



Building a Relationship with Your Power Animal

A power animal comes to you because it feels an affinity to your energy. The animal chooses you because of this attraction and brings you gifts and qualities that will enhance your life. Once the animal is in your energy, it is up to you to strengthen and maintain the relationship.



Here are some ways that you can build a relationship:

- * Find pictures of your Power Animal and put them in places where you will see them throughout the day.
- * Research your Power Animal's life cycle by watching nature shows, YouTube clips, or reading about them. What is their natural habitat? What do they eat? How do they mate? What are the characteristics of their environment? What qualities are they known for? Ask yourself how this information fits into your Life. Think about what this animal could teach you.
- * Discover mythology, symbolism, creation stories, and indigenous stories about your Power Animal. What wisdom in these ancient stories offers you insight into the gifts your animal is bringing you?
- * Power Animals appreciate our physicality because they do not have a physical presence. After researching your animal, create a song and dance to honor them. Express your song and dance as often as you can. (Or simply dance to your favorite music and invite them to join you in the dance!)
- * Find creative ways to honor your Power Animal through art: photography, drawing, collage, clay, painting, writing.
- * Make a special meal that incorporates foods that your Power Animal eats in the wild and enjoy eating it with your Power Animal in mind.
- * When you are out in nature, invite your Power Animal to join you.
- * If your animal is endangered, consider donating money to protect it.



- * During meditation, talk with your Power Animal and ask them questions that are puzzling you. You may receive a literal response, be shown visions that are metaphors, or experience synchronicities that provide you with answers.

Thank your Power Animal for entering your Life.



**WILD
CARROT
HERBS**