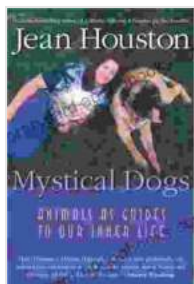


# Animals As Guides To Our Inner Life: Unlocking The Secrets Of The Animal Kingdom For Self-Understanding



## Mystical Dogs: Animals as Guides to Our Inner Life

by Jean Houston

★★★★☆ 4.4 out of 5

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Have you ever wondered why you're drawn to certain animals? Or why you feel a deep connection to a particular animal? Animals are more than just companions; they can be powerful guides on our journey of self-discovery and personal growth.

In her book, *Animals As Guides To Our Inner Life*, author and animal communicator Linda Bender explores the profound wisdom of animals and how they can help us understand ourselves better. Bender believes that animals are mirrors of our own inner world, and that their behavior and characteristics can offer us valuable insights into our own strengths, weaknesses, and hidden potential.

Bender draws on her own experiences as an animal communicator to provide readers with a wealth of information about animal symbolism, animal communication, and the use of animals as spirit guides. She also includes exercises and meditations to help readers connect with their own animal guides and learn from their wisdom.

## **Animal Guides: What Are They?**

Animal guides are animals that come into our lives to help us on our journey of self-discovery and personal growth. They can be any animal, from a common house pet to a wild animal we encounter in nature. Animal guides can come to us in many different ways, such as through dreams, visions, or physical encounters.

Animal guides can offer us a variety of different types of support, including:

- Guidance and direction
- Protection and safety
- Healing and comfort
- Strength and courage
- Wisdom and knowledge

## **How To Connect With Your Animal Guides**

Connecting with your animal guides is a simple process that can be done through meditation, visualization, or simply spending time in nature. Here are a few tips to help you get started:

- **Be open to the possibility of animal guides.** The first step to connecting with your animal guides is to be open to the possibility that they exist. Allow yourself to believe that animals can communicate with you and that they have something to teach you.
- **Spend time in nature.** The best way to connect with your animal guides is to spend time in nature. This is where they live and where they are most likely to communicate with you.
- **Meditate or visualize.** Meditation and visualization are two powerful ways to connect with your animal guides. When you meditate, simply focus on your breath and allow your mind to relax. As you relax, you may begin to see or sense your animal guides.
- **Pay attention to your dreams.** Dreams are another way that your animal guides may communicate with you. Pay attention to the animals that appear in your dreams and see if they have any special meaning for you.

## **Animal Symbolism: What Does It Mean?**

Animal symbolism is the practice of assigning meaning to animals. Animals have been used as symbols in art, literature, and mythology for centuries. Each animal has its own unique set of characteristics and symbolism, which can be used to represent different aspects of our own personalities.

For example, the lion is often seen as a symbol of strength and courage. The eagle is often seen as a symbol of freedom and independence. The wolf is often seen as a symbol of loyalty and family. By understanding the symbolism of animals, we can gain a deeper understanding of ourselves and our place in the world.

## **Animal Communication: How To Talk To Animals**

Animal communication is the ability to communicate with animals on a telepathic level. This is a skill that can be developed through practice and meditation. Once you have developed the ability to communicate with animals, you can ask them questions, receive guidance from them, and even heal them.

There are many different ways to communicate with animals. Some people use verbal communication, while others use telepathy. There is no right or wrong way to communicate with animals. The important thing is to find a method that works for you and the animal you are communicating with.

## **Spirit Animals: What Are They?**

Spirit animals are animals that have a special connection to you on a spiritual level. They are often animals that you have a strong affinity for, or that you have encountered in a dream or vision. Spirit animals can offer you guidance, protection, and healing.

Spirit animals are not always the same as your animal guides. Your animal guides may change over time, while your spirit animal is usually with you for life. To learn more about your spirit animal, pay attention to the animals that you are drawn to, the animals that appear in your dreams, and the animals that you encounter in nature.

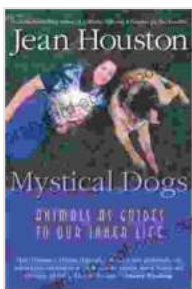
## **Animals As Guides To Our Inner Life**

Animals can be powerful guides on our journey of self-discovery and personal growth. By understanding the symbolism of animals, communicating with animals, and learning from our spirit animals, we can gain a deeper understanding of ourselves and our place in the world.

If you are interested in learning more about animal guides, animal symbolism, or animal communication, I encourage you to read Linda Bender's book, *Animals As Guides To Our Inner Life*. This book is a valuable resource for anyone who is interested in exploring the deep connection between humans and animals.

**Free Download your copy of *Animals As Guides To Our Inner Life* today!**

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