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## Meet Your Power Animal: Animal Dreaming Guided Meditative Journeys

By Scott Alexander King

Llewellyn Publications, United States, 2014. CD-Audio. Condition: New. Language: English . Brand New. When we tap into Universal Consciousness in order to better understand the spiritual language of the animals, we must first learn to quiet the mind, cease all internal chatter and listen with an intuitive ear. Secondly, and most importantly, we must be prepared to trust unequivocally in the wisdom found in the silence. Only then can Spirit hope to teach, heal and inspire us via the medicine ways of the animals. Meeting Your Power Animal helps you experience the sheer joy of meeting your power ally. Imbued with instruction suited for both the beginner and the seasoned journeyer, the CD guides the listener deep into their subconscious self where they are invited to explore their inner landscape and come face to face with their Power Animal. TRACK LISTING: Intro Music Preparing for the Journey--Smudging and Stilling the Mind All Things are Equal Guided Visualisation: Meeting your Power Animal Honouring your Power Animal Animal Medicine Guided Visualisation: Seeking the Counsel of an Animal for a Particular Reason Creatures of Prophecy Guided Visualisation: The White Buffalo Calf Woman.



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### Reviews

*It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.*

-- Ms. Christy Ondricka DDS

*This written publication is wonderful. It is rally fascinating through reading period. I discovered this book from my dad and i suggested this publication to find out.*

-- Keshawn Daugherty