

WEEK 5

Spirit Animals.





Spirit animals

What are the spirit animals?


How can we call on them and integrate their power into our lives?

Charging stones or amulets with their power.

The spirit animal embodiment practice.


• TOOLS •


 Meditation

 Art therapy


 Movement


• MEDITATIONS •

 1. The Garden

 2. Recovering a spirit animal

• EXERCISES •

 1. Map of the Garden

 2. How to create a spirit animal amulet



SPIRIT ANIMALS

Spirit Animals are nature's spirits (in an animal form) that help us acquire skills or solve certain situations.



ACCORDING TO ANCESTRAL MEDICINES

It is said that a person could recover his or her lost power by working with Spirit Animals.

But how is it lost? After experiencing a trauma, fear, an accident, education, limiting beliefs or anything that generates a deep impact.

HOW TO KNOW WHICH IS YOUR SPIRIT ANIMAL FOR TODAY?

Think of a specific situation that needs aid.

Close your eyes and connect with this situation.

1. How is it perceived in the body?
2. What are the feelings?
3. Ideas associated with the situation?



PICK A CARD

Spirit Animals



1



2



3



4



5



6



7



8



9



10

VIEW THE RESULTS AT THE BACK OF
THE BOOK



Meditation 1

The Garden



We will create a map of the inner garden, during this exercise you will become the architect of your inner world.



You are going to give life to the home of all your allies and beings of light that live within you.



The Map of your Garden





Meditation 2

Recovery of the spirit animal.
Element: Wind Magic

QUESTIONS TO ASK YOUR ANIMAL:

1. Why did you come here?

2. Do you have a name?

3. Where would you like to live in the garden and in which of my chakras?



4. Do you have any requests?

5. How can I feed you?

6. What does your power animal look like? Is it big, small, what colors are most predominant?

Exercise 1: Draw your spirit animal

Exercise 2: The spirit animal dance (Embodiment practice)





Your Spirit Animal





Your Spirit Animal





Your Spirit Animal





Exercise 2

How to create a Spirit Animal amulet

1

Find a stone.

2

Cleanse the stone / crystal energetically with fire.

3

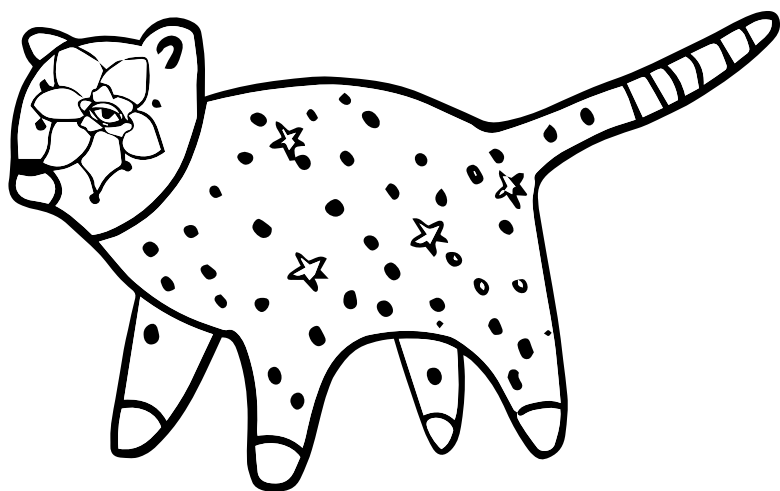
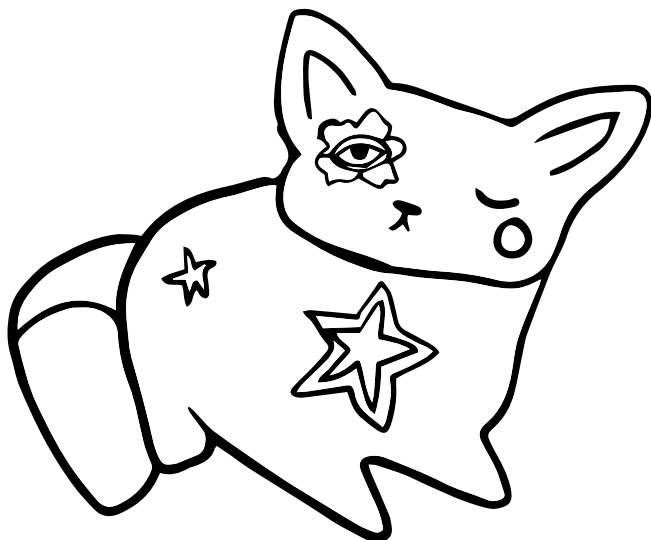
Meditation: Spirit Animal retrieval.

4

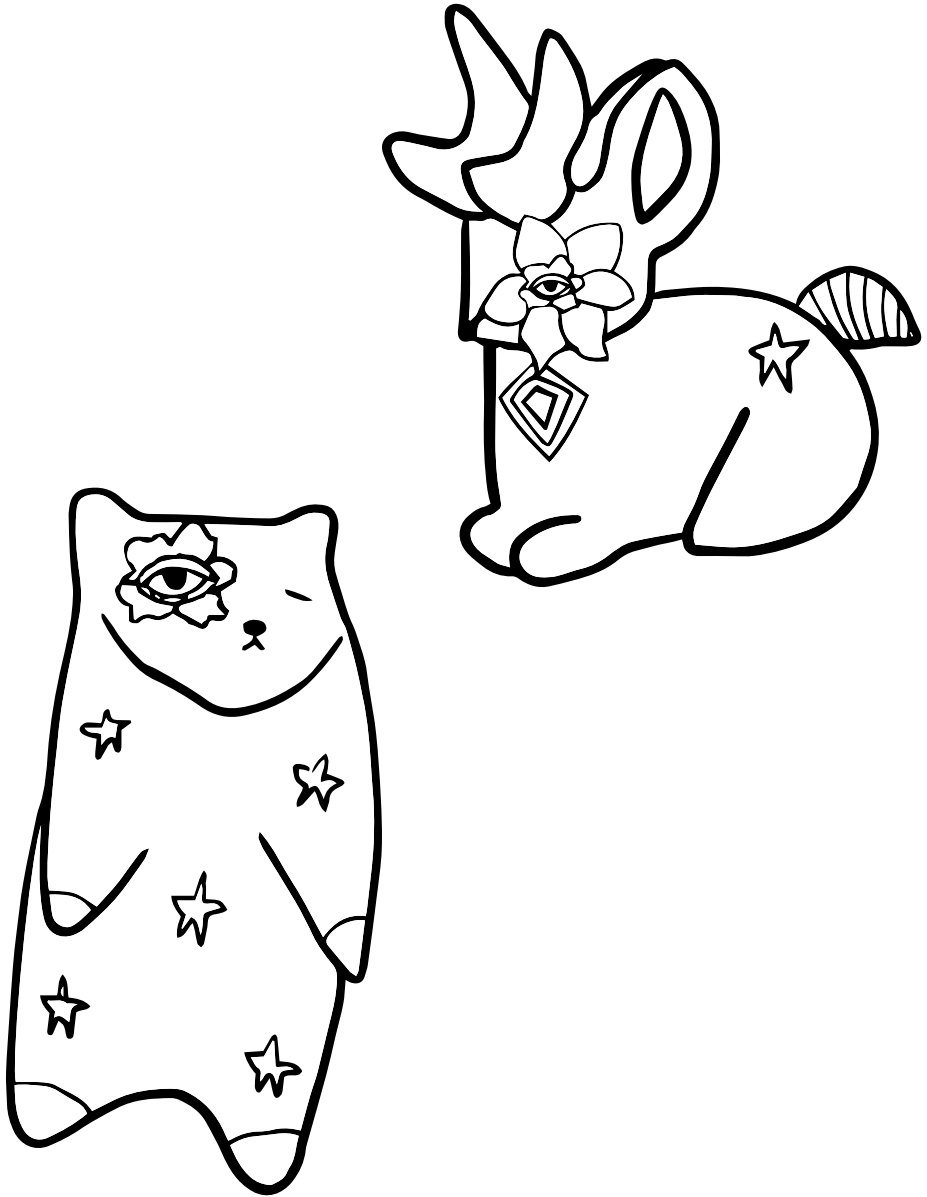
Blow on your magical element with the spirit animal you brought during your meditation.



NURTURE THIS BABY SPIRIT ANIMALS
BY COLORING THEM



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