

#3 ELEPHANT 2.5.23 - Interspecies Roundtable

Key Contributors & Intro/Connect Shares!:

- ELEPHANT - Guest of Honor
- Kristen (KLH) - Facilitator
- Fayepatrick (FPK) - Distiller of connection into sound
- Jessica (JHT) - Scribe + synthesizer extraordinaire
- Rebekka (RES) - Biological fact gatherer

Connect & Intro prompts!

Who you are, where you are in the world, how they have been reaching out, how they have been getting your attention etc.

- **FPK:** (came with **Rose!**) Elephants have been everywhere in the field; Words fail to describe; working on the soundscape **the mothering aspect** came through so much - **protective yet autonomous**; what I thought was their trunk ended up being **their ears, the waves rippling!**
- **RES:** Holland/Netherlands - also have felt the **mothering aspect** coming through, **filling in any gaps in mothering experience; nurturing, loving, gentle mother guides**; Loved doing the bio info piece of this; resonated with what was shared about the ears too and A's story about her experience meeting them on her trip; also **feelings of sadness**;
- **AF:** The experience where the mother came over, wrapping around the baby; I can also **connect to the sadness that was mentioned; connected to feelings deep inside me**; there was a drought in Kenya and I keep seeing all these photos of dead animals especially elephants; wondering if we could do something here today similar to what Sandra Ingerman has done - **send them waves of energetic support; Story of elephants morphing out of whales**; curious about the overlap; Acupuncturist for animals - **elephant skin** - channels are the same as a big horse - need a bit thicker needles - **similar to a horses skin** just a little bit stronger. **Elephants as healing ley lines**
- **JM:** **loved the ancient frontier being offered in this space**; haven't necessarily felt them a lot in my world or connected but I love them; **resonating with the big body and the mothering piece**; in past days all sessions I've been doing, **folks have had deep mother wound trauma** - friend experiencing the same thing the past few weeks; we **can't heal without a bigger body holding us to lean into and metabolize our trauma and help our nervous system heal**; how hard it is to feel connected to the ground/earth without feeling it is safe to let go b/c there is actually something embodied that is safe and will hold you; **elephants - feel true embodied physical love that exists - the heart beaming all the way through the body and it's so profound to have that nonverbal transmission that there is love like that weighted on the planet**. Saw two different videos this week - contrasting. **Baby elephants nose going in a circle learning how to move it some; elephants in captivity being transported - in two different carts -**

their trunks were holding onto each other; how much love is really there and the harm that is happening to love; the harming of the mother and the womb space

- **JHT:** Really looking forward to hearing their wisdom come through today; archivist experience of how grandly thematic everything is, how effortless it is to weave their messages together because it is so already consistent and patterned; **their wrinkly huge feet feel like cornerstones for me**
- **LS:** In work with grief/death - co-regulating with nature - findings a larger body outside to partner and work with in grief; **their large ears - listening role within grief** and how important it is to be heard in those moments; **large whale and elephant bodies are so good at teaching us about grieving;** got to hang out with some elephants in Thailand - how **generous they are in their physical and energetic form; reminiscent of calendula in proliferation of generosity. Ears look like heart. Elephant's earth element is such a container for the water's within,** I need to learn more from them on this!
- **JL:** Nurturance and mothering has come up a lot for me also; **drawn to energetic capacity they have and how sound factors into this; the feet continue to come up for me; groundedness they carry;**
- **EF:** Looking forward to what they have to say and as I'm resonating with what's being shared, looked down and saw that **ant joined me** (and **termite connection** too)
- **SR:** **Palpable sadness** especially in circus - resonance with whales turning into elephants; **when I'm having a hard time I go look at the elephants** - sister went to **Zambia** and heard her experience; **wondering about their skin** - had this image of tough/rugged skin of a fly landing on them and if they could feel that - is it tough and sensitive at the same time or a solid barrier; **skin as protective barrier; playful young baby energy - also look like wrinkly old people at the same time!**
- **KR:** When they were in **circuses and being in awe of their presence** then, bringing it back to **the mothering.** They've been such a **presence as I've been on mother journey;** they bring such a **felt sense of embodiment and groundedness; especially during difficult times; there aren't words, their physical presence and generosity is such a felt sense; awareness, groundedness, trust and knowing**
- **RC:** Always felt connected to elephants somehow - and **magnitude of their emotions;** usually **brought to tears** in general when I see them; have only seen them through zoos; have elephant crystal I wear; baby elephants especially make me laugh or make me cry; also **intrigued by their sound, noises they make,** communication; **how they communicate through the ground and their feet and the things they cannot hear; how whales sound underwater; imagine elephants can communicate a distance too; nurturing; feeling overwhelmed yesterday - felt these big giants come and surround me and reassure me nurturing/protective feeling like they do with their young ones; potential for sound healing they do**
- **Kristen:** Intimidation that can come along with connecting with species that **unearth so much feeling in us; whales are similar to this as well; pigeons** talked about last weekend all the spaces they could go into because of the cooing cocoons around them - **generosity of place; all the spindles of emotion they can have; experiencing beings such as the elephants/whales can feel like a flood of feelings;**

the strength elephant brings in! Circus education experience - young friends and I joining with activist folk - one young man who wore elephant chain during the demonstration and was brought to tears remember how heavy it was - **we are held in captivity in different ways; hooves on earth feet on earth - participation in the heartbeat of the earth energy; guttural primal sounds** we don't always hear; **resourcing that they do as some of us feel like spiritual/cultural/cosmic orphans and being surrounded by those giant legs and resourcing with what feels nourishing/belonging. Piecing together everything that they've been there the whole time holding things alongside us - similar to whales/orca; Orca in captivity; protection needed around ivory tusks; their wrinkly skin and elephant butts! When you come out looking old you know you are destined for eldership; Dumbo so sad - these aren't children's films! Absence of moms in the films; impact of sound on learning; audio processing; Sea Shepherd tactics and return - battles; all the things we put up to protect and help that are impacting migration of animals; elephant/whale migration overlap; elephants/whale sound ley lines songlines;**

Human Attendees (in addition to above key contributors) & Intro/Connect Shares!:

Interspecies Roundtable:

Biological Facts

- In Cambodia - met Asian elephants in sanctuary // mostly free to roam and just be elephants; the vibrations from sounds they would made brought so much emotion; **sound healing that they bring; water encoded beneath earth surface - how deep their connection to water is on energetic level**
- Past few days were challenging for me especially around mother/sister relationship, **they stepped forward with their trunks wrapped around me** and connected to them in salt water
- **Ancestors came from the sea so we can help navigate heavier waters while still providing grounded land-based environment when you need that; can providing physical grounding**
- **Maternal energies** are their specialties connection to maternal line
- Mammals - herbivores
- Group of them - herd
- Life span up to 60-70 years
- Asian & African elephants (Eles)
- All classified as endangered currently
- Eles - only two surviving members of the umbrella order
- Elephant derived from Greek word Ivory
- Ancestry of 55 million year and more than 300 xx species
- Ranged throughout world except Australia, Antarctica and a few islands - all other ancestors have walked all earths surface besides those
- Aquatic to Tundra habitats
- Most comprehensive fossil records of any order/species

- Modern Ele ancestors
 - Semi-aquatic herbivore w/o trunks but elongated snout - 55m years ago in N Africa
 - Paleomastodons - 2meters in height 35m years ago in xx Africa
 - Mammoths - near size of asian eles today - downward tusks
 - Many more!
- Nearest living relatives are **manatees!!** And **hyrexes** rock rabbits small furry mammal in Africa. In order of hyracxx
 - Overlap - 2 mammary glands - similar heart structure that is circular - similar arrangement of teeth - molars shift forward toward front of mouth replaced from those behind
 - 2 incisors structurally resembling elephant tusks
 - Lana: interesting that we have a nickname for the manatee of “Sea cow” and it’s related to the elephant biologically and we thought the elephant came from the whale but the whale is more related to our cow... hooves and fins mixing and whirling in my mythological heart
- Asian Eles - 6-12 feet - 11,900 lbs / 5400 kg / males larger than females - dark grey - brown skin with yellow/pink marks - females don’t have tusks / smaller ears / diamond shaped teeth due to diet / smaller rounded ears / only one finger at end of trunk - compensate by holding things on underside of trunk as opposed to two fingered Afr E /
 - Indian Ele (mainland - SE)
 - Sri Lankan
 - Largest of Asian
 - Sumatran
 - Borneo
- African Eles - 8-13 ft - 13,000 lbs / 6000 kg / light grey - large ears - slightly downward facing tusks ivory / All teeth are molars and sloped - (loxadonta) / also eat termites / ears resemble continent of Africa / use their ears to cool down - larger ears - also use to communicate / more visible rings than As E /
 - Forest Eles
 - Savannah Eles
 - Larger of subspecies
 - Largest land animal in the world
- Piano keys were made with ivory and are still preferred by most professional pianists
- Endangered habitat loss poaching, hunting, trafficking, tourism/logging, conflict with humans over space
- Most illegal ivory today comes from African E with 30,000 poached each year
- Teeth develop from back and move forward - 6 sets of molars during lifetime and as teeth wear out from grinding - more move forward
- Calves lose small molars at 2 years old and each set of teeth last longer time until last set 30 years of age which lasts rest of their lives (30-40 years)
- Rarely 7th molars can appear
- Loss of teeth is the leading cause of death and final molar breaks down it makes it difficult to chew and digest their food- die of starvation and malnutrition

- Poor eyesight - only see small distances - other senses help them survive
- Use their feet for hearing! Picking up vibrations through the earth
- Highly developed sense of smell
- Proverb that elephants never forget - this has scientifically been proven
- Memory important for survival, knowing herd and places to go - feeding grounds, watering holes - important for navigating droughts
 - Have memory unrelated to survival too
 - Remember any creature that has made a strong impression on them
 - They've recognized and bonded with humans, even decades apart
- **Largest** brain of any land mammal - weighing up to 5 kg
 - How their hippocampus is structured - they can suffer from PTSD similar to humans
- Impressive encephalization quotient - size of brain relevant to animals body size
 - EQ higher than chimpanzee and similar to human brain
 - Emotions and encoding of important experiences into long term memory
- Learn from their mothers primarily how to navigate the land
- Problem solving
 - Cooperatively and collaboratively
 - Outwit researchers
 - Arithmetic - keeping track of fruit after changes
 - Empathy, altruism, justice
- Mourn their dead
 - Burial rituals and visit graves of their loved ones
 - Unsure if relatives only or all of herd or every gravesite they come across
 - Ritual is important for them
- Showing concern for other species as well
 - Working ele wouldn't set log down onto home where dog was sleeping
 - Trailblaze path before them by blowing air through their trunks - try to prevent little critters from getting stepped on
 - Saying when an ele steps on you it's intentional
 - We that walk in peace
- Humans injured in wild
 - Eles comforting them with their trunks
- Also have been known to show aggression toward humans
 - Usually only after harm, multiple warnings, could suggest intentional revenge
- Can recognize themselves in the mirror
- Trunks
 - Clearing path ahead
 - Sniffing out water veins
 - Communicating bonding, painting, making music
 - Bathing
 - Drinking
 - Eating

- Babies take awhile to use trunks and are clumsy like human babies with motor skills
- Skin
 - **Wrinkles help to retain water** to cool off
 - Help to protect against insect bite and the sun
 - **Thick skin but it is sensitive** and don't like stinging insects or horse flies
 - Witnessed this in Cambodia
 - Came into contact with bees and freaked out!
 - Stampeded!
 - Visibly agitated by them
- Speed - up to 25 mph
- Feet
 - Adapted to great weight
 - Heel partially elevated and fatty tissue underneath that helps to distribute their weight and navigate uneven terrain
 - **Use webbing to pick up on vibration in earth - use to communicate with low rumblings** and infrasounds which we aren't able to hear
- Not easy for them to lie down and get up
 - Will sleep lying down but only for 3-4 hours at night and will doze off standing but not deeply
- Communication
 - Using body signals and vocalizations - ears/trunks
 - Infrasound rumbles that travel across kilometers away
 - Elizabeth: How are "infrasounds" created- do we know what part of their bodies that originates from?
 - Quite possible they communicate with each other over vast distances
 - Gel like padding on feet help them to pick these vibrations up
- Understanding of syntax
 - Own language and grammar
 - Use it to gossip!
 - Rumbings, squeaks, whistles, trumpeting
 - They would talk more when new people came to the sanctuary
 - Information sharing would reduce when all folks were known
- Also known to create art by carefully choosing color and elements
- Distinct sounds in music
 - Elephant band - Thai Elephant Orchestra
- Territorial behavior
 - Live in small family groups - led by older females/cows
 - Food is plentiful - groups join together
 - Most males/bulls leave herd between 12-15 years to live in Bachelor herds
- Male/female two glands between eye and ear - create fluid called temporin out of the orifice
 - Highly impacted by the hormone - can pose threats to others during this time
- Male in musk outranks those not

- Elephants can detect airborne hormones - attached to Jacobson organ (like cats) at top of mouth
- 7-9 nasal terminals (humans 3 and dogs 5)
- **Longest gestation period of any mammal**
 - **18-22 months**
 - Newborn is 3.3 feet tall and weight 220 lbs
 - Suckles with mouth not trunk
 - Mammary glands under front legs (like humans)
 - Weaning is long process and continues until mother can no longer tolerate emerging offspring tusks
 - In horses weaning process varies 2-4 years or longer
 - It's personal, not a timeframe, also like with humans
- Average sexual maturity 14 years - this is when males leave natal herd singly or in small bachelor groups
 - Females will remain with natal herd for the rest of their lives
 - Adult males/females will form short term mating/feeding rituals but besides that they live apart
- Migrate seasonally according to food/water and memory plays important role
 - Observed using tusks and trunk to strip bark from tree until made a bowl then dug water hole with it and covered it with sand and went back to unplug and drink
- Consume 200 lbs of food per day and 26 gallons of water each day - amounts can double if hungry/thirsty
 - Important ecological factor - affect and alter ecosystems that they live in
 - Play vital part in landscaping of areas they live in
- They are huge and can appear out of nowhere in seconds
 - So large, makes one wonder if they have an energetic cloaking technique too - physical blending in as well!
- **Resonances of Bio Portion**
 - KH:
 - Mother theme - what is a matrilineal lineage - is that what we are craving and how we are out of sync with that - ways to return.
 - Helping us remember - memory piece and recall
 - Tough deep emotion - belonging
 - Cooperative problem solving - giving us so many solutions and suggestions on how to do things
 - Generous and kind beings - AND also have fits of rage too at times
 - Hormonal piece too - feeling how we are out of control sometimes and how this overlaps with some of human experience as well
 - Manatees! Having sphincter eyes - relationship to navigating life
 - Leaning into those faculties of life - 'seeing'
 - Invitation to connect with them on all society supports our human one doesn't have
 - All the similarities to us
 - Mammary gland placement

- **Sensation** of losing ancestors - being the last remaining family in their order
- Abundant theme of bigness and littleness
 - Their reaction to the bees
 - IT'S OKAY TO BE taken up by the little things in life
 - Permission to fully engage all of life even the gossip!
- Masters of Peace
 - Wanting tranquility - everyone to be together and safe
- Grieving rituals
 - What we forego as humans in attempt for self protection
 - Elephants on the edge of survival still pausing for ritual, for holding the memories, to grieve
 - Knowing we can be as diligent in holding space, creating ritual, searching for balance, grieving
- Their shaping of the landscape - the okayness with participating in it and shaping the landscape -
 - How we connect to and shape our relationship in that way as humans toward a more positive stewarded direction
 - How we participate in a landscape and how this impacts it
 - The dance they have and we have with the landscape - how we can be okay with taking up space and still being in harmony with the ecosystem and landscape that we find ourselves in.
- The only time I would watch out for a whale is when they are eating, so consumed with feasting
- The plights of everyone are so layered and symbolic and impacted
 - It's amazing to imagine animals that are so resourceful and have been resourceful for so long and how this is impacting their aliveness
 - Fencing is a huge thing as well as water
 - Water seems to be moving around and shifting itself, I don't think it's possible for water to run out but it's moving and hiding perhaps
 - The whole time during this roundtable my attention kept being pulled to my glass of water and feeling a trunk coming for it
 - And their life being a forever pursuit of water, a pursuit of life, and to, I feel this energy from them being bothered by all the complications building around a simple pursuit of water, and how they can be persnickety, I love this because it gives permission for us to be this way. They have capacity to reflect back that we are allowed to feel all these things (range of emotions) but with love being the main thread which we walk through life
- JM
 - Love that they are ritualists!
- RES:

- .They really reminded us to be really mindful of where the elephants were and what our position was in their space, so we were reminded to pay attention and step out of their way (in person in Cambodia)
 - I've experienced them to be really friendly and reach out, and when there were people there in a different capacity (energetically) and the elephants would actually smack them and the people would go flying- a note to how taking up space can get you smacked.
 - Also to answer the infrasound question, scientist speculate that the infrasound production originates in the vocal folds of the elephant larynx. Air flows through these folds and causes them to vibrate, producing the low-frequency sound.
 - Most of the fresh water on the planet resides below the earth's surface, it might be moving and altering its travels below the ground
 - **Lana any additional sound notes would go below - ALSO I highlighted below the section for the direct channeling portion Kristen will do!
- AF-
 - interested in their ability to trace the water in the ground, such a connection to water, and why are there so many elephants dying due to a lack of water in Kenya at the moment
 - What is blocking them from the water or is there a deeper meaning behind this?
- RC-
 - I identified with all of this bio info and they were telling me I have been an elephant in other lives this is why I feel so close to them, even the bee thing, I'm afraid of bees and freak out when they come close
 - Especially the cooperative problem solving and justice and altruism and justified anger with people coming in and hurting them
 - And they were really showing me how much they like painting and the interest of using something different, they like using our tools to do something different and seem to like that a lot.
 - They kept showing me their eyes and their eyelashes and how long they are, helps with dust and dirt but also this (flapping) not quite a wink but batting of eyelashes and I felt so connected to them. With FPK's music, it felt more cosmic to me, it was a connection with the cosmos and our earth and a beaming of energies and ley lines and song lines may be cosmic as well as terrestrial. A weaving of mother memory songs. Also light language coming up a lot for me during this.
- KH-
 - Yes the sound FPK felt like these little arcs and also the note to move, yes I had to move, felt trunk coming in, and the collaborative invitation, we've stepped into this role of collaboration and now we need to follow through
- EF

- Loving the matrilineal nature and how in Africa there are so many tribes that are matrilineal and so many beings on that continent are matrilineal and cooperative, what's with the land there?
 - KH
 - Maybe because we've been so disconnected to that umbilical cord of energy with matrilineal nature of community that we need to look to this.
 - LS
 - Interested in elephant stories and what their myths are and what they think about ours and their philosophy, would like to learn their myths
 - Kristen- what is our society, are we going toward an equilibrium are we going toward the matrilineal similar to elephant or where are we going?
 - This inquiry created in me, this deep, this memory piece this recall. And of course they help us with recall and memory. Cooperative problem solving, they are just giving us so many solutions and suggestion of how to do things, we are up against very similar things. Facing impediments to connections, resources etc. Also problem solving. They are so kind and generous and yet still have fits of rage- deep recognition of all that is in balance.
 - Also the hormonal piece, this is where life begins to seem sci-fi-ey, as there is something going on outside of our control, and how our own biologies are meant to help life keep going.

FPK Sound Connection

- **Invitation to Listen through you body - big emphasis on this especially with their big ears**
- Sounds/vibrations - **where you sense them in your body**
- **Be curious about movement with this round** - elephant was very emphatic that if you want to know our **energy work secrets** - it is around movement!
 - One movement of sail of their ear not only communicates something outward but is resonant throughout their whole body
- **Master movement creators because they know how to grieve which means they know how to celebrate!**

Sound Feedback

- JHT: Kept seeing pillar with helix woven throughout
- LS - had me **experience being in different parts of their body**, trunk, ear ripples, hooves
- AF: **brought me right into the same connection with earth's energy** like an elephant's presence
- RES: brought tears - so beautiful

ELEPHANT direct conversation & channeling

- **The elephant specifically was just an honor to witness them. Their bodies their water their plight**
 - **They want more people in that space with them**

- They **want their story shared**
- They are also one of the **megafauna ambassadors**
- Interested to continue journeying with them and see what collaboration with them can feel like, just scratching the surface, seems like they are **helping us do all this emotional repair** which draws us into the physical spaces and **mirroring the physical needs that our bodies have** and how our **terrestrial environments lead to the sea and it billows out into so much potential for balance**
- They are going to continue **opening doors** for each of us, the **interconnectedness of our emotional spaces**, the **safety of the body**, the importance of the **energy field of the body feeling connected with the energy field of the earth** and that it's a huge thing to be discovered

Reflections on channeling from group:

- .
- .
- .

Other Species who attend & messages

- **WHALES** - overlap in large bodies; connecting humans with grief and deep feeling; mothering aspects; story of whales turning into elephants - that elephants came from whales; how sound moves through water and land - how they both use sound; migration patterns carried by both these giants;
- Orcas - overlap in **captivity**
- Pigeon - **generosity of place** they will go and live with us
- Calendula - **overlap in proliferation of generosity of spirit and physical form**
- Horse - **skin similar to elephants**
- Ant/Termite - came as visitor with EF
- Rose - FPK has physical one with her
- Manatee
- Cow
- **BEE!**

Landscapes & regions who make an appearance & takeaways/messages:

- Kenya
- South Africa
- Ocean
- Desert
- Sahara
- Zambia
- Cambodia
- Zoo/Circus
- Sanctuary

JHT Synthesization Section (post-gathering) -

Highlights:

★ **Cognitive Heavyweights!**

- Memory holders - record keepers - for their lifetime, can remember anyone who makes a strong impression on them
- Problem solving skills
 - Approach things cooperatively and collaboratively, skilled at arithmetic and regularly outwits researchers
 - Cooperative problem solving - giving us so many solutions and suggestions on how to do things
- Largest brain of any mammal
- Helping us remember - memory piece and recall - remembering who we are, where are people are really from, wayback

★ **Benevolent Giants & Interspecies Guardians**

- Empathy, altruism, justice all tenets of Ele-society
- Showing concern for other species as well
 - Trailblaze path before them by blowing air through their trunks - try to prevent little critters from getting stepped on
 - Those that walk in peace
- Eles have been seen comforting humans and other animals injured in wild

BIG TAKEAWAYS:

❖ **Mothering Needs:**

- What is a matrilineal lineage - is that what we are craving and how we are out of sync with that - ways to return?

❖ **Resourcing in Emotion:**

- Resourcing that they do as some of us feel like spiritual/cultural/cosmic orphans and being surrounded by those giant legs and resourcing with what feels nourishing/belonging.
 - They are going to continue opening doors for each of us into the interconnectedness of our emotional spaces

❖ **Abundance in Balance**

- Abundant themes of bigness and littleness ; strength & sensitivity ; generosity and rage ; youth & eldership
 - IT'S OKAY TO BEE taken up by the little things in life
 - Permission to fully engage all of life even the gossip!
 - Permission to be overtaken with hormones and rage!

- Permission for all the things

❖ **Grief Teachers & Ritualists**

- They mourn their dead, create and participate in burial rituals and visit graves of loved ones
 - What we forego as humans in attempt for self protection
 - Elephants on the edge of survival still pausing for ritual, for holding the memories, to grieve
 - Knowing we can be as diligent in holding space, creating ritual, searching for balance, grieving

Themes, supporting messages, *the smalls details*:

→ **Matrilineal Mothering**

- ◆ So many in the group intro expressed experiencing Eles as these gentle mother guides, especially healing to those folks have had deep mother wound trauma and supportive presence on their mother journey
 - *Longest gestation period of any mammal*
 - 18-22 months
 - *Weaning is long process and continues until mother can no longer tolerate emerging offspring tusks*
- ◆ What is a matrilineal lineage - is that what we are craving and how we are out of sync with that - ways to return?
 - *Noting how in Africa there are so many tribes that are matrilineal and so many beings on that continent are matrilineal and cooperative, something still intact there*

→ **Physicality**

- ◆ Their physicality and physical possession of their big bodies (ears, trunk, skin similar to horses but stronger)
 - *wrinkly huge feet feel like cornerstones for me*
 - *groundedness their feet carry*
 - *They hear through their feet too!*
 - *ears look like hearts*
 - *skin as protective barrier*
- ◆ They are huge and can appear out of nowhere in seconds
 - So large, makes one wonder if they have an energetic cloaking technique too - physical blending in as well!
- ◆ True embodied physical love that exists - the heart beaming all the way through the body
- ◆ How much physical movement is connected to their energy secrets (soundscape revelation)
- ◆ Generosity of Form - how generous they are in their physical and energetic form
 - *How we sensed them in our body during the soundscape offering*

- *How we sensed their physical experience of their bodies during the soundscape offering*

◆ Draws us into the physical spaces and mirrors the physical needs that our bodies have

- *They are going to continue opening doors for each of us into the safety of the body*

→ **Emotional Intelligence & Healing**

◆ Many in the group sensed feelings of sadness and a connection to deep feelings when connected with Eles - gravitating toward them when having a difficult time and experiencing a felt sense of embodiment and grounding

- *The general magnitude of their emotions is visceral*
- *During challenging times, feeling these big giants come and surround and reassure, experiencing that nurturing/protective feeling like they do with their young ones*
- *All the spindles of emotion they can have; experiencing beings such as the elephants/whales can feel like a flood of feelings*

◆ Resourcing that they do as some of us feel like spiritual/cultural/cosmic orphans and being surrounded by those giant legs and resourcing with what feels nourishing/belonging

- *Tough deep emotion - that many of us struggle with in (not) belonging*
- *They are helping us do all this emotional repair*
- *They are going to continue opening doors for each of us into the interconnectedness of our emotional spaces*

◆ Sensation of losing ancestors - being the last remaining family in their order

→ **Interconnectedness with the Earth:**

◆ Participation in the heartbeat of the earth energy

- *So profound to have that nonverbal transmission that there is love like that weighted on the planet*
- *During soundscape - brought us right into the same connection with earth's energy*

◆ They are going to continue opening doors for each of us into the importance of the energy field of the body feeling connected with the energy field of the earth and that it's a huge thing to be discovered

◆ Shapers of the landscape -

- *Megafauna ambassador*
- *How we connect to and shape our relationship in that way as humans toward a more positive stewarded direction*
- *How we participate in a landscape and how this impacts it*
- *The dance they have and we have with the landscape - how we can be okay with taking up space and still being in harmony with the ecosystem and landscape that we find ourselves in*

→ **Awareness of their challenges on this planet and all the important work they do - these land giants**

◆ The importance to them that we witness their plight, share their stories

- ◆ The love that persists between them even amidst all the harm happening to them and mother earth

- ◆ Captivity

- *We are held in captivity in different ways*

→ **Master Grief Ambassadors**

- ◆ Ability to hold our grieving processes

- *We can't heal without a bigger body holding us to lean into and metabolize our trauma and help our nervous system heal*
 - *In work with grief/death - co-regulating with nature - findings a larger body outside to partner and work with in grief*
 - *Their large ears - listening role within grief and how important it is to be heard in those moments of grief*
 - *Large whale and elephant bodies are so good at teaching us about grieving*

- ◆ Master movement creators because they know how to grieve which means they know how to celebrate!

- ◆ Grieving ritualists

- *They mourn their dead, create and participate in burial rituals and visit graves of loved ones*
 - *What we forego as humans in attempt for self protection*
 - *Elephants on the edge of survival still pausing for ritual, for holding the memories, to grieve*
 - ◆ *Knowing we can be as diligent in holding space, creating ritual, searching for balance, grieving*

→ **Communication holders - sound, vibration**

- ◆ Energetic capacity they have and how sound factors into this

- *Sound healing abilities*
 - *Impact of sound on learning; audio processing*

- ◆ Elephants as healing ley lines with song/sound

- *Sound healing that they bring; water encoded beneath earth surface - how deep their connection to water is on energetic level*

- ◆ Understanding of syntax

- *Own language and grammar*
 - *Use it to gossip!*

- ◆ Complex Communicators

- *How they communicate through the ground and their feet and the things they cannot hear*
 - *Like whales underwater*

→ **Balance holders**

- ◆ Abundant theme of bigness and littleness ; strength & sensitivity ; generosity and rage ; youth & eldership

- *Their reaction to the bees*
 - *IT'S OKAY TO BEE taken up by the little things in life*
 - *Permission to fully engage all of life even the gossip!*

- *Permission to be overtaken with hormones and rage!*
- *Babies - playful young baby energy - also look like wrinkly old people at the same time!*
 - *When you come out looking old you know you are destined for eldership*
- ◆ Elephant's earth element is such a container for the water's within
 - *Although terrestrial giants, their relationship with water dominates so much of their life and time and time here*
 - *How our terrestrial environments lead to the sea and it billows out into so much potential for balance*

Additional notes folks send over!

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ORIGINAL MEETING DESCRIPTION:

Interspecies Roundtable feat. Elephant - Sunday, 2/5/23 at 10 am PT/1 pm ET

Simply put, the Interspecies Roundtable is a gathering. Hosted by us humans and populated by a different species and their ambassadors each meeting. An opportunity for curious folk to pull up a seat around the table and stay awhile. A place for relationship building, a real 'get to know ya' kinda space. A detour from the cultural conversation that views animals as anything less than kin. To remember/restore invaluable interspecies relationships and symbiotic alliances, especially between humankind and particular animals. As we all find ourselves thoughtfully woven into the fabric of earth.

For now our intention is to connect with the animal kingdom, although who they are in relationship with are welcome: from flora to fauna to element, ancestor and beyond. Everyone joins with their expertise/experience so we may all bask in something bigger than the sum of our parts. Each participant brings their unique skills, body, biology, atmosphere, ecosystem, lens, medicine, relationships and stories to the space.

More specifically, the 'Roundtable' is both informal and intentional; an interdisciplinary, interspecies and symbiotic approach to becoming more acquainted with species with whom we share a world. Within this space of deep listening, we will be translating reflections/requests from animal guests while also learning ourselves how to align more elegantly with our landscapes, discovering joyful purpose there. To pause, take note and recall a shared mythology. Each meeting will also produce something tangible: biological information, meeting minutes, channeled sound, archived themes, participant reflections, inspired art, a recording and potential calls to action. Although the emphasis is not on the product, but on building a legacy of interspecies community and friendship.

No prior animal communication experience is required to attend. You are welcome to be an observer or dive in with us by sharing your unique gifts and communications. This is even an opportunity to expand your human and animal communication capacities in such a supportive

nest. All preparations are handled by founding members of the group. And if you feel inspired to offer something to the space (i.e. scribe, artist, etc.), don't hesitate to reach out!

The backstory:

'Interspecies Roundtable' has been gestating since 2020. You might have heard whispers about it at other Fauna Speak events. Reading this right now might awaken a desire for connection within yourself. I spent two years co-visioning it up in my heart with the animals, waiting for just the right time ripe with human collaboration. I am so excited to witness this dream breathe and move amongst us!

My whole life I have craved a kinder world that considered our fellow earth dwellers. It is quite easy to feel despair on our planet, to experience helplessness in relation to human apathy, habitat loss and dwindling biodiversity. The animals have certainly been keeping my chin up about all these things, kindly suggesting how to navigate the emotional and physical ripples surrounding these phenomena. It surely takes patient fortitude to learn the systems of our earthen home and find appropriate ways to be in relationship with them. I have infinite gratitude to the interrealm and animal elders who continue to support and inspire my journey.

As humans return to a role of stewardship and deep kinship with all of life, I was inspired to curate a space that fosters clear communication, connection and reciprocal sovereignty. To create something that not only impacts participants, but can also be shared with folks in the future who hope to learn more about a particular species. To open doors for a wider population of humans interested in these realms of relating.

This Interspecies Roundtable invites the ELEPHANT family to join us on Sunday, February 5, 2023. Does this event or species guest particularly resonate with you? What species would you like to spotlight in the future? Join us at the table, arm in trunk, as we migrate deeper into the realm of elephant. Understanding them both physically and energetically, as well as how we can support them while uncovering the innumerable ways their unique contributions support our world and make it such a beautiful place to dwell.

Make animal friends and human ones when you pull up a seat at the table. We meet six times a year, join anytime!

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TBD!!

From this page you can book as a participant, observing participant, or contributing supporter. As a contributing supporter, you can invest in the legacy of this project even if you choose not to attend the gatherings.

Email me if you would like to contribute to the Interspecies Roundtable from your unique skill set of gifts: faunaspeak@gmail.com

Future gatherings are listed on my 'Events' page