



The Power of Animal Spirit Guides

by Becky Maynard

Our animal companions have our hearts. Those who choose us to walk with during this lifetime resonate to every beat. Animals in Spirit are very different. Throughout written history they have always been used to inspire, guide and support humans on our life path. Many cultures had created elaborate religious devotions that were absolutely central to the life of the clan.

Have you ever had an encounter with an animal that felt spiritual? Have you ever had a visitation by an animal in a dream? If these things call to you, then exploring the meaning and engaging the energy of that animal can open a pathway of energy that is knocking at your psychic door. As a tool for self-knowledge, growth and support you must actively engage the Animal Guide. For some, knowing what is their totem animal is almost an innate process. It's as if they've always known, inexplicably drawn to the animal or having a special feeling for the animal's energy. For others, they wonder how to tell what their animal totem is. Many of us are unsure or would like more information. You can explore the wonderful Spirit world of Animals Totems through a trained practitioner or just look to your symbolic daily world experience. If you work with an intuitive Animal Guide reading, you'll be led through a process to discover the general meaning of the visitation, practical ways that they can help you as spirit guides, and how, as your power animal, they reflect characteristics that you possess. Power animals come in and out of our lives depending on the direction that we are headed and the tasks that need to be completed along our journey. Being open to learning the lessons of that animal is the practice. One thing to remember is that you cannot choose your totem spirit, rather it chooses or has already chosen you. The Spirit chooses you and they decide to whom they will reveal.

Here are some questions to ask yourself if you're wondering what your animal totem is:

- Have you ever felt drawn to one animal or another without being able to explain why? This could be any type of living creature, including birds and insects.
- Does a certain kind of animal consistently appear in your life? This doesn't necessarily have to be a physical appearance, it could be represented in other ways, such as receiving card and letters with the same animal pictured over and over, unexplainable dreams of a particular animal, watching television and seeing the same animal featured time and time again, or, actually having the animal show up.
- When you go to the zoo, a park, wildlife area, or forest, what are you most interested in seeing?
- Are there any animals that you find to be extremely frightening or intriguing?

- Is there a particular animal that you see frequently when you're out in nature?
- Have you ever been bitten or attacked by an animal?
- Have you ever had a recurring dream about a certain animal, or a dream from childhood that you have never been able to forget?
- Are you drawn to figurines or paintings of a specific animal?
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If you would love to dive deeply into your Guides language and messages, you may ask the Universe for a dream or a vision to see if anything comes up. Also, ask the animal to show itself to you and pay attention to what you begin to see from all sources -- television, books, billboards -- it doesn't have to be the actual animal. Does one animal begin to appear frequently?

Still wondering what may be happening with certain animals in your life, your dreams or your daily noticing? Stop in to see Becky Maynard at the August 6, 2016 event. Her readings are powerful, accurate and the intuitive paintings she creates can anchor the energy of your powerful companion in Spirit for life.

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