

3. How did the ancestors offer cleansing and purification? What messages did they share?

4. What animal appeared from the fires in the South?

What was this animal's message for you?

What else do you know about this animal? (You may wish to do a little research . . . look online or check animal spirit guidebooks by authors Ted Andrews or Steven Farmer.)

5. What animal appeared from the waters in the West?

What was this animal's message for you?

What else do you know about this animal? (You may wish to do a little research . . . look online or check animal spirit guidebooks by authors Ted Andrews or Steven Farmer.)

6. What animal appeared from the earth in the North?

What was this animals message for you?

What else do you know about this animal? (You may wish to do a little research . . . look online or check animal spirit guidebooks by authors Ted Andrews or Steven Farmer.)

7. What animal appeared from the air in the East?

What was this animals message for you?

What else do you know about this animal? (You may wish to do a little research . . . look online or check animal spirit guidebooks by authors Ted Andrews or Steven Farmer.)

8. Note any other thoughts, feelings, or ideas from your journey here:

