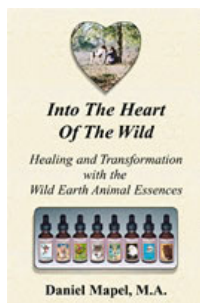


INTO THE HEART OF THE WILD is the first book about the Wild Earth Animal Essences, a unique line of vibrational remedies that support those who use them with the wisdom and power of wild animals. The book is written by Daniel Mapel, M.A., the founder and developer of the animal essences and it is intended to serve as an introductory manual for their use. Along with providing information about each of the essences, the book answers many questions including:

- What are animal essences and how are they made?
- How do I choose animal essences that are right for me?
- What essences are good for specific emotional or spiritual states and stages?



The book includes background information about how the author came to develop the animal essences, case studies of their use, and a detailed list of conditions for which the essences may be beneficial.

✱ NOTE: The book contains information on the first 41 animal essences. A second edition will include additional information.

This guide to the Wild Earth Animal Essences is one of a range of handy booklets designed to facilitate the use of Essences for personal healing. Animal and other essences (flower, gem and environmental) are profound healing tools with the potential to make a significant contribution to our personal and spiritual development.

Our purpose at Healthlines is to support the spread of essences by facilitating the understanding of these divine healing gifts, and by making them easily accessible to public and practitioners alike. We provide a prescription service so you can have several essences made up into a ready-to-take dosage bottle. For further information, please phone or visit our website  
[www.healthlines.co.uk](http://www.healthlines.co.uk)

HEALTHLINES  
Howestone, Whinfell, Kendal LA8 9EQ

Tel: 01539 824776  
email: [admin@healthlines.co.uk](mailto:admin@healthlines.co.uk)



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NATURAL HEALTH PRODUCTS

## GUIDE TO THE WILD EARTH ANIMAL ESSENCES



Healthlines  
Howestone, whinfell, Kendal  
Cumbria LA8 9EQ

Tel 01539 824776

[www.healthlines.co.uk](http://www.healthlines.co.uk)  
[admin@healthlines.co.uk](mailto:admin@healthlines.co.uk)

# HEALTHLINES

## Flower Essences and Natural Health Products

Healthlines is a partnership of professionals, working as therapists in the natural health field, and using essences to great effect to support our clients.

At Healthlines we use, prescribe, teach and make essences ~ in fact, we're passionate about them. Our purpose is to facilitate their use and to ensure the growth of this divine transformational gift.

Essences are a powerful resource to aid us on our personal quest. They can assist in clearing the blocks that stop an individual getting in touch with their true or higher self ~ their own intuitive part which knows their life purpose. Essences can then help us find the courage, strength and enthusiasm to pursue our goals and dreams in all aspects of our lives, physically, emotionally, mentally and spiritually.

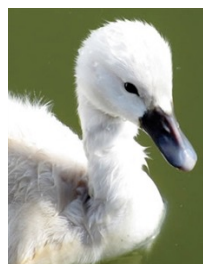
Through essences all the strengths and subtleties of the natural world are directly available to us, and by embracing their healing energies we can more easily be guided towards wholeness.

There are now many different sets of Essences and we carry several of them: Australian Bush, Bailey, Alaskan, Light Heart, Indigo, Wild Earth Animal Essences, Greek Tree Essences and Bach Remedies made by Healing Herbs. Most of these are described in detail on our website ~ they are the ones we continue to use ourselves and prescribe for other people.

Our range is constantly growing, so if there is anything you want which you can't find, please phone. We may have it in stock, or be able to get it for you ~ usually within a few days.

We offer a speedy mail order service, both for practitioners and public. You can order any of the products in this pamphlet either online or by phone.

We are committed to offering only the best quality natural health products available.



**Cygnet** (Baby Swan) essence provides nurturing support for feeling and expressing the purity, grace, and divinity of the child we were and who still lives within us. For knowing one's deepest self as Divine and beautiful.

For adults:

- Who need to reconnect with the experience of their

Inner Child as one with Divine Grace.

- Who as children lost touch with themselves as beautiful beings.

For children:

- Who have lost their innocence due to trauma and abuse.
- Who need to reconnect with their grace and beauty.
- Who need support to feel their connection and oneness with Spirit.

**Hippopotamus Calf** essence supports our Inner Child to safely re-connect with and express feelings from the past that have been repressed due to being hurt as a child.

For children:

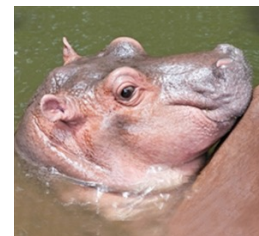
- Who, because of suffering and trauma, have disconnected from how they truly feel.

- Who need to reconnect with their feeling selves.

- Who need to express feelings that need to be released.

For adults:

- Who need to connect with old, unresolved feelings from childhood that need to be healed.
- Who are disconnected from the feeling world of their Inner Child.



**Robin Chick** essence provides nurturing support for receiving love and nurturing as we re-parent our Inner Child and heal ourselves.

For children:

- Whose parents and caregivers are unable to express love to them.

- Who are not receiving the nurturing they need.

For adults:

- Who did not receive the nurturing they needed as a child.
- Who have deep blocks to receiving love and nurturing.
- Who are doing deep Inner Child work.
- Who don't experience life as a nurturing experience.

**Wild Horse Foal** essence provides nurturing support for embracing and releasing tears of grief that remain from unresolved childhood issues. Supports open-heartedness and gentleness.

For adults:

- Supports releasing unexpressed pain and grief from childhood.
- Whose hearts were hurt/broken as a child and who need to heal those wounds.
- Who want to connect with the open-heartedness of their Inner Child.

For children:

- Who have been deeply hurt and who need to release the pain they are carrying.
- Who need to connect with their pure, open heart.





**Wolf Pup** — Nurtures the experience of a deep sense of belonging, fitting in, knowing that one matters, and knowing that one has a place in the world

Especially for Children:

- who need an increased sense of their place in their family and their world.
- who feel like they don't belong or fit in.

- whose parents are separated or divorced.
- who get disoriented
- whose family life is emotionally turbulent.

Especially beneficial for Adults:

- who, as children, did not feel as if they belonged or fit in.
- whose parents separated or divorced when they were children.
- who feel as if they do not fit in or have a place in the world.
- who do not feel as if they matter.

### INNER CHILD HEALING

The Inner Child Healing Essences provide support for embracing, feeling, and releasing the anger and pain that one has carried since being hurt as a child, and for knowing the Beauty and Divinity of one's Inner Child. These six individual Essences are also combined together in one bottle as '**Inner Child Healing**'.



**Badger Cub** essence provides nurturing support for embracing and releasing anger that has been trapped inside from childhood due to unhealed wounds and trauma. For expressing this deep, repressed anger from childhood in a healthy and empowering way.

For adults:

- Who need support

expressing and releasing

anger and rage from their childhood.

- Who need to accept and embrace the deep anger from the past that they feel.

For children:

- Who are angry all the time.

- Who need support in feeling and expressing anger about the hurts that they have experienced.

- Who need to become comfortable with their anger instead of being overwhelmed by it or denying it.

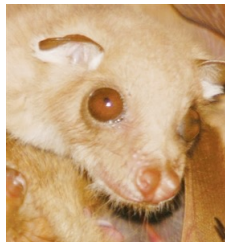
**Bat Pup** essence nurtures confidence for embracing unhealed wounds and navigating through this challenging work. Provides deep support for healing scary issues from the past. For being carried and supported through the darkness. For embracing that which has been pushed away.

For adults:

- Who need support feeling safe to go into the pain of their childhood and exploring uncomfortable issues that need healing.

- Who need support for going into the deep past of childhood to unlock memories and feelings that have been repressed.

- Supports and accelerates the healing process by helping one to navigate through the darkness of the deep past.



For children:

- Who have been the victims of trauma or abuse.
- Who need strength and courage to face and release their pain.
- Who have fear of the dark.

## Wild Earth Animal Essences

### Overview

This incredible set of essences from Daniel Mapel bring to us the power and wisdom of wild animals. The essences are made by invoking the vibrational imprint and energy of the animal in a ceremonial process of attunement that takes place in the wild. No animals are captured or harmed in the making of these essences.



Daniel Mapel

The essences deeply connect us with the power and healing of the magnificent creatures with which we share this planet.

Incredibly grounding, they reconnect us to our bodies, to our animal selves and to the majesty and empowerment this brings. For Shamanic work they provide an invaluable tool for ceremonial processes and direct connection with a power animal. For healing work in general they give a most solid and tangible connection with our innate wisdom, strength and spirit.

There are several ways of choosing essences, either consciously, by selecting from the descriptions, or by using one of several methods to access the unconscious or intuitive mind eg. dowsing or muscle testing.

Another very easy way of doing this is with the Wild Earth Animal Cards, a powerful tool for intuitive prescribing. Daniels beautiful animal images are easy to use and demonstrate again and again how we are intuitively drawn to the essences we need for our healing. They are ideal for children and people who find it difficult to talk about their problems.

These Essences are available either as a ready to take 30ml bottle for normal use, or for practitioners, as a 30ml stock concentrate.

We would like to thank Daniel for allowing us to use the Wild Earth logo and animal photos reproduced here, which are all copyright of Daniel Mapel.



## WILD EARTH ANIMAL ESSENCES

We suggest that you initially select those Essences that address the most currently active issues rather than try to fix everything at once.

These can then be combined together to make a personalised combination.



**ALLIGATOR** – Master of Timing. Helps you read situations carefully, develop supreme patience and know the right time to act. For those who are anxious and impetuous, Alligator teaches the divinity of waiting.

**ANT** – Working Efficiently. Ant helps you work tirelessly with terrific productivity - especially good for times when things need to be done. Brings focus, commitment and wondrous efficiency. Aids service within the community.



**ARCTIC TERN** – Great Achievements. Arctic Tern helps you effortlessly accomplish remarkable tasks and flow with absolute ease when doing great things. It enables you to get to your destinations in life.

**ARMADILLO** – Supreme Protection. Armadillo facilitates healthy armoring. It teaches the impregnability of knowing you are safe from deep within. For feeling confident you are safe and secure in the world.



**BADGER** – Healthy Anger. Badger helps you connect and be comfortable with your anger. It encourages the clean, healthy and appropriate expression of anger. For accessing fierceness and dynamic aggression when required.

**BAT** – Navigating the Dark. Bat is profoundly helpful for helping you see the way through your personal darkness. Enables you to face and heal unresolved issues and honor the Divine in the shadow.



**BEAR** – Strength, Groundedness, Power. Bear brings a deep connection to Earth's power and rhythms. It helps you attune to your natural cycles of hibernation / emergence. For the incubation and fruition of dreams and plans.

**BEAVER** – Master Architect. Beaver helps you create and build the design of your life. For the necessary structure, clear thinking, planning and strategizing. Supports the emergence of new endeavours.



**BIGHORN SHEEP** – Mountain Wisdom. Bighorn Sheep empowers you with the regality and dignity of the wild. It teaches the wisdom of nature. For claiming your inner power and authority from this space within.



**Elephant Calf** — Nurtures the experience of physical and emotional safety, deep grounding, being protected and looked after by a wider family of support, healthy extended family togetherness.

Especially for Children:

- who don't feel physically or emotionally safe.
- who are going through periods where the child

feels scared or anxious.

- who live in families that lack a strong sense of togetherness.
- who need to feel care and protection from a wider human family of support and caring.

Especially beneficial for Adults:

- who want to experience feelings of support from a wider community.
- who grew up in a family systems in which they felt unsafe.
- who did not feel supported and protected by the adults around them.
- who grew up in families that lacked a strong feeling of togetherness.
- who want to deepen family bonds between family members (good to take together).

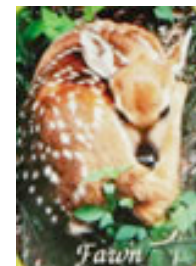
**Fawn** — Nurtures the experience of gentleness, sweetness, innocence, purity, peace, calm, and a state of childhood grace

Especially beneficial for Children:

- who are aggressive, overstimulated, or stressed.
- who need to learn to be more gentle with themselves and others.
- who have been made to grow up too fast.
- who have lost touch with the innocence of being a child.

Especially beneficial for Adults:

- who want to deepen experiences of childlike innocence, gentleness, and peace.
- who as children grew up too fast.
- who need to learn to be gentle with themselves and others.
- who need to learn to respect and honor the needs and wounds of their inner child.



**Lion Cub** — Nurtures the experience of fearlessness, confidence, courage, authentic strength and power.

Especially for Children:

- who need to know themselves as strong, confident, and capable children.

- who are fearful or anxious.
- who lack confidence.
- who need to develop courage and strength for moving forward.

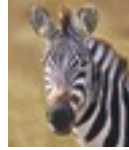
Especially beneficial for Adults:

- who as children often felt powerless, afraid, or lacking in confidence.
- whose inner child needs courage to face the healing path



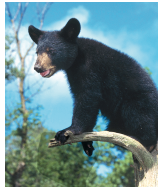
**WOLF** – Commitment. Wolf encourages kinship, a sense of community and the honouring of lifetime commitments. It assists in defining relationships and boundaries from a place of truth and integrity.

**ZEBRA** – Opposites. Zebra facilitates moving beyond black and white thinking. It integrates opposites and paradoxes within and without and helps you let go of projection and illusion. For seeing true.



#### WILD CHILD ESSENCES

Wild Child Essences have been created to nurture children and the child within. They are especially beneficial for children who have not had some of their most basic needs met, and for adults whose deepest inner needs were not met when they were children. To feel safe, to know that we belong, to connect and bond with others. these six Essences are combined together to make **'Balanced Child'** combination.



**Bear Cub** — Nurtures awareness of one's feelings and those of others. Brings awareness of how one's actions affect others. Nurtures the experience of deepening self-awareness, grounding, introspection and self-knowledge. For knowing who we are.

Especially for Children:

- who have not had their true feelings recognized and honored by their caregivers.
- who need to become more aware of their feelings.
- who have difficulty honoring the needs of others.
- who need to slow down and focus.

**Dolphin Calf** — Nurtures the experience of Deep child-parent bonding, connection and intimacy, communication, Oneness and unity

Especially beneficial for Adults:

- who had mothers who never deeply bonded with them.
- who, as part of their inner work, need to connect and bond more with their own inner child.
- who, as parents, want to connect and bond more deeply with their children and children to be.
- who are doing deep inner-child work and need to connect with and bond more deeply with their own inner child

Especially beneficial for Adults:

- who lost touch with their true feelings as children because of how they were treated.
- who need to deepen their awareness and acceptance of the reality and importance of their inner, feeling world.
- who need to become aware of who they are, what they need, and what others need.



Especially beneficial for Children:

- who need to deepen their connections and bonds with others and have difficulty connecting and bonding with their caregivers.
- who have mothers who are not emotionally or physically present.
- who have grown up too fast, become too serious, and lost their ability to play freely and spontaneously.



**BOBCAT** – Focus and Clarity. Bobcat brings an intense and easeful awareness of the present moment. It enables you to be completely clear-minded, watchful and awake. The wisdom of the quieted mind.

**BUFFALO** – Stillness. Buffalo encourages you to slow down, ground, and become present. It nurtures your sacred connection with the Earth, deepens inner quiet, and kindles your gratitude for Life.



**BUMBLEBEE** – Invincibility. Bumblebee is for doing what seems impossible. For feeling strong, capable, and invincible. It helps you to discover incredible inner potential and teaches you supreme confidence in your abilities.

**BUTTERFLY** – Change and Transition. Butterfly supports you during necessary transition. It helps you release resistance and fear and move lightly with the winds of change. For trusting that all will be well.

Also available as a spray with lovely essential oils



**CANADA GOOSE** – Cycles. Canada Goose helps you find your sacred Home within the cycles of your spiritual journey. For navigating where you are in the Earth's overall cycles and skillfully leading others.

**CHEETAH** – Speed and Efficiency. Cheetah enables you to accomplish tasks swiftly and effectively. It helps you make decisions and 'jump-starts' you if you feel stuck. Efficient use of time and resources.



**CHIMPANZEE** – Joy of Living. Chimpanzee nurtures simplicity, play and self-expression. It enables you to really enjoy life and playfully and harmoniously connect with others. For overcoming shyness or self-consciousness.

**CHIPMUNK** – Child's Play. Chipmunk teaches you to harness the energy of the joyful child and approach life with trust, curiosity and delight. Playful, spontaneous, and exuberant, it lifts overly serious moods.

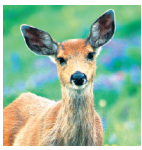


**COYOTE** – Trickster. Coyote has the ability to bend the rules, play with life and shape-shift. It teaches you to look at things all ways and approach life ingeniously and mischievously.

**CROW** – Shamanic Teacher. Crow enables you to explore and enhance your shamanic power. For moving between the realms and piercing through Illusion. Helps you develop and claim your intuitive ability.







**DEER** – Gentleness and Peace. Alert and still, Deer helps you see a situation clearly and respond quickly and sure-footedly. Deepens your awareness of the present and brings trust in gentle ways.

**DOLPHIN** – Unconditional Love. Dolphin's playfulness and love enhances feelings of joy, laughter and delight. It deepens and makes safe healing work and brings compassion for your pain and that of others.

Also available as a spray with lovely essential oils



**DOVE** – Peace. Dove restores you to the stillness at the heart of your life. Its essence is peace, stillness and simplicity. For nurturing a sense of the Divine feminine.

Also available as a spray with lovely essential oils

**DRAGONFLY** – Relaxation. Dragonfly brings you to a place of light, spacious other-dimensional energy where you can rest and relax. Especially good after busy periods and to bring soothing sleep.



**EAGLE** – Divine Perspective. Eagle enables you to soar with Great Spirit – to transcend the mundane and see with the clarity of your Higher Self. It brings divine guidance and inspiration.

Also available as a spray with lovely essential oils

**EARTHWORM** – Journeying Within. Earthworm helps you journey deep within as if down into the Earth's soil. It facilitates profound integration of the masculine and feminine sides. Helps you feel safe and held.



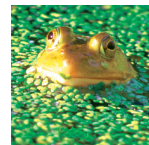
**ELEPHANT** – Above and Below. Elephant keeps you both firmly grounded with the Earth and spiritually expanded. It brings intuitive, sympathetic leadership, inclusiveness and the recognition of what is important.

**FLAMINGO** – Spiritual Attunement. Flamingo is for working with very high energies. It helps you keep firmly physically embodied when you are profoundly attuning to the spiritual. Facilitates spiritual expansiveness.



**FOX** – Independent Thought. Fox helps you find your own way and claim your own authority. For finding your own clever and wise solutions to difficult situations and having confidence in your decisions.

**FROG** – Living Miraculously. Frog wonderfully deepens your experience of the miraculous, transformative process of life. It brings strength during deep inner change and helps you accept transformation as a constant in life.



**SPIDER** – Connecting. Spider weaves webs of interconnectedness and supports you in bringing together that which feels separate within yourself or your life. For integration, wholeness and a deep sense of belonging.

**SQUIRREL** – Work and Play. Squirrel helps you experience work as a delightful game, however busy you may be. It teaches you to gather and store your resources and plan for the future.



**SWAN** – Grace. Swan helps you acknowledge and accept your grace and beauty. It enhances self-esteem and appreciation of the beauty in all life. For experiencing everything as a mirror of the Divine.

**TIGER** – Mastery. Tiger quiets the mind and brings you to the pure, raw awareness and power of the present. For staying strong and focused and acting from a place of mastery.



**TURTLE** – Oneness. Turtle brings deep grounding and centering within and offers profound psychic and emotional protection. For taking things step by step and staying present in intense situations.

**WHALE** – Eternal Knowledge. Whale is an advanced remedy for connecting with higher planes of consciousness beyond the earth realm. For spiritual expansion and connection at the deepest levels. Intergalactic and interspecies communication.



**WHITE RHINOCEROS** – Spirit Manifesting. White Rhinoceros brings awareness of the steady progress you are making. Its grounded strength soothes and slows impatience around the process of the divine taking form in your life.

**WILDEBEEST** – Groups. Wildebeest helps you feel comfortable as part of the herd. It brings a sense of being at home with the journey of life and with a group identity.



**WILD HORSE** – Heart. Wild Horse supports loving openness and compassion in the heart. It nurtures a sense of self, of belonging and of stamina. A tonic for those who have 'lost heart'.

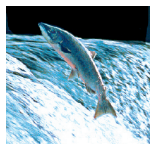
**WILD TURKEY** – Giveaway. Wild Turkey inspires in you the deep gratitude that leads to true abundance. It brings fullness and richness and the appreciation of life as a Divine blessing.





**ROBIN** – Self-Nurturing. Robins help you nurture and mother yourself and build a healthy adult ego. It supports family harmony, loving parenting and love in service to others. Harmony, support and happiness.

**SALAMANDER** – Regeneration. Salamander connects you with the mysteries of transformation and regeneration. It empowers you with the secrets of the underworld and helps you access the shamanic power available in the present moment.



**SALMON** – Spiritual Journey. Salmon show you life is a journey home to the Divine. For finding spiritual meaning and purpose in your life and persevering with your destiny.

**SEAGULL** – Enjoyment. Seagull helps you experience life as a breeze and feel light, happy and alive. For the fun and relaxation of days at the beach and the comfort of watching the sea.



**SEAL** – Effortlessness. Seal teaches you ease and flow – when to put in effort, when to glide and let go. For ease in your body, the releasing of worries, and effortless and harmonious living.

**SKUNK** – Defense. Skunk empowers you with the ability to defend yourself fully and capably. For setting boundaries and stopping threats. It builds supreme self-protection, healthily and from your centre.



**SLOTH** – Slowing Down. Sloth is perfect for slowing you down when you're overdoing it. It facilitates acting with great care and deliberation. For stopping, resting and quieting the busy mind.

**SNAKE** – Deep Transformation. Snake initiates you in the deepest, transpersonal realms of the psyche. It supports transformation at the profoundest levels. Helps integrate the experience of archetypes, especially Death and Rebirth.



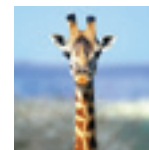
**SNOW LEOPARD** – Spiritual Consciousness. Snow Leopard enables you to experience and understand spiritual wisdom and practices. It offers a way into Himalayan wisdom and consciousness, Eastern Mysticism. For spiritual connectedness and centredness.

**SPARROW** – Carefree. Sparrow brings peaceful joy, a sense of trust in life and freedom from worry. It is for knowing that every thing is going to be alright. Sweetness, gentleness, trust.



**GAZELLE** – Strength in Vulnerability. Gazelle helps you let go of rigid defensiveness and be safely vulnerable, whatever the situation. It teaches you a keen awareness in discerning the true actions of others.

**GIRAFFE** – Overview. Giraffe enables you to feel grounded, stand tall, and see the bigger picture of your life. For clarity, vision, spiritual overview. It helps you let go of petty concerns.



**GORILLA** – Self-Possession. Gorilla brings supreme inner strength and confidence. It teaches the strength that comes from self-knowledge, helps you with self-expression and enables you to claim your personal power.

**GREAT BLUE HERON** – Divine Presence. Great Blue Heron teaches you to live life with a deep awareness of the Divine. It brings serenity, acceptance and connectedness. For constant communion with Spirit.



**HAWK** – Perfect Vision. Hawk enables you absolute clarity of inner vision. It is for the ability to see and know exactly where you are. For precise and perfect vision and eyesight.

**HIPPOPOTAMUS** – Emotions. Hippopotamus helps you befriend your emotions. For facing unresolved emotional issues and fully claiming your innermost feelings. It brings safe and profound emotional healing.



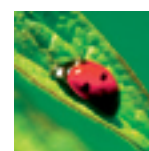
**HUMMINGBIRD** – Joy. Hummingbird brings lightness and joy to your life. It gently purifies and cleanses recent emotional residue and offers uplifting support during emotional challenges. For staying light during change.

**JAGUAR** – Natural World. Jaguar nurtures your connection with the shamanic power and Spirit of the rainforest. It brings an awakening of the senses to nature. For stealth, grace and percipience.



**JELLYFISH** – Flow. Jellyfish brings complete oneness with the ocean, with water, and with the energy of flow. It teaches supreme surrender – to let go and trust to the currents of life.

**LADYBUG** – Invoking Spirit. Ladybug enables you to call in the energies of your own higher wisdom and deeply embody them. For the pulling in and grounding of spirituality.







**LION – Leadership.** Lion helps you to claim your deepest personal authority and spiritual power. It fosters leadership, achievement and success. For well-being and strength and the courage to face your fears.

**MALLARD – Joyful Action.** Mallard helps you to approach acting and doing with the joyful simplicity of a child. For finding great happiness in performing your tasks.



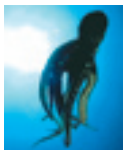
**MANTA RAY – Peaceful Movement.** Manta Ray evokes graceful and harmonious motion. It helps you learn incredible efficiency of forward movement coming from a deep peace with the present moment.

**MOOSE – History.** Moose harnesses the wisdom of Earth-time to teach you about your personal history. It helps you understand the rhythms, cycles and laying down of layers in your past.



**MOSQUITO – Divinity of Sound.** Mosquito connects you to the divine hum of the Universe. It opens your sense to primordial sound and sound as a path to God.

**MOUNTAIN LION – Purposeful Action.** Mountain Lion powerfully supports you in manifesting the path of your dreams and visions. It encourages staying true to yourself and walking your talk, despite upheavals and distractions.



**OCTOPUS – Deep Waters.** Octopus brings you comfort with the deep. It is for swimming the inner depths and feeling their great peace and tranquility. Being bathed by the warmth of the sea.

**OPOSSUM – Maternal Protection.** Opossum invokes your most powerful protective instincts for your young. For your children or for your Inner Child, it enables you to protect with tenacity and devotion.



**ORCA – Cosmic consciousness.** Orca provides you with a bridge to other worlds and helps you embody the consciousness of the universe. For spiritual expansiveness and the wisdom of the cosmos.

**OTTER – Freedom and Lightness.** Otter encourages contact with your most playful and lively child-self. It encourages humour, flexibility and joy. For stepping through life lightly with lots of laughter.



**OWL – Seeing in the Dark.** Owl helps you act from your highest wisdom. To see through your darkness, to face things directly, to enhance your intuition – it combines true ‘seeing’ with wisdom.

**PEACOCK – Integration.** Peacock teaches you of your wholeness. It nurtures a sense of completion, enhances self-esteem and helps you claim your authenticity and authority. Brings regality, beauty and spiritual abundance.



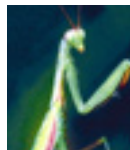
**PEREGRINE FALCON – Awesome Agility.** Peregrine Falcon enhances speed and agility and brings perfection of movement. For exquisite control and the ability to act in a swift and grounded way. Poise, balance, awareness.

**PILEATED WOODPECKER – Divine Work.** Pileated Woodpecker opens you to Divine Inspiration, especially in your work. For remaining open to Spirit, being persistent in your work and honouring the sacred within it.



**POLAR BEAR – Forward Motion.** Polar Bear provides deep grounding as you move forward on the spiritual path. It integrates rootedness and action and supports you in feeling, earthed, powerful and connected.

**PRAIRIE DOG – Networking.** Prairie Dog strengthens skills of connecting and networking. It facilitates communication and sociability and builds the foundations for communal involvement and participation.



**PRAYING MANTIS – Spiritual Realms.** Praying Mantis brings you a strong, clear connection to the spiritual realms. It facilitates moving beyond the visible and everyday and supports devotion to Spirit.

**RABBIT – Abundance.** Rabbit supports you in creating abundance at all levels. It enhances your innate creativity and nurtures your confidence in being able to manifest the life of your dreams.



**RACCOON – Self-Knowledge.** Raccoon unmasks and helps you integrate hidden aspects of your true self. It helps you move with ease between the roles you play in life and delight in these transitions.

**RAVEN – Shamanic Guide.** Raven brings the experience of Shamanic stillness. As the sacred guide into the Shamanic realms, it brings luminous awareness and deep appreciation of the Mystery.

