



4Leaf4Life Reiki+Synergistic Resonance

Dawn Williams, Reiki Master/Teacher

[www.4leaf4life-reiki.com](http://www.4leaf4life-reiki.com)

# Spirit Animals

Using Animal Symbolism to Connect with Intuitive Guidance

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*“Allow the power to flow through you. Don’t try to capture it. You wish only to borrow it.” -G.G.Collins*

## Working with Animal Guides

### Simple Things You Otter’ Know...

Animals represent a very unique source of symbolism and guidance. The word **Animal** originates from the Latin **Animalis**, the root being "Anima." This translates as the soul or breath of life.



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Sometimes before/during sessions, a spirit animal will make itself known to me via my intuition. Letting me know they wish to work with a client. The animal reflects qualities or traits which may help clients move past energetic blocks, creating meaningful shifts.

Consider this little Otter, he exudes playfulness, sociable behavior and mischief. He glories in the rivers and oceans! There is much symbolism here: water is symbolic of emotions and the intuition and Otter can help us renew our playfulness and zest for living.

For example, when working with Otter, we may be guided to reflect on questions like:

1. *When was the last time you played like a child?*
2. *Do you dwell too much in the past?*
3. *Are you struggling against the “current” of life and need help to “go with the flow?”*

Otter may help us access insights, while also encouraging a sense of humor and fun - because Otter knows life is meant to be joyful!

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## SAMPLE EXERCISE

Close your eyes and breathe into your belly. Breathe in through your nose, breathe out through your mouth. Allow yourself to be lulled by the rhythm of your breath. Once you feel relaxed and calm, say out loud, “Show me an animal that wishes to work with me.”

You may receive a word, a fleeting image, a sound, a story, a smell or... nothing at all! Over the next few days, allow yourself to open to any guidance that comes through with respect to your animal guide. You may hear a song, see an animal on a book, a t-shirt, a story or have an encounter in the wild. When you have that rush of excitement and that flash of recognition... this is your animal!

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## Animal Symbolism

Just for fun, here is a short list of animals and some of the wisdom they may share:

<b>Animal</b>	<b>Possible Symbolic Wisdom</b>
<b>Salmon</b>	A symbol of rebirth and reproduction
<b>Cat</b>	May suggest we look at timing in action and the courage to explore the unknown – curiosity
<b>Fox</b>	Fox uses his ingenuity to solve tricky problems
<b>Panther</b>	Panther offers strength, power and courage
<b>Rabbit</b>	Abundance, vulnerability and the message to nurture and develop your inherent instincts
<b>Spider</b>	Brings your attention to creativity, the web of life. Are you ignoring dreams and ideas?

## How to Connect with Spirit Animals

An animal may physically appear, show up in a magazine, on TV, in a song or in a flash of intuitive insight. If the animal draws your attention, or keeps showing up, then this spirit animal may wish to work with you! Sometimes for a short time, maybe for a lifetime.

In my experience, the qualities, habitat and symbolism of the animal often provides clarity, insight and understanding into our own life and the lessons we are currently learning.

Their qualities and characteristics may help us:

- *Deal with our past;*
- *Provide a glimpse of clarity in our present situation; and*
- *Imagine a possible future by offering spiritual guidance.*



By researching the animal's instinctual behaviors and natural habitats we can better understand the lessons conveyed by the animal guides who wish to work with us.

Animal symbolism often represents the qualities we need or lack in our daily lives to restore BALANCE. Creating a mirror to reflect innate qualities and to help us better understand our CONNECTION to all things.

Here's an example of how you might explore animal symbolism using the Otter:

### How OTTER Symbolism Resonates in Meaningful Ways

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<b>Habitat</b>	Water and Earth	Water – the depths of emotions and also the subconscious. What are you avoiding? What is hidden? How can Otter's adaptability to the depths of water (emotions) provide insight into your current situation? Are you worrying about things that could happen? Where can you let go and accept what you cannot change?
<b>Nature of the Animal</b>	Playfulness	Have you become too serious or lost the ability to have fun? Are you stressed out? Do you connect with joy? Use Otter's sense of curiosity to explore new ways to navigate emotional turbulence. Practice self-love and care to nourish yourself and your relationships.
<b>Physical Characteristic</b>	Webbed feet	Webbed feet allow Otter to swim quickly and efficiently in water. Where might you adapt by using your natural qualities to create more efficiency plus resourcefulness in life?

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## Ways to Connect with Spirit Animal Wisdom

1. **Learn** as much as you can about the animal: observe it in nature & read about it.
2. **Create a list** of the animal's characteristics, traits and habitat; consider how they relate to you and your current circumstances. What lessons can this animal teach you? What resonates with your current experience?
3. **Visualization or meditation** allows you to enter an altered state where you are more receptive to the energy and intuitive wisdom of animal spirits. Ask the animal to guide you or answer questions. The answer is often subtle, so simply allow without expectation.

*You are now ready to work with the wisdom of animals in symbolic fashion.*

*I wonder which animal will show up for you?*

*Enjoy!*

*~Dawn Williams~*