

**Welcome to
2023**



2023 Monthly Animal Themes

With

ANIMAL REFLECTIONS HEALING ORACLE

By Barbara Techel



Happy New Year, Friends!

It's a clean slate. It's another opportunity to begin anew. We close the final chapter for 2022 while the chapters of 2023 have yet to be written.

To help you step off on the right foot and expand into your full potential I pulled an animal card from my upcoming *Animal Reflections Healing Oracle* deck to represent a theme for each month of the year. Below, I go through each card and what to pay attention to as you move through the year.

You may wish to read through each month now at the beginning of the year to get a feel for what areas in your life you wish to expand and evolve, and how the theme for each month can serve as a guide.

For a more personal reading (which I also did for myself), you can also pull cards from another deck to go with each monthly animal theme for further insight.

Light a candle, play some soft and calming music if you wish, get out your journal, take a few moments to connect with your heart, and then allow without censoring your thoughts, whatever it is that bubbles to the surface and what each theme means for you, along with what the others cards from another deck have to offer, if you choose to do that as well.

Another fun idea is to print out a photo of the cards and put it somewhere you will see it throughout the year. Then, as you move into a new month find some quiet time to once again reflect on the animal and the theme as a way to add depth and insight as you move through 2023.

Ready?! Let's begin!

JANUARY



A lovely way to begin the year is to take time to really reflect on what it is that makes you feel at home in your own skin. Then begin to take strides to doing just that so that you can feel safe in moving forward and living in alignment with what truly matters to you. That place within you is truly sacred and only you can bring the changes needed in order to feel completely at home with the essence of who you are. Turtle has your back and

reminds you to take it slowly and be gentle with yourself as you move into a new way of being that will serve you in a positive way.

FEBRUARY



As you take leaps toward living into the essence of who you truly are, Kangaroo holding a stop watch while gazing toward the horizon, reminds you that there is no need to rush. Time is an illusion and can oftentimes give us the feeling that we are running out of time. But in reality the only way to know when to make a change is to continue to *feel* into it. Honor your intuition by being aware of the signs the universe provides you and tuning into your heart for clues for what feels right and what does not.

MARCH



Often when you make changes to begin to live more in alignment and in flow with your true essence your inner critic will show up. It's important to remember that your inner critic really does not mean you harm. All they know is that they wish to protect you from

what they perceive as hurt or pain from a past experience. Take time to acknowledge this part of yourself that you see it and assure it that you've got this. Oftentimes this part of you is just asking to be seen and acknowledged and with a big dose of understanding, a light expression of laughter and supportive love you'll come to an understanding that your growth is for the whole of who you are becoming.

APRIL



In a world that often wants you to remain in a box or put a label on you, Lion is here to commend you for the courage it takes to live from the heart of who you are. The more you share the voice of who you are you may come up against those that don't wish for you to change. But each step you take toward your becoming, the more the Universe supports you. This also attracts to you the tribe that is in alignment with who you are and helps you to continue on the path that speaks to your heart. Roar loud and proud if you wish, or purr soft and gentle. There is no "right" way but only that which feels true to you.

MAY



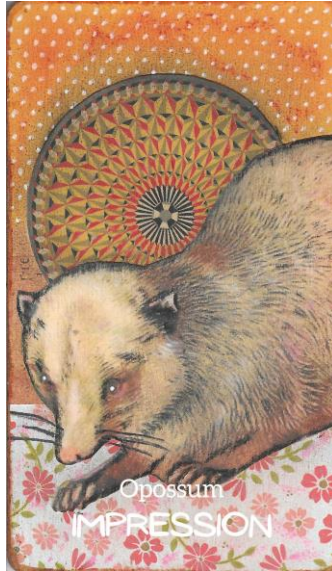
Almost to the half way point of 2023, take some time to reflect on how far you've come so far this year. Honoring the feminine flow, being more in tune with your inner self, and incorporating rituals that serve you in a beneficial way helps you to glow from the inside out. Life is about honoring the inward time as a way in which you are able to navigate the outside world with more ease. When you recognize past patterns trying to pull you off course, Firefly encourages you find a soft spot to land, tune in, and allow the lesson to offer its teaching. This provides healing and allow you to fly back out into the world once again with a more determined strength and trust in who you are.

JUNE



Taking time to nurture yourself first may be something you aren't used to doing. It may, and most likely will, feel uncomfortable at times. But take note of Rabbit on this card. It is still as a statue as the world goes on around it. But yet, Rabbit remains unfazed by the commotion or chaos. The truth is, the world will continue to play out with its twists and turns, but that does not mean that you have to get caught up in it and lose the truth of who you wish to be. When you feel yourself spinning off your axis, stop, find a place to burrow, and rest in *just being* for a time in order to bring a sense of calm back to your central nervous system. Be there for you first, in order to then offer your guidance for others that may need it too.

JULY



As you continue to journey deeper into becoming who your heart has longed to be, Opossum is here with another reminder that not everyone is going to understand. How it is that we've been taught that first impression is everything. And how often it is that we wear a mask, or several, so that others may not truly see who we are out of our fear that we may be rejected or misunderstood? Opossum known to enjoy woody areas where leaves on the trees create a canopy reminds you to retreat inward when need be and touch base with your true heart desires in order to strengthen your determination in continuing on the path that is true for you.

AUGUST



Moving into the fourth quarter of the year Vulture appears with such a positive message to take a few moments and realize how you've grown this year. You are now poised more than ever to live the life you truly wish to live. Vulture reminds you that the perceived

setbacks you have really aren't a waste of time or to be viewed as mistakes. Instead, it's all integral to your continued becoming! Hold your head high and keep spreading your wings.

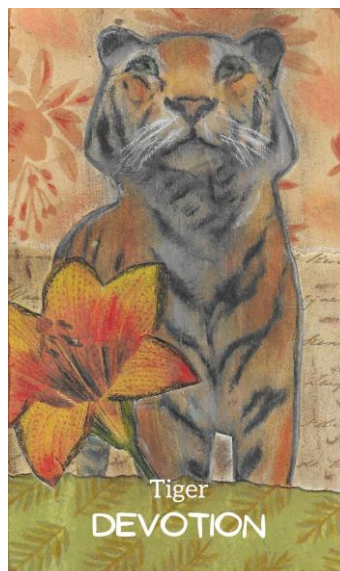
SEPTEMBER



Due to the structure of its body, Octopus requires a great deal of oxygen to sustain life.

In this way, it encourages you to inhale and exhale love through your heart while compassionately feeling into your fears when they arise. Gently allow any uneasiness to flow through you without judgment, then release the emotions tied to any inadequacy that may still linger at times. By allowing this organic flow of feelings to move through you, you will gain a deeper understanding that it is safe to be you. Natural healing happens when you center yourself in the here and now, and allow yourself to be heard.

OCTOBER



Staying devoted to you and your self-transformation is not always an easy task, but the buoyant and self-assured feelings you gain within makes the journey worthwhile. Learning, and continuing to be, in the presence of Self, setting aside outside distractions and the well-meaning advice of others, is what ultimately gifts you access to the truth of your inner voice. Stay devoted to that voice and watch as it carries you further than you ever imagined.

NOVEMBER



As you grow more into who you are there may be days you wish to call upon your mom or mother figure when you are going through a challenge. But like Hedgehog, who needs plenty of room to roam, it is reminding you that being in the space of your own sovereignty is how you will create a life of your own decisions. While this requires coming to the edge of uncertainty at times in your life, the more you learn to mother yourself and take charge, the more you will continue to grow and trust in your own inner nudges.

DECEMBER



What a wonderful creature to represent the culmination of another year of growth! Spider, symbolic of weaving your own story, is what leads you to rebirth yourself anew once again. Spider reminds you that there are two webs you can weave: one of fear or one of love. As you look back on the year, Spider invites you to reflect on the veils you've gently and courageously pulled back over the year as you looked inside to what is that can hold you back at times. And Spider is here assuring you those long-held wounds you've bravely faced and healed is what sets you free as you continue to sing your authentic song with confidence and joy.



Animal Reflections Healing Oracle by Barbara Techel

Animals, whether they're in the wild or sharing our home, often serve as loving and compassionate reflections of what we need to acknowledge, change, expand, or heal within ourselves.

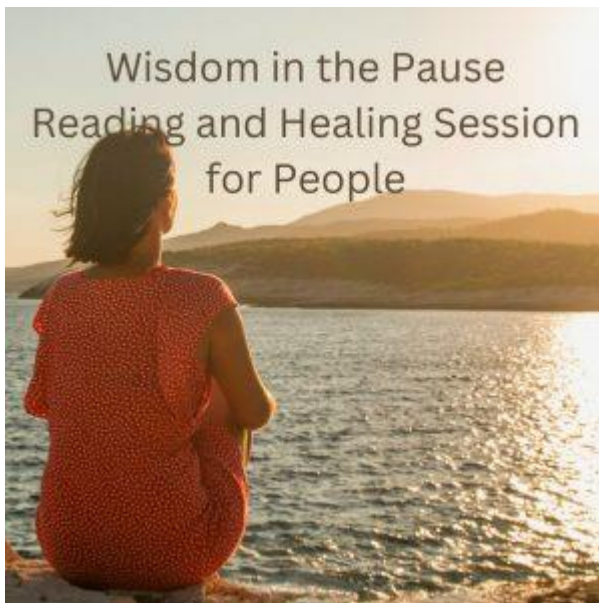
Animal Reflections Healing Oracle will guide you to honor *all* aspects of yourself and step fully into your inner sage. The timeless wisdom of the animals depicted in this 52-

card deck invites you to go within and gently observe past patterns, trust in your intuitive self, and emerge to live in alignment with your truth.

Use in oracle spreads, in daily meditations, or when seeking guidance and insight into life's deeper questions.

To be notified when my deck is available for pre-order sign up for my newsletter at www.joyfulpaws.com

One-to-One Readings available for People and for Pets (and their people). To book a reading visit my website, www.joyfulpaws.com



ABOUT BARBARA



Barbara Techel, a highly sensitive sensory and expressive empath sees herself as a Nurturing Curator. These are the attributes she not only brings to her private life, but also to her writing, oracle card reading sessions for pets and their people, and to her animal art. She has written three memoirs and two children's books about the healing journey she's walked and the profound life-changing

teachings she's received from three special needs dachshunds, two Labrador retrievers,
a wolf, a snake, and a horse.

From her quaint olive green Joyful Pause Cottage studio she writes, offers oracle card readings, and creates art. When not in her studio, she enjoys connecting to the healing gifts of nature, wildlife, gardening, practicing daily rituals to maintain her well-being, traveling, and weekend evenings around the chiminea with her husband, John.

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