



- What are Spirit Animals?

How do you know you are receiving messages or answers from outside of yourself? In the video we talked about paying attention to where the thoughts and or ideas are coming from - have you uncovered where your messages are coming from? How do you receive them? Tell me a bit about that.

Before the meditation, were you aware of any animal guides you work with? Tell me about that a bit. If you were not, did you discover an animal while we were in the meditation?

Once you've completed the meditation, tell me about the experience of meeting your Spirit Guide. Were you able to do this? Did you get a name, or see any features? Share your experience with me here:



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