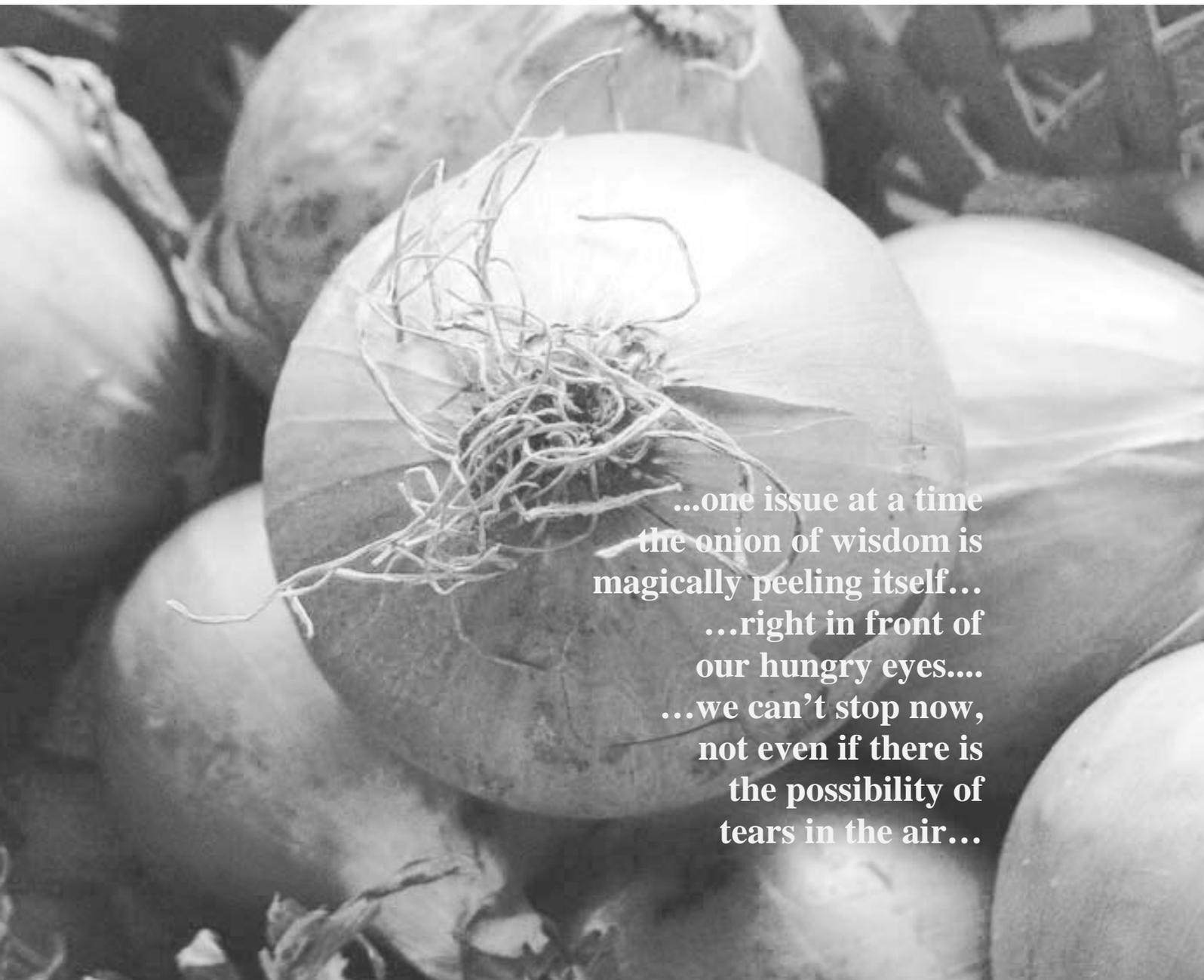


# The Power of Silent Wisdom

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Hiljaisen Viisauden Voima 3/2010 [6]



...one issue at a time  
the onion of wisdom is  
magically peeling itself...  
...right in front of  
our hungry eyes...  
...we can't stop now,  
not even if there is  
the possibility of  
tears in the air...

# The Power of Silent Wisdom

*Hiljaisen Viisauden Voima 3/2010 (6)*

.....

*Boo! Let's talk about fear.*

## PSW 6

1. Fear is power
2. Words from Maiccu
3. Leyla's Legacy: Fear
4. The water snake speaks about fear
5. Lilly the pig from The Gentle Barn
6. When pigs fly

## Contributors:

- ✓ Maiccu Kostiaainen, animal communicator
- ✓ Leyla, a horse in spirit
- ✓ A water snake, words from the wild
- ✓ Lilly the pig from The Gentle Barn
- ✓ Lea Pihlman, editor/translator

# 1

Fear is like an instinct. It shows where to aim your focus next. Fear can guide you in your

life just as well as any other feeling you feel. Animals use it to survive in the wild on a daily basis and there is nothing more to it than that. They are not afraid of the fear itself.

On the other hand, our guest Lilly the pig says, that the only fear the animals ever experience is the fear that emanates from the human beings. Fear is contagious and it becomes like a vicious circle. If we learned to live with our fears, many things in the world would change in an instant.

Have you noticed that the advertising world is also selling all sorts of stuff to us by using our fears as a weapon? The mass media is throwing gasoline into the fires of our fears as well in an absurd way... Leyla is right when she says that we people are often overdramatic and we exaggerate things. This is true.

What if we just stopped it altogether?

Or is that what makes life fun?

Is it boring to live without drama?

Well...

*Lea*

# 2

## Words from Maiccu

Dear readers, I am so very grateful again for being able to share all these unbelievable words of wisdom from animals with you. It feels like it's been forever since the previous issue came out and I have gotten a chance to walk my own path and learn. It is hard to describe my life right now – it is just moving forward and I follow. Every day is full of surprises. Sometimes the smallest things seem to give the greatest results.

Once again, I could write so much here, but I want to put it shortly this time. The most important messages here come from our animals anyway. Like I said, I have learned so many things lately. I have also noticed that learning and knowing are not always enough. Simply put: walk as you teach, walk your talk and do what you teach to others.

I have lived the last few years in a great hurricane of continuous hurry. I have wanted to achieve as much as possible in a very short time. Then came the moment I realized that I am not living the life I teach all the others to live. I always tell people how animals teach us to be in this moment, to live NOW! And yet I have continuously tried to be clever, to keep myself few steps ahead of time. But it is over now. I have started to act as I teach. I am not saying that I have managed to do it perfectly, but I am in the beginning and I have succeeded a few times... I want to live here, now, being fully present in this moment. Yet the thoughts might run wild, but I constantly remind myself to be in this moment and nothing else really matters.

When I am with my family, I am in this moment. I can see very clearly if I have succeeded: my animals tell me that. If I am in a hurry or stressed, they start to act according to that. It is easy if you learn to listen and hear how your surroundings react to you. If all the things, people and animals around me are in perfect harmony, it is quite likely that also I am in perfect harmony.

I have also decided to really listen to my heart. I am not doing things that are not making me feel good, and I am not staying in the company that makes me feel awkward. How you feel good inside is always a very personal experience. For me it is sometimes very physical sensation indeed. If I am not in balance, I feel like I can't breathe, I get headache and so on.

Feeling good is very comprehensive thing, in this moment I feel really good and I can thank all my dear, lovely, animal teachers for that. Thank you for making me see clearer every day and thank you for making me follow the flow of life gently.

As you see in this issue, and in the future issues, we have some new teachers from The US. And what great teachers they are! The Gentle Barn from Los Angeles just came into my life, I made a contact with them and I got a great honor to regularly communicate with their animals. Animals on this farm are rescued from many different places, most of them are livestock and they have had some really rough experiences in life. Still they live in this moment, being grateful, loving and forgiving.

*Once again I notice that when I let life guide me, it really takes me to amazing places.*

Life is here, now!

August 23rd, 2010

Love,  
Maiccu

Life is here,  
now!

# 3

## Leyla's Legacy: Fear

My love, I wish to talk about fear to all of you. About the fears which are blocking all your big dreams. You are blocking all your dreams and visions. What does this mean? It means that as much as you are love in the web of love, you are just as much your own fears in the web of love. When I say that love is nothing but an illusion, and only in your minds, it does not help you at all. You are being taught how you can get through your fears and how there are no fears at all. I would like to disagree a little bit and want to talk to you about it. This is the reason I also would like to give the snake who visited Maiccu in her home, a chance to speak up. Nobody is better to talk to you about these things than a creature who is one of the biggest symbols of fear for human-kind.

Before that I would like to tell you a little about fears and how we animals experience them. We have talked a lot about feelings, imagination and how you should listen to your heart and how you are the one and only soul, all feelings intertwined. Fear is real, it is very actual feeling; nobody can take that away from you. *And it is not necessary to take it away from you either.* We all have our fears, nobody is completely fearless.

What you really  
are afraid of are  
the things that  
you most want.

*Leyla*

First of all, fear is just another word that has a twisted meaning or explanation attached to it among you human beings. There is nothing wrong in fear and the fights you fight to get rid of it are all in vain. Look at your own pets at home or the birds in the wild, or other animals; they all have fears. We animals know what fear is, fear is solely a positive feeling if you can use it for your own benefit and not against yourself like you people do use it.

You have been given fear, one feeling among other feelings, by which you can find your own power, your own soul's meaning and beauty. I spoke to you earlier about the negative feelings and the heap of pills you humans have invented to mute all these feelings. In a way fear belongs to this same category... but on a second thought, it doesn't. Fear as a word is negative to you people, only because you have given it that kind of meaning. When people have invented a meaning like this, in thousands of years of time, it is very hard for one horse to change it. (Leyla is laughing.) In truth, *fear* belongs to the same place with *imagination, love, sense of humor, trust* and so on. Fear belongs to the same list as one of the greatest and most powerful feelings.

If you, human being, learn to use your own fear for your own benefit you can be sure that you are one step closer to the truth about yourself. Again you are closer to the source of love and your big dreams. What you people really are afraid of is the thought that your dreams do come true. The realization of dreams, in other words, getting loads of money or getting the great love of dreams arises a huge amount of fear in you. In case you get a lot of money or the great love your dreams, those things come along with great responsibility for you human beings. You are afraid of responsibility.

In reality you are afraid of money and also afraid of love. Try to see behind these words; try to see the bigger meaning behind them.

Now many of you have realized what my idea about the fear is. What you really are afraid of are the things that you most want. The day when you find that self-love inside you, what every animal has the day they are born here, you will learn to love also your own fears. The day you learn to love your fears, you get all the things you have ever dreamed of.

There are many levels and different kinds of fears; somebody, for example, is afraid of darkness. The day you learn to love darkness, it is gone from your life for good. The darkness itself is going nowhere, but you will learn that it is just the opposite of light.

Just like the example of darkness is telling you, you live in the world of polarities. What you are afraid of most, then it is the things opposite what you most want. That's your dream. Fear might help you to find your own meaning in life - it is pretty much the perfect tool to do it. Listen to your fears, feel them, sense them, what kind of reaction they have in your body? Think what is the opposite of the things that you fear the most; this way you can easily start to look for the meaning of your life. When you find your own meaning, you can afterwards thank your own fears and let them go. That does not mean that you do not have fears in your life anymore. Fears never leave you completely, has anyone ever told you that? This is a very brave thing to say from me, it's almost scary, but oh, so important. I love to say things to you that scare me. I know that those are the most important things for you. Can you see how simple this is? This theme is very dear for me: I could talk about this for hours. Learn to use your fears in useful way, turn them upside down, love them, think about them, or more like; think about their opposites. Think about richness, love, abundance, family life, the work that you love or the things that you would love to do.

Fear is nothing but a tool that was given to you, among many other tools.

*Leyla*

We (animals) are here on earth to teach you.

*Leyla*

Next time fear attacks you and you start to think about being poor, being without love, losing your family, the hardness of your work or something else like that, turn it all upside down. Bless your fear, give it wings, love it, say thank you to it for showing you what is your true way, what you really should be dreaming about, what is the meaning of your life. You can see yourself as loved and living the life of your dreams. Fear is nothing but a tool that was given to you, among many other tools. Give it credit, it has earned it.

What I would like to add here is that we animals use our fears for our own benefit. Like I have already said many times, we always live out of love and out of the

source of love. Fear is one emotion and skill that leads us to the right direction. Fearful animal might attack, this is quite true, he is able to use his fear for his own benefit. Animal will never attack if the fear is not telling him to do so, it is just a reaction. We know how to use fear for our benefit, in an instant, whereas you people live with fear for years and years. We act according to it, fear is almost like an instinct to us, and not a feeling. One animal might attack, a horse for example, when another animal flees in the same situation. Fear is simply telling us that it is time to act. I am not saying that you should attack if you are afraid, you are human beings. All the animals have different ways to act when the fear kicks in, but they all do act.

There are situations in life, when an animal has no chance to act in a natural way when guided by their own fear. This kind of situations are always orchestrated by humans. These might include hunting or animals that are cattle and not able to decide for their own lives and so on. Even though many animals are utilized as tools in human's exercise of power and people often exploit us in a rude

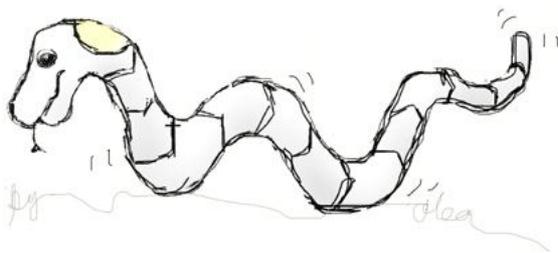
way, that is the way humans act. Like I said earlier, we always live by love and all is forgiven, even before nothing has even happened. We are here on earth to teach you, if that is part of your soul's plan.

So, see your own fears as a source of your very own power, do not mess fear with all the negative feelings you people have made up for yourselves more than enough. Fear is love and love is you.

*Leyla*

## 4

### The water snake



*The water snake speaks:*

"Dear friends, I have waited for a long time for the moment when I am able to talk to you about important things. It will not be any surprise that I speak to you all about fear. I am really happy that I have this possibility to speak directly to you and straightforward.

There are some things in life you humans have gotten your concepts all messed up. I want to give you a good, clear picture, how I think about fear, and about what fear actually is. Leyla talked to you about it already and she was absolutely right. I want to tell you about these things from the perspective of snake, and it might be a bit surprising to you, or new, but in this way you understand better how to get insightful ideas about life and also make life easier this way. You will learn learn to see new sides about life continuously and our meaning is to teach you with all these messages.

We snakes are seen as symbols of fear. Often, when you talk about the greatest fears you have, you talk about snakes at the same time. When your children are small you already start to teach them that we are something to fear and that we are bad. All things have their meaning, also in this case, but maybe you exaggerate things a little bit sometimes? Our paths might meet, or then they do not. Sometimes there is human on the path of a snake. If you asked me, I would hope that there was not. Our paths cross other paths, just like anybody's paths. We meet each other and you want to kill me. You could stop and think what I want to say to you and then you could watch me go away. I wish no harm for you, I am on my way to some place, and I did not ask for you to come to my way. Just like you did not ask me to come to your way. Then you can take another look at me, I am quite small compared to you and my fear for you inside me is telling me to flee. It is my reaction, it is born out of fear in split second, it is not even fear it is pure action that you can describe with that word. Your reaction instead could be that you just keep on walking ahead and see that everything is alright. I would like to ask you, human being, why your first reaction is to kill me? My first reaction is not to kill you, or even to bite you, that is always the last means. We will never bite anyone unless we feel threaten or distressed.

I also want to say here something about things that also many of you think about, when there has been an unfortunate moment that a snake has been where it is not supposed to be at all. We can also get lost sometimes and we can even get into a house of human beings by accident. In some countries, where there are a lot of snakes we live by the humans and sometimes our paths do cross in the weirdest places. That is just life, those are the things that just happen, everything in life has its meaning; every story is unique. And before you start to blame the snake for every accident or unfortunate moment, you could also think if there was something that you yourself could have done differently? Think about where you were and why? You are always so busy to blame others, so that you forget that you are also here to learn and to live and all this is just a part of it. We come to meet each other - if that is meant to happen - and there is always meaning attached to it.”

*Maiccu and the water snake*

*(The story of how these two actually met can be read later in The Power of Silent Wisdom book.)*

When your children are small you already start to teach them that we are something to fear and that we are bad... maybe you exaggerate things a little bit sometimes?

*Water snake*

# 5

## Lilly



*Lilly the pig does not have much time left on earth, but it does not bother her.*

”There is a meaning in everything in life and the distance between us does not matter. The fact that we get to spend this short moment together and I am able to leave this message to You, has a great meaning and I am very grateful for this opportunity. I don’t have much time left, but I am so happy that I can leave this message for my people and leave something behind. I have so much to say and I love my people so much. Nobody can understand the amount of gratitude what a pig can have in her heart. Ever since the day I came here, to The Gentle Barn, my life has been like a dream, like a fairytale. I am not able to stop myself from wondering how life can change from fear to love. It is the most important thing you can experience. How fear turns into love and freedom. The day when I experienced that transformation I knew that I had arrived home. After that my life has been filled with nothing but love. I have been a teacher for many, I have helped you here and

I have loved you. I have a place in many different hearts, children and adults, people and animals, but how many places I have in my heart for you, nobody can count them, and they are countless. There is a place in my heart for everyone who I have touched on my path. I do not wish to talk about my life before I came here. It has no meaning, it is way too sad and it is useless to go through stuff that has happened in the past. That much I would like to say that without my past I would not know what it means to be happy, what is really important in life and what it means to be free. (Lilly is showing me mental images of the day he arrived to the Gentle Barn.)

I want to say that all those things that happened in the past have been forgotten. The greatest lesson animals have for human beings is to be an example how to be in this moment, but they also teach about forgiveness and about the transition from fear to love in an instant. The fact that you can witness this on a daily basis is such a big gift that it is difficult to describe it with words so that human beings could understand. You can feel everything in your heart and that is the only thing that matters, words are limited, words are something useless. Only feelings do matter.

Before it is time for me to leave I would like to say that I have been happy, I would change nothing in my life. Every experience, struggles too, have been important and I have loved every moment of my life. I want to say that I cannot wait to see my own children when I get to the other side. Then we are all together. I am not afraid and I have no pains. I make my transition when I am ready to go and you can always remember me as beautiful and brave Lilly who taught you so many things. We animals do know where we are going, so we know what to expect on the other side and it will all be nothing but good and beautiful. Many things happened in my past, many of my friends went to the other side in

We (animals) never hate, not even if we were afraid.

*Lilly The Pig*

very difficult circumstances, but everything is alright with them now and all is forgiven. I want to say that forgive all that you see and all that happens - that is what we do. We never hate, not even if we were afraid. The fear we experience is the fear of the human beings, it is the fear that comes from people and it generates more fear in many people, who are not able to handle it. All the fear that we have in us is also in you. You all have the possibility to change your direction and move with one giant step from fear to love. From fear to love, that is my message to you and that is the example I have given to you in practice. I love you and I say: Do not fear a thing, all is love! My life has been an adventure and I give space to the new adventurers!"

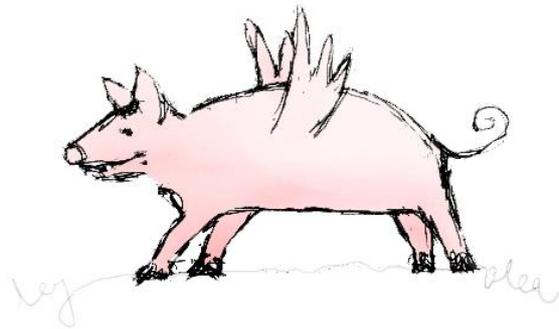
*Communication session with Lilly took place on August 1st, 2010.*

**L**illy lives at The Gentle Barn, in California, and it has been featured for example at The Ellen DeGeneres Show. It is true Heaven for many abused animals and definitely worth a visit! Check it out from the internet.

*The Gentle Barn is a non profit 501(c)(3) corporation. It was founded in 1999 by Ellie R. Laks and is now run by Ellie and her partner Jay Weiner. Ellie and Jay had similar childhoods where they both felt alone, unseen and misunderstood. For both of them it was from animals that they received their attention, friendship, and unconditional love. Having been saved by animals it was their dream to have a place that allows children to be supported and healed by animals like they had been. Ellie and Jay live on the property with their three children. Ellie and Jay see their 120 rescued farm animals as teachers, healers, friends and heroes. Every animal at their place has been rescued from horrible abuse, neglect, and loneli-*

ness, and yet they have all survived using forgiveness, trust, love, and courage. These are the qualities that Ellie and Jay strive for on a daily basis, and that they teach the children that visit The Gentle Barn. Source: <http://www.gentlebarn.org/>.

## 6



Have you noticed how the world is changing? Things are not as they seemed to be only yesterday. These days are teaching us to take care

of each other in a whole new way and we are not afraid to show our deep love for all living beings as well. We are - slowly but surely - getting ready to accept animals as equal fellow beings on earth. These are the days when pigs fly! (In Finland only cows fly.)

The Gentle Barn is one good example: the dream project of Ellie and Jay brings good feelings for both people and animals. I believe that every visit there is a mutual healing experience.

Have a good flight, Lilly, when your time comes. I know my heart is there with you. Thank you water snake, Leyla and Lilly.

Thank you, Maiccu, for spending some time with the animals of Gentle Barn, helping both animals and people over there in a beautiful way. In the very beginning it came clear, that these animals have a lot to say and that these animal communications are good for all people to hear. Via this magazine we will hear more what is really going on in The Gentle Farm - behind the silent scenes. We support The Gentle Barn with all our hearts! Maiccu communicates with the animals, I send *reiki* energy to animals if they need healing.

Later this fall we hear what one very special turkey is up to.

*Lea*



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Other places to visit:

<http://www.facebook.com/maiccu.kostainen>

<http://www.facebook.com/pages/Paivola-Finland/Animals-Talk/155197685090>

<http://www.facebook.com/pages/The-Power-of-Silent-Wisdom/132586080908>

<http://twitter.com/maiccu>

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*Our guest*

**Lilly + The Gentle Barn**  
**<http://www.gentlebarn.org/>**

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