

EXPLORING WHO YOU REALLY ARE

THROUGH ANIMAL AND ORACLE WISDOM



Dear Friend,

I continue to find time and again the animal kingdom has so much to offer and helps us to understand ourselves on a deeper level.

Not only that, but their teachings also offer wisdom in such a gentle and loving way that I simply want to be a better human just for the animals! 😊

I also appreciate how they can be persistent in showing up for us until we have our lightning bolt moment of finally 'getting it' or how at times they just sweetly and compassionately nudge us along on our journey.

The more I open myself to the animal world, and really listen, and especially when I'm feeling uncertain or need a shot of inspiration, the more I deepen in my gratitude for the animals and their teachings.

The following is a fun exercise to explore how you see yourself, how others see you, and most importantly, who you really are... through the eyes of animals!

The prompts aren't ones I came up with as I heard them a few years ago during a podcast. Unfortunately, I don't recall who shared them. But I felt called to share them with you as a way to work with oracle cards and animal wisdom, and as a helpful self-discovery reflective tool.

I hope you find it fun, insightful, and heart expanding!

Are you curious to give it a try? Great! Let's go!...



You will be working with the following prompts and your choice of an animal-themed oracle deck of your choice.

- How you want people to see you.
- How people actually see you.
- Who you really are.

As an example, I thought it might be helpful if I shared my personal card pulls and a summary of each.



Cards from my deck: *Animal Reflections Healing Oracle*



How I want people to see me: Kingfisher – Seeker

Since my early 40s I've been traveling the path of seeker, self-discovery, and spiritual understanding. I sometimes forget that yes, indeed, that many already know this about me. I don't necessarily need people to see me as this, as I already am this.

Letting go of any residual need to explain myself, and just being that which I am is something I continue to home in on. And I'll always be a seeker as I enjoy that aspect of life and learning!

Expert from the guidebook:

“On your quest for the truth of who you are, you will experience various points of awareness. Your internal map will be filled with some sensitive twists and turns shining a light on what needs healing. Other aspects of yourself will highlight your strengths and your true essence and serve as helpful guides for those times you feel unsure.”



How people actually see me: *Red Squirrel – Inquisitive*

The statements below from the guidebook stood out to me as ways in which can help me to understand how others actually see me.

Excerpt from the guidebook:

“quick and lively as a sprite, through the forest, allowing it’s endless curiosity to lead the way.”

“red squirrel delights in its own company.”

“red-squirrel reminds you that your true riches lie within your inner world.”



Who I really am: *Peacock – Fulfillment*

When I pulled this card, it brought tears to my eyes. I’ve come a long way in allowing my true self to shine, though there are still areas I need to work on. So, it is a beautiful reminder to keep ‘strutting my stuff’ and be who I really am.

Excerpt from the guidebook:

“Similar to the Phoenix, which is symbolic of rising from the flames of one’s own ashes, Peacock is a reflection of the inner journey you’ve traveled thus far and your evolution into a new state of being.”

NOW IT'S YOUR TURN!

- **How you want people to see you**

Animal card pulled: _____

What word, sentence, or paragraph in the guidebook stands out to you:

- **Who you really are**

Animal card pulled: _____

What word, sentence, or paragraph in the guidebook stands out to you:

Personal reflection on the card's meaning for you:

I hope this fun exercise helped you gain valuable insight to incorporate into your continued self-discovery journey!

It's fun to revisit these prompts at least once a year to see how you've evolved.

I'd love to hear how this was for you – *really!* So please feel free to drop me an email!
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Love,
Barb



Barb Techel is the creator of the Animal Reflections Healing Oracle deck and author of three nonfiction books and two children's books about the life-changing wisdom she's gained from the animal world.

Barb believes we all deserve to be seen, heard, and held in compassion. When we do the work to heal our inner emotional conflicts not only does it create more peace within ourselves, but it causes a ripple effect that leads to more harmony and peace for all beings and the planet.

From her quaint olive-green Joyful Pause Cottage studio she offers Intuitive Readings for People & Animals via Zoom, creates art, and writes. 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, and the backyard birds, bunnies, chipmunks, and squirrels.

You can learn more at www.joyfulpaws.com