



## *Pocahontas*

### SPIRIT GUIDES

Hey Spirit Seekers! Are you ready to connect with your American Indian animal spirit guides? It's an amazing journey that lets you discover qualities and wisdom from these incredible guides. Let's explore together!



#### 1. Meditation with the Wolf:

Find a quiet spot, close your eyes, and take deep breaths.

Imagine a wolf approaching you. Feel its strength and loyalty.

The wolf represents family, teamwork, and intuition. Ask for guidance in making important decisions.





## 2. Dance with the Eagle:

Imagine yourself soaring through the sky like an eagle.  
Eagles symbolize vision, freedom, and courage.  
Dance freely, letting the spirit of the eagle inspire you to see things from a higher perspective.

## 3. Quiet Reflection with the Bear:

Find a cozy spot and take a few moments to be still.  
Envision a bear approaching. Feel its powerful presence.  
Bears represent strength, introspection, and healing. Seek their guidance during challenging times.



## 4. Creative Arts with the Turtle:

Grab some art supplies and draw or paint a turtle.  
Turtles embody patience, wisdom, and protection.  
Let the creative process connect you with the steady and grounded energy of the turtle.





# Enchanted TALES

## 5. Mindful Nature Walk with the Deer:

Take a stroll in nature, paying close attention to the surroundings.

Imagine a deer gracefully joining your walk.

Deer symbolize gentleness, sensitivity, and awareness. Let their energy guide you to be more mindful.



## 6. Drumming Circle with the Buffalo:

Create a simple drum or use a makeshift drum (like a pot).

Drumming connects you with the buffalo's grounding energy.

Buffaloes symbolize abundance, gratitude, and strength. Drum to express gratitude and call in positive energy.



## 7. Connection to Water with the Dolphin:

Find a body of water or imagine being near the ocean.

Visualize a playful dolphin swimming beside you.

Dolphins symbolize joy, playfulness, and harmony. Connect with their spirit for a sense of lightness and joy.



### **8. Campfire Reflection with the Owl:**

Sit by a campfire (or a cozy fireplace). Imagine an owl perched nearby, wise and watchful.

Owls symbolize wisdom, intuition, and insight. Let their energy guide you in reflection and gaining wisdom.

Remember, these animal spirit guides are here to share their wisdom and strengths with you. Embrace the connection and let their qualities inspire and guide you on your journey.

Happy exploring, Spirit Seekers! 🌟🐾🔮