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Bridging Shamanism & Psychology to Change Your Story

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Suggestions to integrate your Power Animal

1. If you know how to journey, journey to the Lower World with the intention to connect with your Power Animal. Ask the questions below, and other questions you prefer.

If you do not have a practice of shamanic journeying you can put on some music that is relaxing and expansive, or simply breathe as you lie or sit down and travel inside yourself with the intention that you would like to meet with your Power Animal.

You can also use “automatic” writing. Draw a vertical line down the center of a piece of paper. On the left side, write your questions. On the right side, write the answers from your Power Animal *without thinking*. You can also write the answers with your non-dominant hand (the hand that you do not use to write) to access deeper responses from your subconscious.

Sample Questions for your Power Animal:

- What qualities do you bring to me?
 - How are you going to help me in my life?
 - How can I best use you in my life?
 - How can I connect with you?
 - What message do you have for me?
 - What do I need to do to take care of you and bring your energy into my life?
2. Use movement to integrate your Power Animal.
 - Find a movement to pull the energy you power animal into your body into whatever place(s) in your body they need to be.
 - Move the way your animal moves; feel your Power Animal kinesthetically in your body. Dance your Power Animal, make sounds like your Power Animal.
 3. Build an altar to welcome your Power Animal home. It can be very simple – a rock, candle, flower, picture of your Power Animal. Sit with your altar and pull the energy into your body.
 4. Looking up your Power Animal - Remember that what is said are qualities identified by someone else in a particular tradition and these may not be relevant to the role your Power Animal has in your life. It is important to find **YOUR OWN CONNECTION** with your Power Animal and **TRUST YOUR INNER VOICE/INTUITION**.

That said, most people will also look up their Power Animal, A good book is “Animal Speak” by Ted Andrews - he talks about how different animals are in nature and also references multiple traditions in talking about the meaning. I also like “Medicine Cards: The Discovery of Power Through the Ways of Animals” by Jamie Sams and David Carson.

5. Be open to more information coming to you in your dreams and meditations.