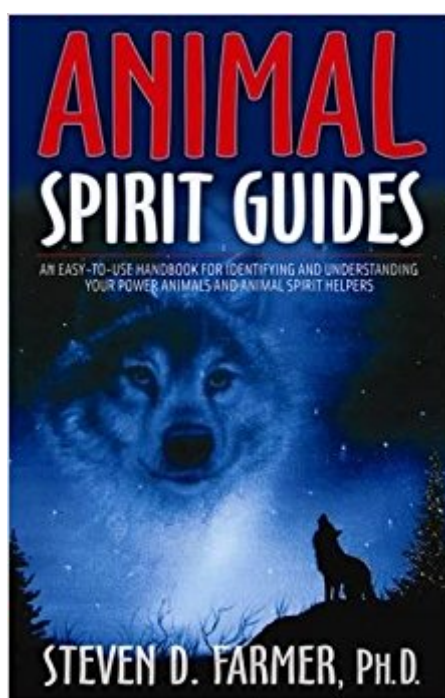


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# Animal Spirit Guides: An Easy-to-Use Handbook For Identifying And Understanding Your Power Animals And Animal Spirit Helpers



## Synopsis

After the publication of his best-selling book *Power Animals*, many people inquired about the meaning of spirit animals that were not contained in that work. In *Animal Spirit Guides*, Dr. Farmer provides concise, relevant details about the significance of more than 200 animals that may come to you in physical or symbolic form as guides and teachers. With each animal listed, you'll find general meanings of the visitation; practical ways that they can help you as spirit guides; and how, as your power animal, they reflect characteristics that you possess. You'll also find a "whom-to-call-on" section that will tell you which animal spirit guide to call on for any specific purpose.

## Book Information

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## Customer Reviews

Dr. Steven D. Farmer is a shamanic practitioner, minister, and licensed psychotherapist with over thirty years experience as a professional healer and teacher. In addition to "Power Animal Oracle Cards," he is author of *Power Animals: How To Connect with Your Animal Spirit Guide* and *Sacred Ceremony: How to Create Ceremonies for Healing, Transitions, and Celebrations*, as well as several other books and articles.

If I didn't already have Ted Andrews' *Animal Speak*, I'd probably have given this a higher rating because I have not found many books on animal spirits and how they can speak to us and give us messages. This is a bit too "cut and dried" for me, compared to *Animal Speak* which dedicates

several pages to each animal or bird species, and which includes many thought-provoking questions which help me to pinpoint that animal's meaning for me. That said, this book is very comprehensive and includes many creatures, which is great. This is definitely my second-tier book to look something up, but I am glad I have it.

Super helpful! I also have the book "Animal Speak", which I bought on . This book contains some animals that the other book does not contain, or it has more detailed information on certain animals than the other book. I like having both books so I can get a very thorough understanding of the various animal totems that appear for me.

If you are looking for a guide to animal energy, I'd say this is it. It contains some animals that I thought, "There is no way that's in there." It is set up in alphabetical order so everything is easy to find. Each animal is pictured. Then it says, "If X shows up it means..." Then it tells you to call on X when you need Z." Finally it speaks about what energy the animal brings to you if it is your spirit animal. The other option is to simply ask the animal what it is bringing to you. I find that your intuition is pretty wise. Sometimes what I've gotten coincides with the book, sometimes not. When there is a difference, I trust my intuition. Anyway, the back has another quick list. If you need X, you can search that way. For example, if you need courage you can search for courage and there will be a list of animals that can help you.

This book is an excellent resource for power animals. Just about all the animals you can think of, and a few you never knew existed, are listed with these things in mind: descriptions of the Power Animal's potential reasons for manifesting in your life, when to call upon it, and what it means if it manifests for you as your "permanent" power animal. HOWEVER, the second power animal I met on my Journey, the Roc/Thunderbird/ Phoenix, was not listed under any form. Mr. Farmer had three different kinds of bears (black, brown/grizzly, and polar) a whole slew of birds, and others I'd never considered before to be a power animal (i.e., prairie dog). Yet, this book was weak in the visualization/ Journey instruction department. I do recommend Farmer's other title "Power Animals" for this, however. It's clear these books are a pair. That's why I ended up giving it \*\*\*\*. Both are written well, organized well, linked well, and fulfill their stated purpose. If you're interested in Power Animals, get them!

The book is a spin-out of the author's previous work "Power Animals: How to Connect with Your

Animal Spirit Guide, which contains a very good introduction to discover and communicate with your animal spirit helper and 30 plus animal spirits descriptions. The two books should be bought together, or, even better, amalgamated in one. Animal Spirit Guides' introduction is not as insightful or matter of fact as Power Animals' but it is still helpful. This book has an amazing number of animal helpers catalogued (+200) and each animal section contains a brief description of the qualities of the animal, why is appearing in your life and the message is giving to you, the qualities of the animal that you have, and in which circumstances you would like to call this particular animal to help you. The book has a handy easy index to call animals on specific needs and purposes, and a guided meditation to contact your animal helper. The book also includes a very good bibliography, list of online websites devoted to animal helpers/totems and animals in general. The price makes it justice. It makes a good bedside table book for consultation.

Animal Spirit Guides by Steven D. Farmer, Ph. D. Farmer has tried to take the confusing topic of animal guides etc. and sort it out into a workable body of reference knowledge. As with all such books, it presents nearly unlimited opportunity for debate, but that's okay. This book is still among the best of several I've seen, even if only for the fact that it is based on plausible assumptions within, or without, the scientific community. Farmer also made the good decision to structure it so the reader can easily move between "What is it?", "For what purpose does it appear?", and "What is its connection to Me?" And then (thankfully) he added a sort of concordance to enable the reader to search through the entire gamut of animal guides in order to quickly (relatively) refine their conclusions. A feature that I think is particularly valuable is Farmer's constant references to animal spirits in the role(s) of healers, in particular. I would think this to be a very good "have at the elbow" reference for anyone interested in animal guides, totem animals, power animals or whatever nomenclature one uses.

Animal Spirit Guides by Steven D. Farmer is a wonderful book that discusses a wide variety of animals. The book talks about what it means when a particular animal shows up and tells you which animal to call on for your particular need. Another great book written by Farmer is Power Animals: How to Connect with Your Animal Spirit Guide.

This book comes with an audio CD that has a guided shamanic journey taking you to the lower world to meet your animal spirit guide. I highly recommend both books!

This is my favorite go-to book for animal symbolism. It is clearly written with several ideas how to interact with the animal. I highly recommend it.

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