

The Power Animal Essences

About the essences...

Similar to flower essences, which contain the healing energy of plants, the Power Animal Essences contain the healing energy of animal spirits.

No animals are captured, or harmed in any way, in making the essences. The essences contain no physical animal parts. They are made by processes that include methods drawn from shamanism, our oldest spiritual tradition.

Shamans believe that a strong connection to nature is vital to health and wellbeing. In particular, animals have a healing energy and spirit, and want to help us by allowing us to connect with and draw upon their different qualities and powers.

The Power Animal Essences carry the archetypal energy of specific animals. They act as a bridge between us and the animal world, helping us to draw upon an animal's qualities in a gentle and supportive way.

What are the Power Animal Essences?

The Power Animal Essences are a form of vibrational essence. Other kinds of vibrational essences include: flower essences; gem elixirs; environmental essences; sound and colour essences. All contain an energetic imprint of the substance, area or energy from which they are made. The Power Animal essences contain the energetic imprint of different animals, contained in water and preserved in organic vodka.

How are they made?

No animals are captured, or harmed in any way, in making the essences. The essences contain no physical animal parts. They are made by processes that include shamanic methods. Shamanism is our oldest spiritual tradition. It has been practiced for tens of thousands of years, in every place in the world where humans have settled. Central to shamanism is the idea that vital to health is a strong connection with the natural world. In particular, shamans believe that animals have a healing energy and spirit, and that animals want to help us by allowing us to connect with and draw upon their different qualities and powers. The essences carry the archetypal energy of specific animals, and are made with the loving and willing support of the animal spirits. They act as a bridge between us and the animal world, allowing us to draw upon an animal's qualities in a gentle and supportive way.



Taking the essences...

There are several ways to take the essences...

- They may be taken directly from the bottle. The recommended dose for is three or four drops, up to three times a day, directly into your mouth (being careful to avoid touching your mouth with the pipette in order to keep it clean), or into a glass of water. It is the frequency of the dosage that is important, not how much is taken. Taking a larger amount does not give you a 'bigger' dose.
- Alternatively, you can make up another bottle by filling a dropper bottle with a 50/50 mixture of water and brandy or vodka (the alcohol acts as a preservative). Into this, place a few drops of the essence, then shake the new bottle vigorously to activate it. In this way, a bottle can be made combining the energies of several Power Animal Essences. It is suggested that up to a maximum of four Power Animal Essences can be added to make a combination bottle. This combination bottle is then used as above (i.e. three or four drops, up to three times a daily). If you prefer not to use alcohol to preserve the essence, you may make them with just spring water. In this case, keep them in the fridge and consume within a couple of weeks.
- A few drops of the essences may be added to baths. They may also be made up into spray bottles. Or they can be rubbed directly into the skin (especially into points such as the temples, abdomen, wrists, and the top of the head). Alternatively, a few drops can be added to a bottle of water, and the contents drunk throughout the day.

The essences may be taken as one-off doses in acute situations, or for prolonged periods of days, weeks or even months where necessary.

Common questions...

Can I take the Power Animal Essences whilst using other medication? Yes. The essences do not negatively interact with any other kind of medicine, natural or otherwise. The same goes for any other kind of treatment – acupuncture, massage, or whatever! They are safe to use alongside any other healing method.

Do the essences have side-effects? No! The essences are completely, safe, free from side effects and are self adjusting to the needs of the individual taking them.

Can they be used with children or animals? Yes. Both children and animals often respond very well to the energy of the essences. Children especially can often easily relate to the idea of the essences as animal helpers – it makes perfect sense to them!

What if I took the 'wrong' essence, or took 'too much' of an essence? You would be fine! The essences are very safe and self regulating. If you took the 'wrong' essence, nothing would happen. For the essence to work there has to be a resonance between your energy and that of the essence you are taking; no

resonance, no reaction. As for taking too much, even if you swallowed a whole bottle in one go, apart from the (negligible) effect of the alcohol preservative, there would be no additional effect.

How many essences can I take at once? It is generally fine to take up to four different animals together, although sometimes it is more effective to work with them one at a time. Taking more than four is not harmful, but usually less effective.

How do I choose an essence?

There are many different ways...

- You could simply read through the information on each of the individual essences and decide which ones are most appropriate. To narrow things down, it might help, when reading through the descriptions, to have a particular issue in mind that you want help with.
- You may simply feel drawn to a particular essence. In this case, you could follow your hunch or intuition.
- Sometimes getting feedback and the perspective of someone else may be useful. Ask a friend, your therapist, or someone else you trust, to pick the essence for you.
- For some people, methods such as dowsing or muscle-testing may work.
- Probably most powerfully though is to pay attention to what animal(s) seem to be around in your life at the moment, even if just in conversations, pictures in the media, or on television or the radio. What animal is trying to come through to you? Another way this might happen is in dreams, or even daydreams. Especially powerful could be any animal that has come to help you through shamanic journeying.

In the end, there is no right or wrong way to choose the essences. It is about what works for you.

The individual essences...

There are over 60 essences available so far, with more in development. To help with finding essences, they have been arranged into four groups, according to the four elements. These are...

- Air - the flying animals
- Fire - the hunters, carnivores and predators
- Water - animals that live in or around water
- Earth - the herd and grazing animals, and other herbivores

Obviously not all animals fit into these categories easily. Dragonfly could be put into either air or water, and Sea Eagle into air, fire or water. Nevertheless, the categories help group what would otherwise be a long list!

A special word about the Mythical Animals...

At the end of each section for each element, there are some Mythical creatures. Since no actual animal is needed in making the essences, they can be just as easily made using mythical animals and creatures. Anything that has a strong, archetypal energy can be made into an essence. Mythical creatures have an archetypal energy that is as least as strong as than of any animal.

Obtaining the essences...

The essences are made under licence by Bushy Tail, a UK-based, ethical company who manufacture and sell a range of organic herbal products and vibrational essences. Their contact details are:

Bushy Tail Ltd, Units 9-11, Staveley Mill Yard, Staveley, Kendal, LA8 9LR, United Kingdom.

Tel: UK (Local Rate) 0845 456 0145, or International +44 153 982 2244.

Email: sales@bushytail.co.uk.

www.bushytail.co.uk



The essences come in 10 ml dropper bottles, containing organic vodka (as a preservative) and spring water. Essences are £7.95 each. Discounts are available for orders of more than 10 bottles - please enquire.

To contact Paul Francis, the founder of the Power Animal Essences...

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Paul has a practice in Lancaster, UK. He is available for 1:1 work as an essence prescriber, homeopath, psychotherapist and shamanic practitioner. He is also an experienced teacher. If you are interested in discussing his doing a workshop or seminar in your area, please do contact him. For other courses he is offering, keep a look out at:

www.theintegrativecollege.co.uk

and...

www.therapeutic-shamanism.co.uk

Air Element

BAT: transition; rebirth; at home in the dark. End of a way of life, beginning of the new. Gracefully allowing the old to leave one's life. Finding a way through the process of change. Navigating through dark times. Knowing that dark times bring new opportunities. Facing one's shadow side. Healing old, unresolved issues. Ability to see hidden things. Trusting one's 'other' senses and intuitions.

BLACKBIRD: finding one's voice, clear communication. Singing. Using sound and voice to heal or to clear energy. Calls one to wake up and see the magic around one. Noticing the spiritual in the mundane. Increases connection with nature. Ability to remain grounded whilst walking a spiritual path. Aids in shamanic journeying and channelling. Pathfinder to the middle and lower worlds.

BUTTERFLY: going with the flow; joy; lightening up. Not taking life too seriously. Graceful and joyful change. Realising change does not have to be heavy and traumatic. Transmutation. Moving on. Not being bogged down. Lightening one's load. Enjoying the dance of life. Keeping moving and changing. Trusting to the winds.

CONDOR (VULTURE): death; rebirth; purification. Transformation. Transmutation and renewal. Making new life out of the old. Clearing out what is dead and finished. Trusting that we will be provided for. Knowing how to use what is provided. Going with the flow. Resourcefulness and patience. Effortless movement. Working with the environment. Calmness. Soaring above our limitations and everyday life.

EAGLE: higher perspective, soaring above earthly concerns. Gaining clarity and perspective. Transcending the mundane. Rising above attachments and petty concerns. Seeing the bigger picture. Focusing on what is really important in a situation, and in life generally. Rising above judgements and prejudices. Piercing through to the truth of a situation. Spiritual vision. Connecting with Spirit. Awakening to one's spiritual nature.. Patience and acceptance.

FALCON: effective action, perfect timing. Mental quickness. Speed. Agility. Decisiveness. Precision. Grace. Control of speed and movement. Watching. Waiting. Patience. Recognising opportunities. Knowing when to strike. Success through quick, decisive and well-timed action. Seeking out and obtaining the things that you need and desire. Clarity of mind.

GOOSE: finding one's way; direction and purpose. Call to search out new worlds and dimensions. Spiritual quest and journeying. Breaking free from home and the familiar; setting off on one's quest. Travel – either in body or in mind. Expanding one's horizons. Cooperation and group exploration. Togetherness. Companionship and fidelity. Looking out for others. Compassion. Knowing when to lead and when to follow. Taking one's place in the community. Harmony with seasons and cycles.

GROUSE: return to the spiritual centre. Travelling to the Still Centre of all things; returning revitalised and with insights. Seeing the energetic and spiritual nature of all things. Seeing through the illusion of separation. Clarity of

vision. Healing through (spiral) dance and movement. Joyful reconnection to: others; community; real self; spirit. Creative union of opposites. Sacred marriage. Fertility.

HAWK: clear vision and perspective; spiritual integrity. Seeing the overview. Awakening to one's higher truth and spiritual consciousness. Ripping out what does not honour one's integrity. Movement between the realms. Ease of travel to the upper worlds. Alertness to messages and omens. Mental and spiritual strength, clarity and energy. Discrimination. Seeing with clarity. Piercing through illusions. Prophetic insight.

HERON: patience; dignity; self-esteem. Self-reliance. Maintain balance and focus. Moving with slow, deliberate action. Persistence when others would give up. Waiting patiently for what one needs. Taking the time necessary to reflect. Seeing through emotions (water), picking out what is important. Refusing to be hurried. Enjoying own company. Independence. Ability to stand alone. Being clear about boundaries. Knowing the right time to act. Decisive action. Assertiveness. Claiming what is ours. Strength of convictions.

HONEYBEE: sweetness; abundance; productivity. Fertility. Remembering to enjoy the sweet things from work and life. Making one's lives fertile and productive. Fulfilment from pursuing one's dreams. Purpose and motivation. Knowing one has to go out and get what one wants. Knowing when to move on without lingering or regret. Finding one's 'honey'.

HUMMINGBIRD: joyful living; finding magic in life. Wonder and delight. Celebration of life. Seeing the magic and beauty around one. Lightening up. Finding the joy in situations. Ease in facing unresolved issues. Clearing away heaviness, emotional residues, and unfinished business. Space clearing. Ease during transitions and travel. Understanding the use of flowers in healing. Connection to nature spirits and the fairy realms.

MOTH: Finding one's way in the dark; messages from the otherworlds. Comfortableness in the dark. Ability to find a way from the darkness back to the light. Ability to go into the unconscious and other realities to bring back messages. Psychic sensitivity and abilities. Telepathy. Intuition. Ease with solitude. Camouflage. Lack of ego. Discretion in speech. Working behind the scenes. Hidden beauty and talents.

OWL: accessing and acting upon one's highest wisdom. Navigating through dark times. Finding one's way through to wisdom and light. Facing things that need attention. Clairvoyant and clairaudient. Enhances intuition. Ability to know things that are hidden to others. Hearing not just what others say, but the meanings behind the words. Enhanced clarity of mind. Seeing and knowing the truth. Speaking truth with a compassionate voice.

PEACOCK: confidence; self-esteem; knowing one's beauty and worth. Authenticity and authority. Walking with dignity. Comfort in the spotlight. Ensuring one is heard and noticed. Finding one's voice. Getting the recognition we deserve. Clairvoyance. Seeing things clearly. Voicing one's own truth and viewpoint.

PIED WAGTAIL: reassurance and comfort; soothing. Protector of lost children, of the lost inner child, and of those who care for children. Letting go of fearful thoughts. Keeping grounded and close to the earth. Connection to earth and ancestral kin. Healing one's relationship to family and the earth. Knowing one belongs, and is loved and cared for.



ROBIN: optimism; recovery from trauma. Rebirth and renewal. Springtime, new growth and beginnings. Sowing new seeds for the future. Changing areas of life that are stagnant and outdated. Making changes with joy in our hearts. Letting go of one's personal dramas. Growing up. Being able to be a loving parent, to oneself or others. Joy and new hope. Restoring faith within one's heart. Moving forward with self belief, confidence and courage.

RAVEN: knowledge of the other realms. Understanding the deeper significance of signs, signals and synchronicities. Exploring the unconscious and hidden areas. Developing awareness by making the darkness conscious. Mysticism and magic. Death of the old self. Rebirth. Shapeshifting. Seeing through the illusion of surface appearances. Understanding how the self and the universe are multidimensional. Stepping outside time. Moving between the realms. Transmutation. Waking up to spiritual reality.

SPARROW: joyfulness; optimism; self-esteem. Knowing your innate own self-worth. Not being intimidated by authority. Pride in just being oneself. Nobility in simplicity. Celebrating one's 'ordinariness'. Pluckiness. Happiness. Taking joy in everyday life. Friendliness. Optimism. Spiritedness in adversity. Freedom From worry. Trust in own abilities. Knowing one will survive. Knowing that things will be alright.

WREN: knowing that small is beautiful. Self-esteem in one's smallness. Discovering the power of one's voice. Fearlessness. Not being intimidated because one is small. Brings gift of song and cheerfulness. Being able to get on quietly with one's own life. Being able to be unobtrusive when one wants. Slipping easily through obstructions.

Mythical...

AIR DRAGON: clarity; insight and awareness. Clarifies thoughts and ideas. Uncovers hidden thoughts, buried messages and denied knowledge. Frees the mind from dogma, delusion, judgements, prejudices and faulty thinking. Liberates imagination. Stimulates the intellect. Frees the breath.

PEGASUS: humility; wisdom; spiritual perspective. Ability to fly over any situation. Rising above one's stuff (ego, prejudices, anger, fears, judgements, attachments etc). Spiritual inspiration. Purity of thought. Right action. Seeing the spiritual and goodness in situations and in all beings. Bridges the mundane and the spiritual realms. Aids travel in to the upper worlds.

Fire Element

BLACK PANTHER: sensitivity to energy; shapeshifting. Ability to see the light hidden in the dark. Understanding of the energy behind forms. Ability to transmute energy. Shape shifting. Healing on a molecular level. Understanding death and rebirth. Sensitivity to touch and vibration. Embracing sexuality and sensuality. Penetrating sight and insight. Complete control of one's body. Suppleness and swiftness. Ability to be still, silent and move unseen. silent. Perseverance. Ability to draw others to one. Reclaiming one's power. Comfort with solitude.

CAT: independence; inquisitiveness; getting what one wants. Healthy balancing of independence with love and affection. At home in the darkness. Moving through fears. Seeing the unseen. Exploring new vistas. Knowing how to rest and relax. Patience. Ability to observe and wait before acting. Protection. Ability to absorb and neutralise negative energy. Fearless. Ability to fight when cornered.

CHEETAH: speed; efficiency; focus. Accomplishing tasks. Overcoming procrastination and stuckness. Moving on. Getting going. Acting on decisions. Efficient use of time, resources and energy. Flexibility. Ability to respond and adapt quickly; to move with speed and precision and modify plans quickly. Knowing when to put effort in, and when to stop and rest. Recovery after bouts of hard work and activity. Comfort with solitude.

DOG: loyalty; companionship; spiritedness. Willingness to serve. Working well with people and in groups. Devotion. Faithfulness. Ability to give and receive love. Protection and defence. Protection of loved ones. Guide to safety. Ability to find things and sniff things out. Unbreakable spirit.

FOX: independence of thought and action. Discretion. Confidence in one's own ideas. Clever solutions for difficult situations. Breaking out of conditioning. Finding one's own path and solutions. Making wise decisions. Claiming one's own authority. Thinking for oneself. Independence without drawing unwanted attention. Ability to go unnoticed. Getting out of unpleasant situations quietly and without aggression. Camouflage. Shape shifting. Moving between the realms.

FERRET: 'Ferretting out' what is hidden. Tenacity. Ingenuity. Intelligence. Keen observation. Focused and centred on goals. Incisiveness. Stealth. Not giving up. Ability to see hidden reasons behind things. Discovering hidden parts of the self. Agility. Flexibility. Creating safe haven for the self.

LION: Strength through cooperation. Benevolent leadership. Using power well. Inner authority. Respect for others. Living in harmony in group situations. Dealing with group conflicts with grace and efficiency. Working cooperatively. Resolving anger, jealousy and selfishness. Patience. Contributing to group well-being. Courage to do what is right and best for others as well as for self. Allowing help from family and tribe. Doing one's part to help group relationships. Take pride in family and ancestors. Caring for the young with gentleness and patience. The good parent. Clear boundaries. Fearless protection of the group. Knowing how to relax in the group.

LIZARD: Evaluating the present. Changing when needed. Moving on when needed. Attention to intuitions and subtle messages. Paying attention to messages from dreams. Understanding dream meanings. Listening to one's own inner self and knowing. Objective detachment. Letting go of what is no longer



serving one. Leaving the old self behind. Knowing how to break from the past and separate from others when needed. Moving on with confidence and purpose.

LYNX: knowing the truth. Seeing through lies, deceptions and facades. Keeness of sight. Divination. Developing psychic senses. Keeper of secrets and mysteries. Movement through time and space. Patience. Willingness to wait to achieve goals. Independence. Ease with solitude. Protection from psychic attack, invasions and intrusions.

MONKEY: self-acceptance; shamelessness. Freedom from self-consciousness, shyness and social inhibition. Ease with social gatherings.

Self-expression. Valuing one's self, as one is. Harmonious community. Playfulness. Curiosity. Inquisitiveness and great inventiveness. Lively intelligence. Connection with ancient wisdom. Openness to change and new ideas. Agility and adaptability.

MOUNTAIN LION: integrity; walking the talk. Decisive use of personal power, intention and strength. Manifesting goals. Asserting self without aggression. Purity of heart and purpose. Staying true to ones ideals and aims. Focused action. Self-confidence. Teaching, leading or facilitating wisely and without ego. Quietly taking control of situations. Freedom from shame.

SNAKE: deep transformation; embracing change. Shedding old ways and habits. Death of the old self. Unwavering willingness to face changes. Rebirth. Renewal. Awakening to spiritual energy. Initiation. Spiritual wisdom and insight. Transmutation. Sexual power. Sexuality as a spiritual path. Creation. Fertility. Awakening kundalini. Cellular regeneration. Deep healing. Sexual healing.

SPIDER: integration; connection; unity; transmutation. Understanding the web of life. Seeing the energy behind surface forms. Sensing underlying connections and patterns. Making a whole of the parts. Piecing things together. Understanding the threads. Knowing how the past shaping the present, and how the present shapes the future. Understanding how one weaves one's own reality and destiny; how to weave the web one wants. Empowerment. Becoming the weaver, not the fly. Mending the past. Healing the future.

TIGER: independence and confidence. Fearlessness. Comfort with solitude. Supreme confidence in being able to act alone. Focus, patience and surprise. Unwavering focus on the present. Great awareness of the here and now. Utter belief in one's own strength and power. Fearing nothing and no one. Regeneration and vitality. Quick healing. Passion. Vigour. Sensuality. Mastery of one's body. Sharpness of all senses.

WOLF: healthy relationships. Balance between independence and being with others; between honouring own needs and those of others. Loyalty without losing personal integrity. Faithfulness. Capacity to bond. At ease both in a group and when alone. Finding freedom in relationship. Friendliness and sociability. Sense of community. Cooperation. Keeping clear boundaries with others, whilst still honouring commitments and relationships. Truthfulness. Sincerity. Joyfulness. Strength of character and spirit. Stamina. Determination.

Mythical...

FIRE DRAGON: vitality; courage; power. Guardian of the fire element. Gate keeper of the fire chakra. Guardian of powerfulness and anger. Protector from shame. Protector from over-expansion. Empowerment and self-protection. Assertiveness. Liberator of energy, confidence, drive, leadership and enthusiasm. Clarity of vision, purpose and direction. Accomplishing tasks. Ability to digest things and transmute toxins.

GRIFFIN: combining strength with discretion. Penetrating to the truth. Ability to look deep into one's soul to find answers. Ability to feel with every bit of the soul. Ability to look deep into one's soul to find answers. Soaring above the fray. Knowing of the balance within nature. Protector of the natural realm. Making daring leaps of faith. Connection to Fire. Physical protection. Protector of young children.

PHOENIX: transformation; renewal and rebirth. Overcoming impossible odds. New life from apparent desolation. Hope from the midst of despair. Strength when facing trials and when feeling 'burnt'. Reincarnation, death and rebirth. Rising from the ashes. Cleansing energy of fire. Burning off of the past, and becoming purer. Spiritual growth and regeneration.

Water Element

CRAB: protection; at home in oneself, wherever one is. Being aware of all that is around one (not only what is straight ahead). Expanding perceptions. Able to shift direction quickly. Dancing. At home in the water element (emotions). Working with the ebb and flow of emotions. Staying grounded with emotions. Grounding self in emotional environments. Protection in emotional storms. Feeling at home in one's body. Protection of home space and one's body.

DRAGONFLY: emotional clarity and spiritual perspective. Travelling between the dimensions. Seeing through the mists of illusions, to the spiritual. Open up to spiritual energies. Balancing emotions with thought (moving between air and water). Seeing through emotional 'fog'. Changing habits that need addressing. Transformation. Letting go, relaxing, calming down and resting after busy or emotionally-charged times.

DOLPHIN: knowing the value of play. Inquisitiveness. Joyfulness. Not taking things too seriously. Enjoyment of movement. Delight in the company of others. Laughter and humour. Sociability. Compassion for others. Empathic communication. Telepathic communication. Working with breath and sound. Being able to call what you want to you.

DUCK: ease with emotions in self and in others. At home in the water element (emotions). Heightened awareness of emotions, and emotional sensitivity. Seeing clearly through emotions. Gentle release of emotions. Honouring emotions. Being gentle with self. Empathic. Affectionate. Community oriented. Sociable. Fertility and abundance. Nourishing self adequately.

FROG: new beginnings; metamorphosis. Ability to transform self. Evolution, growth and regeneration. Refreshing and renewing. Easy transition through stages. Being able to let go of the old and move on. Ease with change. Courage to accept change. Leaping swiftly from one level of consciousness to another; from this world to the Otherworlds. Sensitivity to others.

NARWHAL: clarity of purpose and direction. Moving through feelings without being lost in them. Cutting through distractions, addictions or compulsions. Always moving forward. Purposeful movement. Empathy with others feelings. Telepathic communication. Awareness of where others are. Ability to be sensitive to others without losing one's own focus and direction. Moving forward harmoniously as a group.

OCTOPUS: ability to recover deep memories. Prising open and absorbing locked in emotions, memories and knowledge. Utterly at home in the water element. Moving easily and comfortably through deep feelings. Peacefulness. Ability to reach goals. Tenacity. Gentle persistence. Fluidity. Lack of rigidity. Flexibility. Intelligence. Emotional intelligence. Evading danger when needed (by movement, camouflage or smoke screen). Association with Water Dragon.

OTTER: laughter; playfulness; curiosity. Interest in everything. Taking joy in what is around one. Enthusiasm for life and exploring. Approaching life a joyful game. Playing with others. Accessing one's inner, playful child. Nurturing and

joyful parenting. Delight in company. Lightening up. Letting go of worries. Knowing how to turn work into play. Going with the flow. Gliding through emotional ups and downs with ease.

SALMON: courage to face the past; determination. Gaining Spiritual wisdom by returning to our beginnings – history, childhood, heritage and lineage. Recapitulation – recovering one's past to become free and reborn. Finishing unfinished business. Absolute, unwavering determination to face whatever needs to be faced; to overcome whatever needs to be overcome to achieve the goal. Death of the old self. Freedom from the past. New cycles and beginnings.

SEA EAGLE: retrieving lost soul parts and memories. Overseeing soul retrievals. Piercing insight through emotions. Ability to penetrate emotions and grasp what is needed. Ability to rise out of emotions. Emotional perspective. Soaring spirit. Freedom of spirit. Able to move with ease between all the worlds. Psychic awareness. Spiritual awareness.

SEA HORSE: flexibility; freedom from rigid gender roles. Embracing one's inner feminine side if male, and one's inner masculine if female. Teamwork, communication and cooperation between the sexes. Sharing responsibility. Respect between the sexes. Willingness to be flexible and compromise. Lack of ego. Being content with where one is, and secure with who one is. Monogamy and commitment. Good parenting. Patience. Gentleness. Being aware of what is around one.

SEAL: ease and effortless; emotional awareness and intelligence. Balance between effort and letting life flow. Moving through life with ease and grace. Enjoyment of one's body. Positive body image. Releasing worries. Working with the flow. Enjoying life. Ease in exploring one's emotional life and inner world. Comfortableness with one's emotional ebbs and flows. At home with feelings.



SWAN: devotion; integrity; honouring relationships. Honouring commitment to partner. Enduring love. Owning one's projections. Relationship as a path of personal development. Relationship as a mirror. Harmony. Balance. Self-reflection. Self-awareness. Understanding and processing emotions. Tranquillity. Moving gently and gracefully through life. Purity of spirit. Integrity. Slow but steady. Tirelessness when pursuing goals. Fidelity.

TURTLE: slowing down; sense of calm and safety. Taking one's time. Calmness. Being unperturbed. Knowing it will be alright. Navigating through emotional waters. Safety and protection when facing stormy situations and environments. Focusing on the present. Slowing down. Carrying with one a deep inner peace and sense of safety. Wisdom of age and experience. Older, wiser, calmer head. Ease with solitude.

WHALE: expanded consciousness; communication over distance.

Transcending limitations of perception. Expanded consciousness – planetary, interspecies, and inter-dimensional. Awareness of the vastness of existence. Experiencing all existence as being alive. Communication with other beings and entities. Expansion of perception of space and time. Meditative awareness.

Mythical...

WATER DRAGON: guardian of memories and feelings. Protection from overwhelming feelings. Awareness of emotions. Remembering and facing deepest feelings. Seeing through the denial or suppression of feelings. Resolving unfinished emotions and sexual issues. Freedom from compulsions and addictions. Releasing guilt. Embracing sexual energy. Emotional depth. Releasing toxins from fat and fluids.

Earth Element

ANT: team work; persistence; focus. Order, Discipline. Industrious. Tireless. Planning and seeing future needs. Seeing plans bear fruit slowly over time. Not being discouraged or daunted by the task. Patience. Knowing how to work with others. Community-minded. Co-operation. Working for the common good. Not letting one's ego get in the way of the group. Being patient with one's own and others' efforts. Appreciating being in a team. Looking out for others.

BADGER: safe base; determination; assertion. Persistent working towards achieving goals, especially in creating a home and safe base. Digging in. Getting down to it. Getting the job done. Overcoming apathy. Organising one's home. Orderly environment and day-to-day living. Managing time efficiently. Protecting privacy. Protecting the home. Self defence. Not being overawed by others; standing one's ground. Willing to fight for what one wants. Knowledge of healing herbs. Persisting to find a cure.

BEAR: introspection; protection whilst healing. The energy of the cave; going deep within to renew and heal. Ability to hibernate. Healing oneself, or nursing others. Grounding and protection whilst one heals. Knowing that time heals. Knowing the value of silence and solitude. Finding the answers within oneself. Inner resources. Caution and reflection. Knowing when to withdraw and when to fight.

BEAVER: building one's dreams; making it happen. Remembering what one wants. Believing one can do it. Acting on one's plans. Being able to create the environment one wants. Using the resources that are available. Getting what one wants without aggression. Gentle persistence. Teamwork. Industrious energy. Taking on big jobs in bite-sized chunks. Living and working in harmony with the environment.

BUFFALO: gratitude and abundance. Overcoming poverty-consciousness and feelings of isolation. Appreciating how the earth supports and provides. Giving thanks. Feeling part of the herd, tribe and ancestors. Clearing the path for our success and prosperity. Appreciation of the sacred. Feeling connected to (mother) Earth and (father) Sky. Grounded spirituality. Respect for all life. Living in harmony with nature and spirit. Generosity of heart.

DEER: gentleness and sensitivity. Knowing how to be gentle with others. Open hearted. Loving kindness. Empathic understanding. Emotional sensitivity. Compassion. Appreciation of the wounded child. Vulnerability. Humility. Building trust. Moving with great peacefulness, calmness, care and patience. Keen perception. Clairvoyant and clairaudient abilities.

DONKEY: shouldering responsibility; knowing when to say 'no'. Perseverance. Determination. Tireless work. Willingness to accept responsibilities and burdens when necessary. Carrying burdens with ease. Willingness to help others when needed. Knowing when to not take on too much, or be led against one's will. Strong sense of self and boundaries. Not allowing oneself to be pushed beyond one's limits. Knowing when we can or cannot handle something.

ELEPHANT: ancient wisdom; connection to kin and ancestors; grounding. Strength. Power. Recovering memories and ancestral wisdom. Knowledge of lineage. Respect for elders. Telepathic communication over distances and across time. Communication with ancestors. For remembering what is important. Inclusive leadership. Concern with the welfare of all. Loyalty. Affection. Respect for others. Concern for others welfare, especially the elderly, vulnerable and children. Right action. Responsibility.

GIRAFFE: perspective on the past, present and future: dignity. Being able to sense what lies over the horizon. Farsightedness. Clear sense of where one is going, where one has come from, and where one is now. Realising how far one has come. Setting sights on the path ahead. Taking stock of one's life from all angles. Grounded, yet spiritual, perspective. Holding ones head high. Moving forward with grace and poise. Calmness. Serenity. Gentleness. Not stooping to gossip.

GORILLA: strength; gentleness; groundedness. Accepting responsibility. Caring for family and friends. Loyalty to loved ones. Respect. Empathy. Selflessness. Generosity. Compassion. Sensitivity. Using one's strength and power only for the good of the group. Defending the family. Good parenting. Nobility. Intelligence. Knowledge of plants and herbs.

HEDGEHOG: healthy balance between openness and defence. Knowing when to withdraw and when to be vulnerable. Caution when needed; being open when appropriate. Overcoming prickliness and unapproachableness. Being completely safe in oneself when under attack. Being open but knowing when to draw boundaries. Defending self without being aggressive. Knowing how to honour and protect one's personal space. Psychic protection.

HORSE: freedom: travel; friendliness; joyfulness. Exploring new directions. Moving on. Overcoming constrictions and limitations. Courage to break free. Getting to where one wants to be. Running free. Sense of adventure. Safe and confident travelling. Free-spiritedness. Self-empowerment. Stamina. Individuality. Big hearted. Warm hearted.. Sociability. Enjoying connection with others. Loving contact. Sense of belonging and connection. Open-heartedness.

MOLE: exploring hidden parts of the self. Skilfully moving and exploring below the surface of things. Unearthing what is hidden in the subconscious that keeps one from being truly happy and well. Getting to the root of problems or issues. Guardian of the lower realm. Caretaker of the earth. Profound ease with, and understanding of, the earth element. Knowledge of, herbs, roots, seeds and minerals. Introspection. Keeping to oneself. Pathfinder and path maker. Finding ways round obstacles. Sensitivity to touch and vibration. Healing touch. Clairscience.



MOUNTAIN GOAT: climbing over obstacles; scaling the heights. Surefooted. Independent. Diligent. Knowing pathways to new realities. Sticking to life challenges. Reaching for the stars whilst staying grounded. Bringing dreams into reality by perseverance and keeping focused on the prize. Establishing resources needed to attain goals. Keeping momentum going even when things seem difficult or impossible. Protection in difficult times. Flexibility. Scaling the heights, spiritual, mental, emotional or material. Ability to land on one's feet. Receiving rewards and recognition for one's life's work.

MOUSE: attention to small details; scrutiny. Understanding details. Discovering things that may otherwise be overlooked. Thinking out a strategy before acting. Making a journey step by step. Attaining large things by working on the little things. Always assessing the environment. Moving extremely quickly when needed. Organising things. Ability to be unseen and unheard. Quietness. Ability to hide in times of danger. Cycles of 4 to 6 weeks.

RABBIT: gentleness; abundance; fertility; bounty. Creating abundance in life. Sense of bounty and plenty. Confidence in one's ability to manifest what one needs. Taking advantage of opportunities. Knowing the earth will provide. Trust in gentle ways. Non-violence. Thriving without aggression, ego, or drawing attention to self. Not being paralysed by fears. Knowing where safety lies. Contact with the fairy realms.

SALAMANDER: power of regeneration and healing. Cellular re-patterning. Renewal and re-growth. Help with transformation and transmutation. Delving below the surface. Finding what needs to be changed. Restructuring old patterns, and ways of being, from the unconscious. Shape shifting. Being able to move between the worlds. Help through dreams. Lucid dreaming.

SQUIRREL: preparing for the future; integrating work and play. Storing resources. Putting things in order. Being prepared. Foresightedness. Being productive. Gathering only what is needed. Discard the unnecessary. Discovering new things. Resourcefulness. Balancing work with socialising. Ability to solve puzzles. Awareness of surroundings. Quick changes of direction. Knowing when to run. Ability to hide.

WILD BOAR: finding a way through; making a path. Finding a way through difficulties, breakdown or madness. Fearless guide through trials and tribulations. Knowing that one can face life-problems and emerge triumphant. Ferocious self-protection when needed. Discovering self-reliance and spiritual strength. Connection to the earth and nature. Fertility and abundance. Tapping into one's wild, primal power.

TORTOISE: grounding; patience; slowing down. Staying centred despite distractions. Moving with slowness, deliberation and focus. Calmness. Focus. Refusing to be hurried or flustered. Efficiency and economy of movement. Patient persistence. Perseverance. Self-reliance. Stability. Knowing that true stability lies within oneself. Inner security. Feeling at home and safe wherever one is. Strong connection to the earth.

ZEBRA: transcending preconceived ideas; tolerance: open-mindedness. Overcoming, rigid, black-and-white thinking. Questioning group beliefs and

prejudices. Seeing the truth beyond social or family conditioning. Letting go of projections. Being comfortable with shades of meaning and ambiguity. Integration of complexity and contradiction within oneself. Ability to balance opposites. Maintaining individuality in group settings. Tolerance of other views and opinions. Harmonious social interaction. Togetherness, positive regard and cooperation.

Mythical...

EARTH DRAGON: feeling safe and at home on the earth. Guardian of riches and abundance. Self-discovery. Discovering the riches at one's core. Discovering one's deepest power and true inner beauty. Awakening one's latent possibilities. Finds the parts of the soul that have been hidden. Self-actualisation. Taking one's rightful place in the world. Self-worth. Becoming fully-grounded. Manifesting one's potential in the world. Being at home with earth. Knowing the power of the land. Bridge to elders wisdom.

GREEN MAN: The power of regeneration, renewal and rebirth. The spirit, energy, presence, life-force, that is inherent in every cell of the plant realm. Transmitted to the animal/human realms through the foods we eat, the flowers we smell, the grass we walk on, the trees we hug, the herbs we use. Being able to take energy from the sun. Strong connection with the plant world. Re-growth after too much 'civilisation'. Reconnecting with the wild. For city-dwellers, and those who have lost touch with the natural world.



The Integrative Range

The Power Animal Essences are part of the Integrative Range of Natural Remedies. The range includes the Harmonic Resonances, which combine the best from the whole field of vibrational remedies (homeopathy, flower essences, animal essences, gem elixirs, colour and sound remedies, and more), to make something entirely new and unique. Details can be found at www.harmonic-resonances.co.uk. The website also has links to the other Integrative Range Remedies.

Therapeutic Shamanism

If you wish to explore working with power animals further, you may wish to check out courses at: www.therapeutic-shamanism.co.uk

And finally,

I hope you have found the information in this booklet interesting. I welcome any feedback, suggestions, requests or comments you may have. I'm especially interested in hearing about peoples experiences of using the Power Animal Essences. Please feel free to contact me at: paulfrancis@mail.com

With deep gratitude and thanks to my partner Catriona Anderson, my Spirit Guides and Kin, my Power Animals, and all the other Animal Helpers.

Love and blessings,

Paul Francis, August 2008



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