



Power Animals: How to Connect with Your Animal Spirit Guide

By Steven D. Farmer

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*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.

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Editorial Review

About the Author

Steven D. Farmer, Ph.D., is a shamanic practitioner, ordained minister, and licensed psychotherapist. He's the author of *Earth Magic*, *Animal Spirit Guides*, the *Power Animal Oracle Cards*, and *Sacred Ceremony*, among other works. Steven is also host of his own radio show, *The Shamanic Hotline*, on

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