



The Language of Animals

Connecting with Animal Wisdom

Mini Workbook

Welcome to the Connecting with Animal Wisdom Mini Workbook which is designed to accompany the '*Connecting with Animal Wisdom Audio Visual Journey*'. If you haven't listened to this guided meditation yet, then please do so now before beginning this exercise.

Writing down the insights from your visual journey experience will help to deepen your connection with the animal/s that appeared during your journey and to further clarify, see, hear and understand what the animal's message is for you and why it appeared in your visual journey today. You can repeat this visual journey as many times as you like and each time, a different animal may appear in your vision that has new wisdom to share with you. Enjoy the journey...

1. What animal/s did you see during your visual journey?
2. What is the animal's appearance like? Does it have skin or fur? Is it smooth or rough, scaly, shiny, colourful, dull, or does it have feathers? Does it have claws or wings? Does it moult or have horns? Are its eyes in front or to the side of the head? Does it change colour in winter? Write down in as much detail as possible the physical characteristics of your animal:
3. How does the animal move? Does it move alone or in a group or family? Does it fly, swim, climb, hop or bounce? Does it run fast or move slowly? Does it scurry or slide? Write down the different ways in which the animal moves:
4. What sounds does it make? What kind of sound is it? It is soft, loud, high, repetitive, deep, resonant or screeching? Does it squawk, roar, chirp, bark, purr, beep or peep? Is your animal mostly silent? Write down the ways in which the animal vocally expresses and communicates:

8. (This question expands on question 7) What is the nature of the animal? Is it gentle or fierce? Is it playful and graceful? Is it elegant, strong or slow? Does it have a powerful or quiet presence? Is it intelligent, silly or annoying? Write down what you notice/d about the character and nature of your animal:
9. What is the sense that you receive from the animal? What feeling do you have around it? Do you feel a resonance with this creature? What are the feelings that you are receiving from this creature? Do you feel in harmony with it? Do you feel in fear or nervous around it or at peace? Write down what you feel/felt during your visual journey when you were close to this animal:
10. What did it feel like to connect with this animal? Use ONE word only to describe the feeling, for example, "In the presence of this animal, I felt POWERFUL or I felt PLAYFUL or CURIOUS". Write down your word here:

In the presence of this animal I felt...

Often what we learn and receive from animals is through them being what they are; direct messages through words can appear in your visual journey, however feeling into the essence of the animal is where the deepest insights emerge from. Animals show us by example and share knowledge through their way of being.

May you journey deep, feel connected to and in communion with the ecosystem of life.

With love,

Jane

