

The Continuing Adventures of Long Tooth



Paul Harris

A T a l e o f S h a m a n i c J o u r n e y s

The Lower World



Chapter 1 New Beginnings

1.1 Magic Pastures



Axis Mundi was at the bottom of Paul's Garden by the fish pond where a white rabbit with blue eyes named 'Star' was waiting for him. "Hurry up!" Star shouted. As Paul got to the rabbit, Star quipped "you can't come like that," referring to Paul's human form. Instantly Paul was transformed into another rabbit, but on closer inspection he was actually a brown hare named 'Long Tooth.' "Follow me" said Star as he burrowed into the soft earth with Long Tooth not far behind. They tunnelled down to Star's family warren and gave a brief introduction to wife and children, then past a badger's sett, exiting at Magic Pastures.



Magic Pastures is a wonderful meadow with fields of grass and flowers surrounding the borders and the trees. A game of crochet was in session between rabbits and badgers with a short-sighted over-sized vole wearing thick glasses keeping the score rather badly. "Can you keep the score for us?" asked one of the players, "Sorry" replied Long Tooth, "we have to go." Not far on they came to a table full of crystals with a magician stood by it.



The Magician gave Long Tooth a crystal ball which turned blue and within it he could see white billowing clouds fleeing by leaving behind a clear blue sky and instantaneously they were transported to a lake.



The lake was deep and blue from the reflection of the azure sky. It was surrounded by snow-capped mountains and a railway line snaked around the contours of a far-off mountain. The rabbit afraid of being taken by an eagle cried out, "come on we have to

get out of here." The next thing they knew they were back in Magic Pastures where the Magician told them that this was the safe area to come to in the future and on making their way back the comeback music started.

"Come on follow me!" shouted the rabbit as they both scrambled to the tunnel they had come down. Up they went past the badger's sett and, leaving Star with his family, Long Tooth emerged at the Axis Mundi and transformed back to Paul. That was the first adventure and Paul learned that other locations were accessible through the crystal ball that the magician had on his stall and wondered how he could use it in the future, *probably by asking the Magician*, Paul thought to himself, but knew he needed a power animal for safety in the future as he left past the fish pond and back to reality.

1.2 Creepy Woods



Back at the bottom of the garden at the Axis Mundi Paul was met again by Star, the blue-eyed white rabbit. “Come on!” exclaimed the rabbit as Paul transformed into Long Tooth, the brown hare, and scurried hastily in pursuit of the rabbit down the tunnels past Star’s warren and the badger’s sett and finishing at a new exit point in ‘Creepy Woods’. Star wasn’t with him now as Long Tooth looked down the path in front of him, it was dark and very creepy with the rustling of the trees in the breeze that sent shivers down Long Tooth’s back.



Tiger, a fearsome looking beast, appeared in front of Long Tooth and surprisingly looked less scary than the woods and Long Tooth was happy to hop onto Tiger’s back for safety and to start his new adventure!



They went down the darkened path until they came to a witch’s hovel. Long Tooth knocked on the door which was answered by a typical witch, all in black with a conical hat and warts on her nose and face and her back bent in a stooping position. “Come inside” she cackled and led Long Tooth into her cottage interior which was dimly lit by candle light with a cauldron in the centre



of the room over a well-lit fire. A scrawny black cat in the corner of the room hissed at Long Tooth but was too afraid of the witch to confront the brown hare. The witch put a ladle into the black pot and offered the ‘ayahuasca like liquid’ to Long Tooth.

“You’ll need to drink this if you want to go any further” she again cackled. Long Tooth didn’t hesitate in taking the brew knowing from his last experience with the crystal ball that adventures sometimes required another element to start the journey. The drink was tasteless and seemed to have no effect on the hare who thanked the witch and left her cottage glad to be back astride his protective tiger.

They went on further down the path which was still as dark as



at the beginning of the journey and no less scary. When they came upon a large boulder blocking their way which had covered a small opening. Long Tooth thanked Tiger for being his companion as he knew he had to leave the beast behind if he was to get into the small gap and journey beyond. He pushed the boulder and amazingly he had the strength to

move it just enough to uncover the hole.

Long Tooth hopped into the hole and descended down a steep tunnel into a crystal cave. The magician was not here but his



voice could be heard echoing, warning the hare that he had to be out of the cave before night fall when the ‘Sleepwalkers’ came! Long Tooth looked both ways, to the right was a pinpoint of light and to the left a firefly illuminated the crystal cave.



With a bit more haste in his step Long Tooth followed the firefly down the cave where the crystals were in the ground pointing upwards which Long Tooth had to meander his way through.

He came upon a loose gem which was bluish and white that gleamed in the dim light. The hare picked up the crystal and

retraced his steps back towards the light at the cave's exit eager to leave before the night fell and the Sleepwalkers came!



The pinpoint of light grew until it was an opening could be seen. Outside the cave it was bright sunlight and there were palm trees, a

white sandy beach and a beautiful blue sea.

Long Tooth met with Monkey who said “next time you come to Snowy Beach we can take a boat and explore the islands around here.” He then ran up a palm tree next to the cave exit followed by Long Tooth and onto a palm leaf which spanned to touch the grassy surface of land above the cave, called The Green.



Long Tooth left the monkey and on the grassy top he saw a hole which he went down until he met up with his companion Star again. They both

scurried back up the tunnels past the badger's sett and, leaving Star with his family, Long Tooth exited at the Axis Mundi at the bottom of the garden and was transformed back into Paul and so ended another journey with promise of more to come with a new way to go to other locations.

1.3 Bazaar Island

Down at the bottom of the garden Star was waiting “hurry up and change shape” shouted Star, the white rabbit with blue eyes as Paul became Long Tooth the brown hare again. The intent for this journey was to meet with Monkey as Long Tooth joined Star in burrowing deep into the earth, passing Star’s warren and the badger’s sett and exiting at Snowy Beach he leapt onto a boat with Monkey leaving Star behind to explore Snowy Beach on his own. Monkey was resplendent with his captain’s hat on. “Where are we” asked Long Tooth, “On Calypso Sea going to Bazaar Island to see if you can pick up something to help you with your travelling” replied the monkey. Soon they beached the boat and Long Tooth hopped out onto the yellow sands. “Are you coming” asked Long Tooth”, “No” replied Monkey “I have to look after the boat it’s our only way off this island.”



Long Tooth left the monkey and the boat behind to explore Bazaar Island. Before too long he came upon the bazaar, it was a market, very large with all manner of things being sold and people in strange dress with pointed shoes and twirly hats and magnificent tunics of all colours shouting and grabbing hold to take you to their stall to buy their wares. It was all a bit too much for the brown hare who was wondering what he needed



for his future journeying when he came upon cages with rabbits in. They were white and brown and very young, 6 in all. Long Tooth realised that he too could be taken and put into a cage and sold! With this thought in mind, he set about freeing the captive baby bunnies. Looking to make sure the stall holder wasn't around Long Tooth went under

the table to the back and jumped up onto the table and opened the latches of the cage the baby bunnies were in, and one by one the baby rabbits hopped out and jumped down under the tables.

The rabbits said "follow us we know the way out of here" and they ran under the tables all the way to the entrance to the bazaar. Careful not to be seen they dashed to freedom across a grassy field to a hole followed by an angry man with a dog. Quickly they went down the hole into the warren which was empty "where are our parents" cried the baby bunnies upset at not being greeted by their mummy and daddy. Meanwhile the unmistakeable smell of a dog wafted down the tunnels to the rabbits' noses "Dog! they exclaimed panicking now as they went to run through the exit hole into a waiting net. "Stop!" shouted Long Tooth we need to dig our way out or you'll be caught again. The small rabbits burrowed frantically leaving Long Tooth to face the terrier that had entered the warren. "Run away up the hole and back outside "shouted the terrier dog. "No" said Long Tooth whose back legs could do great harm to the small dog, "follow me out". "But my master will beat me if he has to dig me out!" cried the poor dog terrified



of his brutal master. 'Thud, thud. thud' came the sound of a shovel digging into the earth above them. "He's digging for us!" wailed the terrier, "follow me" said Long Tooth and with that and his

powerful back legs he quickly burrowed his way out of the way of the shovel. "If he won't come out then he can stay down there!" shouted the angry man who was now pushing a long pole with a spike on the end into the warren trying to stab whatever was in there but especially the disobedient dog. The spike narrowly missing the back of the dog as he followed Long Tooth into the newly formed tunnel.

Gradually the earth became sand and the 6 rabbits, Long Tooth and the terrier who said his name was Terry, exited onto the beach. Long Tooth told monkey about his perilous journey and introduced his new friends. "Quickly!" shouted Monkey we need to get out to sea before we're all caught and put into cages."

Bazaar Island it seems is not a place for a rabbit, a hare or a monkey and without changing shape Long Tooth would need to be very careful if he came again. "One of those stalls would have had a potion to change shape" exclaimed Long Tooth braver now that he was far away from the island and in true adventurer style exclaimed that next time, he would find the potion first before doing anything else!



After a short while they reached what seemed like the middle of the Calypso Sea where a whirlpool appeared next to the boat. "We haven't got time to get back to Snowy Beach" exclaimed Monkey "so you

need to jump into that whirlpool to exit this journey". One by one they jumped into the whirlpool and rotating as if in a washing machine they exited reappearing in the deep blue



lake, and swam the short distance to the shore and exited to Magic Pastures where the rabbits soon found new mummy and daddies and the dog became friends with the Magician. Long Tooth learned something new, that if you set your intention first you can take a shortcut to where you want to be. Star was there waiting patiently for Long Tooth's return as they both exited out and up the tunnel system past the badger's sett and leaving star with his family the brown hare exited next to the fish pond and became Paul once more.



1.4 Dodo Island

Paul went down the garden and met once more with Star the rabbit who said “Follow me. Quickly!” as if in a race. Quickly the hare and the rabbit went down the labyrinth of tunnels, past Star’s warren and the badger’s sett until they met with a



Dodo. Long Tooth had forgotten to state his intention and so got pot luck in the form of a supposedly extinct dodo. The dodo and Long Tooth went up a steep incline and exited on the grassy top and jumping on the palm leaf they went down the tree onto Snowy Beach and met with

Monkey who was on his boat wearing his Captain’s hat. “Hurry up!” he exclaimed, unsure why, the dodo and the hare jumped on the boat as it set off to Dodo Island.

After what seemed quite a long time, they arrived at an island full of rabbits. “This is Dodo Island” shouted Monkey as the pair jumped off and climbed a hill to another grassy top filled with rabbit holes. The dodo said his name was Donny and he was the last of the dodo’s but that he has lived for a couple of centuries now as time seems to go very slow on this island.

They went into Donny’s house which was made of clay with a



grass roof. Inside there was a small fire with a pot on it full of brewing tea. “Do you like tea?” asked Donny. “Don’t know, never tried it” replied Long Tooth. Donny made two cups of tea from the black brewing liquid.



“Mmmm, tastes alright” said Long Tooth, “Yes” replied Donny, “It’s been brewing for a few days now so it’s full of flavour.” “What’s it made from?” asked Long Tooth, “nettles” came the reply from Donny as he slurped the drink

spilling a bit that ran off his beak onto his jacket. “Drat” said Donny angry that he now had a tea stain on his smartish jacket. Long Tooth didn’t know tea could be made from nettles and sooo delicious too.

Outside the rabbits assembled wanting to see Donny’s new guest and wanted to ask him a question. Long Tooth explained who he was and that he was on an adventure and would be leaving soon. One of the rabbits started “as you can see, we are over-running this island.” “There are too many of us” said another rabbit”, “yes, yes, yes!” they all exclaimed in unison. “Well,” said Long Tooth after some thought. “The answer seems obvious to me. All the boys need to leave the island and set up on another island. Then you have a boy’s island and a girl’s island, and you will have enough grass and berries to keep you going.” “What a great idea” they all said. “Right!” said Monkey, “all the boys on my boat now! We haven’t much time to get you to another island and return to take Long Tooth back.”



All the boys jumped on the boat and the monkey took them quite a distance to a new uninhabited island where they had all the food they

needed. This island would be known as Rabbit Island from now on. On Monkey’s return Long Tooth said good bye to his new friend who had lots of girlfriends now to keep him company.



“Bye everybody!”
Shouted Long Tooth
as he left Dodo
Island and headed
back to Snowy
Beach before the
journey came to an

end or the Sleepwalkers came out!

Back at Snowy Beach Long Tooth went down the crystal mine following the firefly and moving quickly until he came to the



upright crystals on the floor. He gingerly worked his way through until he came to some loose stones and found an amethyst gemstone which he put into his pocket to bring back.

Long Tooth went back down the mine to the sunlight praying night wouldn't fall anytime soon. Monkey met him at the cave exit and looked at his crystal. “Very nice” said the monkey “but be careful taking things from the cave without permission!” “Who do you get permission from” asked Long Tooth, “The Magician” came the reply, “at Magic Pastures”. “Next time I see him I will ask his permission to look at the crystals and maybe take one or two small ones” said the hare as he made his way up the tree and onto the palm leaf and back to the grassy top. He quickly found the small hole and went down it meeting up with Star who led the hare back to the Axis Mundi.

1.5 The Oasis

This was a journey to find Paul's Power Animal. Once more the starting point 'Axis Mundi' was at the bottom of the garden with Star, the blue-eyed white rabbit urging Paul to change shape and follow him, which he did. As Long Tooth, the brown hare, he followed Star down the rabbit hole past Star's warren and the badger sett and interestingly turned left instead of straight down. This led to a stoney but dry long path to green pastures and a savannah.



Immediately Long Tooth saw two large brown eyes and then a brown furry face and realised it was a lion! He named it Sam for want of a better name. Sam took Paul, who had changed form from Long Tooth, to a blue lake called The Oasis. He told Paul to walk in the water as it had healing properties which Paul did and felt better for it.



All around were beautiful colourful birds like birds of paradise and peacocks and the sound was a cacophony of bird sounds like you hear in a zoo's aviary. It was deafening at first until you got used to it. Sam said he can come here anytime for seclusion and he would soon get used to the bird sounds who were noisy because they weren't used to him yet.



In the tall grasses Paul saw a lioness with her cubs he looked at Sam's face and saw pure pride which Paul recognised as his own human trait. Sam said "Come on to that mountain in the distance where there is a cave where

somebody wants to meet you.” Paul had an idea who would be meeting him and he was right it was the Magician in a Crystal Cave.



The Magician was well known to Paul who had met him on various journeys. The Magician gave Paul a Tigers Eye stone and told him to carry it in his pocket and when he needed the support of Sam the large African Lion to hold it and invoke the Lion to give him strength and support in his human life. Paul thanked the Magician and went out to play with the cubs under the watchful eye of Sam and his lady lion.

As the recall sounded Paul had already travelled back to the Oasis which was quieter now and changed shape back to Long Tooth and met back up with Star and told him of his adventure as they ran back up the long stoney dry path to the badger's sett and left Star with his family as he exited back in the garden and changed shape back to Paul.

1.6 Down and Above

This was a journey: 1. To find your power animal, 2. To find the Well of Happiness as mentioned in a trance session by the medium, Paul that day. The Axis Mundi should have been a tree but instead, strangely both the vulture and Star, the blue-eyed white rabbit, were waiting for Paul to take him to the Higher World or the Lower World.

Star told Paul he knew where to go and to shapeshift and follow him now! So, Paul changed to Long Tooth, the brown hare, and scurried behind Star as he burrowed deep into the earth passing his own warren and the badger's sett and



strangely going up and down tunnels which led to a long bright tunnel which exited onto a mountain top above the clouds.

Long Tooth became Paul again and saw in front of him what looked like a beggar with a bucket with some coins in it. He was dishevelled with long grey unkempt hair and wearing rags.

"Can you spare me some coin" asked the beggar. "Sorry I have no money" replied Paul "but you can have my shoes" and with that he gave the beggar his footwear. The beggar was happy with the shoes and showed Paul and Star the Well of



Happiness. "Look inside the well, look deeply inside and tell me what you see," said the beggar. Paul replied that he could see money, flash cars, nice houses, all material things of great value. "You can

have any of that if you want or you can put your hands inside and energise the water and see what the water shows you."



Paul did just that and after energising the water looked deeply into it again and saw his home life with his wife, children and grandchildren. "That's the happiest you will ever be" said the beggar,

"you do not need to look for anything more."

Paul felt great pride and happiness with what he saw and realised that without his family he would have nothing and no amount of money or glitz could replace that.



Looking back at the guide he saw, instead of a beggar, a Native American Shaman who shooked the hand of Paul and showed him along the ridge were lines of teepees. "This is the Indian

Nation" said the shaman, come here whenever you need shamanic healing or shamanic teachings. With that Paul saw that the vulture had been with them the whole time. There



seemed no way off the mountain and even though the rabbit was fearful of the large vulture, or any hunting bird, he agreed to fly back.

Paul shapeshifted back to Long Tooth and with Star flew back down from the mountain to The Green, the grassy knoll near Snowy Beach where they disembarked from the great vulture and ran down the rabbit hole and back the way they knew so well to the rabbit's warren leaving Star there and to the Axis Mundi back in Paul's garden next to the fish pond where Long Tooth became Paul once more.

1.7 North Island

This was an unplanned journey for Long Tooth until he saw Star the blue-eyed white rabbit wearing sunglasses. “What’s with the shades” asked Long Tooth who had already changed form. “We’re going to North Island I’ve heard there’s lots to do there, know what I mean?” Long Tooth didn’t but followed his buddy down the rabbit hole past the warren and badger’s sett turned a right in the labyrinth of tunnels and exited on The Green. They went along the palm leaf and down the palm tree and met with Capt. Monkey on his power boat.



“North Island” shouted an excited Star “and step on the gas!”

“North Island is dangerous” said Monkey speaking like a Rastafarian. “It’s ok man isa knows where to go” replied Star also with a Rastafarian accent. Long Tooth was mildly amused with the banter but worried about the danger after all Monkey knows these islands like the back of his hand and Star knows nothing!

It took a while but they eventually crossed the equatorial boundary and entered the Northern Islands. Weather wise it wasn’t much different to the South Islands except maybe a bit wetter.

They exited the boat and Monkey said he would guard the boat and they need to be back before nightfall, when all the ghoulies

come out to play. Their intention now was to go as far north as possible and bring back a souvenir.

They went through the beginnings of a forest and came upon a lake with a crocodile sunbathing on the surface. “Nice day for it” said the crocodile, “yes, it sure is” replied Star without his Rastafarian accent, thank God. The crocodile swam silently up to the bank and ascended to face the two bunnies who didn’t know what a croc was but it had lots of teeth and presumably a vice like grip with the length of its jaws.



All of a sudden, the croc jumped upwards the length of its body and caught an owl that was swooping, its talons out ready to take a rabbit or a hare. Star said “we need to take cover, it’s not safe in the open.” They moved further into the woods and into a

jungle with bamboo growing everywhere.



A long snake looked at them as it hung down from a tree’s branch. “What’s ya doin’!” asked the boa in a southern drawl. The boa slithered along the floor towards them, hissing with its tongue lashing around, sampling the air. This time Long Tooth gave the alert and they both hopped into the

jungle before the boa could wrap itself around one of them.

Finally, it seemed, as they came up to a cave within a mountain with nowhere else to go. They cautiously entered the cave which was illuminated by a firefly who made their journey much safer. They came upon a warrior’s tomb with a sword on

top of it and then a pedestal with a huge yellow stone on top of it.



Long Tooth wanted it so badly that he leapt onto the pedestal and took the gemstone. Then all along the cave the ceiling started falling in and the cave was filling with dust as they ran out coughing and sneezing.

Long Tooth still had the yellow gemstone as he hurried out of the jungle area back into the woods. They meandered around the boa and the crocodile to get back to Monkey and his boat.

There'll be trouble for taking that gemstone said Monkey. OK said Long Tooth take us to the whirlpool in the Calypso Sea. Monkey did as he was told and they stopped by the whirlpool. They both jumped into the whirlpool and exited in the lake which was shallow thankfully as the gemstone was very heavy for a hare.



They carried on into Magic Pastures and surrendered the yellow gemstone to the Magician. "You're very lucky to escape with this stone and not gotten eaten by crocodiles or snakes or birds of prey. I'll have this gemstone returned to the Warrior's Tomb with an apology from you two, please

stay away from the North Islands they are very dangerous no matter what form you take.

1.8 Masonic Hall

Paul's journey this time was with Tiger in his mind as he approached Star the blue-eyed white rabbit and changed form to a brown hare named Long Tooth. He followed Star as he burrowed deep into the earth past his warren and the badger's sett and exited at Creepy Woods where Tiger was there to meet him.

Long Tooth jumped on the back of the powerful beast and together they moved through the woods, past the witch's hovel and turned left through the trees to a green square garden facing a large building with Masonic Hall on it. In the centre of the garden was a wishing well. Long Tooth looked



down it and jumped into the bucket! Tiger said "there's the Mirror of Truth at the bottom look into it to see the real you!" Tiger lowered the bucket to the bottom which was littered with silver coins and a mirror. Long Tooth looked into the mirror and the reflection of a Native

American Indian boy came back with a head dress on, he looked around 10 years old. "Raise me up" shouted Long Tooth which the tiger did easily with his massive paws and the brown hare jumped out onto the lawn looking at the magnificent Masonic Hall, a bit unsure of what he saw. They went to the steps of the Hall where Tiger lay down in the descending sun while Long Tooth changed back to Paul and entered the building and first came to a sitting room which had a plaque of a running fox over a slug on a lettuce with the words Guile, Capricious, Furtive, which was given to Paul, many times through the night a week before, which he thought had shamanic meaning to it.



He left that room and entered *literally* a drawing Room, all around were drawing instruments; set squares, compasses and geometric shapes and a copper pyramid in the corner the same as Paul has complete with hanging quartz crystal. Paul sat in it and received wonderful

healing energies. After the healing Paul looked up and saw a very large portrait of Napoleon Bonapart the French Emperor, yet another link to France and Sacred Geometry? Now also the Masonic Lodge?



Outside the window as the light was failing as a bright sphere flew over the trees, it was a burning arrow which landed near the wishing well. Paul called Tiger in fearing he may get injured as more and more burning arrows

flew over the trees and onto the lawn lighting the whole area up.



Paul went to the front of the building where a large wooden ornate door stood between himself and the outside world. Tiger blocked his exit and Paul saw clairvoyantly a swirling nothingness and a feeling it was a time warp. He had been told on a previous journey

that he could manipulate time but to go into a time warp and end up where?

Paul changed back to Long Tooth and with Tiger they left by the back entrance now that the arrows had stopped raining in and darkness had fallen and bravely, they strode diagonally across the lawn into the neighbouring trees.



Tiger deposited Long Tooth where Star was waiting for him, shivering and scared of the darkness and owls. Long Tooth apologised to Star for leaving him in the dark and promised to take him next time even if it meant travelling on the back of a tiger! “Come on before an

owl takes us” screamed Star who was half way home by now and disappeared into his warren while Long Tooth faithfully followed and upon reaching the Axis Mundi changed back to Paul with even more of a mystery now.

The Mystery:

France



Sacred Geometry



Masonic



Running fox and a slug on a lettuce

with the words Guile, Capricious, Furtive.

Guile: sly or cunning intelligence.

Capricious: impulsive, unpredictable.

Furtive: attempting to avoid notice or attention.

All characteristics of Paul!

1.9 Benefits of a Power Animal

It started off as usual at the Axis Mundi being Paul's garden by the fish pond with Star the blue-eyed white rabbit waiting as Paul shapeshifted into Long Tooth the brown hare. Prior to the intention Paul had written down Tiger Tiger, so both Long Tooth and Star knew they were heading to Creepy Woods to



meet Paul's power animal 'Tiger'. So, they burrowed as usual down past Star's warren and the badger sett until at the bottom they appeared at Creepy Woods and met up with Long Tooth's protector Tiger who Star was just getting used to by now.



Much to Star's dismay and terror an owl flew down and perched nearby on a lower tree branch and spoke to Long Tooth: "the benefits of the tiger are Protection, Guardianship, Camouflage, Speed of Travel and Soul Connection. Tiger can be

called upon at any time to help you using its powers." [Paul had been told to use a 'tigers eye' crystal to call Tiger on another journey]

"The tiger is the biggest cat and so no one wants to fight it. This has been your protection for years since you were a child and now you know where it came from! You have been part of a Shamanic tribe all your life and your spirit as you know it is a

native Indian, your brother is the Great Chief, or Big Chief as he likes to call himself, one of the great spirits. You are blessed.



Tiger has great integrity and your two souls are joined. In the past you have had lesser cats like a mountain lion, lynx, etc. Because you needed them for their particular skills at that time. The cat is of the highest animals within the spirit realms and is worshipped by ancient

civilisations. You will find that the character of the tiger has served you all your life.”

The owl flew off and with time still left Long Tooth and Tiger went to the witch’s cottage. “Come in, come in, “she cackled as Long Tooth entered the



hovel. The witch said that the tiger had chosen Paul when he came to the earth plain because of who he was in the spirit world and also because of his peculiarities. She gave Long Tooth a drink from the brewing cauldron which he drank straight

down. “That will fortify you for the journey ahead on the earth plain” said the witch. Long Tooth and Tiger returned back to Star and with Star Long Tooth returned back to the Axis Mundi leaving Star with his family as Long Tooth returned back to Paul and so ended this journey.

1.01 Body Protector

It started off as usual at the Axis Mundi being Paul's garden by the fish pond with Star the blue-eyed white rabbit waiting as Paul shapeshifted into Long Tooth the brown hare. Star was wearing sunglasses again although why Long Tooth didn't know as the weather was overcast with rain forecast. The intention was to find an animal for body protection to protect Paul in middle earth (world). Star scrambled down the hole he had made previously with Long Tooth in pursuit as they went straight down past the warren and sett and at the bottom turned left and exited at a lovely forest in an area called Country Park.

They walked up the path with Star walking into a tree before he removed his stupid sunglasses, embarrassed he hurried to catch up to Long Tooth. Ahead of them was a large porcupine who said he was the body protector for the hare or the human Paul who could merge into him if needed. He went on to say that he could fire his spines, the prickly and deadly quills on his back, in 360° but their aura would protect them so they shouldn't worry.



They carried on following the porcupine who made a left turn to a stream running parallel to the forest path. "This is the stream of forgetfulness" said the porcupine "and you walk upstream to get rid of memories and downstream to bring back memories or repair

memory loss. All three entered the stream and wallowed for a while eventually going down stream to a bank where baby voles were playing.

“Follow us,” they shouted as they climbed up the embankment followed by a hare, a rabbit and a large porcupine. At the top was Magic Pastures and they went to the Magician while Star went to the rabbit population. The magician said that the porcupine can flatten his spines to carry a hare, or the human Paul or, Paul can merge with him. The porcupine knows where there are vortexes that can transport you to places all over the many islands and special areas where teaching takes place. There is a map in a crystal cave, once the human Paul makes it, that will show you all the vortexes. And with that Long Tooth bade farewell to the Magician and the porcupine and with star they reacted to the comeback drumming and returned the usual way from Magic Pastures and soon the rabbit was in his warren and Long Tooth became Paul once more.

1.011 Stream of Forgetfulness

As a carry on from the last journey the class was asked to visit the ‘Stream of Forgetfulness’ that Paul had just visited so this is a bit more detailed.

It started off as usual at the Axis Mundi being Paul’s garden by the fish pond with Star the blue-eyed white rabbit waiting as Paul shapeshifted into Long Tooth the brown hare. Star was his usual impatient self “Hurry up let’s get going” he shouted as Long Tooth followed him down the hole recently created and ended back at the Country Park, the last destination visited. The intention was to examine the Stream of Forgetfulness and get healing from it.

They were back in the delightful forest with gaps in the canopy so light streamed through illuminating their way. No porcupine this time when Paul needed him, he could just call him and he would appear as his body protector.

The took the left through the trees to the parallel stream and went in. They walked upstream against the mild current and the pressure of the water forced memories from the subconscious to the mind of Paul. Memories that he didn’t

want to relive or even view. A water nymph appeared and told Long Tooth to walk down with it to a large stone further



downstream and let the water wash away those memories. In all Long Tooth did it 3 times. The water nymph said the it was giving Paul (through Long Tooth) the gift of 'scrying' and they left the water and Long Tooth looked at the reflection from the

flowing stream. Good memories came back to replace the bad ones and Paul (through Long Tooth) felt that his forgetfulness had had some healing from the waters and would visit more often to try to heal his poor memory some more.

Long Tooth thanked the water nymph as they returned back the way they came not needing to see the Magician this time and leaving Star with his family he exited and changed back to Paul.

1.02 The Enchanted Forest

This journey was on awakening 24/7/24

Paul was at the Axis Mundi and met with Star the white, now blue and red eyed rabbit following the zombie experience after which the Magician managed to correct one red eye (Confidential 4.4 and 6.6). Paul shapeshifted into Long Tooth the brown hare, and once more followed the rabbit down the rabbit hole past his warren and the badger's sett, but Star detoured to visit the magician to have his red eye corrected while Long Tooth carried on by himself!



Long Tooth arrived at what he thought was creepy woods but no Tiger and no protection, but everything seemed strange and slightly unnerving. As he went on, he saw what looked like rabbits with longer ears on pogo sticks bouncing

ahead and shrieking in joy. He followed the strange bunnies and all at once got pelted with acorns and pine cones from strange looking monkeys. They didn't hurt too much but Long Tooth decided to change back to Paul for the rest of the journey.

As Paul went on and on, he could hear the strange animals who he now figured out were elementals and he was in an enchanted forest, shrieking and making strange noises ahead just out of the sight. Paul came to a fork in the forest to the left the strange shrieking noises could still be heard and to the right a mist had descended, he chose to follow the noises and to go deeper into the forest.

Just ahead he came to an old house with some illegible writing on it. Behind the forest was disappearing as blackness came down as if chopping blocks out of the forest leaving a black void behind, he hurried into the building.

Once inside he came to a door and opened it and inside was a grey old wizard. "Hello and welcome to the world of elementals," he said joyously. Paul spoke of the forest disappearing behind him, "yes, yes you brought the dark side with you didn't you! Always work in the light my boy. I will sort



that out later." To Paul's left were two mice one running up and one running down a curtain. "Now, not many people reach this level of awareness so I am going to put you in my visitors' book. I will use your spirit name as you will always be Blue Feather in every

lifetime and you are always welcome to revisit as many times as you like, but maybe in future wear a helmet those pesky monkeys are always throwing things at visitors" said the kindly wizard. "My name is Macacadam, and I am the Wizard of the Enchanted Forest. Now I am going to give you an attunement to raise your vibrations even higher than before." And with that he did a spell on Paul to make him more likely to be able to revisit this higher dimension that few can ever reach.

On closer inspection Paul could see the mice had thread attached to them and they were repairing the curtains! "Thank you, Sir," replied Paul unsure of what to do next. All of a sudden, the elemental Paul had seen a couple of weeks earlier when he awoke appeared. "Ah! Here is Chinook, you have met before, he will be your guide in our world." And with that



Chinook was gone. "Now when you came to the fork in the forest you took the left path to be here following the rabbits, had you gone right you would have gone through the 'Mists of Time' and God knows where you could have ended up. Still if you have time

and want to go on an adventure that's a place to visit. Now, I am going to return you back to your own world. You know where I am and I look forward to you visiting as often as you can. Now go back outside and you will see a well. Just jump down it and you will end up back in your world. Goodbye!"



And with that Paul left the house and ahead was a well and past that the darkness, he had regretfully introduced. Paul jumped down the well, not wishing to shapeshift, and reappeared as if by magic at the Axis Mundi, by the fish

pond. What a great adventure he thought and I didn't even need to leave my bed!

1.03 Turtle Island.

This journey was to find a pink seahorse and ask for seahorse medicine. Paul went down to the bottom of the garden and found his travelling buddy Star, the blue-eyed white rabbit waiting for him, “hurry up we haven’t got all day,” “coming” replied Long Tooth the brown hare who Paul had shapeshifted



into. Down the Axis Mundi they both went past the rabbit warren and the badger’s sett and appeared as if by magic on top of The Green near the

crown of the palm tree. They both went down the palm tree onto snowy beach where the monkey was waiting in his boat.



Monkey looked very naval with his captain’s hat on cocked to one side trying to look cool. “Where to?” asked monkey, “Turtle Island please” answered Long

Tooth. Monkey turned on the motor and they quickly got underway, the white surf splashing the bow of the boat. Before too long they reached Turtle Island, one of the myriads of small islands in the archipelago of the Inner Sea.



Star and Long Tooth jumped off the boat and onto the island where they were met by Flat Foot, a large Sea Turtle with immensely powerful flippers. Long Tooth changed back to Paul and told Star to

make friends while he looks for a pink Seahorse. Paul entered

the water which quickly rose to head height and Flat Foot swam underneath him and pulled him down into the depths of the Inner Sea where there were seahorses all around. Flat Foot told Paul to change into a seahorse himself if he wants to avoid sharks.



Paul turned into a black seahorse names Seehor' and instantly noticed within the reeds were seahorses gently moving with the current and practically invisible. He entered cautiously and saw what he came

for, a beautiful pink seahorse. Seehor' said to the pink seahorse its mission was to find her and get seahorse medicine. "Follow me," said the pink seahorse, they swam to a pile of stones that had been dug up inside to form a very small cave. Inside the pink seahorse said to stand behind her and do what she does.



First, she moved to the left then back to the centre, then to the right and back to the centre, then forward and back and then twice left, centre and right, which Seehor' copied exactly finally the pink seahorse turned around facing Seehor.' "Now swim to me think of what you want and put your head to mine." Seehor' did as

she said and wished for a cure for Paul the human's ailments and touched heads for well over a minute. "Time to leave me" she said.



Seehor' thanked her and hoped the medicine had some power to it as he swam up to the distant light. "Stop" shouted the pink seahorse "look a hammerhead shark on

the surface hunting for food, it will eat you whether you're a seahorse or human form, wait with me for a little while." Seehor' enjoyed her company and once it was safe to travel

bade her farewell and ascended once more with his little fins. After a while he realised, he was getting nowhere fast and shapeshifted back to Paul who desperately swam to the light as Flat Foot once again picked him up and with his powerful flippers had them back on the beach in a blink of the eye.



Paul reverted back to Long Tooth and commented on all the female turtles burying their eggs under the sand and then returning to the sea.

“The eggs will hatch in 2 months” said Flat Foot then we’ll come back and raise our young. Long Tooth thanked Flat Foot as he returned back to the sea and together with Star, they jumped aboard the boat and headed back to Snowy Beach.

On arrival they thanked the monkey who gave them an AYE

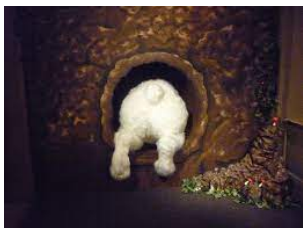


AYE! as they scuttled up the palm tree along the leaf onto The Green and back down the rabbit hole. Down they went, around a u-bend which passed the badger’s sett and he left Star in his

family warren. “See you next time”, shouted Long Tooth as he exited in Paul’s garden and returned back to his native shape.

1.04 Sea Urchins

Paul's intent was to try to find a medicine to help with his condition from sea urchins. As usual to travel to the Aquatic World one had to go the Lower World and that meant shapeshifting into Long Tooth, the brown hare, alongside his travelling buddy Star, the blue-eyed white rabbit. Once again Star shouted his friend to match his burrowing speed at the Axis Mundi by the fish pond in Paul's garden.



To do this of course he needed to change shape to Long Tooth which he duly did and followed his friend down the rabbit hole. After passing the warren and the badger's sett they instantly appeared on the grassy top known as The Green and made their way to the palm tree and down onto Snowy Beach. His other travelling buddy Monkey was on his powered boat waiting for them.



"Turtle Island" shouted Star as the boat picked up speed and hurled towards the island in a myriad of many other small islands in the archipelago of the Inner Sea. "How do you know which island is which?" quizzed Long Tooth.

I've navigated these islands all my life. Once we had a sailing boat when there was a troop of us. Now there's just me I use a powered boat to get around." "Where have all the others gone", asked Star. "One day a big boat with Zoo on its side came and caught them all in big nets while I was on another island. I've sworn to find them and release them. Do you know



where the Zoo is?" "Not a clue" they both uttered "but we'll keep our eyes open for a Zoo on our journeys."



Long Tooth changed to Paul and entered the warm bluish water, as he became submerged, he was met once again by Flat Foot, the large turtle, who with his massive flippers soon reached the sea bed where Paul became Seehor' the black seahorse. He almost instantly met a sea urchin with large spikes to stop it being eaten. "Can you help me please?" asked Seehor'." "What do you need?" replied the sea urchin. "We are looking for a medicine to help the human Paul's condition." "Well, I can't help with that I'm afraid but I can give you a gel that pulls together the connective tissue and makes the skin feel like chain-mail for external protection." And with that he gave the black seahorse some gel which the seahorse thanked him for and swam upwards changing back to Paul and supported instantly by Flat Foot who delivered him on the beach in record time.



Paul went to thank the turtle but it was away in the waves again leaving an empty island save for hundreds of clutches of eggs buried in the sands. Paul spread the

gel on himself as best he could and felt the skin tighten and become more protective. He remembered that the Sea Urchin had said he could use any suitable cream he had but needed to say 3 times 'Urchin Medicine' which Paul had done. Feeling better in himself Paul returned to Long Tooth and with Star mounted the boat. Monkey told them they needed to get home before night time for their tea as the boat bounced on the waves making the hare and the rabbit having to hold on for their lives.

Back on Snowy Beach Long Tooth told Star he would like to look in the crystal cave for a protection stone. Star wasn't too

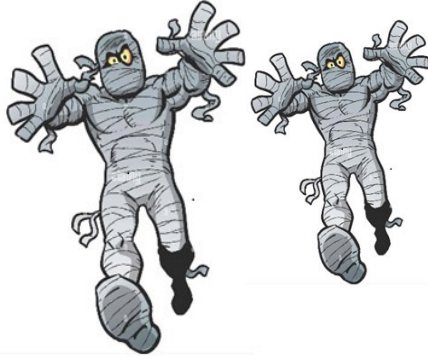


sure as neither of them knew much about stones or crystals. Still, they proceeded down the dark corridor until they came to the crystal part of the cave where they gingerly walked

around the upright pointed gems and came upon an amethyst which they recognised and Long Tooth picked it up.

"Permission please!" a voice called them in the dimly lit cave. "Sorry" replied Long Tooth "may I keep this crystal please." "Ok!" replied the Magician "but next time come to see me in Magic Pastures first." "Yes sir!" they both replied unaware that darkness had fallen outside the cave. In the dim light they

could see 2 Sleep Walkers approaching with outstretched arms and wailing a deep groaning noise. “Help” they shouted panicking, instantly the firefly flew upwards to illuminate the



escape tunnel. Well, you have never seen a rabbit and a hare move so fast in your life and in seconds Paul, after shapeshifting, was back in his garden with Star back in his family warren. Paul wasn't too sure if this would work but if it worked on the etheric body maybe imagination could be used instead of real cream, something Paul was finding out with his journeys.

The Upper World



Chapter 2 High in the Sky

2.1. The Sky Palace.

This was a journey to the higher world to find answers. When Paul entered the church in the morning, he was told he would be meeting Father Knowledge and had no idea who that was!



The Axis Mundi was Paul's garden and because he was going up he waited for his lift in the form of a large vulture. Paul changed to Long Tooth, the brown hare, jumped on the vulture's back and together they rose in a circular pattern through the clouds to one above all the others as they broke through the cloud, they became aware of a palatial castle in the skies.



The vulture landed on the cloud which was firm underfoot and dropped off Long Tooth. Long Tooth changed back to Paul, who made his way up to the castle entrance where on a throne sat a man wearing a crown with long white hair and matching long white beard. He had bare feet and Paul kissed his feet and for good measure kissed his ring, a red garnet ring on his finger. The man said he was Father Knowledge, but better known as Father Time!



He told Paul he had important decisions to make in the next 6 months or so and they were so important that he would counsel him to reach the right decision. He also said he would give Paul the ability to move time backwards and forwards and miss blocks of time out. He told him that this gift had to be used with care when the time was

right. Paul thanked Father Time and returned to the vulture as Long Tooth and together they descended through the clouds back to Paul's garden.

Long Tooth jumped off the vulture's back and changed back to Paul who thanked the vulture for the ride. The vulture said he was always here for him if he needed to ascend to the heavens.

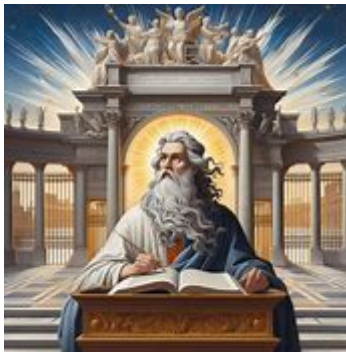
2.2. The Sky Castle.

This journey was to the higher world to find an ancestor for healing and answers on healing. It started off with Paul changing to Long Tooth, the brown hare, and jumping on the back of the vulture, Long Tooth's ride to the heavens. As with the last journey the vulture rose in a circular path high above the clouds until there was one cloud where the vulture flew into and landed on a marshmallow-like surface.



Long Tooth changed back to Paul and Paul went to the castle-like building in front of him. This was different to the last castle which was more like a palace,

this one was more like a working castle.



At the entrance was St. Peter with a lectern in front of him, behind him above the castle gate was a directional sign, left for Ancestral Guides and right for Ancestral People. "Who are you here for" St. Peter asked Paul, "Ancestral Guides or Ancestral People?" "Ancestral People" replied

Paul. "Right then, go right through the gate" which he did.

The date was 1471 and he came upon one of his ancestors a blacksmith in his smithy hammering away on a shield. "Hi, my name is Tom Tomlin and I'm a blacksmith" he said hammering the bumps out of the shield. "Can you pump those bellows? Not too hard or the flames will reach the thatch roof and burn the building





down, which has happened a couple of times now” Tom said sheepishly. Paul complied and the blacksmith explained he was repairing the shield for the Middle Earth King and putting a wren on the boss, the round part of the shield (similar to a threepenny bit without the corners).

He then put down the completed shield thanking Paul for his assistance with the bellows and offered him healing, which



Paul readily accepted. “I’m using the physical energies created through all the hammering I’ve been doing” said Tom and you should use your own physical energies that you

have built up and listen to shamanic drumming, referring to the séance room where Paul had built up a lot of physical energies and the drumming he was listening to as part of his journeying. Paul thanked Tom for the healing and returned back to the vulture.

Paul returned to being Long Tooth, the brown hare, and jumped onto the vulture’s back. They descended through the heavens spiralling downwards until they reached the Axis Mundi, Paul’s garden, where Paul returned from the shape shifted hare. He had his answer and healing from an ancestor as well as details of his ancestor, name, era, job, etc and what spirit wanted him to do to further his healing.

2.3. Up & Below

2.3.1 Hospital in the Clouds.

This journey's intent was to ask if Dr. Lang wanted to work with Paul, the trance healing medium and spirit surgeon. Dr. Lang was George Chapman's psychic surgeon in spirit from the 50's to the 80's. Paul was told by Stephen Smith, the Southampton based trance healer, 8 or more years ago that Dr. Lang indeed wanted to work with Paul.



The journey was for the higher realms and the giant vulture was on hand for Paul's quest as he shapeshifted to Long Tooth, the brown hare, once more and leapt on to the vulture's back as they spiralled up into the heavens. Once they went through the clouds, they came upon one

lonesome cloud where the vulture flew into and Long Tooth disembarked as Paul once more. The going was a bit sticky, like sticky marshmallows, and Paul carried on until he came upon a hospital in the clouds.



Inside it was very 1950's with the old-fashioned iron bedsteads and nurses in white uniforms and little hats. At the far end were the consulting rooms and Paul headed there looking for the doctor who he found in the Ophthalmic room. He approached the

busy Dr. Lang and asked if he wished to work with himself, the doctor didn't seem too impressed and ignored Paul. Paul turned and left the consulting room with the doctor in tow. "You seem to have problems sitting, don't you?" asked the doctor, Paul replied in the affirmative, he was a very bad sitter.



Look at this patient said the doctor pointing to a patient with a large dirty looking bandage over his head covering his left eye. "What do you think happened here?" Asked the doctor. "Looks like he may have

been shot through the eye" replied Paul thinking it wasn't an eye problem which killed him! "Correct" said Dr. Lang, "now you have to fix him up ready to be discharged. "



Paul removed the stinking bandage; it wasn't really smelling but if real it would have been! And looked at the hole that went where his eye used to be and into his brain. "Now" said the doctor "what do you need to do next?" "Pass me the long forceps" said

Paul as he deftly inserted the forceps into the bullet sized hole and extracted the bullet. "Good now what?" "Give me an eye to match the remaining one." "Excellent" the doctor said and passed him a collection of similar coloured glass-like eyes from which Paul took the nearest match and went to insert it into the poor soul's eye socket. "Give it a good push" said the doctor which Paul did and it went into the eye socket quite firmly.

The doctor told a nurse to release the patient and told Paul that he would be watching for improvement with Paul's sitting



before he would be prepared to work with him and bade him farewell. Outside of the hospital Paul reverted to Long Tooth and jumped aboard the vulture who padded along the sticky substance before getting

enough lift to leave the hospital in the clouds. The vulture flew

on and on and suddenly dived near vertically into water, all around were bubbles and confusion!



Continued in Chapter 3.1

2.4 Ones True Purpose in Life

Paul became Long Tooth for this journey to the skies aboard the vulture who in a circular motion rose above all the clouds until there was just one which he landed on. Long Tooth became Paul once more and Paul walked forwards along a path



with flowers in the border to a building which had the word 'LIBRARY' on the front. He walked inside, on the left were the Halls of Learning and on the right the Akashic Libraries but straight ahead was a door with Supervisor on it. Paul knocked and entered and saw a man

sat down with round spectacles and what looked like a railway porter's uniform and cap.



He told the man of his mission and the man said to follow him as he went down some steps to a small room with the title RECORDS on the door. Inside the man took Paul's record from the shelf and put on a pair of rose-tinted spectacles replacing his own. I'm not dyslexic he said it's

just that without these the words all seem circular and confusing. The words in the record were all symbols which the Supervisor read for Paul.

“You chose before you came to the earth plain a life of hardship with a poor childhood and adulthood. Yet no matter what life threw at you, you kept your spirits high, but your soul light was dimly lit. Upon coming into spirituality (30 years ago now) your soul light has glowed bright and you rose to your



true purpose in life to further the knowledge of Spiritualism and to heal the sick and now you have changed paths towards Shamanism which will bring great joy to you as this is your true pathway. Keep going with your gut instincts and remain the person

you are because you are an important (albeit small) cog in the spirits' machinery here in this world.”

With this new information Paul left the library and changed back to Long Tooth and once aboard the giant vulture returned to the Axis Mundi where he bade farewell to his travelling buddy and reverted back to Paul.

The Aquatic World



Chapter 3 Under Water

3.1. The Channel.



Long Tooth became Paul and the vulture became a manta ray, large and gracefully beautiful as it swam down to the sea bed. It was busy with ships small and large overhead.

Paul knew where he was, it was the very busy English Channel. Above the water churned with the large and small propellers and fortunate for Paul the ray had no plans to rise off the sea bed. All around were sunken boats and ships it was a mess which surprised Paul how bad it had



become. Paul got off the ray alongside the carcass of a boat which was *just* a carcass, all it had was two bags, one salt the other sugar, the contents long spoiled by the briny water.

Paul tried to walk around but it was slow and laborious so he jumped back onto the ray's back and gracefully slid through the water as the giant wings effortlessly cut through the brine. Paul came upon a very small pleasure boat wedged in the silt alongside rocks, he wondered how anyone would bring such an inconsequential craft onto the busiest shipping lane in the world! But they had and it had gone down, fortunately there were no bodies inside, in fact it was empty of anything and may have been sunk on purpose, it had a flagpole but the flag had



long perished and was just in tatters.

Paul had seen enough of the bottom of the English Channel and as if telepathically the

Manta Ray swam as in flight to the surface above the rocks

where no ships or large boats dared to travel lest they become scuttled like the pleasure craft had seemingly been. Magically Paul became Long Tooth again and the manta ray the giant vulture.

Long Tooth asked the vulture why they dove into the water, the vulture explained that Paul wanted to see the sea bottom and the channel was the nearest stretch of water. Before long the vulture returned to the Axis Mundi and discharged its cargo of one brown hare who thanked it for the adventure and once again shapeshifted back to Paul.



Paul thinks the salt and sugar may be ingredients for producing ectoplasm along with oranges.