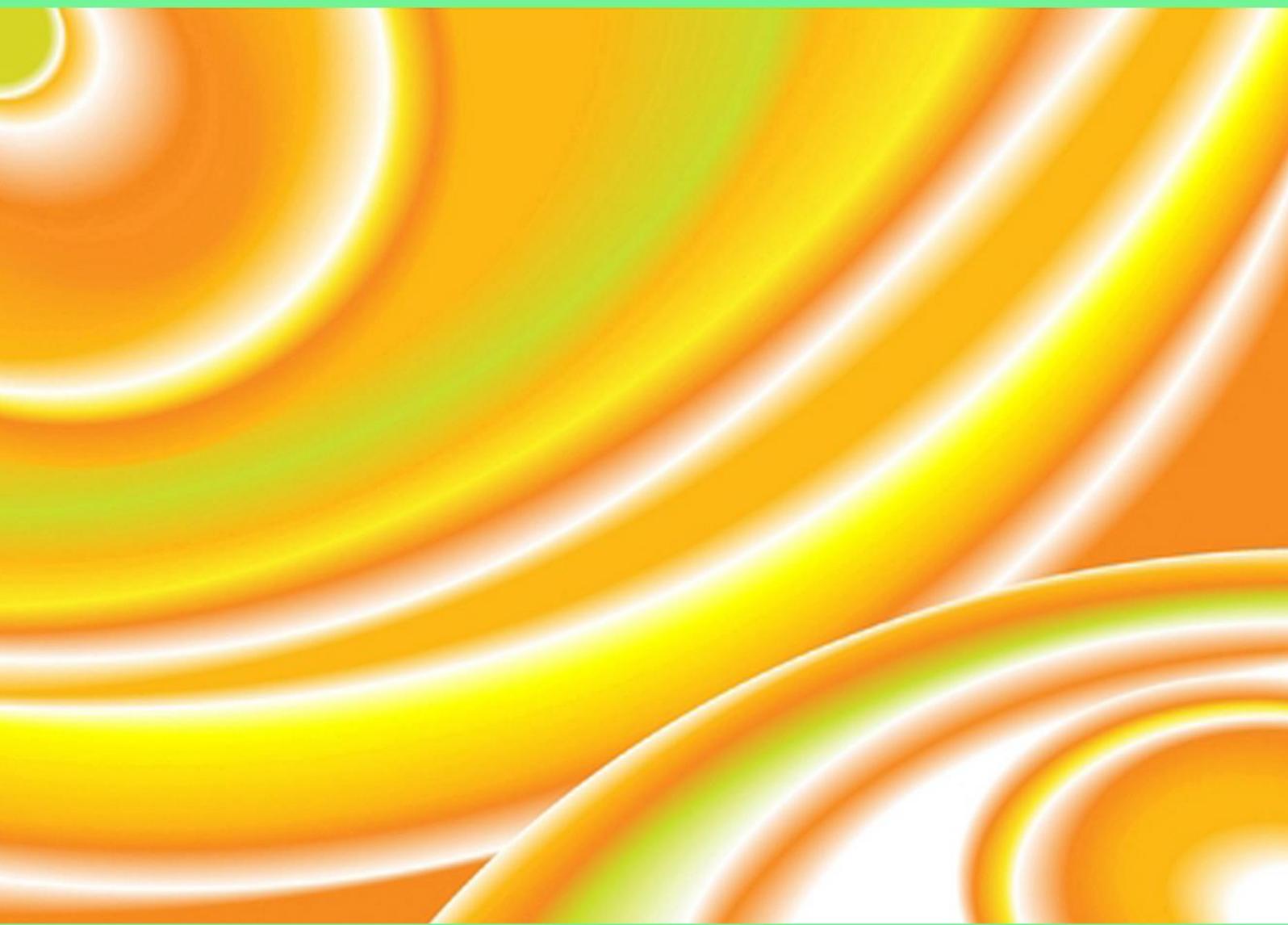


ABC of Spirit Talk In the Beginning



Carolyn Page

ABC of Spirit Talk In The Beginning

Carolyn Page

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Many blessings, dear hearts, many blessings.

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Preface

We are pleased to announce the first of many books detailing our lives as consciousnesses.

Yes, dear ones; read on for the beginning of our tale.

We hope you find yourself within its pages.

Carolyn and The Collective Consciousness

Introduction - The Final Chapter

We were once men too, dear hearts. Indeed we, like you, experienced the bonding of like minds upon the planet Earth.

"A bonding?" quips the little one, Carolyn.

Indeed, dear one, a bonding.

Our Earth medium Carolyn is not convinced.

No, dear heart; and neither are we.

The Earth experience is one of many we enjoy, brave hearts. Indeed, it requires a brave and willing heart to venture forward into the realm of this particular fantasy. For, dear hearts, this fantasy is a reminder of life for us when we began.

Many eons past, dear hearts, we, in consciousness, were like you. And what does that mean, dear hearts?

This simply means we were of the negative value. That is right, dear hearts. We, like you, evidenced great negativity in our comings and goings. Like you, dear heart, we were in great pain and strife.

Read on, dear ones, for the cure. Yes, dear hearts, this book is to help you remember who you are and why you are upon the Earth plane of existence.

Many blessings, dear ones, many blessings.

The Collective Consciousness
(C.C.)

In the Beginning

The beginning, or the earliest remembrances.

We who have been since the beginning remember very little of the chaos. We remember the fighting, the differences, the meanness, the solitude. We remember the loneliness associated with our unique mode of living. You see, dear one, we were entities un-united. We were like flotsam and jetsam afloat on a watery sea. We did not enjoy our existence, dear heart. In fact life was a series of ups and downs; mostly downs, dear heart, indeed.

Why was this so?

This was as it was my dear because we, unlike now, were separated from one another, to be sure, dear heart. You may have seen a similarity to our lives on your television screens in the form of monsters in the deep, gnarling and baying at each other's throats in a seemingly endless vista of bloodthirstiness and horror.

I am so surprised by this!

Indeed, dearest, this is as it was a multitude of eons past.

And what happened to make way for the changes?

We determined; that is many of us determined we could only survive by becoming united. It became most obvious to us, dear heart, that were we not to become united we would most certainly perish.

And so, what did you do. How did you become united?

A tale we shall leave for another time, dear heart. We would firstly like to speak upon the matter of: What separation does.

Separation definition, dear heart:

Single. A single entity. Being without others. Being alone.

This is the definition of separation, dear heart. It is aloneness. Yes?

Yes it is. I don't like this state of being. I don't like being, or feeling alone. I believe I have felt alone and separate even when in company. No, this is not a nice place to be.

Why is this, dear heart?

It is so isolating, and it becomes so boring, too.

Indeed, dear heart. It is a state of being isolated, alone, and indeed it can become very boring indeed. So, dear heart; to where is this leading? We shall tell you. Separation is a state of mind that lends itself to isolation and boredom.

And what do these characteristics have in common, dear heart? We shall tell you.

They have death in common, dear one. Indeed; when isolation/separation and boredom come together the end result is always death for the entity.

This sounds like carnage. Are you saying that you, and others, lived through this state of being?

Indeed, dear heart, there be many who survived the carnage, as you put it. Yes indeed, dear heart, there were a multitude who did not survive the carnage. Even now many choose not to survive. They remain isolated; and the result, as always, is death.

They choose not to survive?

Indeed, dearest. There are many upon earth today who choose not to survive. Are there not?

Yes, many choose not to survive. They suicide; they end their lives.

And why is this so, dear heart?

I believe this is so because they feel alone, isolated, lonely. They feel unloved, perhaps. They feel of little value; unneeded, forgotten, in pain. There are a multitude of reasons I'm sure; though they would all come under the heading of being, and or feeling isolated in some way.

Indeed, dearest; we know this to be true. And this was the case in point all those eons past. Many felt isolated. Many chose to end their existence. Many continue to choose to end their existence. Why? They choose to end their existence for the same reasons those manifesting in the flesh choose to end their earthly existence:

Isolation and separation from the world at large.

They succumb to the brain of man that has been engineered to believe in isolation and separation, dear heart. As it was in the beginning, so it is today. We have not changed, dear heart. There are many in spirit (so called) who are still in the mind frame of all those eons past. They refuse to choose a positive outlook, dear heart; hence they wither and die. A simple fate; one which is inevitable for those who refuse to see the positive aspects to life.

Are you saying that the brain of man (in which I am living and experiencing) has been engineered upon the same structure as spirit? Do you mean that in spirit we are engineered in the negative?

Why would this be difficult to comprehend, dear heart?

It goes against all my beliefs. And yet I am remembering that many choose not to survive in spirit. As I am writing I am appreciating that this is not such a difficult concept to understand. After all, if many choose not to survive in spirit there must be a basis for this; otherwise all would be willing to live, and be happy doing so. Now I have a greater grasp of the situation. I'm understanding the similarity of our earthly experience being a parody of our spiritual (so called) existence.

Shall we rest here a while, dear heart, and continue anon?

Yes indeed. I shall allow myself to absorb this more fully.



We are a Thought, Dear Heart



Timely remembering lasts a lifetime. Inappropriate happenings also last a lifetime. What is it that we wish for in our lives? Do we wish to do as we ought? Or do we want to be ever questioning the choices we have made? This is what happens when we are not aware of the consequences of our thoughts and subsequent behaviour; we can become enmeshed in conditions that fail to bring calm, peace and contentment to us.

To avoid these unpleasanties we need to remember that we ought to place ourselves in conditions that will bring about good feelings for ourselves, and for others.

We did not appreciate, at first, the brunt of that which was to come.

We were a raggedy bunch of souls who cleaved together for comfort. We had no way of knowing how generous this little band of merry souls was to become. We instigated many happenings over the coming millennia; from consorts (of a type) to enjoying each other's company. Little did we know we were saving our own lives.

The first paragraph of this chapter recalls many things for us. We began to understand that if we were to survive we would need many things to come into play. We began to appreciate, albeit slowly, the principle of love in action, indeed we did. Were it not for this happenstance you would not be at your keyboard, dear heart, faithfully recording the words, indeed not. We would have perished with the rest many eons ago.

However, dear one, here we are; and here you are having an experience in the flesh. And this was another beginning, dear heart. We began to understand, to further our roundedness, so to speak, it was paramount that we take to heart the necessity of experience. We began to evolve, dearest, indeed we did. We began to evolve to include fantasy into our lives.

Fantasy is a form of experiencing; is it not?

Indeed it is, dearest. We take a set of values and we experience them, albeit within our minds. Yes, this is what we do when we fantasise. We take a set of values; generally values we enjoy and we think upon them. That we do. We think upon them; and have a mind experience. You are having a mind experience now, dear heart. Your soul is

thinking upon values it enjoys, and is experiencing a mind experience. Simply put, dear heart; you are the experience your soul is having.

You are not real, dear heart, indeed not. You are a thought extension; a rather complex thought extension. We, as a group of merry souls agree upon a set of values and extend those values simultaneously in order to defray the state of boredom we must endure. Yes, dear heart; as you experience boredom, of a kind, so we who are extending our thoughts also experience boredom. In this way we remind ourselves that not to extend our thoughts to defray the state of boredom, we too could go the way of the many that perish. Yes, dear heart; we are saving ourselves from the inevitable consequences of boredom; namely: Death.

The Earth Fantasy was Born



Look about! Look about!
Look out, for there are predators about!

Yes, my friend. It is a time to look out, for there are those who do not have your best interest at heart.

You would be wise to refrain from action at this point in time, and allow the dust to settle.

When it has settled in a day or two you will see more clearly the action that needs to be taken.

We learned very quickly there was a need to look about for predators. Yes, my friends we, in so called spirit, know what it is to be chased, indeed. We, in spirit, also know the condition of fear.

Does this surprise? Yes; we thought it may surprise. We shall explain:

Some time into our experience we recalled the earlier days of terror.

"Terror", I hear you say.

Yes, terror. Many about us were choosing to die. The average life span was very limited, dear heart. Indeed, many chose to obliterate themselves in a sea of fear. Yes, indeed this was the case all those eons past. We each had a choice, dearest. We each had the choice of fighting for survival, or succumbing to the inevitable.

Most, in the beginning, were not strong enough to cope; therefore they perished. Many others bravely fought their way to another beginning.

You, dear heart, are one such brave soul. Yes, dear one, you.

You, or your soul to be more correct, were one of those brave hearts whose determination to survive overcame the fear. This is indeed what happened. You, dear heart, fought bravely to survive; and today you are the embodiment of strength.

It takes a great deal of strength to survive. We know this to be true, dear one. It takes strength and a good deal of luck to get through.

The little one smiles inwardly for she doubts the validity of luck, so called. Indeed it is her premise there is no such animal, so to speak, as luck. No, dear friends, she would have us believe that luck is a fallacy; and indeed she is correct.

Indeed, dear ones, there be no such animal as luck. No; all happenings upon the planet Earth are a series of values extended by means of thought transference. No luck, dear ones. No, luck is too a fallacy. We are the instigators of all things upon Earth, indeed. We, you and I and all others experiencing, extend our thoughts simultaneously in order for our experience to be an enjoyable experience.

The little one wonders, or at least would like more information upon the subject of:

Why do we have experiences of suffering? Why, when those experiences could be avoided, do we have them? They are not enjoyable to those of us on Earth who are experiencing. In fact, they can be quite horrendous, namely: Sickness, physical deformations, mental problems, housing difficulties; to name but a few.

Yes, this is most certainly a valid question posed by those of you upon the Earth experience. Why? Why? Why?

We shall explain:

The Earth experience (or thought transference) we determined would be one most resembling our life as spirit. Indeed, this is what we agreed upon for the Earth experience.

We shuddered at this thought when it was first put forward by an overwhelming number of souls who had an agreement about them. They could not be deterred from this fantasy. No, dear heart, they were adamant that we should have at least one fantasy closely resembling our own.

The Earth fantasy was born.

Did we not say that we also know fear, dear hearts?

This nomination put fear into the hearts of many souls, indeed.

Why would we wish to fantasise in the negative, indeed? Indeed, why?

We chose to include this fantasy because we agreed that not to fantasise in a sense that was more closely resembling our reality would be to undermine the very fabric of our existence.

That is; it would negate our reality, and prevent some from remembering:

Lest we forget.

The Consort; or Companion



How about a life, dear one?
Have you got one?
Are you doing the best with it?

These are questions which you need to answer for yourself.

Don't think that others know best.
No, dear heart. They do not.
YOU know, dear one, what is best for you.

Think. Think. Think.

What, in your heart of hearts do you really want? That's right.

What do YOU really want?

Only you have that answer.

What in our hearts did we really want?

Companionship, dear heart, is what we really wanted. To achieve this blissful state we needed a consort; someone who was similar to ourselves with whom we could share our hopes, our dreams.

Do you think this funny, dear ones, that we, spirit, long for companionship? Yes? Indeed, dear ones; this too is another value we have placed upon the Earth experience. The value of company with like minded souls, indeed.

For those of you who have not experienced this value, wait upon your soul, dear friend. Your soul's choice, as always.

This may sound cruel to some who are experiencing aloneness. Indeed, this is a state of isolation; a reminder of those times eons past when aloneness was the norm.

Not pleasant, dear heart, no, not a pleasant situation in which to find yourself indeed.

Is there to be company for you within this experience? This question is solely in the hands of your soul.

There are no guarantees upon the Earth plane of experience. It is pre-ordained. It is determined by the needs of your soul. It is a purely personal experience that your soul is having.

Some choose to experience along with their favourite consort, especially whilst experiencing upon the harsh reality of the Earth experience. Those who are doing so will feel the bond that only your closest loved one can afford. Two peas in a pod, as the saying goes. Yes, two peas who enjoy each other's company and choose to linger in each other's company during the period of the Earth experience.

Yes, dear hearts. We have allowed you to know of this state; twin souls, some call it. Soul Mate, is another term. Whatever you name it, dear heart; it allows for the not so pleasant Earth experience to become more pleasant.

Yes, my friends, there are many ups and downs whilst experiencing the Earth experience. A Soul Mate can alleviate the burden somewhat.

Yes, we continue to experience together, dear heart; as you asked. Yes, we journey throughout many experiences together. Some together, some separate. However, dear heart, there can be no real separation in spirit. Unlike the Earth experience we do not take separate journeys; we take mental journeys, dear one. Only mental journeys. We do not, in fact, leave our loved ones when we journey. No, dear heart, we are together physically, so to speak; we journey only mentally, you understand.

We shall leave this for now, dear heart, and continue anon.

Workin' 9 to 5

Up in the morning off to work.



(The Dolly Parton song – Working Nine to Five.)

Tumble out of bed and stumble to the kitchen
Pour myself a cup of ambition
Yawn and stretch and try to come to life

Jump in the shower and the blood starts pumpin'
Out on the streets the traffic starts jumpin'

And folks like me on the job from nine to five

Chorus:

Workin' nine to five
What a way to make a livin'
Barely gettin' by
It's all takin' and no givin'
They just use your mind
And they never give you credit
It's enough to drive you
Crazy if you let it.

And work we did dear ones. We worked from dawn to dusk, as the saying goes. We appreciated our lives would not get better without effort. Indeed we did, dear ones. What did we do? We worked, dear hearts, we worked.

We hurriedly began to appreciate the need for company and love to be our guides. Yes, brave heart, we realised the value of company. Not bad company did we want. Oh no; we did not want company that would lead us astray. Oh no; we wanted like minded company.

"Like minded company," we hear you say.

Yes, dear heart, like company. Company that had the same goals. Yes, dear ones. If we were to succeed we needed the company of like minds.

We see many on the Earth plane experiencing the same needs, dear ones. Do allow this to happen. Acquiesce to the promptings of your soul as it directs you to like company. This is a difficulty for many, dear hearts.

Do you not also want adventure? Do you not also want to be guided to those things of benefit? Do you not wish for heroic valour? Indeed, dear ones, we know this is true for you. Do not resist. Do not resist the promptings of your soul. Many do, dear ones, and many fail.

The little one is surprised by our words.

Yes, dear heart, you have a choice to either allow your soul's guidance, or not.

Indeed, our loved one Carolyn was somewhat confused. Her understanding was that whilst on Earth a value of observance of her soul's wishes was fundamental to the experience.

No, dear heart, we allow for the brain of man to make decisions in regard to following the soul's guidance, or not. In this way, dear heart, there is free will, to an extent.

This surprises our dear one. Indeed there be many areas of concern we shall touch upon to give a greater understanding of the Earth experience, and values assigned to it.

As we were saying, dear ones, we worked hard upon ourselves. We investigated all nooks and crannies, to be sure. We found ourselves wanting in many areas. When discovered, we convened audience with each other and questioned our alternatives.

Many of our values are included in the 'Thought for Today' upon our website. You may have already visited; however, should you care to find them we would be very pleased to share them with you.

ABC of Spirit Talk

<http://abcofspiritalk.net/2014/04/17/thought-for-today-2/>

Shall we Talk Words?



A need to protect oneself from the torments of life. Harden up!

We all need, at times, to look at our self-protection.

Do we need to adjust our outlook to accommodate the times?

Certainly we do.

We must not allow outside appearances to fool us into believing that all is well.

Returning to our story, dear hearts, we would like now to investigate some meanings. We hope you find our story enjoyable and instructive, dear ones.

The meaning of: Hope.

Many have hope, dear hearts, and many do not. Those who have hope understand the value of love; for without love there can be no hope.

Does this surprise? Yes? No? Indeed it surprises some, and not others.

And why does one need love in order for hope to survive? We shall tell you:

Love's quality is sound. It has balance. It understands the need for experience. It does not live alone, but is evidenced by those surrounding it. Yes, dear hearts, love is tangible.

Love can be felt. Can it not? Indeed it can, dear heart. Where there is love, there is hope. For what is hope but an extension of love. We love something and we hope that it transpires, that it evolves, that it happens. Oh yes, my friends, there can be no hope without firstly there being, already in existence, that princely quality of love.

Shall we do another, dear heart? We speak to our dearest one, Carolyn. Yes, she agrees. Right, which word shall we investigate?

Yes, let us investigate the meaning of the word: Together.

Not the word, single, oh no. Not the word, alone, definitely not, dear heart. No, we shall investigate the meaning of the word, together. Indeed we shall.

We travelled together, not alone. We travelled with company, not singly. We travelled together for: Is it not more enjoyable to travel in company, dear ones? Yes? No? For some the answer may be yes; for others the answer may be no.

What we would hope for, dear hearts, is for you to take to heart the meaning of together, and make it work for you.

Are you alone? Yes? Think upon this word, for a time, and should you wish for company it will be provided. Not one-on-one company of the loving kind, you understand. No, dear heart. If it be your soul's desire to remain without a significant other, then so be it. However, dear one, company, in the form of like minded souls is not to be excluded from your experience.

Oh yes, my friends, there are compensations available to all experiencing on the Earth plane of experience. We do not wish for you to be alone, dear ones. Company is required for all growth; for all true experiencing.

Do not allow the brain to dictate, dear hearts; it is most certainly a hard task master. We know this to be true, dear heart. You and I, and all others have agreed to the values which are evidenced upon Earth. One value is this:

"All experiencing upon Earth are to be given the opportunity for advancement."

This can only be achieved in company, dear hearts. Never is this obtained in isolation.

We wish you well in your adventure, dearest. Go out, meet with like minded souls and enjoy life as much as is possible.

Another, she cries; let us do another!

Indeed, dearest, let us do another word. What shall we do, dear heart? Shall we seek the meaning of a word which some of us fear? Right. Let us take a fearful word, and seek its value.

The word, whose very essence conjures fear for most is, dear heart: Alone.

As we have already evidenced, the word, alone, can be quite a frightening word. However, we would ask that you take this word, hold it up to the light and understand its value. Yes, that is right; it's value.

Some would argue it doesn't have value, and they could be correct in their thinking; providing they are thinking in the positive, so to speak.

Should they be thinking in the (so called) negative, we have a problem that needs to be solved. For you see, dear heart, should we think the word, alone, is a positive word, we are mistaken, indeed. Although the word itself has little value, the summation can be terrifying, indeed.

Do we have a premise upon which to build an argument? I think we do indeed.

Words hold little meaning; it is the connotation we apply to them that causes alarm, happiness, heroics, or less. Do you get the drift, my friend? It is the imagery we place within our minds that can cause a multitude of happenings within our bodies; some pleasant, some not so pleasant. The word, on its own, holds little value.

However, my dear friends, the word, alone, has a connotation that can send shivers down one's spine, indeed.

(The little one jokes. To the end of the sentence she added - were one to have a spine! The joke being upon us, dear hearts, in spirit... Hahaaa, dear heart; we find your sense of humour quite titillating, indeed.)

Yes, my friends, shivers down one's spine (should one have one)!

Imagery is a powerful tool in anyone's pocket. Those things we feel unable to achieve can be achieved (with effort) via this means. Many and varied are the books written upon visualisation. They offer a means to achieve, indeed they do. Those who have utilised such techniques may or may not have had success. However, my dear ones, know that this technique works. Indeed it does.

Ask for assistance when using such tools, dear heart. That's right. Ask your loved ones in spirit; that's right. Ask your soul, dear heart; and if your desire is strong enough your desire will be granted.

This always means holding your visualisation for as long and as often as it takes in order for the change to occur, dear heart. With desire and practise will come success.

And now to return to the word of the moment: Alone.

Hold this word in your consciousness for as long as you can, dear heart; in order to find the connotation you hold for it within. This can be different for each, dear heart. No two hold precisely the same connotation for any two words. This is so, dear heart.

When you have ascertained the connotation you hold, ask for a better connotation to present itself. Indeed; a better connotation that does not hold the dread or the fear you currently hide from within.

When you can think upon this word, without the fearful connotation, you will appreciate the process of change that has taken place.

A simple process, dear heart; one that can be used for a multitude of words; a multitude of fears.

Yes, my dears, hold up any fear to the light of your consciousness and ask for a better view, indeed.

Speak Up, Dear Ones, Speak Up



Chicken feed. Hen's teeth and chicken feed. What's this you're giving me?

Don't you know it's wrong, wrong, wrong? Don't give me chicken feed.

Sometimes we allow others to say and do those things that can bring harm.

Sometimes there is a need to tell others that this just won't do.

A time to speak up.

Yes, indeed; there is a need to speak up.

Most fail to do this, dear one. They quietly go through life holding their breath. Indeed they do.

And why do they do this, dear heart?

Many do this because they fear. Yes, dear hearts, they fear.

And what do they fear?

They fear many things, such as loneliness. Indeed, many fear loneliness.

And why do they fear loneliness, dear heart?

They fear being alone. Indeed they do.

Do you fear loneliness, dear one?

Only you can answer this question. No, no-one can answer this question but you, dear heart. Loneliness, a double edged sword indeed.

Were it not for this fear, dear heart, many would speak up. That's right. Many who otherwise hold their breath, would speak up.

Wouldn't you like to speak up, dear one? Wouldn't you like to hear those thoughts, twirling about in your mind, issuing forward in your breath? Yes? Yes, dear heart, we think you would.

Courage, dear heart, is what is needed. That's right. Courage, and a good deal of inner strength is what is needed.

Know that you have this inner strength, dear one, indeed. You have this inner strength waiting to issue forth with your breath.

We await to hear your words, dear heart. Indeed we do.

Shall we speak up upon a subject close to our hearts, dear heart?

Yes; the answer is yes. Well done, dearest. Indeed we shall.

Many eons past many of our fellow souls did not speak up. They lingered without breath, so to speak. They chose to forego company, and perished.

We have already touched upon this subject, dear ones. However, we would like to enlighten a little more.

They, those who chose not to speak up, thought by doing so they could escape the fury of those who disagreed.

"And what occurred?" you ask.

We'll tell you.

They perished within.

Yes, dear hearts; they firstly perished within. From the inside out, so to speak.

For this is what occurs to those who do not allow their words to speak up.

Indeed, dear ones; this is happening to many upon the Earth experience. They choose not to speak up. The resulting sickness of heart manifests itself throughout the body and mind. Eventually sickness prevails; the precursor to death, dear ones.

No; perhaps not total death, dear heart; but a silent, creeping invasion within. A silent, creeping invasion of loneliness. Indeed, dear heart. The loneliness begins even when you are not alone, indeed.

Do you understand, dear heart? You are alone, even when in company, should you not be speaking up, indeed. Your fear has already manifested itself within you.

That's right, my dear ones. Your fear of speaking up has brought you to the precipice of aloneness.

Indeed, a double edged sword.

Unique Mode of Living



A hop, step and a jump away from having it, dear heart.
Yes indeed.
It is almost yours.
Be patient.
That's right.
Patience.
Do we need to say more?
Patience is indeed a virtue.

Our unique mode of living, dear ones, indeed.

Ours is a unique mode of living. We, unlike you, dear heart, do not have a body, so called.

That's right, dear heart. We do not have teeth, or bones of any nature. We do not have a spine, as the little one joked in a previous chapter. No, dear hearts, we are not solid, so to speak.

We have thoughts, dear hearts. In fact, my dear ones, we have many thoughts.

The little one typing is trying to imagine what we look like.

This will be impossible for you, dear heart; for we are not of a physical substance. We are thought.

In order for you to obtain a greater grasp, my dear one; I shall ask you to imagine yourself asleep having a dream. In the dream you can appear quite human-like, yes? Yes; in your dream you can appear quite human. Now, take the substance of the dream state; it comes from your thoughts, dear one. Does it not?

"Yes."

We heard a yes. This is as we are, dear heart; a dreamlike thought of substance, indeed.

"Tangible?" asked the little one.

To us and to each other we are as tangible as you are one to the other, dear heart. Just as you know when another entity is nearby, we too understand another consciousness is near.

"Do you enjoy the company of other consciousnesses nearby?" the little one asks.

Indeed we do, dear heart. In fact, we crave this happenstance, dear one. We adore the company of like minded consciousnesses, to be sure.

We would like to speak upon the matter of company once again, dearest.

Many appreciate good company; many prefer their own company.

We would suggest, dear heart, those who prefer their own company remain within this precept. Do not allow others to release their opinions upon you. Indeed there be times when aloneness can be the salve to cure all ills.

We each, at times, need our solitude. It is only when this solitude is forced upon us by fear or malicious intent that it can harm.

Oh yes, dear heart. Know that aloneness does not always mean a fearful event. No, dear heart. Solitude can, at times, be enormously soothing.

The little one asks if this applies to those of us in (so called) spirit?

There is very little opportunity, when one is enjoying ones existence, to be alone, dear heart. This was indeed a necessity many eons past. However, those times of harsh reality are past for many who now choose companionship and love.

Yes, dear heart, we who choose companionship and love rarely have need of solitude. The reason being, dear heart; we do not need to purify ourselves of harmful energies, which is the usual when allowing the state of solitude into our lives. Is it not, dear heart?

The reason many enjoy a little solitude, is to wipe the dirt from the body, dear one. That is; to purify oneself in aloneness.

Into the Unknown



Around and around and around we go. Where she stops, nobody knows.

Life's a bit like that. Around and around and around it goes. Where it stops, nobody knows.

So why are you worrying? Stop worrying.

It WILL happen.

We are all guilty, dear heart, of doing this. Are we not?

Indeed, dear hearts, all and sundry are guilty of perpetrating this dilemma.

We worry. That's right, dear heart. We worry.

And what do we worry about?

We worry about everything.

Why? Why do we worry about everything?

We shall tell you, dear heart.

We worry because this is as we have been programmed.

Are you surprised, dear heart? Yes? No?

The little one is beginning to appreciate that we, our consciousness, has been designed to worry because it has been engineered in the negative.

That's right, my dear friends. We, those of us in so called spirit, have been designed in the negative.

This was a surprise for our dear heart some time past. However, today she appreciates the validity of what we say.

A parody indeed. Yes, my friends; the Earth experience is a parody of our existence.

We were of the negative energy, many eons past. Today we supplant the negativity by an overwhelming abundance of positivity. This positivity has the effect of keeping at bay the original energy of negativity.

And this we say to you, brave hearts.

It is only by forcefully seeking the positive values that you will refrain from entering the values of negativity.

Simple enough, brave hearts; though not easy. No, dear ones. The original energy shall ensnare you within its trap, should you not be vigilant. Indeed, we speak truth.

What can be done to ensure the original energy of negativity is kept at bay?

We can adhere to the principle of love, brave hearts. That's right.

We can circumnavigate the original energy of negativity by forcefully and consciously circumnavigating the original energy of negativity!

This takes some considerable energy, dear hearts. It is far easier to slip into the original energy of negativity, yes indeed. We know this is true.

This is indeed what is happening in the land of consciousness, so to speak, and is happening upon the Earth plane of experience.

Slip, slide away, dear hearts. Indeed, slip, slide away. Many continue to slip and slide, both in the land of consciousness, and in the land of Earth.

Will you not join with those of us who refuse to slip, slide away, dear brave heart? Will you not allow the evidence of your own creation upon the plane of existence namely; Earth, to prove the existence and preoccupation with negativity; so keenly ascribed to by the multitude, dear heart?

Look about you, dear one. What do you see? Do you see positivity abounding? Or do you see negative structures within the closed walls of experience? Indeed, dear brave hearts.

Listen to your words; they are masters of disguise. Are they not? They are masters of deceit. They are masters of distrust; malicious in intent, at times.

Do you not hear your words, dear ones?

Should you be one who hears positivity in your words; congratulations to you, dear heart.

Should you be one who hears the negative structures issuing forth; salutations of regret, indeed. You will be experiencing your words biting through the garment of your skin, dear heart, as they rip the very lining of your heart and mind. For this is what occurs, dear hearts, when the words are of a negative vibe:

They attack your very essence, indeed.

Little do many appreciate; the worst attack comes from within. That's right, dear friends. The most gruelling form of abuse is self abuse, indeed.

Do be mindful of your thoughts and subsequent words and actions, dear ones. They may be intended to hurt another; however, they must (by value of their intent) firstly hurt you.

90/10



Ever true. Faithful. Loving. Loveable. A true servant; humble and willing.

This is true for the dog family. However, are you going a little too far with your love?

Do you think that your love is being abused?

Could you be over indulging your loved ones?

These questions need your concern at this moment in time.

We ask that you investigate how much you are giving to others, and see if perhaps, just perhaps, you are giving too much!

We all have a tendency to give too much.

This surprises the little one who was sure there were many who did not give very much at all.

No, dear heart; most, if not all, give far too much. Surprising, yes. However, this is the lie of the land, so to speak.

We, that is, spirit (so called) were indeed a motley bunch when we first gathered, as we've spoken. Indeed, we were a motley bunch cleaving together for fear of death. Since that time, dear one, we continue to cleave together, assisting one another as we are able. A portion of this state of being remains within us, dear one. We, most, are still geared to being of assistance; for our own survival, you understand. It does not bode well for a single entity to venture forth on their own, dear heart. As we have stated, this is paramount to suicide, indeed.

Therefore, dear one, you will begin to understand; a portion of this state of good will toward another has become an almost natural aspect of our consciousness. This is a life saver for those of us who wish to survive. However, dear one, and there is an however:

When we venture forth into fantasy, a little of this aspect of our consciousness also remains, dear heart. Indeed it does.

You may think this a good thing dear heart, indeed. However, dear heart, it has its drawbacks. We shall explain:

There are many within the earth experience, dear heart; some wise and some not so wise. Many remember, albeit vaguely, dear one. They remember this aspect of the consciousness. It can quickly overcome the consciousness with its debilitating degree of feeling, dear heart. That's right. It can overcome you and others upon Earth with its detrimental effects.

Indeed, dearest, you are beginning to understand.

We must firstly take care to ensure we are not giving away something that we need for ourselves. It is not for us to be the saviour, dear heart. No, each one must save themselves, indeed.

When this has become an automatic response for the individual experiencing, he/she can venture forth assisting those others of like mind. However, dear heart, to be constantly assisting all others, willy nilly, so to speak, can be quite detrimental indeed.

To summarise, dearest:

To assist all purely because one feels superior is paramount to suicide, dear heart. To offer assistance to those of like mind, dear heart, can be rewarding for both.

Does this make sense, dear heart? Does this make for common sense? Indeed, dear one, you are beginning to appreciate the term 90/10.

90% for you, dear heart, and 10% for all others.

When you appreciate this happenstance, dear heart, you will be well on the way to retaining your enthusiasm for growth, love, and devotion to your survival.

Remembering our Past



Woops! Got over that one. Woops! Got over that one too.

Woops, here comes another one. Guess I'll get over that one too.

Life has a way of handing us situations and conditions that we feel we cannot cope with. This is compulsory!

No-one has an easy life. No, no-one gets it easy.

It is not what comes around that bears us down; but how we deal with it.

There is a wrong way and a right way.

Know that you will find the right way to deal with this situation, and that you too will be able to say.

"Phew; I got over that one too!"

Phew, yes, we got over that one, too.

"What did we get over?" asked the little one.

We got over the need to please others. Indeed we did, dear heart. We got over the tiresome burden of waiting upon others.

And how did we accomplish this?

We planned it, dear heart. We meticulously planned it.

We sat down, so to speak, and decided it would be in our best interests to remain conscious of the results of not doing this. That's right, dear heart. We sat down and realised the debilitating effects upon ourselves were we to constantly be at another's beck and call, so to speak. To be 'there'. To allow another's wishes to dominate. You get the drift!

Indeed, we see many on the Earth plane of happenings doing precisely this. Do we not?

Indeed yes; for the most part those experiencing the Earth experience run around like chooks with their heads cut off, so to speak, gleaning all they can do from their brother's/sister's lives in order to make it easy for them.

And what is this *make it easy for them* about?

If you look closely, dear one, you will soon discover the *make it easy* is done in order to make the doer more comfortable.

It is not generally a state of mind which gives freely, dear heart. No, as a rule it is done for the doer. He/she is made to feel more comfortable, dear heart.

And why is this, you may well ask?

The answer, dearest, lies in your thinking. Your thinking that believes, erroneously, that by doing for others we shall look good; we shall be pillars of society; it may ease our otherwise guilty conscience, etc., etc.

Indeed, dearest, there are many and varied reasons why we give of ourselves.

May we be the first to assure; this is a foothold in an ever decreasing downward spiral into self annihilation.

This may sound a dramatisation, dear heart. Know this is true:

When we give more than we keep, are we not deficient ourselves? Are we not putting ourselves at risk of depletion? Indeed we are, dear ones, indeed we are.



Got To Get It Out!



Hatred deep inside. Got to get it out! Don't know why I feel hatred inside?

There is a need, dear heart, to investigate the inner working once again.

Why carry such pain around with you when it is soooooo easy to let it go.

That's right. It is soooooo easy to let it go.

Just ask us, dear heart; and we will assist in the removal of the pain that you carry within your mind.

Just ask, dear one; and if you are sincere in your desire to be free, then so be it.

Many carry anger, dear ones, locked within their hearts, their minds. Indeed they do. And why is this the case? We shall tell you.

Dear ones; anger, jealousy, contempt, disheartenment are all known to those of us in so called spirit. Yes, dear hearts, we experience those energies often. Does this surprise, dear one? Yes? Yes, we thought it may surprise.

There is a constant need for vigilance, dear hearts; vigilance against those destroyers of calm. Indeed there is, dear brave hearts. The energies of negativity surface when we least expect them. They have their way at times without being detected. Here lies the danger.

When we are not consciously manifesting, we are unconsciously manifesting. In other words, dear hearts, we are allowing the norm to have its way. This is paramount to disaster, dear ones; for the norm is an energy of negativity and self destruction.

Are you beginning to understand? Are you beginning to understand the gravity of which we speak? Are you tempted to believe that with a little inner investigation you may find that indeed we *are* made of the energy of negativity?

This is what we did, all those eons past, dear ones. With a little inner investigation we came to realise these truths, indeed.

Not for the feint hearted, dear hearts. This realisation, when fully opened before you will reveal the truth in all its horror; in all its ugliness.

Truth, dear one, is truth. It cannot be changed by wishful thinking. It cannot be altered without effort. Indeed, truth is truth is truth is truth.

Won't you allow the truth to prevail, dear one? Won't you allow this, which is the very core of your being to reveal itself to you? Only by so doing will you release yourself from its stronghold.

Indeed, dear brave hearts. Recognise this truth within, and this realisation will become the foundation for change, indeed. Without this realisation you will remain in pain, dear heart. Without this realisation you will prevent yourself from experiencing the miraculous effect of self knowledge.

That is right, dear one. Allow yourself to see the ugliness, the terror, the fear; and you will be well on your way to freedom.

Remain Calm



So much to do; so much to see. Don't stand still.

I see all that's about me for a metre or two; then up I look to see what's new.

Down again to the left, to the right; over the fence and turn to the right.

Did I hear something? Only just you!

Somewhere up there, is where I want to be. Somewhere, somewhere; even there. No there, there, there or there. Is this where I'm meant to be?

Nervous energy abounding at this point in time. Garner it in else it seize you with its electricity of misfortune. You would do well to sit awhile. Stop thinking, thinking, thinking; and allow the lighter energies to have their way with you.

That's right. Allow the calmer energies to have their way. When you do this, you will begin to think more clearly, and with a brighter note!

Remain calm, dear ones. That's right. Remain calm.

We see many persisting to run themselves ragged, indeed we do. Do we not, dear ones?

"Yes," we hear you say. "Yes, we run ourselves ragged."

When you can hear yourself repeating these words within, you will be well on your way to reducing the effect of running yourself ragged.

The little one appreciates this statement. For, dear hearts, we gave to her a little poem, some time past. This little poem has become a mantra for her. Yes indeed, this little poem has become a life saver.

Shall we tell the people the little life saver, dear heart? Indeed, we are in agreement. The little life saving poem is this:

Remain Calm

Do remain calm in whatever you do

A little good can come of the energy it woos

A little tender loving; a little bit of jest

It's amazing how it makes everything its best.

We have a little rhyme for you; we hope you listen, dear

For it shall save you from the rest; you know, grief and fear

So know that calm will see you through in everything you do

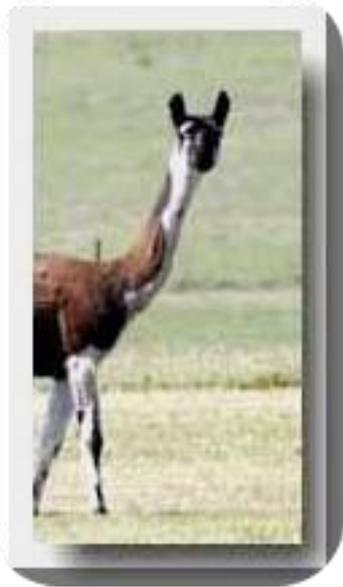
A blessing; not a curse, is what we give to you.

Yes, my friends; this little poem of love will see you through those times when nervous energy abounds.

Yes, dear ones; nervous energy abounds within the mind of man. Does it not? Indeed it does, dear hearts.

Do allow the calming energies to have their way. Indeed, dear hearts. They will not let you down.

Working Toward Perfection



Gee; not such a long way to go!

Bet you thought there'd be more to us than that; huh?

No, we're pretty ordinary folk who just want peace and quiet.

Yeah. Just peace and quiet.

Yeah, just peace and quiet! Hallelujah brother; what I'd give for some peace and quiet.

We are speaking, dear ones, about the mind. Indeed we are. We are speaking about the mind of man. Indeed my friends.

When we have been man, we remember most of all the debilitating effects of the brain as it wilfully meanders through life. This it does, dear ones. It does this for, dear hearts; it cannot do anything else. It is being true to itself.

However, dear ones, as we hope you are appreciating; this fact can indeed be modified to a great extent with knowledge. The knowledge that you can have power over your thinking is the key to remaining calm, as has been spoken.

When you wish for this luxury, and are prepared to work for it you will find yourself of a different ilk. Indeed, dear hearts. The energy that has been your constant companion, namely fear, will alter itself. Indeed it will. It will alter itself to whatever you wish to replace it, dear hearts.

Would you like to be more calm? Would you like to solve the problem of a racing brain? Would you care to sit awhile and enjoy just being, dear one?

Do you think this is possible for you, dear heart? Do you not think it can be done? Is there fear associated with this remembering, dear heart? For, dear one, this is what happens when we consciously invite the calmer energy in to tea.

Fear, dear hearts, yes, fear abounds. And why is this? We shall tell you.

Fear does not like to be replaced. That's right, dear hearts. Fear has had a stronghold for many a millennia. It has had pride of place, so to speak.

Would you like to be replaced, dear heart? Yes? No?

Precisely, dear heart; and neither does fear.

Be prepared for the advent of great fear as you trek the path toward perfection, dear heart. Know that fear will present itself, over and over again. It is likened to a dear familiar friend. Is it not? Yes, dear ones, familiarity is an old known friend.

However, dear hearts; if it is calm and good feelings within you are striving to achieve, the energy of fear will most certainly cause you alarm as you circumnavigate its effect in your life.

We say circumnavigate, dear ones; for fear is an integral aspect of our nature.

Do not be alarmed by this statement; it is not intended to cause alarm. The intention of self knowledge is to make you strong. Armed with self knowledge you are empowered to circumnavigate those energies within that cause alarm.

Yes, my friends, a simple equation indeed.

Know thyself. A powerful tool indeed.

Freedom from Fear



How's about going out and finding out what's what!?

Why sit at home wondering, when there's so much to know; so much to do!?

Yes, life can be difficult at times.

However, are we going to take the bull by the horns, or are we going to whither and die?

The choice is always ours.

Why, oh why, you ask? Why, oh why do we have to suffer this way?

We shall tell you, dear heart.

The agony and the ecstasy, indeed.

Our life as a consciousness, once agreed upon, is a state (almost) of ecstasy. This is right, my dear friends. We say 'almost' for, dear brave hearts, without the integral fear within our consciousness, indeed we would be perfectly situated in ecstasy. It is this minor point of our nature that precludes us from enjoyment of total perfection, to be sure.

"What percentage," our dear one asks. "What percentage of perfection do we enjoy?"

A good question, dear heart. Were we to say 98%, would this satisfy, dear one?

Indeed, 98% is quite satisfactory to the little one. She would prefer 100% perfection, however; the little one appreciates the fact of our nature and the integral aspect of fear. Bearing this in mind, the understanding of 98% perfection is quite a satisfactory percentage, indeed.

And this we agree upon, dear heart. When one is combating an eternal foe, such as fear, 98% freedom is a satisfactory condition.

Know, dear hearts, whilst upon Earth this number of 98% freedom from fear will be available to all who choose. That's right, my dear ones.

98% freedom from fear is available to those whose choice is freedom. That's right, my dear friends.

Know that this figure may take some considerable effort to achieve. However, as the little one can attest; the result is worth the effort.

Yes, my friends; the little one can attest to this miraculous number as it becomes evident within her life. Indeed this is the case. Carolyn enjoys (on most occasions) a 98% freedom from fear. This has taken many years to produce, dear hearts. Her road has not been an easy road to travel. No, indeed not. With diligence and calm to guide her, the little one is now comfortably sitting inside her skin, so to speak.

This condition is within the grasp of all who choose this path. Not for the feint hearted, as has been said. It will take all of your desire to fulfil your dream, should you so decide.

Your choice, dear heart. We wish you well on your journey.



The following are some of the Reflections to be found upon our website, dear heart.

Should you care to read them you will find them a good start upon your journey toward perfection.



Badger Reflection



Wow, what a heavy burden it is to have to do everything!

Life just isn't fair.

(And that is how it will remain, my friend, if you don't see to it that it doesn't. Do you appreciate that you and only you have the power to provide yourself with a good future?

That's right, my friend. It is entirely your choice to either remain as you are and not be satisfied, or allow yourself to dictate the reasons why you choose to have a good life, and then put those plans into action.

No-one, no, no-one can do this for you. Only you have the power to either provide for yourself a good and strong future, or not.)

Coyote Reflection



Around and around and around we go. Where she stops, nobody knows.

Life's a bit like that. Around and around and around it goes. Where it stops, nobody knows.

So why are you worrying? Stop worrying.

It WILL happen.

(Where she stops, nobody knows.

Well, there may be some truth to this saying however; we know that you have a plan. Don't we?

Yes, we know that you have a plan and you would like it to happen now! Yes, we do. Don't we?

We know that you have a plan, a very good plan, and you would like to see it come to fruition today, if not sooner!

Unfortunately we have some bad news for you, dear friend. It is not going to come true for some good time to come.

However; you can be happy to know that it will come true, eventually.

Yes, we understand that this is not what you have wanted to hear. Yes, we understand.

We also understand that there are a myriad of things which will need to come into place firstly, before your plan can have its way.

Don't you agree with that? Don't you agree that you will need to make another plan before your big plan can see its way into reality?

Yes? Good. We know that you are understanding.

Now that we have a premise upon which to work you can see that it is going to take some time before your plan can have its way.

However; we do not want to see you give up on your plan.

No, dear friend, that is not what we want to see. No, dear friend. Hold onto your plan.

Put your smaller plan into action and allow that which is rightfully yours to find its way to you, at the appropriate time.

In the meantime there are some things within that need your care. And what is meant by within? What is meant by within, dear friend, are those things within your mind that need some adjustment. Yes, a little adjustment of attitude is required in order to meet the challenges that your plan will bring.

Think upon this a little and you will see that your plan requires a shift in your thinking. When this, and many other smaller things are set in motion your plan will evolve into being.)



Cow Reflection



How about a life, dear one? Have you got one? Are you doing the best with it?

These are questions which you need to answer for yourself.

Don't think that others know best. No, dear heart. They do not.

YOU know, dear one; what is best for you.

Think. Think. Think. What, in your heart of hearts, do you really want?

That's right.

What do YOU really want? Only you have that answer.

(You do not need to tell me, dear friend. No, it would be best to keep it to yourself. That's right. Until you have it very clear within your own mind it would be best to keep it to yourself. Yes, that's right.

Some of us make the mistake of telling others our innermost dreams only to have them trampled upon. Yes, this is what happens to some who share their innermost dreams.

We do not want to see this happen to you, dear friend. No, we do not want to see your innermost dreams treated in this manner.

So, we say to you, dear friend. Don't let anyone trample upon your dreams. No, never ever allow anyone to trample upon your dreams.

Keep them to yourself. That's right. Keep them safe within your own mind until they have been formulated and going about their business becoming more and more a reality.

Yes, dear friend, this is how to accomplish your innermost dream.

Now; do you understand why it is that we must keep our own council in regard to our dream?

Yes? No? We'll tell you.

We need to keep our own council, so to speak, so as not to interfere in creating those things that we will need to create in order for our dream to become a reality.

That's right. Were we to let others know, before our dream has taken root, there would be a difficulty in the realisation of our dream due to the disturbance that the thoughts and opinions of others may place upon us.

Indeed, we see this happening over and over again.

Some, who do not keep their own council, are led astray by those offering irrelevant information. This can send you on a slow decline into negative thinking. This, dear friend, can be the beginning of the end for your dream.

Think carefully before setting sail, dear friend. Think upon the manner in which you would like for your dream to end, and then you will find how to begin. Indeed, it may sound like the wrong way to go about creating your dream however; we can assure you that if you think upon the end, the beginning will become much clearer to you.

May you have as much fun with your dream as you can.)

Carolyn and The Collective Consciousness

ABC of Spirit Talk

<http://abcofspiritalk.net/2014/04/17/thought-for-today-2/>

About Carolyn

Born in Australia, Carolyn, the daughter of a working class couple, led a privileged life as she bore the burden of a knowing few share.

Indeed, this was the case for her as she travelled life's pathways, meandering here and meandering there. It wasn't until a life threatening event in her early thirties did she recognise what many fail to recognise. Yes, dear heart, Carolyn recognised her immortality, indeed. This advent came to her in the form of a spirit being who gave her succour, and revealed much of the life that lay before her.

Carolyn has led a somewhat sheltered existence. We say this for, dear heart, we, those who assist her upon her journey, have guided her as no other. The reason being, dear ones, Carolyn's soul asked to be the precursor to the new fantasy for Earth. And what is this new fantasy, dear heart?

The new fantasy for the Earth experience is perfection. That is right, my dear ones. The new experience we have in process is for perfection upon Earth.

No more the harrowing experiences of old, dear heart. No, we are in agreement; the new fantasy for the Earth experience is to be one of love and perfection.

Carolyn has, throughout her life, known to a degree the path pre-programmed. However, dear ones, this is not to say her life has been an easy journey. No, indeed her journey has been fraught with danger, lack of love, and illness. Indeed, at this present time, Carolyn is in a state of being home bound. Indeed, dear hearts. Carolyn is currently suffering the abuse of illness in the form of exhaustion. That is correct, my dear ones. Carolyn is, for the most part, bed ridden. Indeed she types the words we relay whilst sitting comfortably in her bed. This has been the case for the majority of the writings, indeed. We have advised her this condition will continue for some good time to come; this being a preordained illness which she agreed to, before embarking upon this fantasy.

We would like to say, dear ones. Should you be currently suffering illness, know that this may also be a pre-programmed condition, dear heart. Not brought about by wild living. No, dear hearts. Illness is not always as a result of self abuse. The little one (Carolyn) has, at times wondered where she may have gone wrong, so to speak, to be stricken with her illness. We hasten to assure her that her soul's choice must prevail, indeed.

This is not always an enjoyable experience, as are many of the experiences within the Earth experience. However, dear hearts, do not admonish yourself for your ill at ease condition. It may be strictly an agreement your soul has undertaken.

We shall be writing through our dear Carolyn (should she be in agreement) for some time to come, dear ones. We have much to say, indeed. We wish to enlighten all who so choose to read our words.

Our dear Carolyn is in thorough agreement, dear hearts. In fact, her little heart sings; as she would comment.

The Collective Consciousness

Thank You to my friends; my keyboard is yours. Please proceed whenever you wish.

To those of you who wish to read: Enjoy the words of our souls/consciousnesses who prepare the way for a new beginning upon the Earth experience. My duty, and my honour always.

Carolyn Page



Taken in June 2013 at one of the last competitions in which we were able to compete (due to my illness) captures a very debonair Keith, my life partner, and I.

One of the loves of my life has always been music. Singing, dancing; in fact movement of any kind has always been a great joy.

Currently, as The C.C. mentioned, I am home bound for the most part, and lack physical energy. However, the enthusiasm for my work as a medium remains as enjoyable as ever.

My first love is working with spirit (so called). This sustains me and brings me great joy.

I do hope you enjoy the writings and find a place for them within your personal life as you navigate this fantasy we share upon Earth.

Pleasant reading
Carolyn Page
July 2014

Acknowledgements

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