

A close-up portrait of a woman with long, wavy, reddish-brown hair. She is smiling and looking directly at the camera. The background is a soft-focus green with some yellow highlights, suggesting foliage. The lighting is warm and natural, coming from the side, creating a slight shadow on her face and highlighting the texture of her hair.

NEVER NORMAL AGAIN

ANNA BREYTENBACH:

**“EVERYTHING IS
ENERGY.”**

"As humans, we have lost touch with nature. We see ourselves as masters of all other life forms. We consider ourselves 'higher' on the steps of evolution, because we assume to have a greater level of intelligence and a better developed level of consciousness than animals and plants. In reality, we should perhaps behave more like animals. Animals are not concerned with the destruction of the planet," tells Anna Breytenbach, from South Africa, one of the world's leading experts in communication with nature.

Communication with nature takes us to **the essence** of life

TEXT IVO VALKENBURG

Breytenbach studied psychology, marketing, and economics at the University of Cape Town. For about twelve years she made a career with world renowned companies in Australia and the United States. Meanwhile, little by little, she felt her soul drowning. Based on her passion for nature, she decided – in addition to her hectic schedule with work – to learn to track wild animals. And so slowly but surely a new dimension opened up within her. She developed a sixth sense and became world famous as an expert in the field of experiencing communication with nature. "Once we experience that as human beings we are much more than just our brains, we have a golden key in our hands to learn to navigate these times of great social change," said Breytenbach, who sees our alienation with all that lives, inside and outside ourselves, as humanity's most serious disease.

MEANING

"Animals are aware of their meaning in life. They know their role. They have empathy and compassion- even for the human being who often makes their lives a living hell. It is a miracle that animals have never rebelled against humans. Nature has taught me what true empathy and compassion is. From the mouse to the elephant, from the cauliflower to the tree."

The human brain may be larger than most animals, but how can migratory birds find their way flawlessly, while the

average human becomes insecure when the GPS connection briefly fails? Why do so many animals have premonitions of earthquakes and other natural disasters when our highly developed signaling systems could not predict a tsunami or nuclear reactor in time? Why do dogs know when their owner is coming home, when we need a mobile phone or alarm system to know how our children or parents are doing? Why do trees work together and communicate with each other, when for people in companies and organizations this is often anything but simple? Does nature have an intelligence that we don't have? According to Breytenbach, man has the same intelligence, but makes little or no use of it. In fact, our institutionalized world of science, education and medicine doesn't want to know. They insist on the 'scientific correctness' that all our sensations, images and feelings are in our brains. However, this is completely con-

**"TO JUDGE IS TYPICALLY
HUMAN, NATURE DOES NOT
PARTICIPATE IN IT"**



trary to what Breytenbach experiences on a daily basis.

SENSING, RESILIENCE, INSTANT KNOWING

"From origin I was someone with a highly developed ability of thought. Analyzing, planning and checking were a few of my basic tools. When I first started tracking for wildlife, I did so mainly from my mental strength and the application of the five senses. Until I learned from my supervisors to rely more on my feelings, to develop myself more intuitively. Slowly a new dimension opened up, inside and outside myself. I learned to connect with the landscape, to understand why animals don't randomly walk a path at all, and that everything has a reason. It literally blew my mind. At first I thought it was pretty scary. Sometimes I had the feeling of 'hallucinating' because of mental images about the condition of animals that spontaneously came into my mind. Later I learned that tel-

epathic communication with the environment is a talent that does not make me special at all. It's for everyone. The animals, the plants and the trees do this naturally. We've forgotten about it somewhere along the way. It is not something 'paranormal' and has nothing to do with being a clairvoyant. It is purely a matter of tuning in to the right wavelength of the other."

ABORIGINAL WISDOM

"For the indigenous people, it is the most common thing in the world.

"ANIMALS ARE NOT CONCERNED WITH THE DESTRUCTION OF THE PLANET"

Worldwide, the earth's original population, knows through communication with nature which plants are healing, healthy or toxic. For hunting, the Aborigines have been communicating with the animals they hunt for tens of thousands of years. They explain their need for the animals in advance and never take more than they need. The indigenous people know that all life forms are literally connected to each other. Western man started to keep animals, they developed agriculture, the growing of fruit and vegetables. Somewhere, some 12,000 years ago, we gave up our natural connection to nature. We have alienated ourselves from our environment." "Nowadays the great thinkers are revered, but where is the admiration for the great 'feelers' of our time? Our mind is so eager to 'control' and 'control' life. How much more pain, suffering and crisis do we need to understand that it is all about 'feeling and sensing', 'resilience' and 'instant knowing' "

KWANTUMPHYSICS

On YouTube you can see short, but also extensive films and documentaries about the meaningful work of Breytenbach. They show how she enables to solve complex issues between man and nature. How she approaches a group of 'aggressive' baboons by connecting with them in peace and to find out what the problem is. A person who is 'attacked' usually appears to be the biggest cause of the problem. When Breytenbach is asked why sharks attack humans somewhere along the coast in South Africa, she hears that sharks do not like human flesh at all, but that such extreme behavior needs to be looked at more holistically. Themes such as 'overfishing' resulting in a shortage of food for sharks and 'arrogance' of humans play a role.

"Everything is connected to everything through energy fields. Together we all live in a vast ocean of energy. Literally, not as a metaphor, but as a reality. Every part of consciousness of humans, animals, plants, vegetables, or even a virus, has the same essence. We're all made of the same fabric. Both matter and mind arose from the power of the source. There is nothing beyond ourselves and our consciousness, and we constantly create our lives and our environment from the will of the mind and consciousness. That's pure quantum physics. Like it or not, every thought or emotion is shaping our environment and lives. Everything is energy. In this respect, as human beings, with all our thoughts and emotions, we mostly resemble a cell tower for mobile communication."

WRONG INTERACTION

"Nature understands us much better than we understand nature", says Breytenbach. "Subatomic particles, the building blocks of everything that lives, have a lively interaction with our consciousness. Physicists have already concluded that it is as if nature not only 'knows' whether we observe, but even knows when we intend to do so. Where

"MAN HAS THE SAME INTELLIGENCE AS NATURE, BUT MAKES LITTLE OR NO USE OF IT"

I think it 'went wrong', is when man wanted to separate himself from that original source. After that, pride and competition prevailed. As human beings, we thought we could do it alone, without nature both inside and out. By reopening ourselves to the development of our intuition – the 'instant knowing' – we recognize once again that there is more than just our own brain. Beyond the jungle of thought, we set the door ajar to be able to tap into the information from that energy field that connects us all and from which we can learn to live together again in harmony and peace. In the distant past we were able to do this, and if we do not quickly change our thinking and reopen ourselves to it, I am afraid that nature will help us to find a new balance in this world. In this respect, I

consider the corona crisis to be a relatively minor wake-up call."

CONCENTRATION CAMPS FOR ANIMALS

"If we do not change, it will no doubt later become apparent that corona was only a fraction of what we can expect from nature if we do not transform our supposed superiority and bow in surrender to instant knowing from the common source field of all that lives. We are busy with the one-and-a-half-metre society, but we do not realize that the virus problem has arisen from a wrong interaction with animals and nature. Concentration camps for humans do not belong in our civilization, but concentration camps for animals, with densely packed chickens, pigs, and cows as hotbeds for infections via bacteria and viruses seem to fit very well into our 'civilized world'. We keep animals en masse, and destroy them just as easily, even if we don't have to, everything is money driven. We use animals in degrading animal experiments in an attempt to keep ourselves healthy, without even consulting nature once. Our ego-orientation has hardly any limits. From the communication with animals I know that many animals in their development and spiritual consciousness are higher than humans."





FINANCIAL SECTOR

"The financial sector can, through money and services, sustain industrialized agriculture, animal husbandry and animal testing, just as it used to support the slave trade. Or it can choose to give energy to restoring the balance between man and nature. It can focus on more pollution of the ground, air and water or contribute to circular economy and a society in which man becomes more equal to nature. "Also, companies and organizations can just as easily tune in to the wavelengths of the energy fields, as I do with nature. You can also receive answers from the energy field within an organisation to key questions, such as what is needed to work more efficiently, work better together, and improve the service? Recently I thought along with a friend who works somewhere in the management top of an organization. The standard roadmaps, structures and models are getting worse and worse and people are looking how to navigate the biggest challenges of our time. I suggested to them to learn to 'develop resilience on the road that leads nowhere', but that is probably a step too far. As soon as we open ourselves to the instant knowledge from out intuition and the energy fields inside and outside ourselves, our ego begins to crumble. It hurts us. What we get in return is a thousand times more

HOW CAN MIGRATORY BIRDS FIND THEIR WAY FLAWLESSLY, WHEN THE AVERAGE PERSON BECOMES INSECURE WHEN THE GPS CONNECTION BRIEFLY FAILS?

beautiful and valuable, but it takes a little courage, will and perseverance."

"The interest of organizations in communicating with nature is still very little. One looks mainly at nature as a metaphor. What do penguins or elephants teach us about leadership? How do ants or bees work together so intelligently? A step further, to sense directly from penguins, elephants, ants, and bees and to learn from their consciousness, does not happen in business. The pain of crisis on crisis is growing, so who knows, the first ones will soon come knocking on the door to see nature no longer as a metaphor, but to connect with it."

IT'S NOT WHAT YOU EAT, IT'S HOW YOU EAT IT

To deal more consciously with nature is not difficult, says Breytenbach. "You can start today by being friendlier and kinder to every animal you meet. Your dog or cat, but also the fly, the mosquito or the spider. You can look differently and observe the animals, the plants,

but also the flowers and the vegetables in a way that you have not done before. People are sometimes surprised that I eat meat. How is that possible when you are communicating with animals and know their feelings? When it comes to food and drink, as far as I'm concerned, it's not so much what you eat or drink, but how. For me, the way we grow vegetables can be just as cruel as the way we keep animals. Again, everything carries the same original essence. It's much more about how we deal with it. I only eat and drink when I know where it comes from, when it has been treated with love, compassion, and ethics. It is a step too far for most people, but why don't we involve nature in finding new ways to interact with each other? It is high time that we learned to live together in harmony. If we don't, I'll know who will be the strongest..." ■

More information about Anna Breytenbach:
www.animalspirit.org