



A Guide to Spirit Animals

What is a spirit animal?

A spirit animal is characterized as a teacher or messenger that comes in the form of an animal and has a personal relationship with an individual. These animal guides help guide and protect a person on their journey.

It is believed that you do not choose the animal, rather it chooses or has already chosen you.

The animal is there to provide “medicine” to the recipient in the form of guidance, lessons, protection, power, or wisdom.

Here are some questions to ask yourself if you’re wondering what your spirit animal is:

1. Have you ever felt drawn to one animal or another without being able to explain why? This could be any type of living creature, including birds and insects.

2. Does a certain kind of animal consistently appear in your life? This doesn't necessarily have to be a physical appearance, it could be represented in other ways, such as receiving cards and letters with the same animal pictured over and over, unexplainable dreams of a particular animal, watching television and seeing the same animal featured time and time again, or, actually having the animal show up.

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Intuitive Medium | Animal Communicator & Energy Worker | Spiritual Coach



3. When you go to the zoo, a park, a wildlife area, or a forest, what are you most interested in seeing?

4. Are there any animals that you find to be extremely frightening or intriguing?

5. Is there a particular animal that you see frequently when you're out in nature?

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6. Have you ever been bitten or attacked by an animal?

7. Have you ever had a recurring dream about a certain animal, or a dream from childhood that you have never been able to forget?

8. Are you drawn to figurines or paintings of a specific animal?

9. Are there animals that have resonated with you since childhood without any familial attachment?

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10. Are there animals you feel drawn to without any logical explanation?

How to Connect with your Spirit Animal

One thing to remember is that you cannot choose your totem spirit, rather it chooses or has already chosen you. The Spirit chooses you and they decide to whom they will reveal themselves.

1. Dial in and believe.

To communicate with your spirit animal, you first must believe you have one.

2. Clear your chakras

To become more receptive to your spirit animal, you will need to clear your chakras.

3. Go outside in nature

Speaking for myself, I've always felt closest to my animal spirit when I'm in nature.

4. Ask your animal guide to appear

During moments of quiet, like meditation, in dreams or simply walking on a nature trail, ask your spirit animal to reveal himself.

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5. Journal your memories

As you continue to grow your relationship with your spirit animal, keep a written journal handy.

Write it all down and be open to its meaning.

6. Consider automatic writing

Years ago, I began the process of automatic writing, mindfully channelling my spirit animal as part of the experience.

Doing this is simple. You close your eyes, meditate and allow yourself to dive deep into the subconscious. When you awake, grab a pen and start writing whatever comes out.

When you are doing this, pay attention to what you have recorded. Does what you see look like your own handwriting? In my case, it's almost always unrecognizable.

Regardless, there's going to be a hidden message. What will yours be?

7. See through your third eye

In the spiritual sense, your third eye is what allows you to see what is unseen. One need not meditate to “see” with this metaphorical gift. Engaging in body awareness, reading, prayer, Reiki or other solitary activities can help grow this otherworldly ability into your being.

Your unique spirit animal will often reveal himself to you in different ways. In order to “hear” him, you need to be open to the experience.