

## Taking a Stand for Animals

*All my life I have loved and wanted to help animals. I've volunteered, adopted homeless pets and donated money. But it's not enough. All the wildlife going extinct infuriates me. I'm so frustrated and disgusted at the selfishness and ignorance of humans. I want to make a big difference but have no idea how. I still need to make money to live. How can I get unstuck and really help without changing careers?*

Like all creatures, your survival instincts are hard-wired, creative and intelligent. If you believe following this calling means you won't have the resources you need, then every obstacle will feel real, every distraction critical. For now, remove the pressure to take such bold action that it could put your career at risk.

Let your love for animals reveal new ways you can significantly help them now. To begin, go into nature, even if it's your backyard or a park. Stop, look and listen. Become aware of the animal life around you — the birds, insects or sound of a barking dog. Thank them for their presence and ask their wisdom for guidance and direction. You will receive it.

Next, create sacred time and space, ideally outside, to deliberately explore *all* your feelings. Engage with your love, desire, rage, fear, confusion and hope with tender curiosity as if they are frightened animals themselves. What do they need to feel safe to come out of hiding? What assurance can you provide them that exploring new possibilities will not put you at risk?

The anger you feel is a powerful energy that can, when channeled into passionate determination, empower effective action. If wildlife fires up your heart, volunteer at a local rehabilitation facility. Inquire as to how might you get further involved with the organizations that you donate to. Explore wildlife-related legislation and reach out to those behind it.

Your love for and desire to support animals is a part of your divine blueprint. And since it is the nature of life to continually fulfill its own nature, this includes you. Trust your love and follow it. ✨



**STEF SWINK, RScP**, has been a practitioner since 1999. As a protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at [StefSwink.com/Ask-Stef-Submission](http://StefSwink.com/Ask-Stef-Submission).