

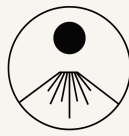
MOUNTAIN WALKER HEALING

— Where Spirit Meets Earth —

POWER ANIMAL INTEGRATION CEREMONY

For this ceremony, you'll be going on a nature walk. Make sure to dress according to the weather in order to be comfortable throughout the ceremony. Give yourself about half an hour from start to finish.

- 1. Before you begin, take a moment to cleanse. This can be done by smudging or whatever is your preferred method.*
- 2. As you set out on your walk, take slow deep breaths in through your nose.*
- 3. Bring your energy down to your centre of gravity.*
- 4. From this place, set your intention for the ceremony, speaking it aloud.*
- 5. Call to the 4 directions, asking them to support you in your intent and to be present with you throughout the ceremony.*
- 6. Call upon your power animal. Ask them to guide you on a nature walk so you may learn to walk alongside them in a good way.*
- 7. Allow your mind and body to relax and tune in to your senses. Be curious about what you notice.*
- 8. When you are ready, move into the questions below and notice what comes up for you when you ask. *It might sound like your mind creating the answers, but trust the process and know that whatever surfaces is exactly what you were meant to receive.**
- 9. Use the space below, or your own journal if you prefer, to write down what comes up with each question.*
- 10. When you are complete, thank your power animal, the directions, the sun/stars, the Earth, the water, and the wind for all they have shared with you.*
- 11. For the next 7 days, review these insights before entering the dream time and ask your power animal for support as you complete your integration.*



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Ask the sun/stars...

*what light your power animal brings to your life?
what inspiration this new energy has sparked inside of you?*

Ask Mother Earth...

*how to stay grounded within this new energy you've connected with?
how your power animal will support you to show up in your tonal (physical) world in a
good way?*

Ask the water around you...

*(rain, snow, lake, even the water within the soil)
how to feel into the medicine of your power animal?
how to walk within that medicine with each step?*

Ask the wind...

*how this new energy will help you access your own inner wisdom?
what you need to know to walk with your power animal in a good way?*
