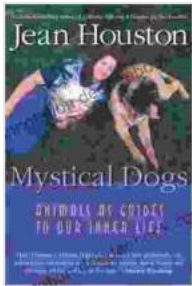


Animals As Guides To Our Inner Life



Mystical Dogs: Animals as Guides to Our Inner Life

by Jean Houston

★★★★☆ 4.4 out of 5

Language : English
File size : 631 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 242 pages



Animals have been a part of our lives for thousands of years, and they have a lot to teach us about ourselves. They can be our companions, our protectors, and our teachers. They can also be guides to our inner life, helping us to understand our emotions, our motivations, and our purpose.

Each animal has its own unique set of qualities and characteristics, and these can be used to help us understand different aspects of ourselves. For example, the lion is a symbol of strength and courage, the eagle is a symbol of freedom and independence, and the dolphin is a symbol of joy and playfulness.

When we spend time with animals, we can learn a lot about ourselves. We can learn about our strengths and weaknesses, our fears and desires. We can also learn about our capacity for love, compassion, and forgiveness.

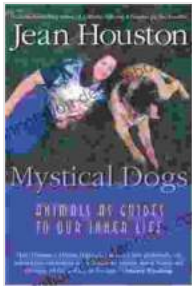
Animals can help us to connect with our inner selves and to find our own unique path in life. They can help us to overcome obstacles, to heal from trauma, and to live a more fulfilling and meaningful life.

Here are some ways that you can use animals as guides to your inner life:

- **Pay attention to the animals that you are drawn to.** The animals that we are drawn to often have something to teach us about ourselves. For example, if you are drawn to cats, you may be a very independent and curious person. If you are drawn to dogs, you may be a very loyal and affectionate person.
- **Observe the behavior of animals.** Animals can teach us a lot about ourselves by the way they behave. For example, if you watch a cat, you may learn about the importance of patience and stealth. If you watch a dog, you may learn about the importance of loyalty and obedience.
- **Meditate with animals.** Meditation is a great way to connect with your inner self and to learn from the animals. When you meditate with animals, you can ask them questions, receive guidance, and learn about your own unique path in life.
- **Spend time in nature.** Nature is a great place to connect with animals and to learn from them. When you spend time in nature, you can observe the animals in their natural habitat and learn about their behaviors.

Animals can be our teachers, our companions, and our guides. They can help us to understand ourselves better and to live a more fulfilling and meaningful life. By spending time with animals, observing them, and

meditating with them, we can learn a lot about ourselves and our place in the world.



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