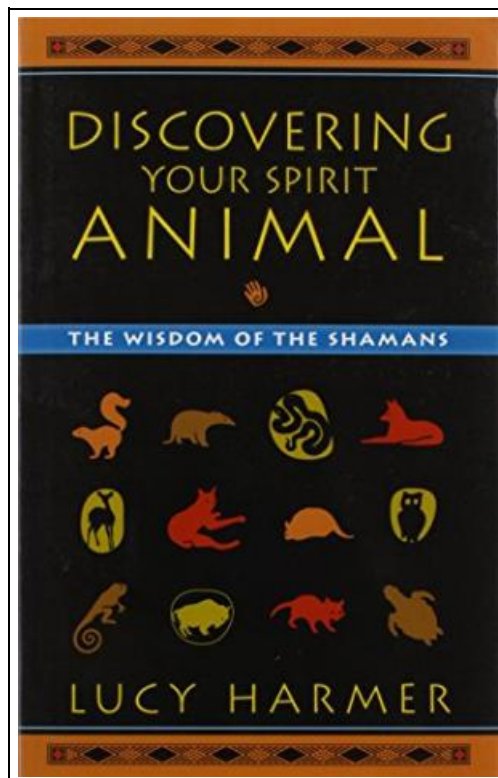


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North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, Discovering Your Spirit Animal: The Wisdom of the Shamans, Lucy Harmer, What does it mean when a crow crosses your path while you're driving your car or when a doe looks you straight in the eye while you're walking in the mountains? What does it mean when the same animal keeps appearing in your dreams? "Discovering Your Spirit Animal" will help you answer these questions and show you how to reconnect with nature in order to decipher the messages sent from the animals around you. Shamanic healing expert Lucy Harmer presents a practical approach to understanding spirit animals and applying their power to specific situations in daily life. She defines what a spirit animal is, explains its purpose, and shows that by understanding the 'medicine' of your spirit animal - by assimilating the qualities and characteristics of each animal - you will be able to apply the lessons and messages they convey and use them to transform your life. If a particular animal crosses your path or appears several times over a short period of time, he is probably carrying a specific message for you or wants you to share in his medicine, his teaching, his energy, and his spirit. "Discovering Your Spirit Animal" provides guidance for meeting and getting to know your spirit animal through easy exercises and shamanic techniques. This practical guide includes a highly detailed, informative index of fifty-two spirit animals (from the bumble bee to the black panther, the whale to the wolf) and shows how readers - like the shamans of times past - can become magicians and clairvoyants, interpreting the messages of their totem animals.



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