



# Power Animals: How to Connect with Your Animal Spirit Guide

*Steven D. Farmer*

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## Power Animals: How to Connect with Your Animal Spirit Guide Steven D. Farmer

In *Power Animals: How to Connect with Your Animal Spirit Guide*, **Steven D. Farmer, Ph.D.**, guides you through a journey to discover and connect with your power animal. Once you've determined who your power animal is, you can learn what this says about you, find instructions on how to call upon the spirit animal, and read a channeled message for you from that animal spirit. You'll also find out which animal spirit to call on for particular situations, and additional tracks in the audio download will help you consult your power animal as an oracle.

Your power animal will not only help you develop a greater sense of personal and spiritual power, but will also help you heal physically, emotionally, and spiritually—as well as guide you through difficult life transitions.

Your animal spirit guide can show up in its physical form; or you can contact it through meditations, journeys, or dreams and ask it for guidance, healing, or protection. Working with your power animal directly or through imagery and symbolism will put you in touch with your own instinctual nature, thereby increasing your intuitive awareness and enhancing every area of your life.

## Power Animals: How to Connect with Your Animal Spirit Guide Details

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## **From Reader Review Power Animals: How to Connect with Your Animal Spirit Guide for online ebook**

### **Asud says**

this book really got me interested in spirit animals and it was very helpful when you first walk into the world of helping spirits!

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### **Marcella Moorcroft says**

I refer to this handy little compendium when I'm feeling adrift. The enclosed CD is great for meditation too.

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### **Peg says**

Don't bother

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### **Jean says**

#### **Love the presentation and the message.**

I've been very impressed with the information in this book and with the way it's presented. It's clear, insightful, fully developed but not overly wordy, and all of it is helpful. There's no useless filler here and I appreciate that. It also offers just enough information to allow one to decide what parts of animal spirit experience you'd like more exposure to. You can then move on to study further. I highly recommend this book to anyone who, like myself, has just an "idea" of what animal spirits are about but would like a better understanding. This is the book for you.

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### **Christina Pretis says**

eigenwerbung im eigenen buch kann nichts

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### **Lumineia says**

This is an easy-to-read introduction to the concept of power animals, and provides descriptions on 40 different animals. Some, such as wolf, owl, and bear, are more well-known in North America, and other such as jaguar, giraffe, and elephant, were interesting to read about.

This book by Steven Farmer is a good starting place to introduce the concept of power animals and how one

can begin to work with them. He provides suggestions of which animals to call upon for guidance and help when facing a particular problem or situation, and gives ideas on how to connect with the particular gifts and energy of the animal.

I am a big fan of Ted Andrews and his books *Animal-Speak* and *Animal-Wise*, which provide a lot of details about the habitats, sleep cycles, mating patterns, diet, and life cycle of the animal. I would recommend delving into those books for additional information and ideas for working with power animals, after reading this one.

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