

# Power Animal Empowerment



Founder Eva Noriën  
2008



## Welcome to the Power Animal Empowerment



Channelled by Reikimaster Eva Norlén 2008

I just love animals, and often feel much closer to them than humans. I guess it's because of their natural connection to all- that- is and mother earth, and of course their ability to love unconditionally no matter what.

Animals can teach us a lot about life and love, to stay in “the now” and stay balanced and in a spiritual state of mind. They can also help us to see what sides of ourselves we need to explore deeper and get more connected to in our enlightenment progress and life path. Power Animals can awake and uncover hidden strengths and powers that we have deep inside. Maybe they are asleep because we made that choice at a certain point in our life. It is not unusual to suppress ones powers to become more like the surroundings expect you to be.

And to go with the flow of the world, neighbours, friends and family. It can sometimes be hard to feel uncomfortable in other peoples company, but on the other hand, it's more uncomfortable not to be able to be who you truly are in every aspect of living.

This empowerment was brought to me from beloved Archangel Uriel.

Connecting to your Power Animal can help you recover and take those parts of yourself back.

Your heart and soul is a treasury, open up and allow your self to blossom.

In service of light.....Eva

[www.inreljus.se](http://www.inreljus.se)

e-mail me at: [inre-ljus@spray.se](mailto:inre-ljus@spray.se)



**What is a Power Animal?**



**A Power Animal is an important symbolic used by a person to get in touch with specific qualities found within an animal which the person needs, connects with, or feels a deep affinity toward.**

Long ago we understood that we were a part of the earth. We lived in harmony with all the animals and mother nature. Today we think humans are the greatest and most important part. Still, we are only one part of the earth, one part of nature, one part of the world, and one part of all-that-is.

**The natural power of animal spirit guides has not been lost even if we sometimes believe that. The wonderful knowledge and wisdom of Power Animal guides is still around and can be used to improve our lives and all creation.**

**You can have different Power Animal guides through out your life. Sometimes a Power Animal guide will come into your life for a short period of time, and then be replaced by another depending on the journey you are headed towards on your life path**

**Your Power Animal guide will be there for you as you learn how to travel through your spiritual and physical life. When you find a Power Animal that speaks strongly to you, or feel you must connect more deeply to, you might fill your environment with images of the animal to let the animal feel at home in your space.**

**Animals are here to teach humans. They have many powerful lessons to give. Power Animal guides can help you get back to your roots, and reconnect with nature by reminding you that we are all interconnected.**

**To first do this you need to know what your Power Animal is.**



**Power Animal Meditation**



**Sit in a comfortable position, one that you can sustain for about 30 minutes.**

**Gently close your eyes and take a deep cleansing breath. Relax and exhale, let go of everyday life and all of the tenseness, wherever it may be in your body. Become aware of your total body, and then relax any areas of tension that you may encounter. Feel how much more relaxed you are becoming with each breath, how much more at ease you are becoming. Let your mind travel now, to a place I will describe, but only you can envision for yourself.**

**You find yourself sitting in a very comfortable chair. Its highbacked, with support for your head and arms. Just across from you in your chair is a fireplace with a couple of logs burning brightly. You can feel the warmth from the fire, and feel completely safe, secure and at peace.**

**And now you let your mind focus inward. Until you find yourself deep within, at the very centre of your being, that very secret place within, where you become at one with Spirit.**

**Now, ask your Power Animals to make themselves known to you. There can be several animals, or just one or two of them.**

**You may greet your Power Animals and feel the loving warmth of their presence, and acknowledge their gentle, caring support in all you do. You know that they are there for you always, you need only to ask, and accept. Stay here for a moment and spend some time with your Power Animals. And when you are ready to say goodbye, thank them and hold them for a while until next time.**

**Once again, you find yourself back in your chair, in front of the fireplace. Take a few moments to reflect on your own personal connection with the Power Animals, and how you can make that connection a part of your everyday life.**

**And now, with a silent word of thanks to the Power Animals in gratitude for these few moments of serenity and peace, you prepare to return to the here and now with a commitment to your path of spiritual enlightenment, and a feeling of being refreshed physically, mentally and emotionally**

**I am going to slowly count from one to five. At the count of three, you will open your eyes, and at the count of five, you will become wide awake, feeling fine and in perfect health. One, two, three, your eyes are opening now, four, five, you are now wide awake, feeling fine, completely refreshed and you feel wonderful and happy!**

## Power Animal Properties



**Working with power animals can help to increase your personal power and sense of oneness. There is a large number of Power Animals, and here I will introduce you to a few of them.**

**Ant:** Ant teaches us how to release our egos and aligns us with the virtue of equality. Imagine what the world would be like if humanity held and applied the values that the ant expresses. Valuable insights about yourself and your history can be learned from this tiny little power animal.

**Bear:** Bear teaches us to respect our natural hibernation cycles. Just as Bear rests during winter and reawakens during spring, we need spaces of rest and rejuvenation. Bear calls us to awaken the potential within ourselves and the power of our unconscious mind. Bear reminds us there is a time for playfulness and a time to be assertive.

**Cat:** Clever, independent, balances of energies and actions in life. Because of their x-ray vision, acute hearing and high intelligence they were used throughout history as guardians and protectors. In ancient Egypt cats guarded the temple gates and were used to ward off evil. If cat appears in your life the blending of magic and mystery is at hand. A trustworthy teacher, the cat will guide you into the world of self discovery and transformation

**Dog :** The dog is a protector and guardian. Their acute hearing and keen sight forewarned their masters of impending danger. They serve selflessly never asking for their service to be praised. They hold the energies of unconditional love and teach us its true meaning.

**Elephant:** This beautiful power animal hold the teachings of compassion, loyalty, strength, intelligence, discernment and power to name a few. If this is your power animal these virtues are a part of your natural character. By applying these gifts in your life soul evolution is achieved.

**Fish:** Fish were sacred to many cultures. In early Christianity three fishes were used to symbolize the trinity. Throughout history fish have been associated with religion and worship. Prayer and meditation are important balancing elements for those with this power animal.

**Horse:** Horse represents freedom and power. Horse people are wild spirits that cannot be broken. If Horse comes to you, look for safe passage into the new. We must synchronize our motives with that of others so we can quickly and steadily reach our goals.



**Jaguar:** Jaguar is at home in the dark and has good night vision. It moves without fear and teaches us how to trust our personal instincts. It can awaken psychic sight in those who hold this totem. When you come out of retreat the jaguar will be waiting for you. If you choose to follow its lead it will guide you into the underworld where the secrets of life and creation are found.

**Koala:** Perched high in a tree the koala's grip is secure. As they move from limb to limb their footing is solid. When the koala appears in our life it's reminding us to stand solid within ourselves and not be influenced by situations or events. Seldom distracted and always focused, the koala is a master in the art of deep relaxation and concentration. They hold the teachings of stress-free movement and can show us how to create and maintain sacred space in our lives.

**Lion:** Lions do not fight for the sake of fighting. They avoid confrontation and will leave the scene of danger whenever possible. They show those with this power animal how to move out of unpleasant situations gracefully and efficiently.

**Moose:** Moose calves are born with their eyes open. Individuals who are born with their inner eyes already open can see things with exceptional clarity. Psychic awakenings later in life are uncommon. The moment of birth is the moment of awakening for moose people. The most difficult lessons in life are during their childhood. Their courage coupled with their direct connection to universal knowledge gives them the tools necessary to strengthen their self-esteem and discover their place in society. To have moose as a power animal will uncover the depth of who you are and align you with your inherent wisdom.

**Owl:** Active at dawn and dusk owls are sometimes referred to as the night eagle, a messenger from the darkness and a guide through all the mysteries that it contains.. Owls with their spectral senses help guide us through the dark tunnels of fear, change and uncertainty to the brilliant light shining at the other end. If the owl appears in your life thank it for its willingness to guide you through its shadowy realm to the other side of promise and joy.

**Polar Bear:** The polar bear is known as the "Ice Man" in some native tribes because of its preferences for hunting on sea ice. The environment in which it appears to us is symbolic. If the polar bear were spotted walking on ice its message would be connected to the frozen emotions stored within oneself and the need for allowing those emotions to express themselves. If it is seen foraging for food, nourishment and replenishment of the body, mind and spirit would be its message. It is important to watch the polar bear to understand what it is trying to tell you. When it enters your life the awakening of your own true colors is at hand.

**Raven:** Raven picks its students according to their accumulated wisdom. It flies into a person's life carrying the energy of magic and healing. If it decides to settle in and take up residence, it will stay as long as necessary to aid you in transmuting your karma then return you to the light. It will push, prod, and lead you into the discovery of your multidimensional self and reunite you with the secrets of the multidimensional universe. Those with this power animal should remember to meet raven, not with fear, but rather with an appreciation for the teachings that it holds.

**Shark:** Sharks have been known to inspire great terror because they have the power of the predator, fearless and unpredictable. The shark offers the power of protection to those who resonate to it. When there is something in your life that you need to frighten away call upon the shark to help you. In the course of our learning we can attract events and people that are disharmonious. Working with shark gives you the power and confidence to drive off negative elements or eliminate them completely.

**Tiger:** Those with this power animal have a strong sensitivity to touch and make excellent body workers. Creating sacred space where others cannot enter, spending time alone in order to gather the energy required to move tirelessly throughout life is advantageous for those with this power animal. When tiger appears get ready for adventure, challenge and change. The power, passion and vitality of tiger will activate the same components within yourself.

**Wolf:** Wolves hunt in packs, relying on endurance to run down weak and older animals. They have been known to run 35 miles a day in pursuit. They are the epitome of stamina and strength. With an extremely well developed societal organization, they act together to hunt and raise their young. They do not fight unnecessarily and often go out of their way to avoid fighting. Sometimes a growl, a glance, a posture is all that is necessary to determine dominance. Wolf teaches those with this power animal to know who you are and to develop strength and confidence in what you do.



## The Power Animal Empowerment



Beloved Archangel Uriel oversees the work of all the nature spirits, and works to assist humanity by awakening humans to the nature spirits. He also assists us to be able to work in harmony with the nature spirits.



To receive the Power Animal Empowerment, set aside approximately 30 minutes for meditation and relaxing. To enhance your experience, play music, burn incense or candle, or whatever makes you feel comfortable. Choose a place of your own outdoors or indoors where you can be alone and feel at peace.

When you feel ready, put your hands together in praying position and state out loud in the room or silently within yourself:



**Beloved Archangel Uriel, Guardian Of The Animal Spirit Kingdom,  
Please Attune Me To The Power Animal Empowerment, And  
Connect Me To My Power Animal /Animals. Thank You!**



During attunement you can feel heat, tingling and energy movement. You can also see or feel presence of your Power Animal/ Animals.

If you don't feel or see anything you can be sure of that your Power Animal/Animals are present in your life anyway. You know that because they will start working with you immediately after the attunement is completed.

How do you know that?

You will notice that you might think or act differently in every day life. You will be aware of powers and strength you never knew you had before. And most important of all, you will start to interact with them, feel their protection and guidance, feel drawn to them and their appearance. Maybe you will feel the urge to learn more about them, and how they live in wild life.

You are not alone!

Good luck and blessings to all of you!

**Animal Rules!**





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