



Your Power
ANIMAL
Journey



Power animals are our allies

our teachers, guides and protectors. Once this animal has shown up in your life, it is here to provide support through life's challenging transitions. Your animal guide will teach you to use this new power with great compassion, to heal and empower yourself as well as others. Working with them on a regular basis will enhance your personal life and expand your spiritual capacities immensely.

To work with your animal you need to step into the power and medicine this animal embodies. The source of power for your animal guide isn't just a single animal, but rather the entire species. For example, if your animal is the Bear, it's not just a particular bear but a guide that represents the entire species of bear. Our animal ally is often a reflection of you and reminder of what inherent wisdom you already hold within.

Here are 5 ways to establish a stronger connection with your Power Animal.

RESEARCH YOUR ANIMAL

Medicine, Physical Traits & Characteristics

Resources you can use to find out more about your power animal can include books, online references, or even oracle cards.

If you're lucky enough to observe this animal in the wild, this can also be a way to observe and get to know your animal ally better.

The more you reach out and make contact the more this animal will infuse its wisdom and traits into your ritual, practice and daily life. Call them in when you meditate, during your healing practices, when you parent, communicate with loved ones, even during daily chores!

CALL THEM IN

Making contact often

They will happily lend a hand and you will tune in more to their medicines.

USE VISUALS

Talismans & Statues

Using visual representations of your animal guide can help remind you of your connection to them. Things like talismans, amulets, statues, pictures or other visual representations of your power animal can be used to decorate your sacred spaces, home or office.

EMBODY THEIR MEDICINE

By embodying the medicine of your power animal you are accessing with more awareness the qualities already within you. You might find some become more useful than others depending on life's circumstances.

If you have Bear, for example, you may find you are especially nurturing, protective and supportive. You may want to lean on these qualities as a parent.

If you have Dolphin, you may easily access tools such as playfulness, joy and balance. You may lean on these qualities as a community leader.

Each animal offers medicine so that we can be able to approach some of life's most challenging transitions with more ease, confidence, and knowing.

JUST BE

There is something to be said about allowing the flow of connection to happen. Just BE present, BE aware and BE open. Notice how your animal comes forward and let it happen naturally. They will show you the best way to connect and work with them.

Trying to force constant connection can also close the gateway to receive. Remove expectations, be grateful they are there and welcome them in without forcing it.

Trust and know that your Power Animal is not just a guide who shows up but is an ally that lives within you. It is a reflection of who you are and what you brought here into this life. They are your wisdom, remembering, and knowing from deep within and this can span over lifetimes. You will never lose the connection with your animal even if other animals show up, your power animal ally will never leave you.

Websites that can be helpful when learning about your Animal Guides:

- Spirit Animal Info
- What is my Spirit Animal
- Celtic Animal Symbolism

Books that can help you connect to the power of Animal Spirits:

- Animal Spirit Guides by Steven Farmer
- Animal Speak by Ted Andrews
- Shamanic Power Animals: Embracing the teachings of our non-human friends

Animal Oracle Cards:

- Animal Magic Oracle Cards - by Esther Sanchez
- Power Animal Oracle - by Steven Farmer
- Messages from your Spirit Animals - by Steven Farmer
- Wild Unknown Spirit Animals - by Kim Krans
- Spirit Animal Oracle - by Colette Baron Reid
- The Illustrated Bestiary Oracle Cards - by Maia Toll and Kate O'Hara

YouTube - Meditations with Animal Spirits you can play with:

Meditation for healing feminine energy | Elephant Spirit Guide
<https://youtu.be/NCoC4LieHBE?si=GSvWwsUWsXgd9T8t>

Animal Totem Meditations with Aria Everts - Contains a variety of animal spirit options to explore.

<https://www.youtube.com/user/ariadisalvo/videos>

Meditation with Bear - <https://youtu.be/eBiFurooTJQ?si=D2wzi0U8UJPdh-2d>



OAK WOMAN

SHAMANIC HEALING WITH DELIA

This guide and resources are a simple launch pad to begin your journey exploring the beauty of Animal Helpers, Guides and Spirits. You will find many other resources available to you along the way. Whatever way feels best for you to work with and explore your connection with your Animal Guides, is often the way it needs to be for you.

Trust yourself and where you are being intuitively guided.

I welcome any and all connections, find me here:

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