

MESSAGES FROM YOUR ANIMAL SPIRIT GUIDES ORACLE CARDS

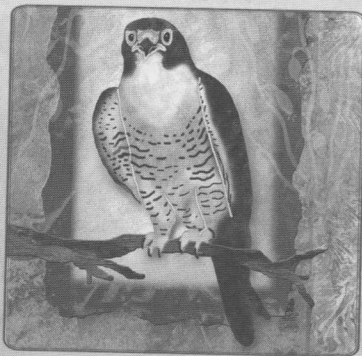
➤ **GUIDEBOOK** ➤



STEVEN D. FARMER

MESSAGES
FROM YOUR ANIMAL
SPIRIT GUIDES ORACLE
CARDS

✧ GUIDEBOOK ✧



STEVEN D. FARMER, Ph.D.



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Editorial supervision: Jill Kramer

Design: Amy Rose Grigoriou • *Illustrations:* Bee Sturgis

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INSTRUCTIONS

FOR WORKING WITH THE

*Messages from Your
Animal Spirit Guides
Oracle Cards*

The phrase *animal spirit guides* is just what the name implies: spirit guides who are in animal form. Sometimes they're called spirit animals, totem animals, or power animals; and while the specific meanings of these terms may vary somewhat, all of them can be referred to as *animal spirit guides*. Our long-ago ancestors believed—as do today's worldwide indigenous peoples—that these ethereal beings, through their spiritual powers, helped them in their daily lives by providing protection, guidance, and healing.

Oracle cards are an ancient method to receive guidance, predict the future, and discern the truth of any situation or relationship. The *Messages from Your Animal Spirit Guides Oracle Cards* are designed to help you clearly communicate with animal spirit guides in order to decipher questions you have about life, and access intuitive guidance to assist you along your journey. Each of these cards carries within it the essence of a particular spirit animal and a specific message. When you do a reading, the card containing the spirit animal that most appropriately responds to your query or concern will show up.

Whether you're a beginner or an experienced card reader, you'll find these cards easy to use. They'll guide you in giving accurate readings for yourself and others. Based on the spiritual Law of Attraction—in which certain cards are attracted to what your soul already knows yet is just on the edge of your consciousness—they'll help bring forth that inner knowing into your awareness, often

experienced as a felt resonance with the card's message. They'll provide insights into those previously submerged thoughts, feelings, and beliefs that can offer a glimpse into the possible direction of relationships, careers, finances, health, and other areas. Moreover, these insights can help you alter your thoughts and beliefs so you can make choices that are more congruent and consistent with your soul's purpose.

You won't find detailed information on any of the particular animals whose spirits are present in the cards; for that, you'll have to do your own research. Each card's message is a communication from the spirit animal represented, and contained within it is a particular essence or characteristic of that animal. Often you can discern additional aspects of the spirit animal through further study or contemplation.

PREPARING A NEW DECK OF CARDS

Your oracle cards have a positive life force that becomes permeated with your own life force the more you work with them. So before you do any readings, it's vital to clear the cards of any unintended psychic residue or impurities, thus allowing them to operate more effectively. It's also important to clear them if your readings become indistinct, vague, or if you allow someone else to use your cards. In fact, whenever you feel it's necessary, clear your card deck by consecrating it so that it once again becomes fortified with your life force, enabling you to give accurate and reliable readings.

To consecrate the cards, pick them up and go through them one at a time. This infuses the cards with your personal energy, allowing you to get to know each of the cards and for them to get to know you. Then hold the entire deck over your heart with the spirit animal images facing you. Whether you're sitting or standing, close your eyes, make

sure both feet are on the ground, and take three slow, deep breaths. Say a prayer, asking Great Spirit to help you clearly interpret the meaning of each card reading so they are accurate, specific, and healing, filled with blessings for everyone involved. Once you've said your prayer, take another deep breath, focus your intention, then gently and slowly blow the prayer into the deck.

STORING YOUR CARDS

Your cards are sensitive tools, and they can easily absorb other energies. For that reason, it's best to store your cards appropriately. Keep them in a velvet or leather pouch, a carved wooden box, or some other special container. They can also be placed on your altar to receive and give blessings and healing energy. If you wish, you can put a totemic spirit animal on top of your cards and call upon that spirit animal to protect your deck from any unwanted energy.

ORACLE-CARD READINGS

The *Messages from Your Animal Spirit Guides Oracle Cards* are meant to be used intuitively, so as you give yourself or someone else a reading, be aware of your thoughts, mental visions, physical sensations, and feelings as you look at the cards. Use this booklet only after you've consulted your own intuition about the significance of the cards and the card spread. Although every card has a specific message, it also has a life force of its own, so the meaning of a card can shift somewhat with each situation. Listen closely to your body because it will be your best resource for understanding the energy of the cards. As you learn to pay close attention to your body's feelings and reactions to each spread, you'll find you have a wealth of information that goes way beyond anything written on the card or in this guidebook.

To give yourself or someone else a reading, first center yourself by making sure that your feet are on the ground and by taking a couple of slow, deep breaths. Think of a question

while shuffling the cards. (If you're reading for another person, ask what his or her question is and then think of it as you're shuffling.) The question can be very specific or more open-ended, such as, "What do I need to know right now?" or "What message do you have for me?" Call upon Great Spirit or one of your own spirit animals to help you clearly receive the answer. Stop shuffling whenever you get the sense to do so. Don't worry—you can't stop shuffling at the wrong time. Then either pull a card from the top of the deck or anywhere in the deck that you're guided to draw from.

As you look at the card, see what kind of intuitive impressions you get. Pay attention to the first thing that comes to mind, while at the same time noticing your body's reactions to the card you drew. Your intuition may come as a sensation, a vision, an inner voice, or simply a knowing.

Another method is to take three cards off the top and lay them out with the first card to the left, the second in the middle, and the third card to the right; view them as a past-present-future reading. The card to

your left speaks about your immediate past with respect to the question, the middle one addresses your current situation, and the right-hand card offers insight into the future. Of course if you change your thoughts and beliefs about the situation, it's possible to change the outcome. An additional way to read a three-card spread is a panorama reading. Once you've laid out all three cards, look for any themes or common threads running through the cards, as they'll often tell you a story.

If during the reading one or two cards "jump" out of the deck, pay extra attention to them. Place the jumping card(s) face up next to your spread. These are like trump cards in that they contain additional information for your reading, so take their messages into consideration.

Be sure to relax and enjoy the reading and trust what you get rather than wondering whether you're making it up or making mistakes. Again, you can't really make a

mistake or choose the wrong cards during a reading. The cards you pull will always accurately reflect your current conditions. If you don't understand a card's relevancy, ask the spirit animal shown on it for more information. You can also consult the expanded messages in this guidebook. The more you stay grounded through breath, positive intention, prayer, meditation, or laughter, the easier it will be for you to truly understand what your card spreads mean.

As you look at each card during a reading, the words printed on it will give you insight and answers to your questions. Once again, you can always ask the spirit animal shown on a drawn card to provide greater detail. You may also find that you see other images in your mind's eye, which have been triggered by observing the cards. Any vision, thought, feeling, or words that come to you during the reading will contain more insight in response to the question.

If you're reading for someone else and the cards don't seem to directly answer a query,

then ask whoever is receiving the reading if there's another underlying question that he or she is wondering about. Oftentimes, the cards will respond to these latent concerns or issues rather than the question that's posed. For instance, people may ask about their love lives when their real focus is on financial security. The cards will zero in on abundance issues as the fundamental interest.

While reading for someone else, you may wonder, *Is this reading really about me?* because the issues discussed may sound like your own. Many times, what's revealed in readings is relevant for both you and the individual you're reading for. The information is still quite valid, even though it may reflect your own issues and situations.

To give remote readings, use the cards in the same way as described. You can conduct card readings over the telephone, by e-mail, regular mail, or simply by tuning in to the other person. The individual you're reading for doesn't need to be physically present to ensure the accuracy of the reading.

VARIATIONS ON ORACLE-CARD READINGS

The ways in which you conduct oracle-card readings are unlimited. Use your inner knowing and imagination to create new methods to work with these cards. Here are some examples of how you can use these oracle cards for guidance and inspiration:

— “What do I need to know today?”

Ask this question in the morning as you shuffle the cards, and then pull one card from the top of the deck. Keep this card visible all day, giving you a talisman of inspiration.

— “What do I need to know about this person?” When asking about a person, shuffle the cards and pull a section of the card deck upward. Now look at the card that's at the bottom of the upper stack. Repeat this action of shuffling, pulling a portion of the card deck up, and observing the card that appears underneath the top section. These cards will

give you a fluid, running narrative about a person. You can use this method while talking with someone on the telephone—it serves as a spiritual truth detector about his or her true character and motivations.

You can also answer any question through shuffling while thinking of that inquiry and then pulling as many cards from the top as you feel guided to. You might hear, think, or feel the number seven, for instance. In this case, draw seven cards from the top of the shuffled deck. As before, place the first card to the left, and lay each subsequent card to the right. The first card signifies the basis of the situation and the recent issue that you've successfully dealt with. The second discusses the current situation. The third card shows your immediate future, and each subsequent one to the right reveals what's to come in approximately three-month increments.

“WHICH ANIMAL SPIRIT GUIDE WOULD BE BEST FOR ME TO WORK WITH RIGHT NOW?”

Ask this question as you shuffle, and pull one or more cards to discover which animal spirit guide is most suitable for your needs at the present time. You can also ask who is already working with you or who would be most beneficial for you to call upon for a given situation.

INVOKING AN ANIMAL SPIRIT GUIDE

You don't need to be specially trained or gifted to call upon particular animal spirit guides for help or healing. They'll come to whomever sincerely calls upon them. One way to do so is to hold the card of the specific animal spirit guide you wish to invoke. Or you can simply think the name silently, say

it aloud, or write a letter in your journal to the guide you wish to work with. You can also ask them to give you a clear sign that they're with you. (Don't specify what the sign should be—allow your spirit guides to surprise you in their own way.) You may then spot the actual animal, come across a symbol of it, overhear a conversation where the animal is mentioned, or have dreams or visions in which the animal spirit appears.

Animal spirit guides love to help us, so call upon them when you need to. When you do so, be sure to express your gratitude and appreciation.



GENERAL MEANINGS OF THE CARDS

This guidebook gives you additional information about the cards' general meanings. The term *general meaning* is used purposely, as each time you conduct a reading, the card meaning can shift depending on the context of the question that's being asked. Read this guidebook to gain further ideas and insights into the cards' significance. You can also refer to other resources, such as my books *Power Animals* or *Animal Spirit Guides*; however, always consult your intuition first as the ultimate authority about the true meanings of a card spread, as this is how the spirit of each animal will communicate with you.

At the top of each card is the name of the animal spirit guide, and at the bottom there's a specific message. This will often provide you with enough information, especially when it's coupled with your intuitive guidance. The following expanded messages in this booklet are communications from each of the animal spirit guides that elaborate on the cards' meanings. At the end of each message, you'll find additional associations that may also be applicable to your inquiry and further serve to trigger the intuitive aspect of your reading. Consult these expanded messages and associations, however, only after you've tuned in to your initial intuitive feelings in response to each card.



BLUE HERON



"Make a stand for what you believe in and do what feels right in spite of any judgment or disapproval from others"

Trust your deepest sense of knowing what the right action is and do it, and don't rely on others to tell you what to do or how to act. Not everyone will approve of the decisions you make, and if your choice goes against the grain of what people expect from you, you'll no doubt run into strong criticism and judgment. Stand still, look around

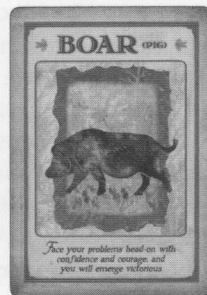
you, and breathe. You're doing just fine in spite of others' assessments of you. Besides, your greatest and most fulfilling support will come from that place inside that guides you by revealing signs that tell you what path to follow. Heeding these signs helps your soul be in alignment with Spirit's intent for you.

You may have to get both feet in the water and wade through the dregs of other people's disapproval, asserting yourself where needed. Practical optimism and clarity of purpose will always dissipate any tendencies toward cynicism or self-pity. Trust in your inner knowing, and let that be the source of your strength to help you keep moving forward.

ASSOCIATIONS:

Autonomy; Dignity; Self-determination;
Balance; Gracefulness; Peacefulness; Resolve;
Uniqueness; Illumination; Independence;
Boundaries; Exploration; Fluidity;
Self-reliance; Dignity; Deliberateness

BOAR (PIG)



"Face your problems head-on with confidence and courage, and you will emerge victorious"

Whatever difficulties you're experiencing now, whether with a relationship, career path, or some other concern, dig in and rummage around until you discover how to solve the problem. Then take immediate action to remedy it. Every time you confront adverse situations in this way, you'll be uprooting those elements in your life that appear to be obstacles to fulfilling your purpose.

Life can sometimes be very uncooperative with your rational mind's sense of order, and will at times even block your demands of how events or experiences should unfold. If you're living on Earth, you're going to get your feet muddy sometimes, but it's no call for panic, crisis, or drama. Instead, take a couple of deep breaths and view whatever problem you encounter as simply something that needs to be taken care of. As the saying goes, there really are no problems—only creative possibilities.

Once you've emerged victorious—which means that you've either conquered your problem or changed your thinking about how you initially perceived the situation—you'll experience a surge of power and confidence. Remember that your power originates from Source, expressed *through* you and *as* you. When you've vanquished the illusion of this situation being a problem, you'll not only feel a greater sense of relief and freedom, but you also open the way for your heart, mind, and soul to be more

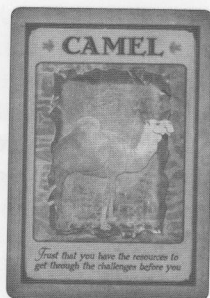
in alignment with the Will of Spirit. When you operate from that perspective, you can overcome anything!

ASSOCIATIONS:

Courage; Hospitality; Earthiness;
Self-reliance; Protection; Prosperity;
Organization; Fierceness; Uprooting;
Cleanliness; Determination; Balance;
Security; Tenacity

⋮

CAMEL



"Trust that you have the resources to get through the challenges before you"

Sometimes it feels like you're journeying across a vast, lifeless desert that stretches beyond the horizon with no end in sight. Traipsing across this seemingly barren landscape before you, your thirst for comfort and solace during these times can most readily be satisfied by looking to your inner resources. All the experiences you've had in your lifetime, the challenges you've successfully faced, and

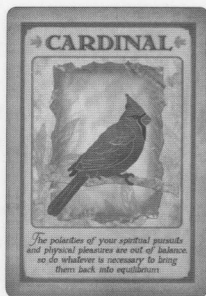
the wealth of knowledge you've accumulated can be called on to not only cope with any type of adversity that presents itself, but to help you move forward with courage and determination.

First, identify where you want to go and then proceed slowly, steadily, and deliberately toward that objective. As you move along, cast away your fears, doubts, and hesitations whenever they arise, letting the four winds lift them up to the sun to be burned away. Ease your mind and heart, and know that all is well and that you're protected at all times. Call upon those helping spirits who have assisted you up until this point in your journey. You have what it takes, and you will get through this!

ASSOCIATIONS:

Resourcefulness; Determination; Steadiness;
Fortitude; Endurance; Stamina; Focus;
Optimism; Containment; Centeredness;
Adaptability; Equality; Justice; Strength;
Survival; Replenishment; Positivity;
Accomplishment

CARDINAL



*"The polarities of your spiritual pursuits
and physical pleasures are out of balance,
so do whatever is necessary to bring
them back into equilibrium"*

When on the spiritual path, it's easy to idealize what being spiritual means. It can become a rigid mental imprint on which you judge anything that varies from your conceptualization of what "being spiritual" is supposed to be about. This includes not only another person's practices and beliefs, but

your own. Falling short of this idealism leads to either assuming a righteous and arrogant position with others, or when self-imposed, elicits guilt and shame.

This spiritual perfectionism can make you reticent about enjoying the pleasures of the material world, as well as those of your physical body. The Earth Herself provides a dazzling and sensual panorama of experiences to be directly encountered through the physical senses. Yet for many, truly enjoying the pleasures of the senses of sight, sound, taste, touch, and smell can be fraught with worry, anxiety, guilt, and shame—products of early childhood religious and/or cultural conditioning. Others become so entangled in the world of the senses that it becomes their god, and their spiritual core is lost to materiality.

To be polarized in one direction or another takes you either to lofty heights and iridescent abstractions that are completely ungrounded, or else causes you to become caught up in the glue of the mundane world without the guiding light of Spirit to provide

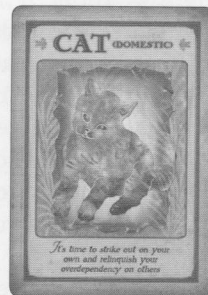
a locus of authority. With the blessing of your awareness, you can redirect your thoughts and actions toward that which brings greater balance and fluidity between the two polarities.

ASSOCIATIONS:

Courtship; Singing; Vitality; Self-defense;
Integration; Balance; Spirituality;
Fatherhood; Harmony; Self-expression;
Confidence; Listening; Intuition;
Creativity; Responsibility; Colorfulness



CAT (DOMESTIC)



*"It's time to strike out on your own and
relinquish your overdependency on others"*

It's so easy to slip into a comfortable dependency with anything or anyone, from simple dependencies that can be healthy and restorative (such as daily exercise) to destructive and hard-core dependencies, such as an addiction. You may find yourself so totally hooked on another person that you lose

yourself, always turning to that individual to either make decisions for you or to validate your own. This can apply to organizations and institutions as well.

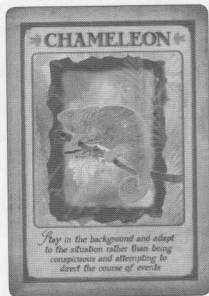
Those dependencies that you're most familiar with are most likely born out of habit rather than conscious choice. To make truly autonomous decisions, don't get caught up in the polarities of being dependent or independent. Instead, make those choices from a place where you maintain your own authority and power, and accept 100 percent responsibility for those choices and their consequences. Now is the time to review the people and things upon which you're excessively and habitually dependent: Step back from them, identify the areas where you need to make some adjustments, and act accordingly. Practice setting boundaries, asking for what you want, and making decisions based on your own internal authority and autonomy.

ASSOCIATIONS:

Independence; Autonomy; Curiosity;
Courage; Unpredictability; Perceptiveness;
Cleverness; Resourcefulness; Intuition;
Passion; Sensuality; Playfulness;
Adventurousness; Stealth;
Charisma; Gracefulness



CHAMELEON



"Stay in the background and adapt to the situation rather than being conspicuous and attempting to direct the course of events"

Even if you believe that you have the right answer for the dilemma at hand or a better way to handle things, at this time it's best to surrender to the Will of Spirit and simply allow events to unfold without your direct intervention or guidance. Pay attention to what's happening, but become

more of a witness/observer than an obvious participant. Simply by your presence you are participating; however, there's no need to subtly or more blatantly push your agenda on those around you. Even when you're physically present, you can contract your energy field (or aura) to the point where others may not notice you, thus allowing you to be unobtrusive and more easily blend with your surroundings. With practice, you can get so good at this that you'll be nearly invisible to others!

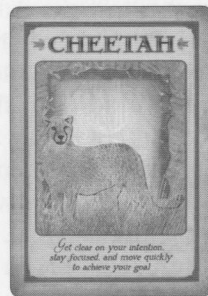
This isn't a call for you to be passive, but to wait and contain yourself until you know with certainty that it's time to step up and let your presence be known. When it's time to do so, move quickly with focus and certainty. But in the meantime, flow with the situation instead of trying to make something happen. Whatever needs to occur is already in motion anyway, so go with it.

ASSOCIATIONS:

Agility; Dreamtime; Sensitivity;
Perception; Intuition; Psychic Knowledge;
Shapeshifting; Disguise; Unobtrusiveness;
Detachment; Camouflage; Change;
Clairvoyance; Inquisitiveness



CHEETAH



*"Get clear on your intention, stay focused,
and move quickly to achieve your goal"*

Stop deluding yourself by thinking that there isn't enough time, there are too many other things to do, or you're not up to the mission that's calling you to action. These and many other beliefs are delay tactics that keep you from accomplishing what you're here to do. It's much too easy to play it safe by staying caught up in the mundane dramas

of life rather than honoring Spirit's purpose for you by making a run for it.

The first step is to write out your intention as clearly as possible. Keep it nearby and create an appropriate affirmation that you can repeat several times over the course of the day—one that states your intention as if it has already occurred. Then write out a sequence of action steps that will help you move toward your ultimate goal. Don't be shy or hesitant to think big—bigger than you've previously allowed yourself. Once you've set the wheels in motion by doing these steps, it's time to move—not in some frenetic, hurried way, but steady and purposeful, designing much of your activity to support what you need to do.

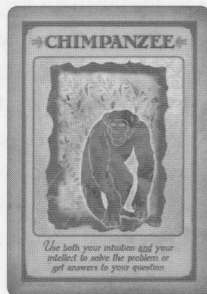
In all this movement, once you've successfully achieved a significant piece, take a breather and look back on how far you've come. Give yourself a pat on the back with each step that's accomplished as a way of acknowledging your progress. Go for it!

ASSOCIATIONS:

Speed; Focus; Insight; Passion; Swiftiness;
Elusiveness; Flexibility; Efficiency;
Self-esteem; Powerful; Graceful;
Purposeful; Energetic; Sensuous;
Accomplishment; Directness

⋮

CHIMPANZEE



"Use both your intuition and your intellect to solve the problem or get answers to your question"

When your intuition and intellect are in harmonious accord with each other, there's no problem that you can't resolve. The combination emerges as creative intelligence, an elegant blend of your capacity for reasoning coupled with a deep trust in your gut feelings. In the flow of thought and action that results in resolving your question or problem

this way, you may surprise yourself as to how simple and effective the answer really is.

Your intuition is actually a constellation of physical cues that respond to the subtle body language, voice intonations, and energetic quality of the people or situations around you, often felt in your gut but not confined to that area. It's your instinct communicating—an aspect of your animal nature that's cued in to your survival and growth. You can best access this instinctual wisdom by breathing slowly and steadily and focusing your attention on the physical sensations you notice.

In addition to your intuitive feelings, get more information on which to base your choices by doing some research. Consult books, the Internet, other types of oracles, and/or discuss the issue with a friend. Or you may simply need time to contemplate it. Often when you walk away from the problem or question after intensely researching or thinking about it, an unexpected insight surfaces that helps you discern the best choice among all the possibilities. When there's congruity

between mind and intuition, coupled with a healthy dose of patience, you tap into the deeper wisdom of Source.

ASSOCIATIONS:

Problem Solving; Agility; Insight; Wisdom;
Intuition; Dexterity; Toolmaking; Harmony;
Intelligence; Cooperation; Laughter;
Communication; Affection; Playfulness



CONDOR



"You're too enmeshed in this situation, so step back and see the bigger picture before making any decisions or taking action"

You've lost perspective here because you either believe there's something that you absolutely need to have happen or else you're simply being too stubborn to let go, step back, and take a fresh look at your circumstances. It's the forest versus the trees dilemma: You're too close to clearly discern the reality of what's actually taking place. So make

a practice of detachment. Most people think of this as a cold, sterile way of responding to a situation or person, but nothing is further from the truth. It's far worse to remain so utterly involved and entangled that you lose perspective—and sometimes even your self. This all-too-familiar pattern stems from the guilty feeling that somehow you're not doing enough unless you completely immerse yourself into the problem or person, continually trying to fix the situation or rescue the individual involved. While this may give you a temporary sense of satisfaction, doing so also creates unhealthy dependencies—yours and others'.

True detachment is objective compassion, a state of mind and heart where you still care very much but are distanced enough so that you're not under the illusion that you can somehow control the situation or person through your participation or intervention. In any situation or conversation, follow these four simple guidelines. First, be 100 percent present and attentive; second, speak your truth (or maintain a dignified silence); third,

keep the focus on what's really important and what really matters; and fourth, let go of any attachment to outcome. These four steps will help you keep your perspective while remaining compassionately involved and detached at the same time. You can still wield your influence by stating your preferences—whether strong or mild—without insisting on getting your own way. Express yourself and see what happens, all the while honoring and respecting others.

ASSOCIATIONS:

Perspective; Vision; Awareness;
Death/Rebirth; Independence; Solitude;
Inspiration; Creativity; Leadership;
Pachamama ("PA-che-mama," Mother
Earth); Simplicity; Sensitivity;
Detoxification

⋮

DOG



*"Your loyalty and faithfulness is misplaced
by serving too many masters"*

"Whom do you serve?" is the question at hand here. When you compromise your personal integrity through misguided attempts to placate others out of fear of their disapproval or to avoid upsetting them, you deny your own inner authority and give away your power. You become their servant, and they, your masters. You allow this by assuming that

another person or organization has greater knowledge, power, or spiritual wisdom than you, and put yourself in a "less than" position. While others may possess some of these attributes to a greater degree than you do, you can honor them as teachers—not masters.

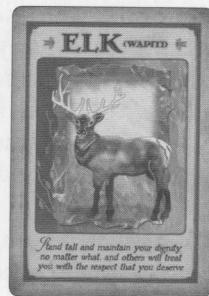
Children may rightly look to their parents for this sort of guidance. However, as they mature, it's appropriate that the leash to their parents' authority stretches and is eventually severed. The human error is to continue to project this parental authority onto other people and institutions, and then either subjugate their will or act in opposition to that perceived authority. Over a number of years, you may find yourself attached to the leashes of many masters, leading you to feel fragmented and, to some degree, powerless. Instead, take off all those collars, and let Spirit be your one true Master. Then you will experience true freedom.

ASSOCIATIONS:

Protectiveness; Faithfulness; Loyalty;
Unconditional Love; Forgiveness; Service;
Helpfulness; Instinct; Companionship;
Sensitivity; Domesticity; Playfulness;
Guidance



ELK (WAPITI)



*"Stand tall and maintain your dignity no
matter what, and others will treat you with
the respect that you deserve"*

Oh, the slings and arrows! When you're in a cycle of your life where you have to struggle to avoid feelings of defeat and despair due to the circumstances pressing on you from all sides, you need to literally lift yourself up to your grandest upright posture: Keep your eyes looking straight ahead, breathe deeply and comfortably, pull your shoulders back

(but not rigid), and plant your feet squarely on the ground. Not stiff and static but relaxed and fluid, letting your movements be easy and graceful, even when you're standing still. Try slowing down and moving at 90 percent of your usual speed, keeping your attention in the present moment. Practice this for a few minutes a day and watch what happens!

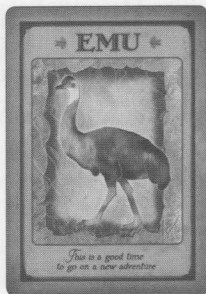
You'll make more of an impact on others and your environment when you're in your physical and psychic fullness, and your mood and sensitivities will shift accordingly. Standing tall, relaxed, and fully present, you're much more likely to command respect from others. This will help you profoundly in any situation, but particularly during the times when maintaining your self-respect and dignity are the priorities. This isn't pride, but instead a physical expression of strength and power. Make these simple physical adjustments, and observe how your thinking and your mood changes to become more congruent with your posture and demeanor.

ASSOCIATIONS:

Stamina; Agility; Strength;
Unpredictability; Majesty; Respectfulness;
Nobility; Confidence; Courageousness;
Power; Determination; Sensitivity;
Assertiveness; Vitality

⋮

EMU



"This is a good time to go on a new adventure"

Your sense of adventure is calling you. Can you hear it? Listen to your heart of hearts—the still, small voice that whispers to you of holy and exotic places and of the pleasure in discovering the unfamiliar and novel, feeling confident and trusting in your instincts and intuition to guide you on your journey. Let this be a wandering pilgrimage, one where you can be appreciative of whatever circumstances you encounter and make

the best of them. Have some idea of where and what you'll be doing, but don't be attached to the plan. Instead, be willing to adjust your itinerary as you are so guided.

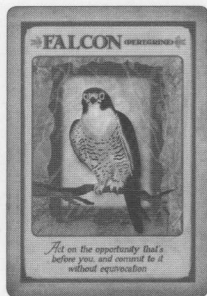
Dismiss the voice that says, *Yeah, sounds good, but I can't do that because. . .* This kind of thinking not only limits you by always keeping you in the illusion of comfort and safety, but also leads you to avoiding the real-life drama that comes from stretching your comfort zone. You need not do so in a way that puts you in any real danger, as there are many options where risk is minimal, yet the thrill and excitement of exploration is still there.

So heed the calling, and first believe that it's possible for you to act on it. And don't wait too long. Life is too short.

ASSOCIATIONS:

Completion; Freedom; Innocence; Action;
Attentiveness; Roaming; Wanderlust;
Adventure; Pilgrimage; Restlessness;
Protectiveness; Exploration;
Lightheartedness; Playfulness

FALCON (PEREGRINE)



*"Act on the opportunity that's before you,
and commit to it without equivocation"*

Providence is on your side, and the opportunity that has been presented to you is congruent with your soul's purpose. Even if you don't feel fully prepared or have doubts in your ability to manage the complexities that are inherent in tackling this venture, dive in anyway. You'll be pleasantly surprised by the support that will come to you in

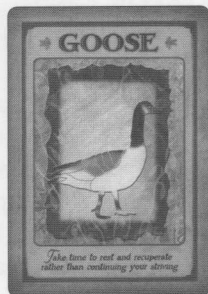
unexpected ways. All it takes is the willingness on your part to continue on a steady course wholeheartedly, while at the same time being open to changes in the direction that the winds are blowing.

It's important to stay focused on the goal that's ahead of you, while also remaining mindful of the purpose of your mission. Commit to your mission 100 percent, and fulfill that commitment to the best of your ability. This isn't a time for analysis, introspection, or retreat, but a time for action. As you respond to the opportunity that's before you, be willing to adjust your course of action as the need dictates, while at the same time moving steadily toward your goal. You can deal with whatever concerns come up without being distracted by them and without straying from the path you're on.

ASSOCIATIONS:

Focus; Speed; Agility; Gracefulness;
Observation; Vitality; Enthusiasm; Precision;
Adventurousness; Passion; Opportunity;
Perceptiveness; Fluidity

GOOSE



"Take time to rest and recuperate rather than continuing your striving"

The irony of this is that by resting and conserving your energy, you can actually mobilize your internal resources for the next cycle of work and accomplish that much more. In this fast-paced world with all of its pressures that impinge upon you, it's difficult to take regular periods of time off, yet it's critical to your health and well-being to do so. Let this rest period be an opportunity

when you do the things that help your body recover from the stresses and strains of your most recent activities. Sleep in, get a massage, spend some time playing with a friend, take a salt bath, get out of town and explore the woods—anything that will bring you peace of mind.

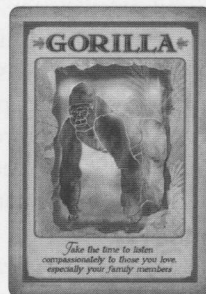
At the conclusion of a long spell of continuous, stressful activity, even when it has been productive, many people don't allow themselves a period of respite, and instead jump into another task right away without relaxing and enjoying the fruits of their labor. It's most unnatural, but in a caffeinated society where technology has created instant access to phones, e-mails, and the Internet, it's easy to give away your power of choice by reacting to a false sense of immediacy and urgency to these trappings of civilization. Turn off your phone and computer, and enjoy the sunset. These periods of rest needn't be lengthy, but you do need to implement them—especially right now.

ASSOCIATIONS:

Perseverance; Migration;
Levelheadedness; Loyalty; Family;
Determination; Resourcefulness; Quest;
Integrity; Purposeful; Imprinting;
Compassion; Conservation

⋮

GORILLA



"Take the time to listen compassionately to those you love, especially your family members"

The bond between family members can gradually decay and become stultified unless it's continually nourished with loving attention, and one of the simplest yet most elegant ways of showing that attention is to listen compassionately to those you care about the most. Otherwise, you risk taking them for granted, assuming that they'll always be there and that they know you love them.

Take time to have a conversation, starting with relatively superficial topics, then moving into more in-depth, personal themes, adding your own tidbits, but primarily focusing on what the other person has to say. Show your spouse, partner, children, parents, or elders your love by listening and really hearing what they have to say about how they feel and what they think. This not only generates a deeper, more lasting affection between you and the other person, but far exceeds glibly saying "I love you," with no real feeling behind it.

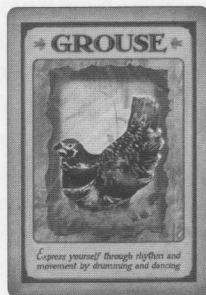
People are constantly changing and evolving, adding new experiences and insights. Who someone is today, while built on a foundation of a core self, changes and is continuously elaborating on that core self. Find the newness and freshness in those you love, which includes both your biological and marital families, as well as your close friends whom you've informally adopted as family.

ASSOCIATIONS:

Intelligence; Peacefulness; Family; Strength;
Nobility; Generosity; Gentleness; Calmness;
Vegetarianism; Loyalty; Patience; Dexterity;
Steadiness; Scrutiny; Conservation

⋮

GROUSE



"Express yourself through rhythm and movement by drumming and dancing"

Your first experience of life in a physical body was with rhythm and movement: the vibrations of your mother's heartbeat and her voice, the pulsing of her breathing, and the fluid movement of the placental sea that enveloped you. You would flow with the harmony—or disharmony—of her moods and movements. If you've ever tried drumming (or any percussion), dancing, or the two

together, you know that they touch something very deep and ancient in us—something tribal, a deep chord of being where spirit and body coincide.

Rhythm and movement draw out sensual expression and merge with the sensuous world around you. By allowing yourself to surrender to the pulse of whatever rhythm is guiding you, you connect more completely to your body. When you engage in some form of rhythmic dance on a regular basis, you'll feel more relaxed and in the flow of life. Doing so can also re-create and tap into the sensations you felt in the womb, revisiting that place of no thought, where the movement moves you effortlessly. So cut loose and enjoy yourself! You have nothing to lose and everything to gain.

ASSOCIATIONS:

Movement; Drumming; Dancing; Sacred Spiral; Completion; Fulfillment; Intuition; Enlightenment; Rhythm; Personal Power; Flow; Vision; Creativity; Healing

HONEYBEE



"Let compassion and forgiveness be your top priority in this situation"

To reap all the sweetness that life has to offer, focus on compassion and forgiveness. Compassion means that you have heartfelt empathy for the suffering and misfortune of others yet remain somewhat detached so that you don't take on their sorrow and distress as your own. Forgiveness requires that you first acknowledge and accept responsibility for your judgments, rather than pretending they

don't exist or professing to always sustain a nonjudgmental attitude. The next step is to release those judgments.

To do so, think of someone, past or present, with whom you have judgments or criticisms. Trust that the first person that comes to mind is the appropriate one to start with. Consider two or three specific criticisms that you have about this individual, preferably captured with one word, such as *selfish* or *cold*. Find a quiet place, go inside yourself, and look for that part of you that's exactly like what you're judging in the other person.

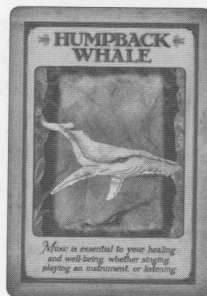
It may be a very prominent part of yourself or a rather small aspect. You may identify it by recalling times when you've behaved in ways that resemble what you're criticizing. Once you discover that part of you, simply say to it: "I love you and forgive you." If necessary, repeat this two or three times and notice any emotions that come up. In the coming days, be aware of any feelings that arise that may be associated with this experience. Practice this at least once daily for the next few days, and watch what happens.

ASSOCIATIONS:

Productivity; Community; Cooperation;
Sweetness; Love; Compassion; Forgiveness;
Rhythm; Awakening; Nature; Poetry;
Mother Goddess; Royalty; Nutrition



HUMPBACK WHALE



"Music is essential to your healing and well-being, whether singing, playing an instrument, or listening"

In order to diagnose their patients, one of the questions that shamans often asked was when the patient stopped singing. If it had been quite some time, the shaman was certain to recommend singing (among other remedies) as an essential aspect of recovery. All that's involved when you sing—the fullness and

rhythm of your breathing, the opening of your mouth and jaw, and the soulful and creative expression of your spirit—serves to enhance your health and raise your vibrations.

Similarly, playing an instrument can touch those inner creative depths that yearn to be expressed through song. Simply listening with your full attention to your favorite tune or melody can also inspire and heal. Make music as essential to your lifestyle as eating and breathing.

You can breach the inhibitions about expressing yourself musically that you've acquired over the years in some very simple and easy ways: Sing, chant, or play an instrument! Take a few voice lessons as a means to shore up your confidence. Let the magical child inside help you rediscover the joy of creating music. Dive in and play!

ASSOCIATIONS:

Singing; Breathwork; Sound Healing;
Sensitivity; Alchemy; Ancestral Wisdom;
Creativity; Inner Depths; Insight;
Healing; Release; Guardianship

KIWI



*"Do a walking meditation each day
for the next week"*

Most of the time, walking is a way that people get from point A to point B, often in a rush and without regard for what's going on around them. Meditation is typically viewed as something people do while sitting cross-legged for several minutes; however, that's only one form of meditation. Walking with awareness and intention is another.

Find a place, preferably in Nature, such as the forest or woods, where you can simply walk for ten minutes or more each day for the next week. Experiment by walking more slowly than you usually do. Try moving at 80 percent of your usual speed. You can also try speeding up your pace, but stay present and be aware of how it feels to move so rapidly. Then slow way down for a few steps to where you can really feel each step you take. Notice how the contact with the ground starts at your heel and slowly moves up to your toes. If possible, try it barefoot. Be aware of the sights, sounds, and smells as you walk, as well as the rhythmic feeling in your body. Whatever pace you set, be sure to breathe consciously and consistently with full awareness. Doing so while walking is what makes it a meditation.

ASSOCIATIONS:

Grounded; Nocturnal; Survival; Flexibility;
Fatherhood; Innocence; Earthiness; Ancient
Wisdom; Inspiration; Safety; Speed;
Quickness; Detection

LADYBUG



*"This is a time of good fortune and abundance,
so be willing to receive all good things
in your life"*

This is an auspicious time for you, one that is extraordinarily powerful. You'll find that everything goes very smoothly with little effort on your part. Your thoughts will be manifesting much more quickly, so be observant and careful about what you're thinking. If you lapse into thinking about

what you lack or what's missing, remind yourself of all the things in your life—food, shelter, your loved ones, or even the gift of life itself—for which you're grateful. Gratitude is the key to continually receiving good fortune, joy, and abundance. Be willing not only to ask for, but also to graciously receive and accept all that comes your way.

So ask for whatever you want, then imagine already having that which you requested. Can you feel what it's like when you think of having it already? Notice any conditioned or habitual thought patterns that may interfere with your acceptance of what you're asking for. If this happens, return your attention to thoughts of gratitude. In fact, express your thankfulness *as if* it has already manifested, and continue to monitor any thinking that would otherwise block you from receiving. If you ask for something and then negate it with insurmountable disbelief, the results you get will be the same as if you hadn't asked. So ask . . . and then be willing to receive.

ASSOCIATIONS:

Fertility; Renewal; Regeneration;
Rebirth; Faith; Family; Mother Mary;
Abundance; Hope; Meditation; Prayer;
Delicateness; Joy; Fearlessness



MANATEE (DUGONG)



*"Accept the situation as it is rather
than fighting to change it"*

There are times to fight for what you believe in and times to lay down your sword and surrender. If you or your family were in imminent danger, it would be quite natural to defend yourself by either fleeing or fighting, whether through action or words. Extreme situations may even require extreme measures. There are definitely wrongs to

make right and situations where the spiritual warrior in you must take the lead. However, it's not the case here. What will work best for all concerned is for you to surrender and accept things as they are. Yield in order to overcome.

Lay down your sword, not in defeat or in self-sacrifice, but from a realization that this isn't the fight you want or need to engage in. As the saying goes, choose your battles. This is definitely not one to waste your time and energy on. Say the Serenity Prayer aloud: *God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.* Let go of your righteousness and your ego's need for control, and find that peace of mind that you so cherish and have available simply by choosing it.

ASSOCIATIONS:

Gentleness; Loving; Childlike; Friendliness;
Exploration; Inquisitiveness; Playfulness;
Nonviolence; Calmness; Fearlessness;
Innocence; Acceptance; Surrender

MEERKAT



*"Get support from a trusted group
of like-minded friends"*

The people in your life would love to offer their support to you; your only job is to receive it and, indeed, sometimes even ask for it. Those whom you feel closest to and trust the most are the individuals you can rely on to be there for you, especially when you really need it. People who are dealing with dire illnesses and have the support of

friends and family members usually fare the best; however, you certainly don't need to experience such an extreme situation to take advantage of the love and care that others have to offer.

Write down a list of the names of people you trust the most, and then go back through it and identify three traits in each of these individuals that make you trust them. When you're finished, you'll not only have a good idea of the qualities in those you rely on, but also a clear notion of the characteristics that make a person trustworthy in your eyes.

Sure, you've been burned or disappointed at one time or another when you've trusted someone and were let down or betrayed—everyone has experienced this. So now you may be afraid that if you let others in and count on them for support, something similar will happen. Those memories, consciously or subconsciously, will not only filter out any chance of being disappointed or hurt, but will also serve to keep others who are trustworthy at a distance.

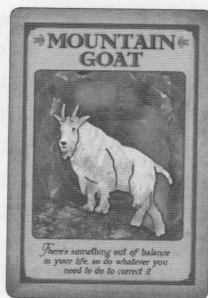
Look under that filter and listen to what your gut instinct tells you about a particular individual. How do they match up with the list of characteristics you find trustworthy? Take a chance and let yourself receive love and support.

ASSOCIATIONS:

Family; Community; Group Support;
Vigilance; Observation; Intelligence; Energy
Conservation; Communication; Resilience;
Protectiveness; Grooming; Playfulness



MOUNTAIN GOAT



*"There's something out of balance in your life,
so do whatever you need to do to correct it"*

You've been feeling unsteady, shaky, or out of sorts lately because there's an imbalance in your life. To bring back balance, start with an appraisal of your physical health. Get an exam from a reputable doctor who practices integrative medicine (sometimes called a holistic physician). There's no need to be alarmed, but if there's something identifiable

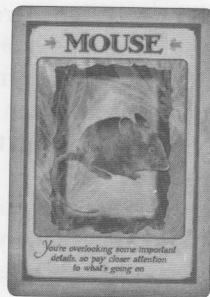
in your body's biochemistry that's off and can be easily corrected, you'll benefit from such an analysis. Be sure to exercise every day, eat nutritionally sound foods (preferably organic), and get plenty of rest. Then take some time to continue your assessment by checking out other areas of your life, such as the polarities of work/play, social/solitude, giving/receiving, and any others that occur to you.

It's unrealistic to expect your life to stay completely in balance at all times, as it's a continuous interplay between the various polarities. Even the seasonal adjustments of light and dark slowly and gradually shift in a ceaseless dance. Notice how you feel when something is out of balance, and then take the necessary steps to adjust in ways that provide greater equilibrium.

ASSOCIATIONS:

Sturdiness; Sure-footedness; Resiliency;
Determination; Quickness; Confidence;
Aspiration; Ambition; Independence;
Strength; Practicality; Stability;
Dignity; Perseverance

MOUSE



*"You're overlooking some important details,
so pay closer attention to what's going on"*

Pay closer attention to other people's body language—how they move, their gestures, facial expressions, and general posture. When you focus not only on what individuals are saying but also on their body language, you'll find that you have considerably more information that you can use to understand what they're really communicating,

for body language typically reveals far more about people than what they're verbally expressing. Sit back wherever there are people around, and simply observe for a while. Look to see if what others say is congruent with their body language, and watch for any discrepancies. In other words, don't always take people at their word.

Also pay closer attention to agreements and contracts right now. Take your time to completely understand any agreement, finding out as much as you can by asking questions and consulting friends and experts to get their advice. Be careful, however, not to get bogged down in too much detail. Walk the fine line between scrutinizing a contract (verbal ones included) for an inordinate amount of time, thus remaining stuck in indecisiveness due to your need to be 100 percent certain that you've covered everything, and rushing into something impulsively and reflexively based on emotional appeal.

ASSOCIATIONS:

Caution; Scrutiny; Details; Fertility;
Alertness; Efficiency; Thoughtfulness;
Determination; Nit-picking; Orderliness;
Fastidiousness; Abundance

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OCTOPUS



"Practice shapeshifting by altering your physical appearance and mannerisms"

To become adept at shapeshifting, it's necessary to remain flexible and resilient, and be willing to practice different identities by altering your way of dressing, your hairstyle, your demeanor, and your mannerisms. Particularly focus on your body language and voice qualities. Experiment by first making small changes in any of these aspects and

watch what happens. You can also become skilled in modifying your aura (the energy field around you) by intentionally contracting and expanding it. When you practice these things, sometimes even your friends won't recognize you. You can even get so good at camouflage that you become invisible to others.

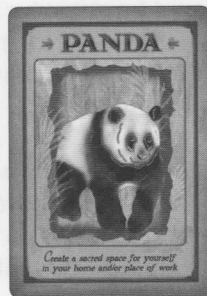
Everyone has numerous personas through which they operate, and you're no different. It's a matter of being conscious of those personas and modifying them through the art of shapeshifting. Just like actors do, study other people and notice their mannerisms, clothing styles, and how they walk and carry themselves. Observe animals and their behaviors, and try to mimic them. Developing this ability can help you more readily adapt to the various situations you encounter, thus enabling you to deal with them more effectively. Let yourself be an actor in your everyday life, and have fun with it. Just remember who you are at the core.

ASSOCIATIONS:

Disguise; Secretiveness; Camouflage;
Solitude; Evolvement; Flexibility;
Regeneration; Protection; Intelligence;
Sacrifice; Efficiency



PANDA



"Create a sacred space for yourself in your home and/or place of work"

A sacred space is an area in your home or workplace where you can have some privacy for contemplation, meditation, or simply a bit of quiet time to think. If this isn't possible to do at work, it becomes even more imperative that you provide this for yourself in your home. This is a space that is your territory, whether it's an entire room or a corner of your living room or bedroom. Place a cozy

chair or pillow there, and then set up a simple altar, one that contains a few pieces that are both personal and precious. Include a candle in your space that you can light when you're abiding there. Make your sacred space a comfortable place to hang out, with no agenda or compulsion to do anything. As Buddha said, "Don't just do something; sit there!"

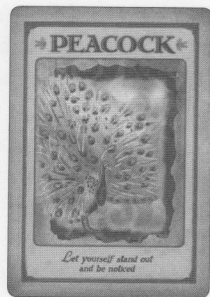
You may find all sorts of reasons or excuses not to do this, but don't cave in to these internal objections. Make it important enough for your emotional and mental health and balance to create this kind of private spiritual sanctuary. Be sure to do nothing in particular for a good period of the time while you're there. The increasingly rapid pace of life and growing intensities in the world are even greater cause for doing so. It's a place for solace, one where you can more closely listen to your inner voice and feelings, and tap into the Life Force inside that's expressing itself as you.

ASSOCIATIONS:

Rarity; Vegetarianism; Polarity; Willpower;
Solitude; Privacy; Sacred Space; Intuition;
Perspective; Gentleness; Strength;
Flexibility; Modesty; Economy

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PEACOCK



"Let yourself stand out and be noticed"

It's time to step forward and stop hiding behind any of the façades that you've developed over the years. Although these personas have been highly adaptive and have helped you along the way—for which you can be grateful—there's more of you to express to the world, and it's ready to emerge. There's a certain safety and comfort in being inconspicuous and always staying in the

background, yet in playing it safe in this way, others don't have the opportunity to get to know who you really are, and you don't get to experience the richness and textures that are possible by participating more fully in life. By remaining in the background, you not only alienate yourself from others, but often end up allowing others to choose for you. Doing so can make you feel like a passive victim of life.

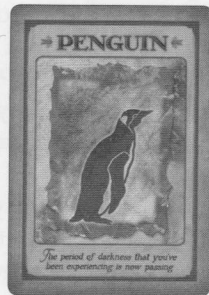
Being noticed does have some risks. People may criticize or judge you, particularly if they're not used to you asserting yourself in such a way. Or you may judge yourself, which can be an even harsher sentence. These are the most likely risks, but they're actually very minimal. So shed any guilt or shame about coming out with who you are. Wear more colorful clothing, sing, dance, and let others know your thoughts, feelings, and opinions. You can do so with grace, dignity, and enthusiasm—and you might even enjoy it!

ASSOCIATIONS:

Self-confidence; Clairvoyance; Sensitivity;
Healing; Dignity; Laughter; Leadership;
Gracefulness; Flamboyance; Colorfulness;
Cheerfulness; Radiance; Attractiveness



PENGUIN



*"The period of darkness that you've been
experiencing is now passing"*

You've endured hardships in your life—sometimes gracefully, sometimes awkwardly—yet they've taught you life lessons that have been invaluable in forming the person you are today. These experiences have influenced the kind of personality and character you possess; however, the path you've taken has ultimately been influenced

by the choices you've made in response to those experiences. This is especially true with your most recent cycle—one that has presented many challenges that you've dealt with successfully. That period of travail is passing, and whether or not you're aware of it, it has contributed significantly to your spiritual growth.

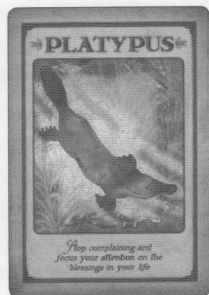
Emerging from this period, you'll still be faced with a few challenges, but you'll readily face them with the courage and inner strength you've mustered during this period of struggle. You've discovered resources that you never knew you had, and these will serve you well for the rest of your life. Your faith in Life's unfoldment and your greater awareness of your soul's destiny will help you deal with anything that comes your way with self-confidence, grace, and fluidity. Making conscious and deliberate choices now becomes top priority, as these have the potential to dramatically alter your life.

ASSOCIATIONS:

Determination; Focus; Endurance;
Self-confidence; Respect; Gracefulness;
Agility; Fluidity; Etiquette; Clarity;
Awareness; Willingness; Sturdiness;
Intention



PLATYPUS



"Stop complaining and focus your attention on the blessings in your life"

Complaining about this or that is a way to blow off steam, which can be healthy to a degree, but ultimately, it isn't very helpful—for you or anyone around you. Lift yourself up no matter what your present life circumstances are, face the day head-on, and notice which thoughts you tend to put most of your attention on. Whatever the nature of those thoughts, the consequences manifest not

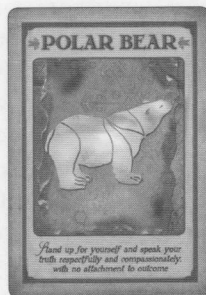
only in your feelings, but eventually in the world around you.

Power flows wherever your attention goes. Power is Life Force, or Spirit. When your attention is focused on negative thoughts, negative experiences result. So whenever you notice yourself repeatedly attending to negative thoughts, practice shifting your attention to thoughts of gratitude. Consider the blessings in your life. What are the things that make you happy? You may find a discrepancy between what makes you happy and what you're doing in your life right now. If that's the case, choose to alter one or the other: Either change your life and start doing what makes you happy, or change your thinking to enjoy whatever is happening in the moment. It's up to you.

ASSOCIATIONS:

Sensitivity; Grounded; Clairsentience;
Inquisitiveness; Uniqueness; Adaptability;
Flexibility; Shyness; Grooming; Stability;
Inner Sight; Sense of Humor

POLAR BEAR



"Stand up for yourself and speak your truth respectfully and compassionately, with no attachment to outcome"

When you express yourself from your heart *and* from a place of power, it's an unbeatable combination. You don't need to growl or bully, nor do you need to fade into the background and deny yourself the opportunity to directly affect the situation. By showing up and being completely present,

even when you're simply listening, you're a force to be reckoned with.

Ask for what you want, and see what happens. Don't get worked up about how it turns out. You may or may not get what you want, but at least your chances are much better if you do ask. As for setting boundaries with others (such as saying no to requests or demands), when you do so, they may respect those boundaries or try to test them. If they do test the limits you've set, stand your ground, be clear, and don't apologize.

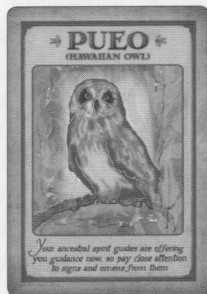
Approach the situation with the purity and innocence of a child and the focused intensity of a true warrior—one who doesn't speak or act from anger, but from a place of truth and dignity. Know that when you do so, you'll have nothing to fear.

ASSOCIATIONS:

Fearlessness; Purity; Leadership; Powerful;
Provider; Self-control; Strength; Wisdom;
Nobility; Conservation; Intensity;
Playfulness; Adaptability

PUEO

("POO-AY-OH,"
HAWAIIAN OWL)



"Your ancestral spirit guides are offering you guidance now, so pay close attention to signs and omens from them"

You can receive guidance from your ancestors in the spirit world, no matter what their age, when they died, or how many generations ago they walked on the Earth. They're offering you help in many ways right now, so pay close attention to the signs they

give you. This guidance can come to you in many forms, whether through your eyes, ears, feelings, or thoughts. Sometimes your ancestral spirit guides appear in dreams, particularly vivid ones. You might see someone who looks like one of your ancestors, or unexpectedly come across photos or memorabilia that remind you of this person. Often a particular animal making an appearance before you is a way in which your ancestral guide is trying to reach you. You might hear something that makes you think of a specific ancestor, or simply feel their presence. And thoughts about a certain ancestor, especially unexpected and recurring thoughts, suggest that they're nearby.

Repetition is key here. In whatever ways your ancestors attempt to contact you, when signs continue to show up that make you think of your deceased loved ones, know that these physical manifestations demonstrate that they're with you. You may have known some of these ancestors in the physical world prior to their deaths, or they may be ancestors from long ago, several generations before

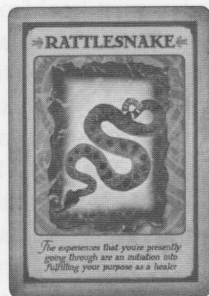
your birth, surpassing the boundaries of conscious memory. Regardless of who they are, always give thanks to your ancestral spirit guides and even appeal to these benevolent helpers whenever guidance is needed.

ASSOCIATIONS:

Dignity; Omens; Guidance; Protection;
Wisdom; Knowledge; Inspiration;
Mysteriousness; Silence; Sacredness;
Diversity; 'Aumakua ("OW-ma-KOO-ah,"
ancestor showing up as a spirit animal)



RATTLESNAKE



"The experiences that you're presently going through are an initiation into fulfilling your purpose as a healer"

The foundation for compassion is an awareness that suffering is a natural part of life, whether through the empathic appreciation of another being's pain or the experience of having suffered oneself. And which beings haven't at times felt the pain or sorrow that is an aspect of living on this planet? The deeper you go into the soul of another, the more

you can feel what they feel, yet paradoxically maintain a certain distance or objectivity.

A true Healer must heal from the heart, no matter what technological, logistical, physical, or shamanic tools they use. The experiences that you're going through now or have just completed are all a preparation for you to open your heart to the suffering around you and do your part in alleviating it. You'll find that you're increasingly being asked to offer your time and energy to help heal others—including not only people, but also animals, plant beings, tree people, and ultimately, our Earth Mother. Some of this healing power will also go to mend the rifts that exist between races, ethnicities, and other species.

You'll notice more and more how often your hands will spontaneously feel energized, experiencing it as heat or a tingling sensation. This is the Power of Spirit working through you. Allow it to guide you in whatever the focus of your healing is, whether simply placing a hand on the shoulder of a

friend, or more extensively and directly involving yourself in another being's health.

ASSOCIATIONS:

Initiation; Healing; Respect;
Transformation; Resurrection; Shedding;
Detachment; Death/Rebirth; Sexuality;
Renewal; Transmutation; Clairsentience;
Agility; Wisdom; Creativity; Primal Energy



ROADRUNNER



*"Keep your sense of humor, and don't
take things so seriously"*

It's so tempting to view life in all of its many manifestations, permutations, and variations as something to be taken quite seriously, yet this is exactly the opposite of what you need to do right now. No matter what the situation, look for the humor in it. It may take time to find something, but if you look for it with this attitude in mind, you begin

to see the absurdities and ironies inherent in whatever shows up in life, even in the seemingly darkest circumstances. Maintaining a healthy sense of humor about most experiences causes you to be lighter in spirit, to smile unabashedly, and to appreciate life that much more. Turn that scowl upside down by doing what makes you openly laugh!

Of course there are certainly times that require a more serious demeanor. Tragedies or traumatic experiences don't call for cheerfulness and humor. When these events occur, appropriate social restrictions apply that demand the expression of emotions congruent with the circumstances. However, these instances are temporary and like all things, will soon pass. Other than these kinds of situations, life's ironies and absurdities abound. Rather than feeling personally victimized by these vagaries, take a deep breath, see the humor in the situation, and have a good laugh!

ASSOCIATIONS:

Speed; Agility; Multitasking; Intelligence;
Adaptability; Laughter; Humor; Ingenuity;
Flexibility; Toning; Communication;
Courage; Self-care; Balance

⋮

SEAGULL



"Now is the time for deep emotional healing"

The emotional sea that's hovering just below your consciousness is a well of feelings that needs to be acknowledged and expressed. Expressing emotions doesn't mean indulging in them compulsively or creating drama around them. If there are tears, let them simply be tears and allow them to flow. Cry or laugh as much as you need to. Explore these feelings by sharing them with someone you trust, or write about them in a journal, paying

particular attention to the sensations in your body. These sensations are clues to the layers of emotion that are just below the surface of your awareness. By either talking or writing them down, you bring them into your awareness, find relief, and create an opportunity to release them.

Don't let this be a theatrical exercise, one where you act or try to force yourself to feel something you're not. Make sure that you include a good dose of humor from time to time, particularly if you're dealing with darker and scarier emotions. It's not necessary to cleanse the emotional and psychic scars that remain from earlier experiences too frequently, but now is the time to do so. Should you find yourself starting to get lost in the whirlpool of traumatic memory, change the scenery by physically moving or intentionally distracting yourself in some way. It isn't necessary to cure yourself of the feelings associated with these memories all in one setting; instead, simply relieve some of the pressure that lurks below the surface.

ASSOCIATIONS:

Observant; Swift; Opportunistic;
Carefree; Versatile; Resourceful;
Intelligence; Scavenging; Communication;
Sociable; Protective; Messenger;
Emotional; Respect; Fairness

⋮

SHARK



*"Trust your instincts to discern
the truth of the situation"*

Your instinctual self is that aspect of you that sends signals to your brain directly from your body. It is what's responsible for your survival—particularly when you're in a life-threatening situation and must avoid danger by fighting, fleeing, or remaining still and quiet. Your instinct dictates which choice most likely ensures your perpetuation.

It's much more primal than intellect, and it's what connects humans with all other animals.

The trust for your instinctual signals can be modified and distorted by conditioning, especially childhood conditioning. When you're repeatedly told to distrust what your body is telling you or you've faced life-threatening situations with no escape, this exquisite survival mechanism becomes clouded at the least and completely suppressed at the extreme. It's replaced by either a generalized fear and agitation that gets projected onto relatively benign situations, or else a psychic numbness that anesthetizes the senses and severely limits your body's ability to process environmental cues for danger. This sensory numbness also limits your ability to fully experience pleasure.

Take the time to tune in to your gut feelings, using slow, deep breathing as an access code. Listen with all your senses to discern what your body is telling you, and use your intellect to interpret whether it's a conditioned reaction or an instinctual response. With practice, you'll refine your perceptual

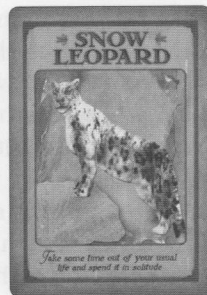
capabilities so that you can completely trust what you feel.

ASSOCIATIONS:

Confidence; Secrets; Protection; Respect;
Survival; Authority; Focus; Action;
Unpredictability; Ancestors; Shapeshifting;
Solitude; Endurance; Assertiveness; Divinity



SNOW LEOPARD



*"Take some time out from your usual life
and spend it in solitude"*

It can be difficult these days to spend time in solitude—to unplug, get off the electronic grid, and find a quiet place in or near Nature—yet it's important to do so at this time. Turn off the phone, computer, and television, if only for a few hours. Although you may feel a little anxious and restless when you first do so, these feelings will pass. Use

the time for contemplation and meditation. It's not isolation; it's solitude. Solitude is a conscious and loving choice to be alone for a period of time, while isolation is a habitual and reflexive coping pattern to avoid discomfort and intimacy. If possible, take a full day by yourself, and just do whatever you feel like doing. Whatever length of time you spend in solitude, be sure to write as often as you can in your journal.

If you should feel guilty or anxious about the thought of doing this or even while you're actually doing it, use your breath to help you relax. As much as you possibly can during the period of alone time, remind yourself to breathe and relax. Whenever you notice your breathing becoming shallow, take three or four slow, deep breaths and watch how your tension and anxiety dissipate. Enjoy the feeling of having the sacred space of solitude surrounding you. And remember: You're never really alone.

ASSOCIATIONS:

Solitude; Self-reliance; Balance; Silence;
Stealth; Confidence; Determination;
Perseverance; Containment; Sensitivity;
Intuition; Reliability; Mysterious;
Integration; Shamanism



SPIDER



*"Trust the creative spark you're feeling,
and express it through writing stories
that inspire and enlighten"*

The pulse of creativity is especially strong right now, triggering a not unfamiliar and compelling desire to express yourself through creative writing. Whether or not the tales you weave are true, whether they're based on actual experience or the imaginings of your fertile mind, each day sit yourself down and pour out the words that come

to you. Don't ponder each sentence or paragraph; just write whatever wants to be written through you.

To inspire and enlighten others, you don't need a profoundly complex tale. Start by describing a personal experience, one where you gained some insight that may also be useful for others. However, don't focus on how people will respond to your story; instead, just enjoy the process of writing without judging your work or yourself. Write to express—not to impress.

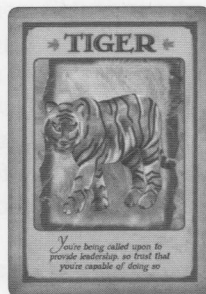
In attempting to write, you may find yourself easily distracted, either with others' needs for your time and attention or with those negative thoughts and beliefs that are the product of judgments and shame that you were subjected to during childhood. A powerful way to release these habitual and self-limiting thoughts and feelings is to write about them in story form. As you do so, don't hold back anything. Through such a catharsis, you heal those words that had originally wounded you.

ASSOCIATIONS:

Creativity; Wisdom; Weaving; Balance;
Storytelling; Writing; Connectedness;
Inspiration; Femininity; Nurturing;
Communication; Imagination;
Individuality



TIGER



*"You're being called upon to provide leadership,
so trust that you're capable of doing so"*

Being an effective and compassionate leader requires that you know the art of balancing yin and yang—discerning when to advance and when to yield—and pay attention to the subtleties and the flow of the group process, while simultaneously staying attuned to your own intuitive voice. Whether your role as leader applies to your family,

friends, employees, or a nation, you must listen to those around you and respond to their needs with strength and compassion. And when you deem it necessary, you need to follow your own sensibilities even though others may disagree with you. To the best of your ability, make your decisions based on what you determine to be for the greatest good, rather than catering to self-serving needs.

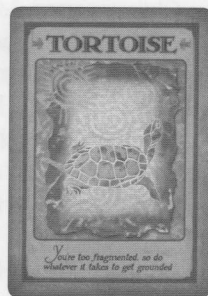
Fear and doubt may arise at times, but don't let them deter you from your purpose. The best leaders aren't perfect, but they're willing to take calculated risks based on their own convictions and passionate desire to do the right thing. On occasion you may stumble or even fall, but don't let that impede the acceptance of the leadership you're being called to provide. Others are looking to you for guidance. Don't let it go to your head, but do let it go to your heart.

ASSOCIATIONS:

Sensuality; Passion; Independence;
Confidence; Clairvoyance; Mysticism;
Intuition; Power; Agility; Gracefulness;
Loyalty; Intensity; Devotion; Focus;
Patience; Stealth; Healing; Vitality;
Regeneration; Adventure; Challenge;
Tactility; Sexuality



TORTOISE



"You're too fragmented, so do whatever it takes to get grounded"

When you're feeling pressure from any number of fronts—pulled this way and that by the demands of modern life—it's very easy to succumb to a false sense of urgency, feel out of balance and fragmented, and be in a constant state of tension. You can become forgetful and have difficulty sleeping. You may even attempt to stabilize and center yourself by resorting to the use of addictive

substances or activities, hoping that they'll help you feel more at home in your own skin. Meanwhile, your mind rushes ahead from one thing to the next, while your body tries to play catch-up. The technological web consisting of computers, the Internet, cell phones, faxes, and television—plus the noises all around—creates a constant assault on your senses. Exhausting, isn't it?

First, recognize that most things that you treat as emergencies or crises are merely inconveniences. Then, slow down! Move a little bit slower than you're accustomed to, and practice breathing slower and deeper every opportunity you get. This in itself helps you align with your internal rhythms, rather than being in a state of continuous reactivity to outside forces. Spend time in Nature and take off your shoes and socks. Putting your bare feet on the ground allows you to truly experience your solid connection to the Earth. When you do, notice the difference in how you feel, and see if your mind isn't at least a bit calmer. It may be challenging at

times to do any of this, but it can be done. It just takes your clear intention and willingness.

ASSOCIATIONS:

Longevity; Determination; Adaptability;
Patience; Perseverance; Earthiness; Stability;
Self-reliance; Focus; Femininity; Immortal-
ity; Methodical; Independence; Steadiness



UNICORN



*"Indulge your creative, imaginative,
and magical side through some form
of artistic expression"*

Whatever the artistic vehicle through which you express your most creative self—whether it's drawing, poetry, painting, music, acting, or any other form of creative expression—make it a priority in your life by devoting some time, energy, and perhaps even money toward this artistic pursuit. Let the longing of your heart determine what

the form of your imaginative expression is, but let it be one that elicits passion and purpose. Allow it to evolve as needed, without acceding to any internal perfectionism about the end product. The process itself is where the magic is. Let that alone be your satisfaction and delight and you'll be pleased with the results.

Whether this avocation continues as a hobby or turns into something you receive compensation for, never do it solely for the money. There's no need to act out the starving-artist scenario, but when you make monetary rewards your primary goal, you risk stifling the creative pulse that emanates from the core of who you are, potentially compromising the integrity of your artistic gift to the world. Should you ever be uncertain about following your passion with this kind of expression, take some time to observe children. Notice how innocently and imaginatively they play in their world, particularly when unhindered by social restrictions and artificial boundaries. This is a reflection of

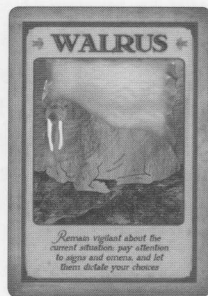
the magical child who's inside you, begging to explore and be expressed. So have fun!

ASSOCIATIONS:

Magic; Mysticism; Virtue; Honesty;
Purity; Chastity; Inspiration; Protection;
Restoration; Manifestation; Power;
Gentleness; Humility; Healing;
Unity; Virginity

⋮

WALRUS



*"Remain vigilant about the current situation;
pay attention to signs and omens, and let
them dictate your choices"*

Signs and omens show up in myriad ways, from the wind's rustle of the trees that make it seem as if they're whispering to you at a barely audible level, to the rainbow that appears just before an event in which you're participating. When you're pondering any kind of question about your life purpose, relationships, career, or even everyday concerns

such as whether to actually take the vacation that you'd been planning, you can ask Spirit to give you clear and specific signs. Then watch, listen, feel, and allow thoughts to flow. While you may not always get absolutely clear responses, more often than not you'll pick up on signs or clues through your eyes, ears, sensations in your body, or thoughts that seem to come from out of the blue. You may even have vivid and remarkably lucid dreams that you can easily recall in the morning.

Look for the unusual and repetitious. For example, if you hear someone at the supermarket talking about Phoenix (auditory); spot a billboard advertisement with the word *Phoenix* prominently displayed (visual); and then recall a period of time when you lived in that city, feeling a calmness and joy (sensations) when you bring up that memory (cognitive), these are all clues. It could be about the city of Phoenix, Arizona. Or it could be a subtle way that the spirit guide Phoenix is calling you, offering his help when you're ending one cycle completely and beginning

the next one—as in the metaphor of the Phoenix rising from the ashes.

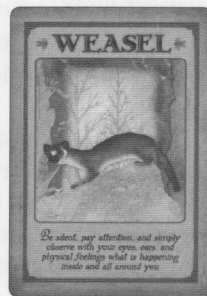
Omens are perceived in the four ways mentioned. If you don't get clear signs right away, keep your question or concern in your consciousness for the next few days. Journal about anything you find significant, and look for repetition. When you see an animal (or a symbol of that animal) showing up repeatedly, it's most likely an indication that your spirit guide is present. Trust the signs and your discernment of them, as they're one significant way that Spirit guides you along your path.

ASSOCIATIONS:

Fluidity; Watchfulness; Ingenuity;
Alertness; Transitions; Gregariousness;
Omens; Sociability; Earth; Water; Survival;
Competence; Adept; Copious; Wordsmith;
Circulation; Shamanism



WEASEL



"Be silent, pay attention, and simply observe with your eyes, ears, and physical feelings what is happening inside and all around you"

Take a deep breath and release it slowly—then take another . . . and another. Continue to breathe steadily and slowly, from your belly to your chest. Breathing this way will keep you attuned to what you feel in your body. Notice the sensations without judging or trying to change them. Be aware of how your body responds to what you see, hear, and feel

around you. Don't judge any of your experience as right or wrong. If you find that you're doing so, take another deep breath, release the judgments as you exhale, and return to simply observing your experience, inside and out.

When you practice this way of observing, you're operating from pure awareness, or the Witness Self—the Self that radiates through and fills your being. It's the Self that feels a deep connection with the world as a participant, while at the same time is centered in the Observer.

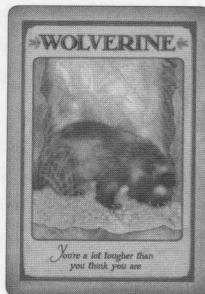
Operating this way for a few minutes each day becomes a meditation and will stimulate the realization of the unity of all Life, with you serving as a direct conduit and expression of Spirit. When you're connected to Spirit, the natural world speaks to you, and you become sensitive to the energies of the Earth. Awareness without mediation or judgment, centered in your heart and your soul, allows you to know your authentic self without attaching concepts about who you are—*pure you!*

ASSOCIATIONS:

Alacrity; Observation; Wittiness; Foresight;
Scrutiny; Stealth; Intelligence; Discernment;
Watchfulness; Forethought; Silence; Grace;
Friendliness; Discretion



WOLVERINE



"You're a lot tougher than you think you are"

You have what it takes to deal with this turmoil, one where events have taken a different turn from what you expected. Recall those times when you've faced adversity, when you had to dig deep inside yourself to discover the internal resources and the will to continue onward. As you recall these memories, be aware of how they feel in your body. Anchor those feelings by calling on them to

shore up your courage and help you maintain your dignity. By dealing with this situation head-on and paying attention to the nuances of the shifting energies, your inner wisdom will dictate when to move ahead and when to retreat, helping you sustain your power throughout.

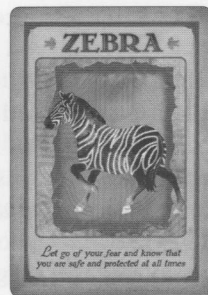
By maintaining this stance, you're not only protecting yourself physically and emotionally, but also spiritually. Call upon the Warrior inside, the archetypal aspect of yourself that's charged with defending the internal kingdom and the archetypal King or Queen. This is one of those times when you definitely need to be assertive with others, saying no when necessary, asking for what you want, and sustaining your physical and emotional boundaries. Pull your shoulders back, lift your head up, look straight ahead, and keep a relaxed vigilance. Do your best not to complain and be a martyr about what you're involved in presently, for it will only drag you down.

ASSOCIATIONS:

Ferocity; Strength; Clarity; Focus;
Persistence; Personal Power; Cunningness;
Perseverance; Adaptability; Shapeshifting;
Invisibility; Scavenging; Resourcefulness;
Survival; Endurance; Balance; Wildness



ZEBRA



*"Let go of your fear and know that you are safe
and protected at all times"*

Whenever you venture into unfamiliar territory, it's quite natural to feel some trepidation. Your mind can create all sorts of scenarios as to what can go wrong. Doubts and uncertainties may arise, and the path can seem fraught with challenges and sometimes even danger. You may find yourself stuck at times, fearful about moving ahead. Yet much of what we label as fear isn't actually

fear. True fear is a vital, instinctual response to any life-threatening situation, and is triggered not only by circumstances or events, but even more so by what you think about those circumstances or events. Stay relaxed yet vigilant, trusting that nothing can truly harm you and that your body will provide sensory information if there is any actual danger. If there truly is any threat, then your instincts will tell you what to do.

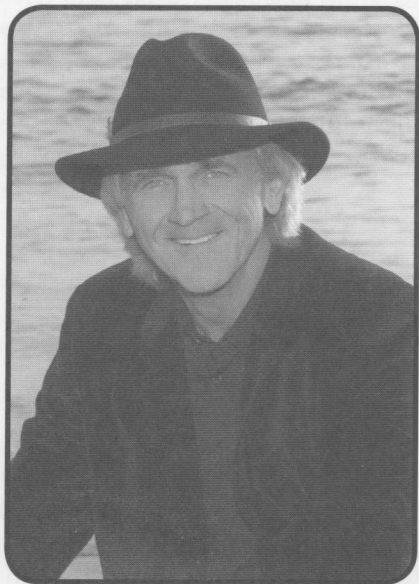
Whenever you feel an exaggerated sense of fear triggered mainly by your thoughts, one that has little or no basis in reality, take a few slow, deep breaths. Call upon spirit helpers who have provided their guidance and protection before. Reach out to close friends or family members for reassurance and to help you feel grounded and centered. Recall those times in the past when you did feel frightened or were endangered and not only survived, but came through intact. You can also re-label fear and instead call it *excitement*, as the two emotions are very similar in the way they manifest in the body. Most

of all, trust your spirit guides, your instincts, and your friends to watch out for you.

ASSOCIATIONS:

Protection; Guardianship; Alertness;
Kindheartedness; Compassion;
Individuality; Compromise; Challenge;
Analysis; Illusion; Magic; Sure-footedness;
Confidence; Changes; Agility





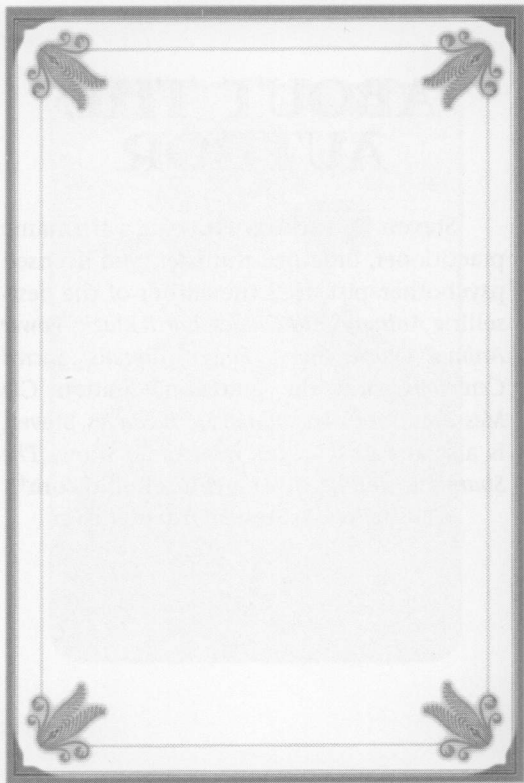
ABOUT THE AUTHOR

Steven D. Farmer, Ph.D., is a shamanic practitioner, ordained minister, and licensed psychotherapist. He's the author of the best-selling *Animal Spirit Guides*, *Earth Magic*, *Power Animal Oracle Cards*, *Power Animals*, *Sacred Ceremony*, and the guided-meditation CD *Messages from Your Animal Spirit Guides*. Steven is also the host of his own radio show, *The Shamanic Hotline*, on HayHouseRadio.com®.

Website: www.StevenDFarmer.com



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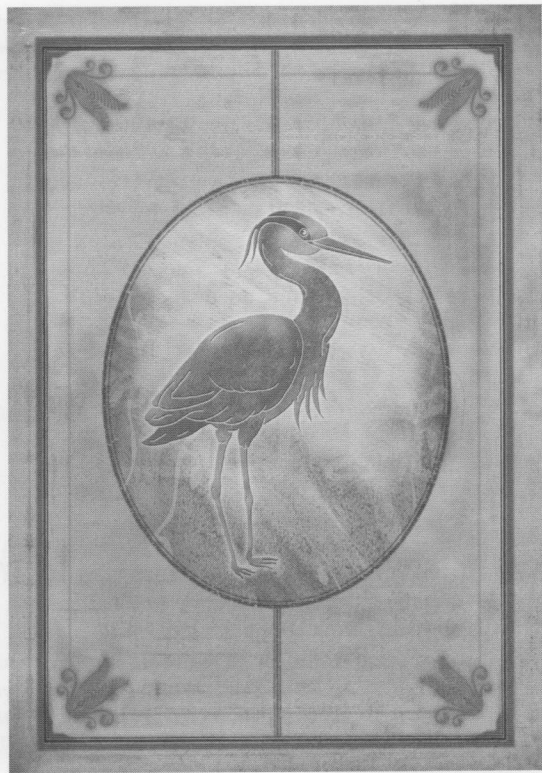
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