



DISCOVERING YOUR SPIRIT ANIMAL THE WISDOM OF THE SHAMANS

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This book is a practical approach to understanding spirit animals and how to apply their power and medicine in your daily life. This user-friendly guide is filled with exercises from various shamanic traditions, from vision quest, shamanic journeying, dreaming, creative visualisation, etc, to invoking your spirit animal through dance or drumming.

The aim of this book is to help you meet and get to know your spirit animal through easy exercises and shamanic techniques. You will find out all the strengths, qualities, skills and special medicine that you share with your personal spirit animal. You will then be able to learn how to reinforce your connection to your spirit animal and access your innate wisdom and inner power, overcome your fears, increase your natural healing capacity, see more clearly your life's path and improve your relationships.

Learn how to re-connect with nature so as to be able to decipher the messages from the animals around you. What does it mean when a crow crosses your path whilst you're driving your car, or if a doe looks you straight in the eye when you're walking in the mountains? What does it mean when the same animal keeps appearing to you in your dreams?

In this practical guide, and with the help of the **unique 52 spirit animal index**, you will be able to interpret these messages. Like the Shamans in times past, become a magician and clairvoyant. Spend time outside in nature studying the behaviour of animals so that you can understand the unique medicine and learn to communicate with each spirit animal. By understanding spirit animal 'medicine', that is by assimilating the qualities and characteristics of each animal, you will be able to apply the lessons and messages they convey and use them to transform your life.

"The animals reveal their secrets, bring us answers, help us to reinforce our intuition and shed light onto our life path. All we need to do is to understand their messages and apply their medicine to the challenges which we face in life."

LUCY HARMER

"This book is a way for the "person on the street" to dip their toes into a bigger way of seeing the unseen worlds around them."

NICHOLAS BREEZE WOOD, editor of Sacred Hoop magazine

"A delightful read for all animal lovers wanting to connect with their inner selves and apply ancient teachings."

RANDALL N HYER, MD, DPHIL, MPH

